

100 PLANT-POWERED RECIPES

The Electric Kitchen

Plant-Powered Recipes to Heal & Thrive

KEVIN LUNA

EXPANDED EDITION

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EXPANDED EDITION · 100 RECIPES

Kevin Luna

Bent, not broken ♥

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A note before we cook

This book is education and personal experience — it is not medical advice. Food supports the body's own healing work; it does not replace your practitioner, and it is never a reason to stop medication on your own. Always check with your own practitioner about your situation.

Questions about anything in this book? Call or text Kevin's Wellness Line, day or night: **(619) 473-3328**.

Always Organic — Kevin's sourcing rule

One rule runs under every recipe in this book: **buy organic.** Organic produce, organic grains, organic beans and lentils, organic nuts, seeds, and oils — that's the standard in this kitchen, and it's written into the ingredient lists on purpose.

Why it matters to me: food is information for the body. When I eat, I want the plant — not the spray. Organic and non-GMO is how these plants were grown for most of human history, and it's how the farms I'd want feeding my family still do it. It's better for the soil, better for the water, better for the people who pick it, and better for the body eating it. That's the whole list.

How to shop it without going broke:

- **Prioritize the soft skins.** Berries, greens, apples, peppers, cucumbers, tomatoes — the produce you eat with its skin on is where organic matters most. Buy those organic first.
- **Frozen counts.** Frozen organic fruit and vegetables are picked ripe, cost less, and blend beautifully. Half this book runs on them.
- **Beans, grains, and oils organic, always.** They're the backbone of a plant kitchen, they're cheap insurance, and they store forever.
- **Local when you can.** A farmers-market grower who farms clean and talks straight is worth more than a sticker. Ask questions. Grow something yourself if you can — a pot of herbs is a start.

- **Wash everything.** Organic still grew outside. Rinse produce well, soak leafy greens, and get on with your day.

You'll see "organic" in front of ingredients all through this book. That's not garnish — that's the recipe.

Introduction: Why this kitchen exists

My name is Kevin Luna, and I want to tell you a little bit about why there is a blender on my counter and greens in my fridge.

I was diagnosed with an autoimmune disease called ankylosing spondylitis. A fused spine was supposed to be my future — that was the prognosis, the "bamboo spine" they described if things kept going the way they were going. I prevented it. Food is where my comeback started. Food as medicine. Not a diet — a way of eating that gave my body something to work with. Add to that a shoulder I broke badly as a kid, a leg with eight pins and two metal plates, a broken collarbone — my body has a history, and I still have stiff mornings. I'm not going to pretend otherwise. I'm bent, not broken — and I am still on the journey, in the kitchen, every day.

This expanded edition is the whole kitchen, opened up: one hundred recipes. Electric foods — living, alkaline, plant-powered meals that plug you back in. The Electric Morning Green that starts my day. The kelp noodles, the verde enchiladas, the cacao mint balls that live in our fridge. Some are built on the Purium superfoods in my own pantry, because those greens are part of how I actually eat. A few are gifts from creators I love, shared here with their names on them, the way I have always shared them.

Cook something from this book and you're cooking with me. Let's eat.

— Kevin

How to use this book

- **Start where you are.** If you make one recipe this week, make the Electric Morning Green (Recipe 1). One blender, ten minutes, and the day is already moving your way.
- **Add before you subtract.** Healing starts with what's missing, not what's banned. That's the house rule behind every chapter here.
- **Eat electric.** Build your days around living foods: greens, fruit, sprouts, seeds, sea vegetables, fresh herbs. Color is current. Raw where it's delicious, cooked where it's comforting.
- **Print what you love.** These pages are built to become kitchen cards. The ones that get splattered are the ones that worked.
- **Make it yours.** Every recipe carries swaps and "to taste" moments on purpose. Your kitchen, your hands, your version.
- **Bring your questions.** Call or text the Wellness Line at (619) 473-3328 — it answers day or night, and it can book you a personal call with me.

Kevin's Plate Formula

Stick this on the fridge. Every meal in this book is built on it.



- ½ **the plate: plants** — greens, vegetables, color everywhere

- ¼ **the plate: a clean protein** — beans, lentils, tofu/tempeh, or your protein of choice
- ¼ **the plate: slow fuel** — whole grains, sweet potato, squash, fruit
- + **healthy fats:** olive oil, avocado, nuts, seeds
- + **flavor that works:** turmeric, ginger, garlic, herbs

Add before you subtract. Healing starts with what's missing, not what's banned.



CHAPTER ONE

Electric Smoothies & Juices

RECIPES 1 – 14

RECIPE 1 · ELECTRIC SMOOTHIES & JUICES

Electric Morning Green

The first glass of the day in our house — cucumber, pineapple, and mint over a green-apple snap. Cold, bright, and wide awake.

TIME: 10 MIN · SERVES: 2



INGREDIENTS

- 1 organic cucumber, chopped
- 1 organic green apple, cored and chopped
- 1 cup organic frozen pineapple
- 1 organic celery stalk
- 1 handful organic baby spinach
- 8 organic fresh mint leaves
- 1 tsp grated organic fresh ginger

- 1½ cups organic coconut water
- Juice of ½ organic lime

METHOD

1. Add everything to the blender, coconut water first.
2. Blend on high a full minute, until it's pourable silk with no flecks.
3. Taste for lime — it should wake you up a little. Serve cold, right away.

Kevin's opener: if you make one recipe first, make it this one. This is the glass the whole day leans on.

Tropical Morning Blast

Mango, pineapple, and coconut water — sunshine you can drink, with a green engine underneath.

TIME: 10 MIN · SERVES: 2



INGREDIENTS

- 1 cup frozen organic mango
- 1 cup frozen organic pineapple
- 1 organic banana
- 1 big handful organic spinach
- 1½ cups organic coconut water
- Juice of ½ organic lime
- 1 tbsp organic hemp hearts

METHOD

1. Add everything to the blender.
2. Blend on high until silky, about 60 seconds.
3. Pour over ice if you like it extra cold. Drink it fresh — this one doesn't wait.

Berry Patch Power Smoothie

All the berries, all at once. Deep color, deep flavor, greens hiding in plain sight.

TIME: 10 MIN · SERVES: 2



INGREDIENTS

- 1½ cups frozen mixed organic berries
- 1 organic banana
- 1 handful organic kale, stems removed
- 1 cup plant milk
- 1 tbsp organic almond butter
- 1 tsp fresh grated organic ginger
- 1 tsp organic lemon juice

METHOD

1. Blend everything until completely smooth.
2. If it's too thick, splash in more plant milk a little at a time.
3. Taste for brightness — another squeeze of lemon wakes it all the way up.

> **Purium boost:** *Swap the almond butter for 1 scoop Dark Berry Protein when you want this to carry you to lunch.*

RECIPE 4 · ELECTRIC SMOOTHIES & JUICES

Golden Sun Smoothie

Turmeric and mango make the color; black pepper makes the turmeric count. Warm spice, cold glass.

TIME: 10 MIN · SERVES: 2



INGREDIENTS

- 1½ cups frozen organic mango
- 1 organic orange, peeled
- 1 organic carrot, chopped
- 1 tsp ground organic turmeric (or 1 thumb fresh, peeled)
- ½ tsp organic cinnamon
- Pinch of black pepper
- 1 cup organic coconut water or plant milk

- 1 tbsp organic chia seeds

METHOD

1. Blend everything until smooth and glowing.
2. Let it sit 2 minutes so the chia starts to thicken it.
3. Serve with an extra dusting of cinnamon on top.

RECIPE 5 · ELECTRIC SMOOTHIES & JUICES

Cucumber Melon Cooler

The most refreshing glass in the book. Hot-day medicine, no cooking, all chill.

TIME: 10 MIN · SERVES: 2



INGREDIENTS

- 3 cups honeydew or cantaloupe melon, cubed
- 1 organic cucumber, peeled if waxed
- 8–10 fresh organic mint leaves
- Juice of 1 organic lime
- 1 tsp fresh grated organic ginger
- Pinch of sea salt
- Ice, to serve

METHOD

1. Blend everything until liquid and frothy.
2. Strain if you want it silky; skip straining if you want the body.
3. Serve over plenty of ice with a mint leaf on top.

RECIPE 6 · ELECTRIC SMOOTHIES & JUICES

Watermelon Wave

Watermelon is summer's electric food — hydrating, red, alive. Basil makes it taste like a garden party.

TIME: 10 MIN · SERVES: 2–3



INGREDIENTS

- 4 cups seedless organic watermelon, cubed and cold
- Juice of 1 organic lime
- 4–5 fresh organic basil leaves (or mint)
- Pinch of sea salt
- 1 tsp organic chia seeds (optional, for body)

METHOD

1. Blend the watermelon until it turns to juice — it makes its own liquid.
2. Add lime, basil, and salt; pulse twice, don't pulverize the herbs.
3. Pour into cold glasses. That's it. Summer, handled.

Green Apple Ginger Juice

Sharp, bright, and wide awake. The ginger brings the current; the apple brings everybody along.

TIME: 10 MIN · SERVES: 2



INGREDIENTS

- 3 green organic apples
- 1 organic cucumber
- 2 organic celery stalks
- 1 handful organic spinach
- 1 thumb fresh organic ginger, peeled
- Juice of ½ organic lemon

METHOD

1. Run everything through a juicer, softest greens first, apples last to push it through.
2. No juicer? Blend with ½ cup water, then strain through a nut-milk bag or fine sieve.
3. Drink within the hour — green juice waits for no one.

Like this taste?

The full book has all 100 recipes —
every chapter, every photo.

THE ELECTRIC KITCHEN

Plant-Powered Recipes to Heal & Thrive

Just $9.99 on Stan:

stan.store/Kevinluna

Questions? My Wellness Line is 24/7:

(619) 473-3328

Bent, not broken — Kevin