7 RECIPES INCLUDED

CANNABIS & CROHNS

WWW.GREENPANTHERCHEF.COM

Cannabis & Crohie Guide

7 Recipes FREE recipes included that

Bridge the Gap between Cannabis and Food

By

Green Panther Chef

Bridging the gap between Cannabis and Food



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INTRODUCTION

So what's the deal? Does cannabis and food really have a relationship? The short answer is, Yes!

Everything that we put into our bodies dictates how we feel. There's an epidemic of gastrointestinal diseases that's directly related to the subpar foods we eat and the way we live.

Did you know? Except for the common cold, digestive problems are the most common reason people seek medical advice. Zantac, an ulcer medication is one of the best selling drugs of all time.

The way we consume food and view medicine is beginning to shift, people like you are seeking natural alternatives and taking their health and happiness into their own hands.

With over 30 states in the United States legalizing cannabis for medicinal or recreational use within the last 10 years. A new wave of medicine is here that works naturally within your body.

No matter what side you sit on it's undeniable that cannabis has a place in our health regime, this guide will help you break down that relationship.

WHAT IS GREEN PANTHER CHEF?

Green Panther Chef is a wellness company focused on integrating cannabis and hemp into the lives of those seeking natural alternatives to maximize their health and happiness. Founded in 2015 by Chef and Crohn's survivor Jazmine Moore aka "Chef Jazz".

Jazmine has employed the benefits of cannabis and food for over 10 years to achieve remission (my disease is dormant). She's now on a mission to show others how to do the same by distributing how we view medicine and eat food.

Learn more

www.GreenPantherChef.com

WHAT DO YOU GET?

The guide is intended to provide a overview of how you can integrate cannabis into your life with food to achieve health and happiness. These are recipes and strains that have worked for me. I encourage you to keep a Cannabis and Food journal as you integrate new practices.

This guide contains recipes, strain research and a simple extraction method that make every day Canna-Living simple.

1. 7 Original Recipes that support gut health
2. Easy extraction method for everyday canna-living + bonus
3. The Cannabis & Crohn's relationship explained

Have a questions? info@greenpantherchef.com

WHO CAN BENEFIT?

1. Individuals seeking a natural alternative to care
2. Resource for people with faulty digestion (Irritable Bowel Syndrome, Crohn's Disease, Ulcerative Colitis) but not limited too
3. Those who want to understand the basics of Cannabis Integration through food.

CANNABIS & CROHN'S DISEASE

Consuming cannabis is nothing new and dates back to 5000 B.C.E in India where the plant was used to stimulate appetite to counter weight loss. By the 1900, cannabis was prescribed by physicians in North America and Europe to treat stomach pain, diarrhea, and gastrointestinal issues.

The regulatory functions of the GI tract are tightly linked to the endocannabinoid system. The endocannabinoid system is an extensive network of receptors (CB1 & CB2) located throughout the body that regulate balance. Both CB (cannabinoid) 1 and CB (Cannabinoid) 2 receptors can be found in the gut.

The body's endocannabinoids regulate almost all of gut functions maintaining the integrity of the gut. Because of these receptors cannabis has proved successful as a form of treatment for gastrointestinal issues beyond Crohn's disease.

Smoking has proved successful but oral ingestion is the preferred method. I encourage you to keep a Cannabis and Food journal to understand what works best for you.

STRAINS FOR CROHN'S

Why are strains important? For a variety of reasons, Cannabis is comprised of Cannabinoids, Enzymes and Terpenes that uniquely makeup Cannabis Strains.

You must know how you want to feel to get desired results. My desired outcome when I first started to introduce cannabis was alert but relaxed. Also, I needed a strained that was able to relieve the pain.

After years of research I began to narrow down my preferred strains for desired outcomes with the help of my cannabis and food log.

Note: Crossbreeding has changed the strain profiles of a few of my favorite strains but these are three strains that have withstood the test of time and only get better.

STRAIN	TYPE/ TERPENE	PROFILE
OG Kush (Variety) THC Dominate	Hybrid Strain Limonene, Mercyne, Caryophyllene Dominate	Strong citrusy flavor, with earth and pine notes, relaxing body effects, and great muscle relaxant
Blue Dream THC Dominate	Indica Strain Pinene, Mercyne Dominate	Spicy notes pepper & pine. Relaxing, excellent pain reliever. Great low dose
AC/DC CBD Dominate	Type 3 Hemp Mercyne Dominate	Earthy and piney has general numbing effect in moderate doses

WHAT SHOULD I EAT?

These are the strains that have worked for me as a Crohn's survivor. I encourage you to

keep a food and cannabis journal as you introduce new foods and strains because everybody's body is different.

Diet plays an important role in overall health especially gastrointestinal issues. As I began to introduce new foods and strains into my diet, I found what worked and didn't work for me.

Although uncomfortable in the beginning adding steamed vegetables and fresh pressed juice in moderation, gave me the nutrients my body needed, and incorporating cannabis and hemp added the cannabinoids required to cure and manage everyday symptoms.

Before I added new foods to my diet I went through a period of elimination where I removed all: Grains, Citrus, Dairy, Fast Foods, & Soy* for six months and slowly began to reintroduce. With the support of my food/cannabis log I was able to identify the exact foods that would cause a flare and how to treated in the past. Soups and Juices were the pillars to regaining control.

*these were my triggers at the time, yours may be different. Keep a Journal.

Below are seven simple recipes that I used in the beginning of my transition away from pharmaceuticals.

Each recipe promotes gut homeostasis.

Refer to GreenPantherChef.com for additional recipes and dosing instructions.

1. Vegetable Soup
2. Ginger Turmeric Miso Soup
3. Brain Booster (Juice)
4. Green Drink
5. Fresh Fruit Pops
6. Steamed Salmon & Cabbage Hemp Salad
7. Seared Halibut in Roasted Garlic and Fennel Broth

*Bonus: Get a Probiotic Supplement for preventive care, choose an age appropriate product, that must be refrigerated, and has enough food to and protection to survive the trip through the stomach and into the intestinal tract (FOS,or other sugars to feed the probiotics). Build up slowly.

Ginger Turmeric Miso Soup

(Miso is fermented soy and provides the gut with beneficial bacteria, but still can be an irritant to some)

Skill Level: Basic

4 Portions

Ingredients

1 teaspoon Infused Sesame Oil (25 mg)
4 cups homemade vegetable bud broth (Recipe on website)

1 stalk lemongrass

1 cup yellow onion sliced

2 tablespoons fresh ginger root

2 tablespoons fresh Turmeric root

¾ cup white miso

1 cup scallions- Green Part Only

Instructions
Bring broth and lemongrass to a boil and simmer for 20 mins, remove lemon grass, press out excess water and discard. Reserve the broth.

Heat sesame oil over medium low in soup pot add onions, ginger and Tumeric cook until onions become soft. Add back in broth. Bring to boil, reduce heat and simmer for 10 mins.

Remove from heat and stir in miso.

Top with Scallions or serve with steamed Cod.

Portion and Enjoy!

Brain Booster

(Rich in B Vitamins, Vitamin C, Magnesium, Potassium, & Selenium)

Skill Level: Basic

1 Portions

Ingredients

½ organic cucumber whole

1 cup fresh pineapple chunks

1 celery stalk

½ apple

¼ tsp cayenne pepper

25 mg CBD Full Spectrum

Instructions
Use juicer to liquefy all ingredients, drink within 15 mins.

Green Drink

(A good drink is a pillar to health, THCA delivers a anti-inflammatory punch to the gut)

Skill Level: Basic

2 Portions

Ingredients

2 Large Organic Cucumbers

3-4 Raw Cannabis leaves or 1 gram

4-5 stalks of Kale

4-5 Romaine Leaves

4 Celery Stalks

1 broccoli steam Raw

2 Pears

½ in piece ginger and Tumeric

Instructions
Juice all ingredients together. Sub kale for spinach and pears for apples. Enjoy within one day.

Fresh Fruit Pops

Skill Level: Basic

Serves 12

7oz Mango Juice

3 oz Fresh Pineapple Juice

1 cup fresh mango chunked

1 cup fresh pineapple chunked

Instructions
In bowl mix all ingredients, pour into 12 pop molds and freeze overnight. Great in the morning or as a after dinner snack. Great for just before vaping or inhaling cannabis for a relaxed effect.

Steamed Wild Caught Salmon & Cabbage Hemp Salad

(High in Omega 3 fatty acids know to reduce inflammation and support gut health)

Skill Level: Medium

4 Portions

Ingredients

8 oz Wild Caught Salmon Fillet

2 clove garlic whole

1 in piece ginger

1 cup vegetable broth

4 cups red cabbage

3 tablespoons of hemp seeds

1 tablespoons infused EVOO

1 tablespoon EVOO

2 tablespoon pomegranate vinegar

¼ cup Scallions

¼ cup flat leaf parsley

½ tbsp salt

¼ tbsp Fresh Black pepper

Pinch Cayenne Pepper

Instructions
In pot simmer, broth, ginger,garlic and 1 cup water in pot. Once begins to simmer, place fish (seasoned with salt and pepper) into steamer for 10-12 mins or until tender.

Meanwhile, shred cabbage place in medium mixing bowl, add hemp seeds, oils, vinegar, scallions,, parsley and spices. Toss and let marinate until cabbage has softened. Remove fish from steamer , portion into 4 and serve with cabbage salad.

Seared Halibut in Roasted Garlic and Fennel broth

Skill Level: Basic

4 Portions

Ingredients

8 oz Wild Caught Halibut

4 cloves whole garlic

1 bulb fennel

2 cups homemade vegetable stock

½ gram decarbed flower

2 tbsp extra virgin olive oil

3 tablespoon capers

Instructions
preheat oven to 340 degrees.

Clean and quarter fennel bulb, place on sheet tray toss with ½ tsp evoo, salt and pepper, roast with whole garlic cloves until fennel is tender, 30- 40 mins. Remove from oven.

Blend roasted garlic and broth with decarbed cannabis flower. Set Aside

In medium size skillet bring evoo up to temperature add seasoned halibut to pan, sear, and flip, add capers to pan, reduce heat and add garlic broth to pan, add roasted vegetables, cover and place in oven for 10 mins or until fish is tender.

Serve warm in bowl topped with the capers and garlic broth.

WANT MORE?

These are recipes that were used in the beginning. I've now introduced more foods and different cooking techniques to build what I call my "Plant Pantry".

I use an array of oils, crafted condiments, and seasoning blends that aren't short on flavor and full of cannbindoinds and nutrients needed to stay happy and healthy. All available on www.GreenPantherchef.com

EXTRACTION METHOD

How to make a light tasting Cannabutter and oil at home.

I get this question from patients and recreational users alike. How can I make and properly dose my edibles?

Answer is simple: Dosing is approximate and practice makes perfect.

If you follow our work then you know edibles are more than the traditional brownies, gummies and sweets that saturate the market.

We're here to make you comfortable with unfamiliarity of cannabis, explain the relationship with food, and show you how to unlock the medicinal benefits of the cannabis plant.

Let's get started:

This is a concentrated cannabutter than can be "cut" with non-infused oil to achieve desired effects.

What you'll need:

Filtered Water
Cheese Cloth
Foil
Baking Tray
Glass Bowl
French press

Plastic Butter Dish

Ingredients:

7 grams of cannabis
1 ¼ stick of unsalted butter (I prefer, Trickling Springs Creamery butter)

1. Coarsely grind cannabis, place in glass bowl and soak in filtered water, change water twice a day for 36 hours (I tried this after reading and discovering cannabis will NOT break down in water and yields a lighter tasting product)
2. After Cannabis is clean, strain through cheesecloth and squeeze out excess water.
3. Run under filter water again to remove excess debris and strain through cheesecloth again. SQUEEZE
4. Place clean cannabis on baking tray, spread evenly and loosely cover with foil, fully dry overnight
5. Preheat oven to 300 degrees, once cannabis flower is completely dry
6. Crimp foil onto sheet tray and bake for 22 minutes. Decarb
7. Remove from oven and let settle for 15 mins so cannabinoids can be reabsorbed.
8. Fill pot halfway with water
9. Place butter into French press with decarbed cannabis.
10. Simmer for 3 hours, to ensure not to boil.
11. After 3 hours, plunge French press down to strain the butter
12. Place strained butter into plastic butter dish
13. Refrigerate to solidify and separate water from solids.
14. Remove from plastic butter dish once solidified. Pat dry with paper towels.
15. Place back into butter dish. Will last for one month.

This process is a labor of love but has yielded the most consistent product and makes it easy to dose.

DOSING EXPLAINED

Rule of Thumb: Too much is too much.

Micro and Low dosing are effective ways to receive the benefits of cannabis without the daunting psychoactive effects.

Let’s try and demystify dosing cannabis. If you’re a newbie I highly suggest not exceeding 5 mg.
Dosing is somewhat difficult but you can get an approximate dosage if you have the key elements. Know your numbers.

1000 milligrams = 1 gram of cannabis flower on average

Know the percentage of THC in your cannabis flower.

Speak with your budtender with the influx of cross breeding the THC content in flower has only risen.

Way back when the average was 6-7% THC that’s a massive jump to the 20% even 25% that we see in common strains.

There are several calculators that will do this for you, but knowledge comes from action and knowing how to dose your own edibles is powerful within itself.

This is what you need to know:

1. What is the THC percentage of the Cannabis
2. What is the weight of your decarbed cannabis
3. How much non-infused butter are you using
4. How many servings in recipe
5. How many units of measurement are in recipe

Here’s a calculation I recently did:

- 3.5 grams Cannabis (after decarbed) = 3,500 milligrams

- 3,500 x 0.21 (THC content of cannabis flower) =725 milligrams of THC

- 725 milligrams divided by amount of butter recipe calls for in grams

This recipe called for 28.36 grams (2 tbsps. of butter) = 26 milligrams

- 725 / 28.36= 26 (rounded up)

Then divide by total number of servings of recipe which was 3 = 9 milligrams per serving.

- 26/ 3= **9 milligrams rounded up**

Not too bad, right? Try it out at home and get back to me with the deets.

*These are approximated to account for losses in butter and cannabis

WHAT'S NEXT?

Interested in learning more visit www.GreenPantherChef.com for more recipes, how to's and educational resources.

Want me to teach you how to cook with cannabis for everyday canna living? Download this and reach out to info@greenpantherchef.com for a free consultation.

Also, check out our product store for more Hemp Derived CBD products for everyday living.

REFERENCES

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2. Crazy Sexy Diet pg 111, 168, 152 Blend Baby Blend Make Juice Not War - Kris Carr
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