

Affiliate Demonstration ideas

There are many ways to build your affiliate business, which will help increase your income, here are several;

Make sure you have a story to tell that relates to the products or the 100 days to health, the book, shampoo or any other product. Tom Peters the author of the bestselling book "In Search Of Excellent" says that the "story is of more value than the brand" – So what is your success story? Write it down and then tell it – be honest, be open and then post of"

1. Facebook
2. Twitter
3. Your own blog
4. Tell it on a podcast
5. Share with your friends and family
6. Invite people for a meal and use the products as suggested below;

We recommend that you invite 1-5 people maximum for a meal and use the following ideas to help them to hear, see and taste the benefits of The Natural Way products.

Keep it low key, answer questions, have fun and then bring out your laptop to sign them up and get them to place an order on line and send the link 5-10 people immediately.

Make sure to show them the commission calculator and then to encourage them to do the above. Share their story or start buying the cleaning products.

Don't get stressed about the nutrition side – encourage them to sign up for the free 100 days to health program that will educate them. If you really want to encourage them nutritionally you can focus on adding more fruit and veg to the diet to help them have a more alkaline forming diet.

The most important thing to convey is the importance of a 75%-80% alkaline forming diet. Highlight the following reasons at each meal or event you do.

1. An alkaline forming diet contains more fresh fruit and vegetables than any other foods
2. The way to raise your alkaline intake of foods is to follow The Natural Way 5 steps
 - i) Start all meals with at least a side plate of raw fruit or vegetables
 - ii) Snack on raw or preservative free dried fruit before you eat sweet snacks and raw vegetables, nuts or seeds before you eat salty foods
 - iii) Eat 1 entire fresh fruit meal (including a good handful of raw nuts and/or seeds)
 - iv) Try and eat animal protein no more than 1 x daily, better yet 1-3 times weekly if you feel the need to or replace all animal protein with raw nuts or seeds
 - v) Keep your meals simple by eating starch and protein at separate meals

3. These recipes and tips will help you increase your alkaline food intake
4. A mainly alkaline forming diet contains all the fibre and antioxidants, fats, oils and nutrients needed for exceptional health
5. A mainly alkaline forming diet helps prevent and even reverse degenerative disease like heart disease, cancer, diabetes, arthritis, osteoporosis, regulates blood pressure and blood sugar, improves mental and digestive function and increases energy by at least one third!!
6. A mainly alkaline diet improves skin function and slows down ageing internally and externally
7. A mainly alkaline forming diet improves liver, lung and kidney function
8. A mainly alkaline diet improves hormonal balance in men, woman and children
9. A mainly alkaline forming diet improves immune function in all
10. A mainly alkaline diet improves all body odors dramatically and the most alkaline food is barley grass juice, which is essential to improve body odor too.

1. Breakfast

The ultimate smoothie

¼ cup per person of raw cashews, almonds and or other nuts and seeds like sunflower and pumpkin seeds.

Remember that The Natural Way Nuts are always the top grade of nuts. Cashews come in at least 10 grades and we only ever use the top 2. Lower grades are scorched (so dark in colour) when the shell is removed and often rancid. We all eat our own nuts and all our products and don't sell anything we don't use or sell.

1 scoop Propeas from Aim (your friends can join Aim as long as you are a member and you will be building a 2nd source of residual income) contact us on info@naturalway.co.za on how to be an Aim member or the person you have been buying from.

¼ - ½ a cup per person fresh or frozen berries

¼ - ½ fresh per person or frozen pineapple

½ - 1 cup (250ml) per person fresh or Ceres or Liquifruit Apple juice

Blend well and serve with Mary-Ann's Gluten Free or wheat free muesli and/or a fresh fruit salad or fresh/frozen cherries.

Lay out a selection of Mary-Ann's Dried fruits, nuts, seeds, apple rings, cashew fudge and power balls etc.

If you want cooked foods, we recommend that you grill tomatoes with our Garlic & Herb salts, mushrooms with our Seasoning salt and make hummus (see recipes under snacks) to serve with our flax crackers and tomato wraps.

You can also make chia porridge and the quick recipe is at www.mary-anns.com look for *more information* under *chia seeds*.

2. Snacks

Remind every one of the need for alkaline forming snacks as above and place as many fresh and dried fruit options, all our bars, popcorn, apple rings, apple munchies, sweets and treats, dried tomatoes olives etc

Offer the flax crackers and raw veg strips with Hummus made from our Tahini: 1-2 cups chickpeas (you can make your own chickpeas & then freeze in 2-cup packets - like sandwich bag size or our medium cellophane bags, which you can buy on line – they are compostable and biodegradable)

To make your own chick peas;

Cover chickpeas in water & soak overnight. Rinse the next day well until water is clear. Place in large pot and cover with water, bring to the boil, then simmer with the lid on for 3-4 hours adding 1Tbsp of Mary-Ann's veg stock for the last 30 minutes. Adding salt sooner stops the chickpeas getting soft. You can freeze in the cellophane bags.

Place the chickpeas in an upright blender with ½ - 1 cup filtered water

1 -2 tsp. Mary-Ann's Garlic & Herb salt

1 tsp. Mary-Ann's ground cumin

Juice of 1 lemon

Blend until smooth and then add

¼ - ½ cup Mary-Ann's Tahini

Blend well and add more water and or salt if needed can be stored in fridge for 4 days and freezer for 4 months

3. School/work Lunches

This would be much the same as the snack ideas

Then list all our bars, sweets , treats and dried fruit

4. Lunch

Make a large fresh salad and or a plate of raw vegetables sticks (crudités) and then make hummus with our tahini and chick peas

Then you can make these dips in front of your guests

Red Pepper Mayonnaise

2 red peppers grilled or seared

½ cup Extra Virgin Olive Oil

1 tsp. Oregano

1-2 tsp. Mary-Ann's Garlic & Herb salt

Blend the cooled red peppers until smooth. Add the rest of the ingredients adding oils slowly in the lid. Blend well and serve on anything!

Cashew or sunflower Mayo

½ cup Mary-Ann's cashew pieces or sunflower seeds

1 tsp. Mary-Ann's mustard seeds

1tsp. Mary-Ann's Garlic & Herb salt

½ to 1 cup water

½ cup Mary-Ann's Extra Virgin Olive oil

Juice of 1-2 lemons

Blend all ingredients adding the olive oil slowly through the lid. Can be stored in the fridge for 3-7 days or freezer until needed.

Chili pesto

3-5 medium chilies

1 red pepper seeds removed

1 big handful fresh cilantro (coriander)

1tsp Mary-Ann's Garlic & Herb salt and 1 tsp Ground cumin

¼ - ½ cup Mary-Ann's Extra Virgin Olive Oil

Blend well and store in fridge until needed.

Basil Pesto

1 cup Mary-Ann's cashew pieces

2 large handfuls – about 200-250 grams – fresh basil

½ - 1 cup Mary-Ann's Extra Virgin Olive Oil

2 tsp. Mary-Ann's Garlic & Herb salt

Blend well and serve or store in fridge for 1 week or freezer for months – great to freeze in ice cubes.

Tomato Pesto

1 packet Mary-Ann's Dried tomatoes (chili or herb)

Tomato puree/paste

Fresh or Mary-Ann's dried basil

1-2 Tbsp. Mary-Ann's Extra Virgin Olive oil

Mary-Ann's Garlic & Herb salt

Blend well and store in fridge until needed.

Chili bean dip

1 cup Mary-Ann's red kidney beans cooked & drained

1 chili (medium heat)

½ seeded red pepper

¼ cup fresh coriander (cilantro)

½ cup tomato puree

1-3 tsp Mary-Ann's Raw Honey or pure fructose

Mary-Ann's Herb salt to taste

Hummus

1 packet Mary-Ann's frozen/ 2 cans chick peas or garbanzo beans

Juice of 1 lemon

1-2 tsp. ground cumin

1-2 tsp. Mary-Ann's Garlic & Herb salt

½ cup filtered water

¼ - ½ cup Mary-Ann's organic Tahini

Blend all ingredients adding the tahini last and a little extra water if too thick

Gluten Free Foccacia

2 cups Mary-Ann's Gluten Free Pizza Flour

2½ cups of water

1 tsp of fine organic sea salt

1tbsp Extra Virgin Olive oil

*Blend well until thick & smooth, spread on **well greased baking sheet**.
Top with 50g of Mary-Ann's Vegetable stock and other toppings (olives, mushrooms
or tomato). Drizzle with extra Virgin Olive oil*

Preheat oven and bake at 260°C for 20 to 30 minutes until lightly browned.

Homemade Tomato sauce

1-2 cups tomato puree OR 1-2 cups chopped tomato

1-3 Tbsp. fructose or raw honey (optional)

2-4 tsp. Mary-Ann's Vegetable stock powder

Mix well in a bowl.

5. Supper

A large fresh salad and or veggie strips and dips as for lunch

Then make either the Dutch Potatoes with Rockefeller Mushrooms

Belinda's Dutch Baked Potatoes

(Belinda is one of our past students living in Holland)

4 large potatoes

*Cut slits ½ cm apart almost to the bottom, rub with Mary-Ann's Garlic & Herb salt
and sprinkle with fresh chopped Rosemary and bake at 180 °C for 50-60 minutes*

Rockefeller Oyster mushrooms

1-2 kg Oyster or other mushrooms

1kg baby spinach

½ cup cashew or sunflower mayonnaise

½ cup chopped fresh fennel

2 Tbs. chopped spring onion

Garlic & Herb and Seasonings salt to taste (blend together)

1. Preheat oven to 200°C. Spread mushrooms on the bottom of baking dish or baking sheet.
2. Place spinach on top of mushrooms in baking dish and season with Seasoning salt.
3. Combine mayonnaise, fennel & spring onion and spread sauce over spinach until well covered.
4. Bake for 15 minutes or until sauce begins to brown. Set oven to grill. Place baking dish under grill, for 2 to 3 minutes, or until lightly brown and bubbly. Serve as casserole, or spoon servings onto plates.

OR Polenta chips with Leek and Tomato sauce

Polenta

Cook the polenta according to the instructions on the packet; press out on a flat tray or board. When cool, cut into chips and grill as is or with coconut oil until crisp.

Leek and Tomato sauce

2 tbsp coconut oil

1 leek chopped

1 cup good-quality tomato puree (OR 2 cups stewed tomatoes + 1 tbsp Mary-Ann's Garlic & Herb salt + 1 tsp fructose or raw honey)

2 cups vegetable stock – made with 1-2 tsp. Mary-Ann's vegetable stock powder in 2 cups water

In a large saucepan, heat the oil over medium-high heat and cook leeks until soft, about 5 minutes. Stir in tomato puree and cook another 5 minutes. Add stock (and seasonings, if using plain tomatoes), and bring to a boil, stirring often.

OR Mockeroni cheese

Mockeroni cheese

500g Gluten free noodles (precook as required on packet)

½ cup finely grated butternut

2 spring onion, finely chopped

½ tsp mustard powder

1 tsp Mary-Ann's veg stock

3-4 cups cashew or sunflower mayo or cream

1-2 cups sliced mushrooms (optional)

Stir-fry fry butternut and spring onion until well cooked and blend with a bit of cashew cream. Add mustard powder, stock and rest of cashew cream – blend. Mix noodles sauce and mushrooms well.

Bake at 180°C for 25-30 minutes until golden brown

OR Cottage Pie

Cottage Pie

Filling:

1 cup finely chopped black mushroom

1 cup finely grated zucchini (baby marrows)

1 cup finely grated carrots

1 leek finely chopped

2 cups cooked Mary-Ann's brown lentils

1 cup tomato puree

1 tsp marjoram

½ tsp dried thyme

2 tsp dried sage

½ tsp paprika

½ tsp dried basil

1-2tsp Mary-Ann's vegetable stock powder

¼ - ½ cup filtered water

1 tsp Mary-Ann's Herb salt

Dry stir fry the leeks until cooked, add the rest of the ingredients & cook gently – about 30 minutes. Place in oven proof dish.

For topping:

5 medium potatoes - leave the skins on

2 Tbsp Extra Virgin Olive oil
1 tsp Mary-Ann's Herb or Garlic & Herb salt
Optional 1tbsp. finely ground cashew nuts blended with ¼ -cup filtered water and
1 tsp Mary-Ann's Garlic & Herb salt and ½ tsp. mustard powder (or readymade) to
make cashew cream. Mash by hand until soft & creamy.
Place on top of filling with a force bag or fork. Sprinkle with paprika and bake at
180 °C for 30 minutes.

Or Bobotie

Bobotie – Vegan and Gluten free

Finely grate the following:

1 large deep purple eggplant (brinjal)

2 large carrots

Finely chop the following:

4-5 sticks celery

2-4 cups button or brown mushrooms

1-2 leeks

Dry stir fry (or use coconut oil) the following with the chopped leeks and eggplant

4 tsp medium curry powder

2 tsp Turmeric

1-2 tsp. Mary-Ann's Garlic & Herb salt

1 tsp. dried Marjoram

When browned add:

Juice of 1 lemon

2 tsp. Mary-Ann's Veg stock powder

Add the rest of the ingredients and 4 Tbsp. mashed dates or raw honey.

Place in an oven proof dish and top with the following;

½ cup cashew nuts

1 cup soy or rice milk

½ tsp Turmeric

1 tsp Mary-Ann's Herb salt

Blend until creamy and smooth

Pour over casserole and add a few bay leaves.

Bake at 180°C for 45 minutes until topping has set.

Serve with Turmeric rice.

Turmeric Rice

1 cup Mary-Ann's brown rice

3 cups water

1 tsp. sea salt

1/2 tsp. Mary-Ann' s Turmeric

½ cup non-oiled raisins

Bring to the boil, with the lid on, and then turn down to simmer with the lid still on,
until rice is cooked. Do not stir while cooking, add extra water if too hard.

Salads

Detox salad

1 head Cauliflower or 3-4 cups shredded Cabbage
1-2 cups grated Carrots
½ cup Sunflower seeds
½ -1 cup dried Cranberries (pineapple juice sweetened)
¼ cup finely chopped fresh Parsley
¼ cup Raisins
Juice of 1 Lemon
Mary-Ann's Seasoning salt to taste
Raw honey, to drizzle on before serving

In a food processor (or chop by hand), finely grate or chop the cauliflower and/or cabbage. Add into large bowl. Stir in the sunflower seeds, cranberries, raisins, and parsley. Add lemon juice and seasonings to taste. Drizzle with raw honey to taste or add Broccoli Pesto as a dressing. This salad keeps well for a few days in the fridge without the dressing added.

Cranberry salad

1-2 cups dried cranberries (no sugar)
1-2 organic navel orange, scrubbed and cut into small pieces
2 apples, peeled and cut into 8 pieces
Third cup chopped pecans
Combine and serve. Optional add cinnamon.

Fig and fake feta salad

8-10 ripe green or black figs cut in quarters
1 cup Marinated cauliflower – made by chopping into tiny pieces the size of crumbled feta cheese; soak in half a cup Extra Virgin olive oil, juice of 1 lemon, 1-2 tsps. Mustard seeds, 1 tsp. readymade mustard and Mary-Ann's seasoning salt (this is the essential ingredient as the hint of nutmeg and other spices lifts the flavor so that it tastes a lot like feta).
Baby eggplant – sliced in half and grilled gently
Place all the ingredients gently on a bed of butter lettuce and baby spinach, topping with the cauliflower – serve.

Cabbage, avocado, chickpea & dried tomatoes

4 cups finely shredded cabbage
2-4 cups chickpeas or garbanzo beans
2-4 cubed avocado
1-cup air-dried tomatoes (softened in warm water if too hard)
Juice of 1 lemon
Mary-Ann's Seasoning salt to taste
Extra Virgin Olive oil to taste
Combine ingredients, adding avocado last
Optional
Red pepper diced
Dried or bottled olives
Fresh tomatoes
Thawed frozen peas

Cabbage & corn & coriander salad – a firm favourite

2 cups finely shredded cabbage
2 cups corn off the cob

1 handful chopped coriander

½ cup toasted Mary-Ann's almonds – coarsely chopped

Juice of lime or lemon

M-A Seasoning salt

1-2 Tbsp. Extra Virgin Olive Oil

Combine & serve

Offer the carob coated and other treats (like honey halva & Turkish delight) for dessert