

Prep Guide

We're big fans of prepping before you start the cleanse. This makes each day of the cleanse easier and helps you feel in control. Let's be honest, the drive-thru won't be as tempting when you can make your cleanse dinner in under 20 minutes.

Turmeric Tea Cubes

This is a handy way to make the Turmeric Tea quickly each morning.

1. Combine the following in a blender:
 - ½ cup water
 - 2 tablespoons coconut oil
 - ½ cup lemon juice
 - 1 tablespoon turmeric, ground
 - 2 teaspoons black pepper, ground
 - 3 tablespoons honey
2. Divide into 7 ice cube tray slots and freeze.
3. Once frozen, transfer to a freezer-safe bag. When ready to use, add one cube to a cup of hot water and stir until dissolved.

Cashew Cream

Make a large batch ahead to use in these five recipes: Warm Apple Crisp, Winter Ambrosia Salad, Rosemary Cauliflower Bowl, Spiralized Taco Salad, Mushroom Stuffed Sweet Potato.

- 2 cups cashews, soaked 2 hours
 - ¼ cup lemon, juiced
 - ½ cup water, plus more as needed
 - dash of sea salt
1. Drain and rinse cashews.
 2. Place all ingredients in a high-speed blender and puree until smooth and creamy. Stop and scrape down sides and add additional water if mixture is not thick and creamy.
 3. Store half in air-tight container in the fridge to use this week. Freeze the rest for later.

Metabolism Tea Cubes

1. Combine the following in a blender:
 - ½ cup honey
 - ½ cup lemon juice
 - ½ cup apple cider vinegar
 - ½ cup ginger root, sliced
 - 1 teaspoon cinnamon, ground
 - 1 teaspoon cayenne pepper
2. Divide into 7 ice cube tray slots and freeze.
3. Once frozen, transfer to a freezer-safe bag. When ready to use, add one cube to one cup of hot water and stir until dissolved.

Smoothie Packs (27-39)

Measure and freeze smoothie ingredients to make it easier to blend all 14 smoothies this week (you'll have each smoothie twice).

1. Measure greens, fruit and veggies for each recipe and put into freezer-safe containers. Don't add liquid, oils, or superfoods. You'll do that right before blending.
2. Label with smoothie recipe name and measurements for the liquid and superfoods you'll need to add before blending.
3. Freeze until ready to blend.
4. Allow frozen smoothie packs to defrost slightly before blending. Store in fridge overnight or set on countertop for 30 minutes.

Dinner Prep

Below is a list of the most commonly used produce for dinner recipes during this cleanse. Chop and prep each item and store in airtight containers in the fridge.

Carrots: Thinly slice 1 carrot for Loaded Warm Kale Salad. Chop 1 carrot for Roasted Cauliflower Soup. Dice ¼ cup carrots for Mushroom Stuffed Sweet Potato.

Cauliflower: Thinly slice 1 carrot for Loaded Warm Kale Salad. Chop 1 carrot for Roasted

Garlic: Mince 8 cloves garlic (9 cloves if not making the Thai Curry Sauce ahead of time) for all recipes except Mediterranean Squash Bowl.

Kale: Chop or thinly slice (your preference) 3 ½ cups kale for Loaded Warm Kale Salad, Mediterranean Squash Bowl, Spiralized Taco Salad.

Sweet Potatoes: Peel and spiralize 1 sweet potato for Spiralized Taco Salad. Bake 1 sweet potato for Mushroom Stuffed Sweet Potato.

Walnuts: Soak ¼ cup + 2 tablespoons of walnuts in hot water for 15 minutes. Drain and rinse thoroughly. In a food processor (or with a knife), finely chop the walnuts and store in an airtight container in the refrigerator. This walnut "meat" is used for Spiralized Taco Salad and Mushroom Stuffed Sweet Potato.

Yellow Onions: Thinly slice ½ yellow onion for Loaded Warm Kale Salad. Chop ½ yellow onion + ¼ cup yellow onion for Roasted Cauliflower Soup and Rosemary Cauliflower Soup. Dice ¼ cup + 2 tablespoons yellow onion for Mushroom Stuffed Sweet Potato and Coconut Cauliflower Rice.

Snack Prep

All snacks can be made ahead of time and stored in the fridge, except for Savory Trail Mix which can be stored at room temperature. It's recommended to make Cashew Cream first (see prep tip on page 12) so it can be used for the two snack recipes that utilize it.

- Savory Trail Mix (25)
- Warm Apple Crisp (26)
- Winter Ambrosia Salad (27)
- Pumpkin Chia Pudding (28)
- Thai Veggie Almond Dip (29)

Dressings, Sauces & Toppings

Dressings and sauces for meals can be made in advance and stored in airtight containers in the refrigerator until ready to be used.

- Orange Rosemary Dressing (30)
- Vegan Parmesan Cheese (31)
- Thai Curry Sauce (35)
- Rosemary Dijon Sauce (36)

RAWKSTAR TIP

Dinner recipes taste best when they're freshly made, but some of can be made ahead of time and stored in the fridge or freezer (e.g. Roasted Cauliflower Soup).