



# *autumn* cleanse

PLANT-BASED PROGRAM TO RESET YOUR BODY

SIMPLE GREEN  
*smoothies*



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# Let's Rawk!

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The first time I did this cleanse was a game-changer for me. It taught me how to cook real meals, kick my Starbucks addiction, gave me insane amounts of energy and helped me listen to my body and fuel it well.

Sure, the first few days were insanely hard for me (hello viscous caffeine withdrawal!). Learning how to cook 100% plant-based and break through the food addictions was powerful. By day five, I was over the hump and experienced natural energy. I woke up each morning feeling recharged, instead of thinking about coffee. I even went for a three-mile run on day six. Who was I?

It's a powerful moment when you realize it's possible to break food addictions and happily fuel your body with plant-based whole foods. I like to think of green smoothies as the gateway to a healthier life. Add on plant-based snacks and meals and your body responds in incredible ways.

This 21-day cleanse can take you through that process. With weekly plans and tasty recipes, you can transform your life right now. I would still be drinking multiple cups of coffee, sneaking candy, feeling exhausted, emotional and frustrated if it wasn't for this 21-day journey. It's worth it. You are worth it!

Ever since Starbucks and I broke up, my BFF became Spiced Almond Milk. Yet that doesn't mean I don't enjoy a cup of coffee, it just doesn't dictate my happiness and energy levels like it used to. Now, I'm fueled by plants. I have energy to do what I love and the future looks bright. I can't wait to see what I'm able to dream up and do in my 40's, 50's and beyond with a plant-based diet.

- Jen Hansard



Jen Hansard is the personality behind Simple Green Smoothies and Rawk the Year. She's an Air Force wife with two teenagers and currently calls Altus, OK home.

You can find her trail running, camping in National Parks and wandering Target aisles. To get to know Jen more, join Rawk The Year and gain access to our private community where we share life and encourage one another on our wellness journeys. Visit [RawkTheYear.com](http://RawkTheYear.com) to learn more.

# What's a Cleanse?

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We get it. It sounds like a lot to sacrifice, and for what exactly? Well, the goal of a cleanse is to make you feel alive again and in control of your health goals.

Are you often tired, bloated, weigh more than you should, have dull skin or issues with your digestive system? If you said YES to any of these, you're not alone. The cause of these issues is often related to poor nutrition and toxic buildup within your body. This cleanse helps flush toxins from your body and streamline the liver, colon and kidneys to work efficiently and effectively, making you feel like a whole new person.

## THIS CLEANSE HELPS WITH:

- Moodiness
- Brain Fog
- Cravings
- Trouble Losing Weight
- Low Energy
- Difficulty Sleeping
- Indigestion + Gas
- Acne + Eczema

Light exercise is great during the cleanse. It pushes toxins through the lymphatic system, promotes bowel movements and encourages sweat, which purifies our skin.

Toxins are in the food we eat, the air we breathe, the products we use and are even produced through chemical reactions within our own bodies. Who would have thought? We're constantly bombarded by toxins and our bodies are exhausted from it. Yes, we have natural processes to clean up the toxins they produce, but that's not enough anymore. A cleanse is the best way to give our bodies a little extra help in flushing them out so it can function optimally again and restore our energy levels.

This cleanse is also a great way to take a break from the foods that are weighing you down. Yet hear us out. This cleanse is NOT about starving yourself. It's about fueling your body. You'll eat actual meals throughout the cleanse and enjoy the taste of whole foods such as our Famous Loaded Sweet Potato, Rawesome Tacos, Citrus Quinoa Bowl and our all-time favorite snack: Vegan Protein Bars.

This cleanse is a proactive way to get yourself out from under any food dependencies you have and give you a fresh start at healthy eating. You'll learn to cook healthy + hearty meals and discover simple + tasty snacks to fuel you throughout the day.





## WEEKLY BREAKDOWN

### WEEK 1: CLEAN YOUR PLATE

The first seven days are designed to give your body a break from caffeine, sugars and processed foods while still loading up on satisfying, nutrient-rich meals. This is a gentle transition to jump start the cleanse. You'll still have a healthy love affair with legumes and gluten-free grains before the true detox party begins in week two.

### WEEK 2: DETOX WITH LOVE

In week two, you'll eat large amounts of fiber-rich vegetables seasoned to perfection, snacking on fresh fruits and seeds and drinking tons of water, green smoothies and herbal teas to flush out those toxins. This is where the true reset happens, so be kind to yourself, rest and eat up! Detox symptoms may surface during this time and could require you to slow down for a few days while your body works hard at pushing toxins out of your body. Also, your energy levels will begin to rise during this week and your skin will really begin to glow. Woohoo!

### WEEK 3: EMBRACE THE LIFESTYLE

For the home-stretch of the cleanse, you'll be introduced to more delicious recipes to help you ease into a healthy lifestyle that's sustainable. Get ready for some truly delicious meals! This week, we encourage you to focus on eating when you're truly hungry and tapping into the emotional role that food often plays in your life. We'll help you implement your favorite aspects of the 21-day cleanse into your life so you can continue on the journey of a healthier and happier you.



# Foods to Avoid

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Our cleanse gives you the opportunity to avoid foods that may trigger sensitivities and inflammation. We've compiled a list of these items and explained why they are not invited to the cleanse. Now, this doesn't mean you have to give them up forever. A cup of coffee, glass of wine or occasional cookie can really turn a day around. Yet if we're being real with ourselves, we probably use them as a daily crutch.

During these 21 days, you'll be able to tap into your body's deeper needs and tackle cravings, fatigue and stress with healthier options we provide each day. There's no deprivation here, just modifications to help you thrive.



**ALCOHOL** can wreak havoc on your body's natural blood sugar regulation, which stimulates cravings for sugar and carbohydrates. It can also interfere with nutrient absorption and be toxic to the liver.

**BAD FATS** like trans fats, hydrogenated fats and oxidized fats damage our cells, cause inflammation, contribute to cardiovascular damage and create a more acidic environment in the body. Good news, there's plenty of good fats out there. Our favorites are nuts, seeds, avocados, coconuts, coconut oil, avocado oil and olive oil.

**CAFFEINE** is highly acidic, interferes with sleep, stresses adrenal glands and pillages nutrient stores. On top of all this, it gives us a false sense of energy and can irritate the nervous system and gut. Additionally, sodas contain artificial additives and sweeteners (even the diet varieties) that are toxic to the brain. The phosphoric acid erodes tooth enamel and promotes bone loss.

**DAIRY** is highly acidic and can be quite difficult to digest. It can also contribute to excess mucus formation in the body. Replace dairy with unsweetened almond milk, rice milk, oat milk or any other nut or seed milk. Be sure to check the label for sugar, oils and other additives and avoid them.

**GLUTEN** creates a sticky substance in the gut, taking significantly more energy to digest. The word "gluten" comes from the Latin term for "glue" and is a protein composite found in wheat, rye, barley and other grains.

**HIGHLY-PROCESSED SOY** can interfere with nutrient absorption and leach nutrients from your body. Stay away from faux meats that are packed with sodium and variety of chemicals to create a meat substitute. Minimally processed soy, like miso, edamame and tamari, in small amounts, are cleanse-approved and can be used during the cleanse.

**MEAT** can take up to four days to get through your digestive system and cause acne. We want fast-moving, easily-digested food for this cleanse! If you're struggling immensely without meat, you can add a hard-boiled egg or salmon to a meal.

**PROCESSED FOODS** offer close to zero nutrients and often contain damaging chemicals and artificial substances. These packaged items also suck nutrients from our bones, our cells and our entire system due to their acidity. They also place a huge burden on our liver and kidneys (which are responsible for breaking down chemicals), making it harder for our bodies to function properly.

**REFINED SUGAR** is extracted from the sugar cane or sugar beet in a process that leaves you with a nutritionally-void sweetener. Refined sugar is acidic and leaches nutrients from our bodies, highly addictive and can contribute to mood problems, weight gain and tooth decay. It also leads to spikes in our blood sugar, giving us false "highs," followed by crashes in energy that leave us more tired than we were to begin with.

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If you decide to reintroduce these items after the cleanse, we suggest doing it in small doses, and one at a time, to see how your body reacts.





# Withdrawals 101

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Cutting out sugar, alcohol, caffeine and processed foods from your day-to-day can be difficult, yet the benefits are well worth it. Over time, your body becomes reliant on these items to wake up, power through the 3pm slump or unwind at the end of the day.

When you remove stimulants from your diet, you may experience some of the following symptoms.

## COMMON WITHDRAWAL SYMPTOMS

- Headaches
- Bloating
- Muscle Cramps
- Skin Irritation
- Fatigue
- Irritability
- Mood Swings
- Change in Bowel Frequency

These symptoms are completely normal and expected. When you've been relying on artificial energy and high processed flavors, your body isn't going to give it up easily. I recommend slowly cutting out the items on the 'Foods to Avoid' list a few days before you start the cleanse and replace them with items on the 'Foods to Embrace' list.

It usually takes between 2-5 days to complete the withdrawal phase of the cleanse, yet it's absolutely worth it. Giving your body a break from stimulants allows your organs to heal and your body to recharge fully. Remember, these symptoms are proof that the cleanse is working and your body is getting the care it needs. You've got this!

# Foods to Embrace

While cleansing, embrace all the plant-based whole foods below to have an amazing transformation. If you have allergies or unable to get any of these items, refer to the Swap Guide on page 11 for substitutes.

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**COCONUT WATER** is often considered nature's Gatorade, providing essential electrolytes to hydrate from the inside out. If you don't love the taste, feel free to dilute it with water.

**FRESH HERBS**, especially cilantro, are known for their detoxifying abilities, particularly chelating heavy metals. Mint is wonderful for bloating and relaxation.

**FRUIT** is a wonderful natural sweetener and contains fiber, which helps slow down the absorption of the sugar into your blood stream. Fruit contains essential vitamins, minerals and supports hydration.

**GINGER** is an inflammation fighter, brings warmth and energy to the digestive system and calms the stomach.

**GLUTEN-FREE GRAINS** (quinoa, rolled oats, brown rice) are rich sources of dietary fiber, which benefits the digestive system and can reduce cholesterol and blood sugar levels.

**HEALTHY FATS** are used by the body as a source of fuel to stimulate metabolism and also help your body absorb all the awesome nutrients you're consuming.

**LEAFY GREENS** contain phytonutrients and fiber that are great for digestion. They also help cleanse your body and keep your liver happy and healthy.

**LEGUMES** (beans, lentils, etc.) are a great source of plant-based protein and complex carbohydrates. Incorporating legumes into a healthy diet can help lower blood sugar, blood pressure, heart rate and other heart disease and diabetes risks.

**NUTS + SEEDS** are high in protein, healthy fats, calcium, iron and magnesium.

**VEGETABLES** are packed with fiber, low in sugar and contain essential vitamins and minerals. They taste great seasoned with herbs, spices and sauces.



## PRODUCE BUYING TIPS

We suggest using as many organic items as possible while cleansing. Yet we also know how price affects our choices, too. Use the list below to help you prioritize what to buy organic and what doesn't matter as much.

### RECOMMEND BUYING ORGANIC

These items have the highest levels of contamination from pesticides.

Strawberries

Spinach

Kale, Collard & Mustard Greens

Apples

Bell & Hot Peppers

Pears

Celery

Tomatoes

### OKAY TO BUY CONVENTIONAL

These items are least likely to be contaminated with pesticides.

Avocado

Pineapple

Onions

Cabbage

Mangos

Sweet Potatoes

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This list of cleanse produce is compiled with the help of the Environmental Working Group's annual report, the Dirty Dozen and the Clean 15.





# Shopping Guide

Hit the grocery store two days before you plan to start each week of the cleanse. This gives you time to find all ingredients and allows certain produce to ripen. Each week's grocery list is calculated for one person doing the cleanse. You'll need to modify the amounts if doing this with loved ones.

ALMOND FLOUR	ALMOND MILK	CHIA SEEDS
Often found in the baking section in a small bag. Might also be called "almond meal."	Almond milk is usually in the refrigerated milk section. Look for one that's unflavored and unsweetened.	These superfoods are often found in the supplement section or baking aisle.
COCONUT FLAKES	COCONUT MILK	COCONUT WATER
This dried fruit is often found in the baking section or the dried fruit section. Swap for shredded coconut if unable to find flakes.	Coconut milk is found in the canned goods section. Full-fat is preferred, yet light can also be used.	You will find this in the bottled water section. Look for one that's unflavored and unsweetened.
FENNEL BULB	FROZEN FRUIT	HEMP HEARTS
This root vegetable, also called anise, is found in the refrigerated produce section.	Frozen fruit is best for smoothies. If you can't find a certain fruit frozen, get it fresh and freeze it yourself.	These superfoods are often found in the supplement section or baking aisle.



MAPLE SYRUP	NUTRITIONAL YEAST	NUTS & SEEDS
Look for pure maple syrup. The only ingredient should be "maple syrup."	Most often found in the seasoning section. Look for a small container or resealable pouch.	We suggest using 'raw' nuts and seeds throughout the cleanse. Unable to find? Choose the least altered option.
PEPITAS	QUINOA	RED CURRY PASTE
A type of pumpkin seed found in the nut section or the bulk food area.	You'll find this in the grain aisle, where rice is found. White is most common, yet tri-color, black or red will work.	Red curry paste can be swapped for green or yellow, depending on your preference.
RED LENTILS	TAHINI	TAMARI
You'll find this legume in the grain aisle, where rice and dried beans are found. Red lentils cook quickest, yet brown and green will work too.	Tahini is a paste made from sesame seed and often found near soy sauce.	Tamari is a gluten-free soy sauce with a lovely flavor. You'll find it next to soy sauce.



# Swap Guide

We advise following the recipes as close as possible to get the best results. Use this list to swap out ingredient that you're allergic to, just don't like or unable to find.

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**Almonds:** cashews, walnuts, pecans

**Almond butter:** cashew butter, sunflower butter

**Almond milk:** cashew, coconut, or oat milk

**Avocado:** coconut oil (smoothies), nuts (salads)

**Banana:** avocado, peach, mango

**Blueberries:** cherries, raspberries, strawberries

**Broccoli:** cauliflower

**Brussels sprouts:** broccoli

**Butternut squash:** spaghetti squash

**Cashews:** macadamia nuts

**Celery:** fennel

**Cherries:** blueberries, raspberries, strawberries

**Chia seeds:** hemp hearts, flaxseeds

**Coconut oil:** avocado oil, olive oil

**Coconut water:** filtered water

**Coconut flakes:** shredded coconut

**Fennel:** celery (texture), fennel seeds (flavor)

**Garlic:** powdered garlic (½ teaspoon = 1 clove)

**Ginger root:** ground ginger  
(1 teaspoon ground = 1 tablespoon fresh)

**Green apple:** pears

**Hemp hearts:** chia seeds, sliced almonds, flaxseeds

**Herbs:** cilantro, parsley, mint, basil

**Kidney beans:** pinto beans, black beans

**Leafy greens:** spinach, chard, kale

**Lemon:** lime, grapefruit, orange

**Lime:** lemon, grapefruit, orange

**Mango:** peach, pineapple, banana

**Maple syrup:** honey, blackstrap molasses

**Olive oil:** avocado oil

**Orange:** lemon, lime, grapefruit

**Peach:** nectarine, cherries, strawberries, apricots

**Pineapple:** mango, orange

**Quinoa:** brown rice, riced cauliflower

**Raspberries:** blueberries, cherries, strawberries

**Red bell pepper:** yellow or green bell pepper

**Red curry paste:** curry powder

**Red lentils:** yellow lentils

**Rolled oats:** brown rice crisp cereal

**Strawberries:** blueberries, cherries, raspberries

**Sweet potato:** gold potato

**Tahini:** cashew butter

**Tamari:** coconut aminos, soy sauce

**Tomato:** cherry, grape, roma

**Turmeric:** ginger

**Zucchini:** spaghetti squash, butternut squash





# Cleanse-Approved Protein Powder *for* Smoothie Lovers

I set out to create the cleanest plant-based protein powder to add to my daily smoothies because I wasn't happy with any of the powders on the market. They were sickly sweet, bitter, chalky, gritty, flavored weird and generally loaded with all kinds of unnecessary additives.

After three years of research and testing, I created my own 100% organic, high-quality plant-based protein powder. You can add to your favorite smoothie recipe to turn it into a meal replacement, post-workout recovery shake or boost it for additional nutrients.

Protein Smoothie Boost is made in small batches in a QAI organic-certified facility to guarantee freshness and quality. We put quality first and there's nothing on the market like it. Just read the hundreds of five-star reviews from smoothie lovers to see what I mean.

PEACE, LOVE + LEAFY GREENS

*Jen Hansard*

## TOP-QUALITY ORGANIC PLANT PROTEINS



### HEMP SEED PROTEIN

Finely milled hemp contains omega-3 fatty acids, omega-6 and 20 amino acids.



### CHIA SEEDS

Chia seeds pack a nutritional punch when it comes to omega-3 fatty acids.



### FLAXSEEDS

This ancient superfood is loaded with protein, fiber and omega-3 fatty acids.

**LEARN MORE**



# Week One

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## CLEAN YOUR PLATE

We don't mean that in the sense of licking every last morsel from your plate. We mean sweeping out all your old ingrained ideas about what a kitchen should be stocked with, how your meals should look and most importantly, how it should make you feel.

Take time to clean out the pantry, fridge and countertops the week before you plan to go on this incredible journey. Discard any expired foods, donate items you no longer need (or are tempted by!) and wipe everything down. You wouldn't believe how helpful having a clean and spacious kitchen can be when trying to become a healthier you.

The first seven days of the cleanse meal plan are designed to give your body a break from caffeine, sugars and processed foods while still loading up on satisfying, nutrient-rich meals. This is a gentle transition to jump-start the cleanse. You'll still have a healthy love affair with legumes and gluten-free grains before the true detox party begins in week two.

# Grocery List

## FRESH PRODUCE

- avocado: 3
- banana: 4
- blueberries:  $\frac{3}{4}$  cup
- broccoli florets: 1 cup
- carrots: 5
- cauliflower florets: 2 cups
- celery stalks: 3
- cherry tomatoes: 8
- cilantro:  $\frac{1}{4}$  cup
- cucumber: 1
- garlic clove: 11
- ginger root:  $\frac{1}{2}$  cup
- green apple: 1
- green beans: 4 cups
- green onion:  $\frac{1}{4}$  cup
- kale: 3 cups
- lemon: 5
- mint leaves: 8
- orange: 2
- parsley: 1  $\frac{1}{4}$  cup
- pear: 2
- red bell pepper: 1
- snow peas:  $\frac{1}{2}$  cup
- spinach: 12 cups (14.5 oz)
- strawberries: 2 cups
- sweet potatoes: 3
- yellow onion: 4
- zucchini: 5

## FROZEN FOODS

- blueberries: 1 cup
- mango: 1 cup
- pineapple: 2 cups
- strawberries: 1 cup

## REFRIGERATED GOODS

- almond milk, unsweetened: 9 cups (72 oz)

## DRIED GOODS

- almond flour: 1 cup
- almonds, raw:  $\frac{1}{4}$  cup
- blueberries, dried:  $\frac{1}{2}$  cup
- cashews, raw:  $\frac{1}{2}$  cup\*
- chia seeds:  $\frac{3}{4}$  cup
- coconut flakes: 1 cup
- hemp hearts:  $\frac{1}{4}$  cup
- pepitas, raw: 1 cup
- quinoa: 1  $\frac{1}{2}$  cups
- red lentils:  $\frac{3}{4}$  cup
- rolled oats, gluten-free: 1 cup
- sliced almonds: 1  $\frac{1}{2}$  cups
- sunflower seeds, raw: 1  $\frac{1}{4}$  cups

## CANNED GOODS

- chickpeas: 2 cans
- coconut milk: 1 can
- kidney beans: 1 can
- tomatoes, diced: 1 can

## CONDIMENTS + OILS

- apple cider vinegar
- coconut oil
- maple syrup
- olive oil
- sesame oil
- tahini
- tamari

## PANTRY ITEMS

- almond butter
- coconut water, unsweetened: 5 cups
- vegetable stock: 4  $\frac{1}{2}$  cups (36 oz)

## SEASONING + BAKING

- black pepper, ground
- cayenne pepper
- chili powder, ground
- cinnamon, ground
- crushed red pepper
- cumin, ground
- garlic powder
- ginger, ground
- nutritional yeast
- sea salt
- smoked paprika
- turmeric, ground
- vanilla extract

\*If prepping Cashew Cream for the entire cleanse (p. 18), please buy 2 cups of cashews this week.



# autumn Cleanse Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
RISE	<b>Detox Tea</b> (18)						
BREAKFAST	<b>Brain Food Smoothie</b> (20)	<b>Tropical Cleanse Smoothie</b> (21)	<b>Berry Protein Smoothie</b> (22)	<b>Kale Citrus Smoothie</b> (23)	<b>Brain Food Smoothie</b> (22)	<b>Tropical Cleanse Smoothie</b> (23)	<b>Berry Protein Smoothie</b> (24)
AM SNACK	<b>Coconut Chia Pudding</b> (24)	<b>Cauliflower Popcorn</b> (25)	<b>Heaven in a Bowl</b> (26)	<b>Coconut Chia Pudding</b> (24)	<b>Cauliflower Popcorn</b> (25)	<b>Heaven in a Bowl</b> (26)	<b>Coconut Chia Pudding</b> (24)
LUNCH	<b>Bieler's Vegetable Soup</b> (28)	<b>Red Lentil Soup</b> (29)	<b>Garden Stir-Fry</b> (30)	<b>Sweet &amp; Crunchy Salad</b> (31)	<b>Skillet Chili</b> (32)	<b>Roasted Red Pepper Soup</b> (33)	<b>Savory Hash Cakes</b> (34)
PM SNACK	<b>Vegan Protein Bars</b> (27)						
DINNER	<b>Red Lentil Soup</b> (29)	<b>Garden Stir-Fry</b> (30)	<b>Sweet &amp; Crunchy Salad</b> (31)	<b>Skillet Chili</b> (32)	<b>Roasted Red Pepper Soup</b> (33)	<b>Savory Hash Cakes</b> (34)	<b>Bieler's Vegetable Soup</b> (28)
EVENING	<b>Spiced Almond Milk</b> (19)						



This is an interactive PDF. Click on sections above to go directly to the content.

# Prep Guide

We're big fans of prepping before you start week one of the cleanse. Set aside at least three hours the afternoon before you plan to start the cleanse to prep. You don't have to complete everything below to rock this week, yet the more you do the better.

## Detox Tea Cubes

1. Prepare the following:

- ½ cup ginger root, peeled and sliced
- ½ cup lemon juice
- ¾ teaspoon cayenne pepper

2. Even distribute between 7 ice cube tray slots and freeze.

3. Once frozen, transfer to a freezer-safe bag. When ready to use, add one cube to glass of hot water and stir until dissolved.

## Garlic & Ginger Root

Garlic: mince and freeze 9 cloves. Feel free to do even more if you'd like to have the garlic prepped for the entire cleanse.

Ginger root: use a spoon to scrape off the skin of the ginger root. Slice into thin strips or grate. Store in freeze until ready to use.

## Quinoa

Combine 1 ½ cups of quinoa and 3 cups of water in a medium pot. Bring to a boil, cover and reduce the heat. Simmer for 15 minutes. Remove from heat, cover and let it sit for 10 minutes. Fluff with fork. Store in air-tight container in fridge. When preparing meals, keep in mind that 1 cup uncooked quinoa, yields about 3 cups cooked.

## Coconut Chia Pudding (p. 24)

Make three servings of Coconut Chia Pudding to get you through the week. Store in individual containers in the refrigerator. Add the toppings right before eating.

## Vegan Protein Bars (p. 27)

Can be baked ahead of time and stored in an air-tight container in the fridge or freezer.

## Meal Prep

The following can be made ahead and stored in air-tight containers in the fridge for up to one week:

- Citrus Tahini Dressing (p. 31)
- Cashew Cream (see tip on p. 17)

## Make Ahead Meals

The following meals can be cooked ahead of time and frozen, if desired.

- Bieler's Vegetable Soup (p. 28)
- Red Lentil Soup (p. 29)
- Skillet Chili (p. 32)
- Roasted Red Pepper Soup (p. 33)
- Vegan Hash Cake Patties (p. 34)



## Smoothie Packs

Measure and freeze smoothie ingredients to make it easier to blend all smoothies this week.

1. Measure greens, fruit and veggies for each recipe and put into freezer-safe containers. Don't add liquid, oils, or superfoods yet, 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.

Allow frozen smoothie packs to definitelyrost slightly before blending. Store in fridge overnight or set on countertop for 30 minutes.

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## Best Cashew Cream Recipe

I suggest making one large batch of Cashew Cream to use throughout the cleanse. This will get the creamiest result, too.

2 cups cashews  
2 tablespoons lemon, juiced  
1 cup water, plus more as needed  
dash of sea salt

1. Add cashews and lemon juice to a bowl with enough water to cover completely. Allow to soak for at least 2 hours.
2. Drain and rinse cashews.
3. Blend cashews in a high-speed blender with  $\frac{1}{2}$  cup fresh water until creamy. If blender is struggling to blend, slowly add more water until consistency is like sour cream. You can also use a tamper to help the blending process.
4. Divide into small containers and refrigerate half to use this week and freeze the rest until needed.



EACH MORNING | SERVES 1



# Detox Tea

One of the best things you can do for your digestive system is start your morning with hot water and lemon. The lemon promotes alkalinity in the body, and also kickstarts the liver for the day. This encourages the release of digestive fluids. Add in the cayenne and ginger to bring warmth to the tummy, and boost your metabolism and circulation.

## INGREDIENTS

1 cup hot water (240mL)  
1 tablespoon ginger root, peeled and sliced (15mL)  
1 tablespoon lemon, juiced (15mL)  
dash of cayenne pepper

## DIRECTIONS

1. Add ginger and lemon juice to a mug.
2. Add a dash of cayenne.
3. Pour hot water into mug.



Using Detox Tea Cubes? Add one Detox Tea Cube to one cup hot water and stir until thawed.

EACH EVENING | SERVES 1



# Spiced Almond Milk

This is the perfect little treat for the end of the day. The combination of almond milk and warming digestive spices balances your blood sugar and stabilizes your metabolism. The combination of protein and healthy fats help curb hunger pangs and cravings.

## INGREDIENTS

1 cup almond milk, warmed (240mL)  
1 tablespoon almond butter (15mL)  
½ teaspoon cinnamon, ground (2.5mL)  
½ teaspoon ginger, ground (2.5mL)  
2 teaspoons maple syrup (10mL)  
dash of cayenne pepper

## DIRECTIONS

1. Carefully blend all ingredients in a blender.
2. Pour into a mug.



Another way to prepare this drink is to combine all ingredients in a small sauce pan on the stove and heat on medium low heat until warm. Remove from heat and froth with an immersion blender.



# Brain Food Smoothie

This smoothie has everything you need to get you going in the morning, including protein, healthy fats and replenishing electrolytes. Adding avocado to smoothies gives you a lovely dose of omega-3 essential fatty acids, which are vital for brain development and nerve function. Not only that, but the avocado also assists the body in absorbing nutrients from the greens.

## INGREDIENTS

- 1 ½ cups spinach (360mL)
- 1 cup coconut water (240mL)
- 1 pear, cored
- ½ cup mango, frozen (120mL)
- ¼ avocado
- 2 tablespoons hemp hearts (30mL)

## DIRECTIONS

1. Blend spinach and coconut water until smooth.
2. Add remaining ingredients and blend again. You can either blend in hemp hearts or sprinkle on top. Whichever you prefer.



Swap hemp hearts for one serving of **Protein Smoothie Boost** to increase protein.





# Tropical Cleanse Smoothie

Antioxidants help to prevent and repair damage to body tissues, our skin included. Vitamin C is one of the greatest antioxidants we have available, and it's abundant in pineapple. The addition of avocado brings with it other skin-specific nutrients such as vitamins E, A and zinc. In fact, you could probably use this smoothie on your face as a beauty treatment!

## INGREDIENTS

1 ½ cups spinach (360mL)  
1 cup coconut water (240mL)  
1 cup pineapple, frozen (240mL)  
¼ avocado  
2 tablespoons chia seeds (30mL)

## DIRECTIONS

1. Blend spinach and coconut water until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Protein Smoothie Boost** to increase protein.



# Berry Protein Smoothie

Protein-packed smoothies are a great way to nourish your body with natural energy and vitamin boosts. If protein is what you're looking for, then definitely give this almond milk smoothie a blend. It's a berry-filled, protein-powered beverage that can fuel your day the right way.

## INGREDIENTS

1 ½ cups spinach (360mL)  
1 cup almond milk (240mL)  
½ cup strawberries, frozen (120mL)  
½ cup blueberries, frozen (120mL)  
½ banana  
2 tablespoons almonds (30mL)

## DIRECTIONS

1. Blend spinach and almond milk until smooth.
2. Add remaining ingredients and blend again.



Swap almonds for one serving of **Protein Smoothie Boost** to increase protein.



# Kale Citrus Smoothie

'Nature's Gatorade' never tasted so good as it does in this gem of a green smoothie. Kale and coconut water combine for a powerhouse of nutrition with a banana blended in for a slightly sweet finish.

## INGREDIENTS

- 1 ½ cups kale, stems removed (260mL)
- ¾ cup coconut water (180mL)
- 1 orange, peeled
- 1 green apple, peeled and cored
- ½ banana
- 2 tablespoons chia seeds (30mL)
- 1 cup ice (240mL)

## DIRECTIONS

1. Blend kale and coconut water until smooth.
2. Add remaining ingredients and blend again.
3. Pour over ice.



Swap chia seeds for one serving of **Protein Smoothie Boost** to increase protein.



If prepping this smoothie ahead, use 1 full cup of coconut water since the orange will be frozen and omit the cup of ice.





# Coconut Chia Pudding

Chia pudding is the ultimate fast snack or easy breakfast. Chia seeds are loaded with omega-3 essential fatty acids, protein, fiber, magnesium and a whole host of other nutrients. Add the coconut milk, nuts and berries for extra nutrition and the spices for flavor. You have a winner, folks!

## INGREDIENTS

2 tablespoons chia seeds (30mL)  
½ cup coconut milk (120mL)  
1 tablespoon coconut flakes (15mL)  
dash of cinnamon, ground  
½ teaspoon vanilla extract (2.5mL)  
1 teaspoon maple syrup (5mL)

## TOPPING SUGGESTION

¼ cup blueberries (60mL)  
2 tablespoons pepitas (30mL)  
2 tablespoons sliced almonds (30mL)

## DIRECTIONS

1. Stir together chia seeds, coconut milk, coconut flakes, cinnamon, vanilla and maple syrup in a small bowl or jar.
2. Cover and set aside for at least 10 minutes, or up to overnight.
3. Before eating, top the pudding with a layer of the berries and sprinkle the nuts and seeds on top.



Prep one or several the night before in individual jars for easy grab-and-go snacks.



# Cauliflower Popcorn

This recipe can be enjoyed raw or roasted. The raw uses olive oil, and the roasted calls for coconut oil as it's a more stable oil at high heat. If you're making the roasted option, the addition of a small clove of minced garlic in the seasoning is delicious! Feel free to double the recipe and keep left-overs in the fridge for later.

## INGREDIENTS

1 cup cauliflower florets (240mL)  
1 teaspoon olive oil (5mL)  
½ teaspoon cayenne pepper (1.65mL)  
dash of sea salt  
dash of cumin, ground  
1 teaspoon garlic powder (5mL)  
1 ½ teaspoon nutritional yeast (7.5mL)

## DIRECTIONS

1. Preheat oven to 400° F (200° C). Line a baking sheet with parchment paper.
2. Chop cauliflower into small popcorn-size pieces.
3. Combine all ingredients in a mixing bowl. Toss to coat well.
4. Transfer to baking sheet and roast for 25 minutes, turning cauliflower over halfway through baking time to encourage even browning.
5. Remove from oven and cool slightly before eating.



Taking your snack to work? Prep this snack ahead by doing steps 2-3 then store in a heat safe container. Microwave for 45 seconds, then stir and microwave for an additional minute or until cauliflower is fork tender.



# Heaven in a Bowl

Warning: this snack is really good AND really good for you. Strawberries are high in vitamin C and antioxidants and low in sugar. Throw in protein-rich almonds and you have a nourishing, antioxidant-rich, immune-boosting snack.

## INGREDIENTS

- 1 cup strawberries (240mL)
- 2 tablespoons sliced almonds (30mL)
- 4 mint leaves, chopped
- 1 teaspoon maple syrup (5mL)

## DIRECTIONS

1. Combine strawberries, almonds and mint a bowl.
2. Drizzle with the maple syrup.





# Vegan Protein Bars

We love these bars! A sustaining and yummy snack that's super portable and full of nutrition. It's really important to keep blood sugar stable between main meals. By snacking on something that's high in protein and good fats, you're setting yourself up to regulate this well.

## INGREDIENTS

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 2 tablespoons chia seeds (30mL) | ½ cup dried blueberries (120mL)   |
| 6 tablespoons water (90mL)      | ½ cup sunflower seeds (120mL)     |
| 1 cup banana, mashed (240mL)    | ½ cup sliced almonds (120mL)      |
| 1 cup almond flour (240mL)      | 1 teaspoon vanilla extract (5mL)  |
| ½ cup coconut flakes (120mL)    | 1 teaspoon cinnamon, ground (5mL) |
| 1 cup rolled oats (240mL)       | ½ teaspoon sea salt (2.5mL)       |

## DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a 7x11 baking dish with parchment paper. If you prefer thin and crispy bars, use a 9x13 baking sheet.
2. Soak chia seeds in water for 5 minutes. Add banana and mash into a paste.
3. In a mixing bowl, combine chia seed mixture with remaining ingredients.
4. Press the mixture evenly into the prepared baking dish.
5. Bake for 25 minutes, or until golden on top. Remove from oven and let cool.
6. Slice into 8 bars. Store in an airtight container in the fridge for up to 5 days.



Reheat in toaster oven for a warm treat. Top with 1 tablespoon of almond butter to stay full longer!



Swap ¼ cup almond flour with one serving of **Protein Smoothie Boost** for additional protein.



This recipe is not compatible for Week 2 of the cleanse.



# Bieler's Vegetable Soup

This healing blended vegetable soup has been used for decades to detoxify the body. It's super simple to make and leaves you feeling satisfied and nourished. A little salt and pepper gives the soup flavor without taking away from its healing benefits. Feel free to add cayenne if craving a metabolism-boosting kick.

## INGREDIENTS

4 zucchini, chopped and ends discarded	4 cups water (960mL)
4 cups green beans, ends trimmed (960mL)	4 tablespoons coconut oil (60mL)
2 celery, chopped	1 teaspoon sea salt (5mL)
1 cup parsley, stems removed (240mL)	1 teaspoon black pepper, ground (5mL)

## DIRECTIONS

1. Place all ingredients, except coconut oil, in a large pot and bring to a boil. Lower the heat and simmer until the vegetables are tender, about 15 minutes.
2. Carefully puree soup with coconut oil in a blender or with an immersion blender.
3. Serve half for day one's lunch, and store the second half in the freezer for day seven.



Add a dollop of Cashew Cream to increase the amount of protein and healthy fats.



This recipe has been modified from Rawk the Year, specifically for the cleanse.





# Red Lentil Soup

This is a high protein, nutrient dense soup that's simple to make and full of flavor. Lentils are a fabulous source of protein, and the most easily digested legume of the bunch. They're high in iron, magnesium and have a huge amount of fiber. Red lentils are great because they don't require soaking and they cook quickly.

## INGREDIENTS

- |                                                          |                                        |
|----------------------------------------------------------|----------------------------------------|
| 2 teaspoons coconut oil (10mL)                           | ½ teaspoon turmeric, ground (2.5mL)    |
| 1 yellow onion, finely chopped                           | 8 cherry tomatoes, diced               |
| 1 celery, finely chopped                                 | 2 cups vegetable stock (480mL)         |
| 4 garlic cloves, minced                                  | ¾ cup red lentils, uncooked (180mL)    |
| ⅔ teaspoon ginger root, peeled and finely minced (3.3mL) | 1 cup spinach, roughly chopped (240mL) |
| 1 ¼ teaspoons cumin, ground (6.25mL)                     | 1 tablespoon lemon, juiced (15mL)      |

## FOR SERVING

- 2 tablespoons cilantro (30mL)
- ¼ teaspoon crushed red pepper (1.25mL)
- ½ avocado

## DIRECTIONS

1. Heat coconut oil in a large saucepan over medium-high heat. Sauté onion and celery for 5 minutes, or until onion is translucent. Add garlic and ginger, and cook for another minute, stirring constantly.
2. Add cumin and turmeric. Stir for 30 seconds, or until fragrant. Add tomatoes and stir again.
3. Add vegetable broth and lentils and lower heat to a simmer and partially cover the pan. Cook for 25 minutes, or until lentils are soft.
4. Stir in the spinach and lemon juice. Add salt and pepper, to taste.
5. To serve, ladle into bowls and top with cilantro, crushed red peppers and avocado.
6. Store leftovers in fridge to enjoy for lunch the following day.

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! This recipe is not compatible for Week 2 of the cleanse.





# Garden Stir Fry

A classic! This recipe is all green for maximum alkalization. Cook the vegetables as lightly as you can tolerate to maintain the most nutrition. Fact: green vegetables contain iron, calcium, magnesium, vitamin A, vitamin C, vitamin K and fiber.

## INGREDIENTS

- 1 ½ teaspoons coconut oil (2.5mL)
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 1 cup broccoli florets (240mL)
- ½ cup snow peas (120mL)
- 1 carrot, sliced
- 1 cup kale, stems removed (240mL)
- 2 teaspoons sesame oil (10mL)
- ¼ cup sliced almonds (60mL)
- 1 tablespoon tamari (15mL)

## DIRECTIONS

1. Heat coconut oil in a large skillet over medium heat. Add onion and sauté until soft. Add garlic, cook for another minute.
2. Add broccoli, peas and carrots. Cook until slightly tender, stirring constantly. Add the kale and stir to help the kale wilt. Remove from heat.
3. Serve with sliced almonds, sesame oil and tamari.
4. Store leftovers in fridge to enjoy for lunch the following day.



Add 1 tablespoon of tahini or hummus to help your body extract more nutrients from the vegetables.



MEAL | 15 MINUTES | SERVES 2



# Sweet & Crunchy Salad

This super easy meal is great when "on-the-go". The combination of chickpeas and seeds forms a complete protein, keeping you nourished and energized for hours.

## INGREDIENTS

- 1 cup spinach (240mL)
- 1 cup chickpeas, canned, drained and rinsed (240mL)
- 2 carrots, chopped
- ½ cup cucumber, diced (120mL)
- ¼ cup red bell pepper, diced (60mL)
- ½ cup pepitas (120mL)
- ½ cup sunflower seeds

## CITRUS TAHINI DRESSING

- 2 tablespoons tahini (30mL)
- 2 tablespoons orange, juiced (30mL)
- 2 tablespoons olive oil (30mL)
- 2 teaspoons apple cider vinegar (10mL)
- 1 teaspoon tamari (5mL)
- ½ garlic clove, minced

## DIRECTIONS

1. Whisk together Citrus Tahini Dressing ingredients. Add water if dressing is too thick.
2. Place spinach, chickpeas and veggies on a plate. Pour dressing on top and sprinkle with seeds.
3. Store leftovers in fridge to enjoy for lunch the following day.

! This recipe is not compatible for Week 2 of the cleanse.

# Skillet Chili

This is a super versatile meal that many rawkstars continue to enjoy post-cleanse. It's high in protein and complex carbs, making it filling and energy boosting for hours.

## INGREDIENTS

- |                                                   |                                         |
|---------------------------------------------------|-----------------------------------------|
| ¾ cup quinoa, uncooked (180mL) (or 2 cups cooked) | ½ cup sweet potato, cubed (120mL)       |
| 1 ½ cups water, <i>if cooking quinoa</i> (360mL)  | 2 carrots, chopped                      |
| 1 tablespoon coconut oil (15mL)                   | 1 ½ cups kidney beans, canned (360mL)   |
| 1 yellow onion, chopped                           | 1 ½ cups diced tomatoes, canned (360mL) |
| 2 garlic cloves, minced                           | 1 zucchini, chopped                     |
| 1 teaspoon cumin, ground (5mL)                    | ½ cup vegetable stock (120mL)           |
| dash of chili powder                              | Cashew Cream, optional (p. 20)          |

## DIRECTIONS

1. Cook the quinoa by combining quinoa and water in a medium pot. Bring to a boil, cover, reduce the heat and simmer for 15 minutes. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
2. Heat coconut oil in a large saucepan over medium heat. Add onion and garlic and sauté until onion is translucent.
3. Add the cumin and chili powder. Cook for one minute until fragrant. Add the sweet potato and cook for two more minutes, stirring often. Add the carrots, kidney beans, tomatoes and vegetable broth. Cover and simmer for 20 minutes.
4. Add the zucchini and continue cooking for 5 minutes, until all the vegetables are tender. Serve over quinoa. Top with 1 tablespoon Cashew Cream, if using.
5. Divide into half and store leftovers in fridge to enjoy for lunch the following day.



This recipe is not compatible for Week 2 of the cleanse.





# Roasted Red Pepper Soup

This recipe is going to push you outside your cooking comfort zone. From roasted red peppers to blending your own Cashew Cream, this soup brings all the flavors and textures to the max. Yet don't run away! Once you taste it, you'll be wishing you made a double batch!

## INGREDIENTS

- |                                                           |                                    |
|-----------------------------------------------------------|------------------------------------|
| 1 ½ teaspoon olive oil (2.5mL)                            | 1 teaspoon lemon, juiced (5mL)     |
| 1 sweet potato, peeled and diced                          | ¼ teaspoon cayenne pepper (1.25mL) |
| ½ red bell pepper, sliced                                 | dash of sea salt                   |
| ½ yellow onion, diced                                     | dash of black pepper, ground       |
| 2 garlic cloves, unpeeled                                 | ¼ cup green onion, chopped (60mL)  |
| 2 cups vegetable stock (480mL)                            |                                    |
| 1 teaspoon smoked paprika, plus more for sprinkling (5mL) |                                    |

## CASHEW CREAM

- |                    |                    |
|--------------------|--------------------|
| ¼ cup water (60mL) | ¼ cup water (60mL) |
| dash of sea salt   | dash of sea salt   |

## DIRECTIONS

1. Cashew Cream: Puree the cashews, lemon juice, water and salt in a food processor until smooth and creamy. Stop and scrape down sides, as needed. Add more water if the mixture is too thick.
2. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper and arrange the sweet potato, peppers, onion and garlic in an even layer. Drizzle with oil and season with salt and pepper.
3. Roast for 25 minutes, or until veggies are soft. Remove from oven and discard garlic peel. Transfer veggies to a blender with vegetable broth. Puree until smooth.
4. Transfer to a pot and add paprika and lemon juice. Bring to a simmer and cook for 15 minutes to allow flavors to meld.
5. Ladle into bowls and top with Cashew Cream, green onions and additional paprika.
6. Store leftovers in fridge to enjoy for lunch the following day.



When making Cashew Cream, soak the cashews in water for 2 hours to get a creamier result.



# Savory Hash Cakes

These hash cakes are delicious and satisfying thanks to the medley of colorful ingredients. Chickpeas are high in protein and essential minerals. Top with avocado, cilantro, guacamole, basil pesto, chopped tomatoes or even enjoy on their own.

## INGREDIENTS

- |                                                   |                                        |
|---------------------------------------------------|----------------------------------------|
| ¾ cup sweet potato, cubed (180mL)                 | ¼ cup sunflower seeds (60mL)           |
| ¾ cup quinoa, uncooked (180mL) (or 2 cups cooked) | 2 tablespoons cilantro, chopped (30mL) |
| 1 ½ cups water, <i>if cooking quinoa</i> (360mL)  | 2 tablespoons parsley, chopped (30mL)  |
| 1 tablespoon chia seeds (15mL)                    | 2 tablespoons coconut oil (30mL)       |
| 3 tablespoons water (45mL)                        | 1 tablespoon tamari (15mL)             |
| ¾ cup chickpeas, canned (180mL)                   | 1 avocado, diced                       |
| 1 tablespoon yellow onion, minced (15mL)          | 1 cup spinach (240mL)                  |
| ¼ cup kale, stems removed, finely diced (60mL)    |                                        |

## DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Cook sweet potato on baking sheet for 25 minutes, or until soft.
3. Cook the quinoa by combining quinoa and water in a medium pot. Bring to a boil, cover, reduce the heat and simmer for 15 minutes. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
4. Soak chia seeds in a small bowl with water for 10 minutes.
5. Place sweet potato and chickpeas in a large bowl and mash well with a fork. Add all ingredients and mix together with clean hands, until well combined. Allow the mixture to sit for at least 5 minutes. Measure out ¼ cup of the mixture and shape into a patty. Repeat until done.
6. Place patties on the lined baking sheet and bake for 45 minutes, flipping halfway through baking time for even browning.
7. Serve on small bed of spinach and top with diced avocado.
8. Store leftovers in fridge to enjoy for lunch the following day.



If prepped ahead and stored in the freeze, reheat in the oven for 20 mins at 350°F (180°C). Flip over half way through.



This recipe is not compatible for Week 2 of the cleanse.



# Week Two

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## DETOX WITH LOVE

During week two, you'll be replacing legumes and grains with even more vegetables to ramp up the cleanse. Recipes are loaded with easy-to-digest plants and detoxifying herbs.

This is a very important week. This is the heart and soul of the cleanse. This is where the magic happens.

Detox symptoms may surface during this time (headaches, body aches, nausea and skin breakouts). This could require you to slow down for a few days while your body works hard at pushing toxins out of your body. Keep drinking tons of water! This will help with any detoxing or withdrawal symptoms. A happy bonus is your energy levels will begin to rise during this week and your skin will begin to really glow. Woohoo!

*NOTE: This is the only week of the cleanse when legumes and gluten-free grains are off limits.*



# Grocery List

## FRESH PRODUCE

- avocado: 4
- banana: 1
- beets: 2
- blueberries: ½ cup
- carrots: 11
- cauliflower florets: 5 cups
- cherry tomatoes: 8
- cilantro: 2 cups
- cucumber: 1
- fennel bulb: 1
- garlic clove: 12
- ginger root: ¾ cup
- gold potato: 2
- green apple: 1
- kale: 7 ½ cups
- leek: 1
- lemon: 7
- lime: 1
- mango: 2
- orange: 4
- red cabbage: 1
- spinach: 10 ½ cups (13 ounces)
- sweet potato: 2
- yellow onion: 4

## FROZEN FOODS

- blueberries: ½ cup
- peaches: 1 cup
- pineapple: 3 ½ cups
- strawberries: 1 ½ cups

## REFRIGERATED GOODS

- almond milk, unsweetened: 7 cups (56 oz)

## DRIED GOODS

- almonds, raw: ¼ cup
- cashews, raw: ½ cup
- chia seeds: 2 tablespoons
- coconut flakes: 3 ⅔ cups
- pepitas, raw: 2 ⅛ cups
- sunflower seeds, raw: 2 ⅛ cups
- walnuts, raw: 1 cup

## CANNED GOODS

- coconut milk: 2 cans

## CONDIMENTS & OILS

- coconut oil
- Dijon mustard
- maple syrup
- olive oil
- tamari

## PANTRY ITEMS

- almond butter
- coconut water, unsweetened: 6 ¼ cups (50 oz)
- vegetable stock: 5 cups

## SEASONING + BAKING

- black pepper, ground
- cayenne pepper
- chili powder, ground
- cinnamon, ground
- crushed red pepper
- cumin, ground
- curry powder, ground
- ginger, ground
- nutritional yeast
- sea salt
- smoked paprika
- turmeric, ground



If you have Cashew Cream on hand, you don't need to purchase any cashews this week.

# autumn Cleanse Plan

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
RISE	<b>Detox Tea</b> (40)						
BREAKFAST	<b>Cilantro Peach Smoothie</b> (42)	<b>Coconut Beet Smoothie</b> (43)	<b>Pineapple Detox Smoothie</b> (44)	<b>Zingy Green Smoothie</b> (45)	<b>Cilantro Peach Smoothie</b> (42)	<b>Coconut Beet Smoothie</b> (43)	<b>Pineapple Detox Smoothie</b> (44)
AM SNACK	<b>Coconut Berry Popsicles</b> (46)	<b>Crunchy Carrot Salad</b> (47)	<b>Berries and Almonds</b> (48)	<b>Coconut Berry Popsicles</b> (46)	<b>Crunchy Carrot Salad</b> (47)	<b>Berries and Almonds</b> (48)	<b>Coconut Berry Popsicles</b> (46)
LUNCH	<b>Mango Detox Salad</b> (50)	<b>Cauliflower Couscous</b> (51)	<b>Carrot Ginger Soup</b> (52)	<b>Loaded Sweet Potato</b> (53)	<b>Healing Beet Soup</b> (54)	<b>Rawesome Tacos</b> (55)	<b>Potato Comfort Soup</b> (56)
PM SNACK	<b>Coconut Trail Mix</b> (49)						
DINNER	<b>Cauliflower Couscous</b> (51)	<b>Carrot Ginger Soup</b> (52)	<b>Loaded Sweet Potato</b> (53)	<b>Healing Beet Soup</b> (54)	<b>Rawesome Tacos</b> (55)	<b>Potato Comfort Soup</b> (56)	<b>Mango Detox Salad</b> (50)
EVENING	<b>Spiced Almond Milk</b> (41)						



This is an interactive PDF. Click on sections above to go directly to the content.

# Prep Guide

We're big fans of prepping before you start each week of the cleanse. Set aside at least three hours to prep the day before you start week two. You don't have to complete everything below to start this week, yet the more you do the better.

---

## Detox Tea Cubes

1. Prepare the following:

- ½ cup ginger root, peeled and sliced
- ½ cup lemon juice
- ¾ teaspoon cayenne pepper

2. Evenly distribute between 7 ice cube tray slots and freeze.

3. Once frozen, transfer to a freezer-safe bag. When ready to use, add one cube to glass of hot water and stir until dissolved.

## Garlic & Ginger Root

Garlic: mince and freeze 12 cloves. Feel free to do even more if you'd like to have the garlic prepped for the entire cleanse.

Ginger root: use a spoon to scrape off the skin of the ginger root. Slice into thin strips and store in freezer until ready to use.

## Snack Prep

The following snacks can be made ahead:

- Coconut Berry Popsicles (p. 46)
- Coconut Trail Mix (p. 49)

## Meal Prep

The following items can be made ahead and stored in air-tight containers in the fridge:

- Crunchy Carrot Salad dressing (p. 47)
- Cashew Cream (p. 55)
- Vegan Taco Meat (p. 55)

## Make-Ahead Meals

The following meals can be cooked ahead of time and frozen, if desired.

- Cauliflower Couscous (p. 51)
- Carrot Ginger Soup (p. 52)
- Healing Beet Soup (p. 54)
- Potato Comfort Soup (p. 56)





## Smoothie Packs

Measure and freeze smoothie ingredients to make it easier to blend all smoothies this week.

1. Measure greens, fruit and veggies for each recipe and put into freezer-safe containers. Don't add liquid, oils or superfoods yet, 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.

Allow frozen smoothie packs to definitelyrost slightly before blending. Store in fridge overnight or set on countertop for 30 minutes. Add liquid and superfoods before blending.



EACH MORNING | SERVES 1



# Detox Tea

One of the best things you can do for your digestive system is start your morning with hot water and lemon. The lemon promotes alkalinity in the body, and also kickstarts the liver for the day. This encourages the release of digestive fluids. Add in the cayenne and ginger to bring warmth to the tummy, and boost your metabolism and circulation.

## INGREDIENTS

1 cup hot water (240mL)  
1 tablespoon ginger root, peeled and sliced (15mL)  
1 tablespoon lemon, juiced (15mL)  
dash of cayenne pepper

## DIRECTIONS

1. Add ginger and lemon juice to a mug.
2. Add a dash of cayenne.
3. Pour hot water into mug.



Using Detox Tea Cubes? Add one Detox Tea Cube to one cup hot water and stir until thawed.

EACH EVENING | SERVES 1



# Spiced Almond Milk

This is the perfect little treat for the end of the day. The combination of almond milk and warming digestive spices balances your blood sugar and stabilizes your metabolism. The combination of protein and healthy fats help curb hunger pangs and cravings.

## INGREDIENTS

1 cup almond milk, warmed (240mL)  
1 tablespoon almond butter (15mL)  
½ teaspoon cinnamon, ground (2.5mL)  
½ teaspoon ginger, ground (2.5mL)  
2 teaspoon maple syrup (10mL)  
dash of cayenne pepper

## DIRECTIONS

1. Carefully blend all ingredients in a blender.
2. Pour into a mug.



Another way to prepare this drink is to combine all ingredients in a small sauce pan on the stove and heat on medium low heat until warm. Remove from heat and froth with an immersion blender.





# Cilantro Peach Smoothie

Cilantro is the hero of this green smoothie thanks to its awesome cleansing powers. Peaches lend a lovely flavor that combines well with the coconut water to replenish and restore your awesome body.

## INGREDIENTS

- 1 ½ cups kale, stems removed (260mL)
- 2 tablespoons cilantro, stems removed (30mL)
- 1 cup coconut water (240mL)
- ½ cup peaches, frozen (120mL)
- ½ cup pineapple, frozen (120mL)
- 2 tablespoons chia seeds (30mL)

## DIRECTIONS

1. Blend kale, cilantro and coconut water until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Protein Smoothie Boost** to increase protein.



# Coconut Beet Smoothie

Nourishing coconut, fresh and sweet strawberries and the earthiness of beets - this smoothie is beautiful and delicious. The coconut brings healthy fat, strawberries add a low GI injection of antioxidants and vitamin C, and the beets offer some liver-loving, blood-cleansing goodness. Add to that a healthy dose of spinach for added minerals and alkalizing, and you have yourself a perfect pick-me-up!

## INGREDIENTS

1 ½ cups spinach (360mL)  
¾ cup coconut water (180mL)  
1 orange, peeled  
½ cup strawberries, frozen (120mL)  
¼ beet, peeled  
1 tablespoon coconut flakes (15mL)  
1 tablespoon chia seeds (15mL)

## DIRECTIONS

1. Blend spinach, coconut water and orange together until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Protein Smoothie Boost** to increase protein.



# Pineapple Detox Smoothie

Healthy fats like those from avocado and chia help the body stay full longer and also help it absorb more nutrients. Coconut water gives this smoothie a natural energy boost so you are full and energized for the day!

## INGREDIENTS

- 1 ½ cups spinach (360mL)
- 2 tablespoons cilantro (30mL)
- 1 cup coconut water (240mL)
- 1 cup pineapple, frozen (240mL)
- ¼ avocado
- 2 tablespoons chia seeds (30mL)

## DIRECTIONS

1. Blend spinach, cilantro and coconut water together until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Protein Smoothie Boost** to increase protein.





# Zingy Green Smoothie

This bright green smoothie contains ginger, which gives it a zingy taste and adds an anti-inflammatory hit. Ginger also helps to improve circulation and bring warmth to the digestive system.

## INGREDIENTS

- 1 ½ cups kale, stems removed (260mL)
- ½ cucumber, peeled
- ¾ cup coconut water (180mL)
- ½ green apple, cored
- ½ cup pineapple, frozen (120mL)
- ¼ avocado
- 1 tablespoon ginger root, peeled (15mL)
- 2 tablespoons chia seeds (30mL)

## DIRECTIONS

1. Blend kale, cucumber and coconut water together until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Protein Smoothie Boost** to increase protein.



# Coconut Berry Popsicles

Coconut milk is the base of these popsicles, which gives a creamy texture, and a boost of healthy fats for our bodies (which is easily burned as fuel rather than stored as fat). Sweetened with fruit and fortified with some sneaky greens, this is an ideal snack for the whole family!

## INGREDIENTS

- 1 cup coconut milk (240mL)
- 1 banana
- ½ cup blueberries, frozen (120mL)
- ½ cup strawberries, frozen (120mL)
- ½ cup spinach (120mL)

## DIRECTIONS

1. Place all ingredients in a blender and blend until smooth.
2. Transfer mixture into popsicle molds.
3. Place in the freezer until ready to enjoy.



You only need three popsicles for this week of the cleanse. Store the extras to share and enjoy!





# Crunchy Carrot Salad

Quick, simple and delicious! This little salad makes a lovely snack to eat on its own, or a tasty side dish. The zesty dressing, fragrant cilantro and gentle sweetness from the carrots create a delicious cleanse-worthy snack.

## INGREDIENTS

1 carrot, peeled or thinly grated  
2 tablespoons cilantro, stems removed  
and chopped (30mL)  
2 tablespoons sunflower seeds (30mL)  
dash of black pepper, ground  
dash of sea salt

## DRESSING

2 tablespoons orange, juiced (30mL)  
2 tablespoons lemon, juiced (30mL)  
1 tablespoon olive oil (15mL)

## DIRECTIONS

1. Whisk together orange juice, lemon juice and olive oil. Set aside.
2. Finely chop or use a vegetable peeler to make ribbons of the carrot.
3. Combine the carrot strips, cilantro and sunflower seeds on a plate.
4. Drizzle dressing over the salad. Season with salt and pepper to taste.



SNACK | SERVES 1



# Berries and Almonds

Almonds are the most alkalizing of the nuts, and they're loaded with calcium, magnesium, fiber and protein. They're a wonderful partner to the low GI deliciousness and antioxidant-rich berries and make for a nutritious and fast snack.

## INGREDIENTS

2 tablespoons almonds (30mL)

¼ cup blueberries (60mL)

## DIRECTIONS

1. Eat almonds and blueberries.

SNACK | 10 MINUTES | SERVES 9 (SERVING SIZE: ½ CUP)



# Coconut Trail Mix

Coconut is one of our favorite cleanse-worthy ingredients! It's used in most of our recipes. Coconut flakes provide a natural sweetness, plus a delicious crispy crunch when toasted (which gives you the feeling that you're having a real treat!). The pepitas, sunflower seeds and coconut oil add nutrients, healthy fats and protein to keep you satisfied until the next meal.

## INGREDIENTS

3 cups coconut flakes (720mL)  
1 ½ cups pepitas (360mL)  
1 ½ cups sunflower seeds (360mL)  
3 tablespoons coconut oil, melted (45mL)

## DIRECTIONS

1. Preheat oven to 300° F (150°C).
2. Line a baking sheet with parchment paper.
3. Combine all of the ingredients in a bowl.
4. Spread over the prepared baking sheet.
5. Bake for 6-8 minutes, or until lightly toasted.



This recipe is a daily snack for week two and a topping in the Cauliflower Couscous recipe on p. 59.





# Mango Detox Salad

The star of this salad is the cilantro, which is the perfect cleansing herb. It binds to toxins within the body and escorts them out the door! The avocado, seeds and lime help your body to assimilate the nutrients and provide extra protein and healthy fats.

## INGREDIENTS

2 cups spinach, chopped (480mL)  
1 mango, diced  
½ avocado, diced  
¼ cup cilantro, stems removed and  
thinly sliced (60mL)  
2 tablespoons sunflower seeds (30mL)  
2 tablespoons lime, juiced (30mL)  
1 teaspoon olive oil (5mL)

## DIRECTIONS

1. Combine all ingredients together in a bowl.
2. Stir to coat well and serve immediately.





# Cauliflower Couscous

Cauliflower provides the perfect cleansing base for this 'couscous,' including vitamins C, K and B. It's also rich in sulfur, which promotes the production of glutathione (aka: the master antioxidant). The carrots and kale bring additional fiber, nutrients and antioxidants, while the warming spices maximize digestion.

## INGREDIENTS

4 cups cauliflower florets (960mL)  
 2 tablespoons coconut oil (30mL)  
 1 yellow onion  
 3 garlic cloves, minced  
 ½ teaspoon curry powder (2.5mL)  
 ¼ teaspoon turmeric, ground (1.25mL)  
 dash of cinnamon, ground  
 2 carrots, finely chopped  
 1 cup kale, stems removed and chopped (240mL)  
 1 tablespoon lemon, juiced (15mL)  
 ½ teaspoon sea salt (2.5mL)  
 ½ teaspoon crushed red pepper (2.5mL)

## FOR SERVING

1 cup Coconut Trail Mix (p. 61) (240mL)  
 ½ cup cilantro, roughly chopped (120mL)

## DIRECTIONS

1. In a food processor, chop cauliflower florets into a rice-like consistency. Set aside.
2. In a large skillet, heat coconut oil over medium heat. Sauté onion until translucent.
3. Add garlic, curry powder, turmeric, carrots and cauliflower. Cook for 10 minutes, stirring occasionally.
4. Add kale and stir until wilted. Remove from heat and mix in lemon juice, salt and crushed red pepper.
5. Top with Coconut Trail Mix and cilantro.
6. Store leftovers in fridge to enjoy for lunch the following day.



It's best to store the leftovers in the fridge without the Coconut Trail Mix. Add the topping when you're ready to enjoy!



# Carrot Ginger Soup

This nourishing, simple soup is full of love for the tummy. The ginger and cumin bring warmth to the digestive system, while the garlic and onion gently assist liver detoxification. The carrots bring nutrient-dense deliciousness!

## INGREDIENTS

1 tablespoon coconut oil (15mL)	1 ½ cups coconut milk (360mL)
1 yellow onion, chopped	1 cup vegetable stock (240mL)
2 tablespoons ginger root, peeled and chopped (30mL)	¼ lemon, juiced
2 garlic cloves, minced	dash of black pepper, ground
1 teaspoon cumin, ground (5mL)	dash of sea salt
6 carrots, washed and chopped into ½" pieces	

## DIRECTIONS

1. Heat coconut oil in a large saucepan over medium high heat. Add the chopped onions and sauté until translucent.
2. Add the ginger and garlic to the onions, and cook for another minute. Add the cumin and stir well for 30 seconds.
3. Add the chopped carrots and sauté for a few minutes, then add the coconut milk and vegetable broth. Lower heat to a simmer and cook for 20 minutes, or until the carrots are just tender.
4. Puree soup with an immersion blender or standard blender. (Use caution when using a standard blender. The soup will be hot!) If soup is too thick, add extra stock or coconut milk.
5. Add the desired amount of lemon juice plus season with salt and pepper to taste. Serve hot.
6. Store leftovers in fridge to enjoy for lunch the following day.



Feel free to add extra stock or coconut milk to reach your desired consistency.



# Loaded Sweet Potato

Despite their name, sweet potatoes have a low GI which helps balance the blood sugar. They're also packed with vitamin A, B vitamins, potassium and fiber. They provide the perfect base for this delicious kale slaw, which is screaming with nutrients that help stimulate digestion and absorption. The only downside to this meal? It's so delicious, it's hard to stop at one potato.

## INGREDIENTS

2 sweet potatoes	2 tablespoons pepitas (30mL)
1 cup kale, stems removed and shredded (240mL)	1 tablespoon olive oil (15mL)
1 cup red cabbage, shredded (240mL)	1 tablespoon lemon, juiced (15mL)
1 carrot, grated	1 tablespoon Dijon mustard (15mL)
1 avocado, diced	dash of black pepper, ground
2 tablespoons sunflower seeds (30mL)	dash of sea salt

## DIRECTIONS

1. Preheat oven to 400F (205°C). Prick sweet potatoes with fork and bake for 45 minutes, or until tender.
2. In a large bowl, combine kale, cabbage, carrots, avocado and seeds.
3. In a small bowl, combine oil, lemon juice and Dijon mustard. Add to the vegetables and gently toss to coat. Season with salt and pepper to taste.
4. When sweet potatoes are finished baking, cut slit in the top and pike the salad generously on top.
5. Store leftovers in fridge to enjoy for lunch the following day.





# Healing Beet Soup

This is the ultimate liver detoxification soup! Beets are magical for liver function and blood cleansing, and also deliver an earthy, satisfying flavor. The fennel and ginger boost the digestive system. Top with avocado for extra nourishment and sustainability.

## INGREDIENTS

- |                                                     |                                     |
|-----------------------------------------------------|-------------------------------------|
| 1 tablespoon coconut oil (15mL)                     | 2 cups vegetable stock (480mL)      |
| 4 garlic cloves, minced                             | ¼ lemon, wedge                      |
| 1 yellow onion, diced                               | 1 cup red cabbage, shredded (240mL) |
| 2 teaspoons ginger root, chopped and divided (10mL) | dash of black pepper, ground        |
| ½ cup fennel bulb, diced (120mL)                    | dash of sea salt                    |
| 1 beet, peeled and grated                           |                                     |

## DIRECTIONS

1. Heat coconut oil in a saucepan over medium-high heat. Sauté onion and fennel until translucent.
2. Add cabbage, beets, ginger and garlic and stir for 1 minute.
3. Add vegetable stock and simmer on low for 25 minutes.
4. Ladle soup into bowls and season with salt, pepper and lemon juice.
5. Store leftovers in fridge to enjoy for lunch the following day.



# Rawesome Tacos

This recipe may look like a bit of a pain on the surface, but it's actually quite easy (and super tasty). The vegan walnut taco meat is a great plant-based option to boost your protein intake and still get your taco fix. Works great in any mexican dish by swapping out traditional "taco meat" with this recipe. Trust us, you'll be making this again and again!

## FOR TACOS

6 red cabbage leaves

## CASHEW CREAM

½ cup cashews (120mL)

1 teaspoon lemon, juiced (5mL)

¼ cup water (60mL)

dash of sea salt

## VEGAN TACO MEAT

1 cup walnuts, soaked overnight (240mL)

1 teaspoon tamari (5mL)

1 teaspoon cumin, ground (5mL)

## PICO DE GALLO

½ avocado, diced

8 cherry tomatoes, diced

1 tablespoon yellow onion, minced (15mL)

1 garlic clove, minced

1 tablespoon olive oil (15mL)

½ lemon, juiced

¼ cup cilantro, stems removed and thinly sliced (60mL)

dash of smoked paprika

1 teaspoon chili powder (5mL)

## DIRECTIONS

1. Cashew Cream: Puree the cashews, lemon juice, water and salt in a food processor until smooth and creamy. Stop and scrape down sides, as needed. Add more water if the mixture is too thick.
2. Vegan Taco Meat: Drain and rinse the walnuts. Place in food processor with other ingredients. Pulse until the walnuts are chopped and look like "ground meat."
3. Pico de Gallo: Combine all ingredients in a small bowl.
4. To assemble, take 3 cabbage leaves and top with vegan taco meat, pico de gallo and Cashew Cream.
5. Store the remaining cabbage leaves in the fridge with the remaining toppings to enjoy for lunch the following day.



Not able to soak the walnuts? Pour 2 cups boiling water on them and soak for at least 10 minutes. When making Cashew Cream, soak the cashews in water for 2 hours to get a creamier result.





# Potato Comfort Soup

This soup is a delicious and satisfying meal to aid cleansing thanks to our good friend cauliflower. The kale croutons add a different dimension and also inject a nutrient boost. Feel free to replace kale with any baked greens of your choice.

## COMFORT SOUP

1 tablespoon coconut oil (15mL)  
1 leek, sliced  
2 gold potatoes, chopped  
2 garlic cloves, minced  
2 cups vegetable stock (480mL)  
1 cup cauliflower florets (240mL)  
dash of sea salt  
dash of black pepper, ground  
dash of nutritional yeast

## KALE CROUTONS

1 cup kale, stems removed (240mL)  
2 teaspoons coconut oil (10mL)  
1 teaspoon Dijon mustard (5mL)  
dash of sea salt

## DIRECTIONS

1. Kale Croutons: Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper.
2. Combine coconut oil and mustard in a medium bowl. Add the kale leaves and toss to coat.
3. Arrange in a single layer on baking sheet and sprinkle sea salt on top. Bake for 20 minutes, or until the kale is slightly crispy. Set aside.
4. Soup: Heat coconut oil in a saucepan. Add leek and a dash of salt. Sauté until leek starts to soften.
5. Add potato, garlic, cauliflower and stock. Simmer until potatoes are tender.
6. Remove from heat and carefully puree the soup using an immersion or standard blender. Feel free to leave chunks, if preferred.
7. Ladle into bowls and top with Kale Croutons, salt, pepper and nutritional yeast.
8. Store leftovers in fridge to enjoy for lunch the following day.





# Week Three

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## EMBRACE THE LIFESTYLE

You're on the homestretch! For this last week of the cleanse, we want to drill in the fact that eating whole foods can be delicious and simple. These meals are goooood!

*It takes 21-days to change a habit.*

It's important to remember that this cleanse is not a lifelong commitment. It's a 21-day event. After this week, you can take the recipes, habits and knowledge that you've gained from these three weeks and incorporate them into your life so you can eat clean, eat real and eat whole foods for the rest of your life.

# Grocery List

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## FRESH PRODUCE

- avocado: 2
- banana: 4
- blueberries: 1  $\frac{3}{4}$  cup
- brussels sprouts:  $\frac{1}{2}$  cup
- broccoli florets: 1 cup
- butternut squash, cubed: 3 cups
- carrots: 9
- cauliflower florets: 6 cups
- celery stalks: 8
- cherry tomatoes: 18
- cilantro: 1  $\frac{1}{2}$  cups
- cucumber: 1
- garlic clove: 12
- ginger root:  $\frac{1}{2}$  cup
- green apple: 2
- kale: 7 cups
- lemon: 6
- lime: 4
- mint leaves: 20
- orange: 6
- red bell pepper: 1
- spinach: 7  $\frac{1}{2}$  cups (6 oz)
- sweet potato: 1
- yellow onion: 3
- zucchini: 2

## FROZEN FOODS

- blueberries: 2 cups
- pineapple: 2 cups
- raspberries: 3  $\frac{1}{2}$  cups

## REFRIGERATED GOODS

- almond milk, unsweetened: 11 cups (88 oz)

## DRIED GOODS

- cashews, raw:  $\frac{1}{4}$  cup
- chia seeds:  $\frac{1}{4}$  cup
- coconut flakes: 1  $\frac{3}{4}$  cups
- hemp hearts:  $\frac{1}{4}$  cup
- pepitas, raw:  $\frac{1}{4}$  cup
- quinoa: 2  $\frac{1}{4}$  cups
- rolled oats, gluten-free: 3  $\frac{1}{4}$  cup
- sliced almonds: 1  $\frac{1}{2}$  cups
- walnuts, raw:  $\frac{1}{2}$  cup

## CANNED GOODS

- cannellini beans: 1 can
- chickpeas: 1 can
- coconut milk: 2 cans
- fire roasted tomatoes, diced: 2 cans

## CONDIMENTS & OILS

- coconut oil
- maple syrup
- olive oil
- red curry paste
- tahini
- tamari

## PANTRY ITEMS

- almond butter
- vegetable stock: 5  $\frac{1}{2}$  cups (44 oz)

## SEASONING + BAKING

- black pepper, ground
- cayenne pepper
- cinnamon, ground
- crushed red pepper
- cumin, ground
- ginger, ground
- Italian seasoning
- oregano, dried
- sea salt
- smoked paprika
- vanilla extract

# autumn Cleanse Plan

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
RISEING	<b>Detox Tea</b> (62)						
BREAKFAST	<b>Mint Cucumber Smoothie</b> (64)	<b>Raspberry Orange Smoothie</b> (65)	<b>Orange Lime Cooler</b> (66)	<b>Raspberry Smoothie</b> (67)	<b>Mint Cucumber Smoothie</b> (64)	<b>Orange Lime Cooler</b> (66)	<b>Raspberry Orange Smoothie</b> (65)
AM SNACK	<b>Simple Hummus</b> (68)	<b>Fresh Apple Crisp</b> (69)	<b>Guacamole Veggie Fiesta</b> (70)	<b>Simple Hummus</b> (68)	<b>Fresh Apple Crisp</b> (69)	<b>Guacamole Veggie Fiesta</b> (70)	<b>Simple Hummus</b> (68)
LUNCH	<b>Meal Replacement Smoothie</b> (72)	<b>Cauliflower Sizzlers</b> (73)	<b>Citrus Quinoa Bowl</b> (74)	<b>Slow Cooker Minestrone Soup</b> (75)	<b>Thai Red Curry</b> (76)	<b>Autumn Veggie Medley</b> (77)	<b>Vegan Tomato Soup</b> (78)
PM SNACK	<b>Jen's Coconut Granola</b> (71)						
DINNER	<b>Cauliflower Sizzlers</b> (73)	<b>Citrus Quinoa Bowl</b> (74)	<b>Slow Cooker Minestrone Soup</b> (75)	<b>Thai Red Curry</b> (76)	<b>Autumn Veggie Medley</b> (77)	<b>Vegan Tomato Soup</b> (78)	<b>Meal Replacement Smoothie</b> (72)
EVENING	<b>Spiced Almond Milk</b> (63)						



This is an interactive PDF. Click on sections above to go directly to the content.



# Prep Guide

We're big fans of prepping before you start each week of the cleanse. Set aside at least three hours to prep the day before you start week three. You don't have to complete everything below to rawk this week, yet the more you do the better.

## Detox Tea Cubes

1. Prepare the following:

- ½ cup ginger root, peeled and sliced
- ½ cup lemon juice
- ¾ teaspoon cayenne pepper

2. Even distribute between 7 ice cube tray slots and freeze.

3. Once frozen, transfer to a freezer-safe bag. When ready to use, add one cube to glass of hot water and stir until dissolved.

## Garlic & Ginger Root

Garlic: mince and freeze 6 cloves. Feel free to do even more if you'd like to have the garlic prepped for the entire cleanse.

Ginger root: use a spoon to scrape off the skin of the ginger root. Slice into thin strips and store in freezer until ready to use.

## Quinoa

Combine 2 ¼ cups of quinoa with 4 ½ cups of water in a medium pot. Bring to a boil, cover, reduce the heat. Simmer for 15 minutes. Remove from heat, cover and let it sit for 10 more minutes. Fluff with a fork. Store in air tight container in fridge.

## Snack Prep

The following snacks can be made ahead and stored in an air-tight container in the fridge.

- Simple Hummus (p. 68)
- Jen's Coconut Granola (p. 71)
- Guacamole Veggie Fiesta (p. 70)

## Meal Prep

The following items can be made ahead and stored in air-tight containers in the fridge:

- Cilantro Chimichurri (p. 73)
- Citrus Quinoa Bowl vinaigrette (p. 74)
- Cashew Cream (p. 78)

## Make-Ahead Meals

The following meals can be cooked ahead of time and frozen, if desired.

- Slow Cooker Minestrone (p. 75)
- Thai Red Curry (p. 76)
- Vegan Tomato Soup (p. 78)



## Smoothie Packs

Measure and freeze smoothie ingredients to make it easier to blend all smoothies this week.

1. Measure greens, fruit and veggies for each recipe and put into freezer-safe containers. Don't add liquid, oils, or superfoods yet, 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.

Allow frozen smoothie packs to definitelyrost slightly before blending. Store in fridge overnight or set on countertop for 30 minutes. Add liquid and superfoods before blending.



*You can also prep two servings of Meal Replacement Smoothie (p. 72) to use for lunch on Day 15 and Day 21.*





# Detox Tea

One of the best things you can do for your digestive system is start your morning with hot water and lemon. The lemon promotes alkalinity in the body, and also kickstarts the liver for the day. This encourages the release of digestive fluids. Add in the cayenne and ginger to bring warmth to the tummy, and boost your metabolism and circulation.

## INGREDIENTS

1 cup hot water (240mL)  
1 tablespoon ginger root, peeled and sliced (15mL)  
1 tablespoon lemon, juiced (15mL)  
dash of cayenne pepper

## DIRECTIONS

1. Add ginger and lemon juice to a mug.
2. Add a dash of cayenne.
3. Pour hot water into mug.



Using Detox Tea Cubes? Add one Detox Tea Cube to one cup hot water and stir until thawed.



EACH EVENING | SERVES 1



# Spiced Almond Milk

This is the perfect little treat for the end of the day. The combination of almond milk and warming digestive spices balances your blood sugar and stabilizes your metabolism. The combination of protein and healthy fats help curb hunger pangs and cravings.

## INGREDIENTS

1 cup almond milk, warmed (240mL)  
1 tablespoon almond butter (15mL)  
½ teaspoon cinnamon, ground (2.5mL)  
½ teaspoon ginger, ground (2.5mL)  
2 teaspoons maple syrup (10mL)  
dash of cayenne pepper

## DIRECTIONS

1. Carefully blend all ingredients in a blender.
2. Pour into a mug.



Another way to prepare this drink is to combine all ingredients in a small sauce pan on the stove and heat on medium low heat until warm. Remove from heat and froth with an immersion blender.



# Mint Cucumber Smoothie

Cucumber is one of the most alkalizing vegetables out there, and brings a refreshing coolness to this smoothie. Pineapple is loaded with vitamin C, but also contains bromelain, a collection of enzymes found in the core and the juice.

## INGREDIENTS

1 ½ cups spinach (360mL)  
2 mint leaves  
½ cucumber, peeled  
¾ cup water (180mL)  
1 cup pineapple, frozen (240mL)  
¼ avocado  
2 tablespoons hemp hearts (30mL)

## DIRECTIONS

1. Blend spinach, mint, cucumber and water together until smooth.
2. Add remaining ingredients and blend again.



Swap hemp hearts for one serving of **Protein Smoothie Boost** to increase protein.



# Raspberry Orange Smoothie

A fiber-fueled smoothie loaded with vitamin C is definitely going to energize you as well as keep your immune system running full steam ahead into this Autumn season.

## INGREDIENTS

- 1 ½ cups spinach (360mL)
- 1 orange, peeled
- ½ cup water (120mL)
- 1 cup raspberries, frozen (240mL)
- ½ banana
- 2 tablespoons chia seeds (30mL)

## DIRECTIONS

1. Blend spinach, orange and water together until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Protein Smoothie Boost** to increase protein.





# Orange Lime Cooler

Ginger gives this smoothie a real flavor kick! Aside from it's powerful flavor, ginger is also anti-inflammatory and gives your body a circulatory boost. The parsley provides a lovely amount of vitamin C, vitamin A and iron and doubles as a natural breath freshener!

## INGREDIENTS

- 1 ½ cups kale, stems removed (260mL)
- 2 tablespoons cilantro (30mL)
- 2 teaspoons lime, juiced (10mL)
- ¾ cup water (180mL)
- 1 orange, peeled
- ½ banana
- 1 tablespoon ginger root, peeled (15mL)
- 2 tablespoons chia seeds (30mL)

## DIRECTIONS

1. Blend kale, cilantro, lime, orange and water together until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Protein Smoothie Boost** to increase protein.



# Raspberry Smoothie

Start your day with this raspberry smoothie loaded with iron-rich spinach, antioxidant-rich berries, flaxseed (healthy fats and lignans) and coconut (healthy fats and fiber).

## INGREDIENTS

1 cup coconut milk (240mL)  
½ cup spinach (120mL)  
1 ½ cups raspberries, frozen (360mL)  
1 teaspoon vanilla extract (5mL)  
1 tablespoon coconut flakes (30mL)

## DIRECTIONS

1. Blend spinach and coconut milk until smooth.
2. Add remaining ingredients and blend again.



Add one serving of **Protein Smoothie Boost** to increase protein.



SNACK | SERVES 3 (SERVING SIZE: 1/3 CUP)



# Simple Hummus

With this recipe on hand, you'll never need store-bought hummus again! Along with iron-rich chickpeas, we've included loads of fresh, vibrant herbs to add extra vitamins, minerals to this hearty garlic hummus.

## INGREDIENTS

¾ cup chickpeas, canned, rinsed and drained (180mL)  
2 tablespoons olive oil, plus more for drizzling (30mL)  
1 tablespoon lemon, juiced (15mL)  
¼ cup tahini (60mL)  
1 garlic clove, peeled  
½ teaspoon cumin, ground (2.5mL)  
dash of sea salt  
dash of smoked paprika

## FOR SERVING

2 carrots, cut into sticks  
1 cucumber, sliced

## DIRECTIONS

1. In a food processor or blender, pulse the chickpeas until chopped.
2. Add oil, lemon juice, tahini, garlic, cumin and salt and process or blend until smooth. Stop to scrape down the sides as needed.
3. Transfer the hummus to a bowl, then drizzle with oil and throw on a dash of paprika.

! This recipe is not compatible for Week 2 of the cleanse.





## Fresh Apple Crisp

Green apples contain the lowest sugar for the "apple family." They also contain glutathione, the mother of all antioxidants! Glutathione is essential in liver detoxification, and is also a lovely immune booster. Matched up with celery (which is alkaline and contains nutrients for healthy bones) and walnuts (which add a hit of protein and omega-3s), we have a simple superfood salad in disguise!

### INGREDIENTS

- 1 green apple, cored and diced
- 1 celery, chopped
- ¼ cup walnuts (60mL)
- 8 mint leaves, chopped
- 2 tablespoons orange, juiced (30mL)

### DIRECTIONS

1. Combine apple, celery, walnuts and mint in a bowl.
2. Add the orange juice and toss to combine.

SNACK | SERVES 2 (SERVING SIZE: 1/2 CUP)



# Guacamole Veggie Fiesta

We can't get enough of avocados! They are great for our hearts and cholesterol levels due to their monounsaturated fat content. They are also high in lecithin, which is like food for our brains. Fiber, calcium, vitamin C and complex B vitamins add to an impressive resume. These green machines also provide food for our skin, boost immunity and protect against disease.

## INGREDIENTS

1 avocado  
1 garlic clove, minced  
2 teaspoons lime, juiced (10mL)  
2 tablespoons yellow onion, diced (30mL)  
8 cherry tomatoes, diced  
1 tablespoon cilantro, finely chopped (15mL)  
dash of black pepper, ground  
dash of sea salt

## FOR SERVING

2 carrots, cut into sticks  
1 cucumber, sliced

## DIRECTIONS

1. Cut the avocado in half and remove the pit. Scoop out the flesh with a spoon and put in a bowl.
2. Add remaining ingredients and mix together.
3. Serve with carrots and cucumbers.



# Jen's Coconut Granola

This granola is a lovely treat for breakfast or as a quick and nourishing snack. Hidden among the yumminess are protein, minerals and good fats galore. Pair it with a little almond milk and fresh berries for an extra boost of flavors and nutrients.

## INGREDIENTS

3 cups rolled oats (720mL)  
1 ½ cups sliced almonds (360mL)  
1 ½ cups coconut flakes (360mL)  
1 ½ teaspoons cinnamon, ground (2.5mL)  
⅓ teaspoon sea salt (1.65mL)  
3 tablespoons coconut oil (45mL)  
1 ½ tablespoons maple syrup (22.5mL)

## SERVE WITH

¼ cup almond milk (60mL)  
¼ cup blueberries (60mL)

## DIRECTIONS

1. Preheat oven to 300°F (150°C). Combine oats, almonds, coconut flakes, cinnamon and salt in a large bowl.
2. In a small bowl, mix coconut oil and maple syrup together. (Depending on the temperature in your home, the coconut oil might be solid and you will need to warm it up first.)
3. Pour the coconut oil and maple syrup mixture over the dry ingredients and stir until well-coated.
4. Spread the mixture onto a baking sheet that has been lined with parchment (baking) paper. Bake for 15-20 minutes, stirring after 10 minutes to ensure even browning, until granola is golden brown.
5. Remove from oven and let cool completely. Store in an airtight container, such as a glass jar.



This recipe is not compatible for Week 2 of the cleanse.





# Meal Replacement Smoothie

Healthy fats and proteins are the way to go if you want to power up with a meal replacement smoothie. This combo of almond butter and rolled oats is a must to keep you feeling full and fuel you until your next meal.

## INGREDIENTS

1 cup kale, stems removed (240mL)  
1 cup almond milk (240mL)  
1 cup blueberries, frozen (240mL)  
1 banana  
1 tablespoon almond butter (15mL)  
2 tablespoons rolled oats (30mL)

## DIRECTIONS

1. Blend kale and almond milk until smooth.
2. Add remaining ingredients and blend again.



Swap almond butter for one serving of **Protein Smoothie Boost** to increase protein.



This recipe is not compatible for Week 2 of the cleanse.



MEAL | 25 MINUTES | SERVES 2

week  
3

# Cauliflower Sizzlers

Cauliflower is rich in sulfur, vitamins C and K, and B vitamins. (Yes, we just said sulfur!) Sulfur is needed to make one of the major antioxidants the body, glutathione, which helps the liver with the detoxification process. Who would have thought? Couple this with the Cilantro Chimichurri for toxin elimination, and you have a delicious, nutritious, toxin-fighting meal.

## CILANTRO CHIMICHURRI

- 1 cup cilantro, finely chopped (240mL)
- ¼ cup olive oil (60mL)
- 2 garlic cloves, minced
- 1 tablespoon lemon, juiced (15mL)
- 1 teaspoon oregano, dried (5mL)
- ½ teaspoon tamari (2.5mL)
- ¼ teaspoon black pepper, ground (1.25mL)
- ¼ teaspoon crushed red pepper (1.25mL)

## CAULIFLOWER SIZZLERS

- 1 tablespoon coconut oil (15mL)
- 4 cups cauliflower florets (960mL)
- 10 cherry tomatoes

## DIRECTIONS

1. Cilantro Chimichurri: Mix all ingredients together in a bowl. Set aside.
2. Melt coconut oil in a large skillet over medium-high heat. Add the cauliflower florets and cook until browned evenly on each side.
3. Add the tomatoes and cook for 5 minutes, or until tomatoes start to brown, but have not popped open.
4. Remove from heat and top with Cilantro Chimichurri.
5. Store leftovers in fridge to enjoy for lunch the following day.





# Citrus Quinoa Bowl

This zesty little number provides protein and loads of vitamin C from the bell pepper, avocado and orange. Protein and vitamin C are essential for the detoxification process. This salad is easy to prepare in advance and great as an "on-the-go" meal when off to work or a soccer game.

## INGREDIENTS

¾ cup quinoa, uncooked (180mL) (or 2 cups cooked)  
 1 ½ cups water, *if cooking quinoa* (360mL)  
 1 red bell pepper, diced (120mL)  
 2 tablespoons yellow onion, minced (15mL)  
 1 cup spinach (120mL)  
 ½ avocado, diced  
 1 orange, peeled and sliced  
 dash of cayenne pepper

## FOR VINAIGRETTE

2 tablespoons lime, juiced (15mL)  
 2 tablespoons olive oil (15mL)  
 1 tablespoon maple syrup (7.5mL)  
 dash of sea salt  
 2 tablespoons cilantro, stems removed  
 and thinly sliced (15mL)

## DIRECTIONS

1. Cook the quinoa by combining quinoa and water in a medium pot. Bring to a boil, cover, reduce the heat and simmer for 15 minutes. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
2. In a small bowl, whisk lime juice, olive oil, maple syrup and sea salt. Stir in the cilantro. Add salt and syrup to taste. Set aside until ready to use.
3. In a medium bowl, mix quinoa with red bell pepper and onions. Add a little vinaigrette and stir well. Let stand for 3 minutes (allows the quinoa to absorb the vinaigrette).
4. Place spinach on plate and top with the quinoa mixture. Top with diced avocado and orange slices.
5. Drizzle with vinaigrette and garnish with extra cilantro and a dash of cayenne pepper, if desired.
6. Store leftovers in fridge to enjoy for lunch the following day.



This recipe is not compatible for Week 2 of the cleanse.





# Slow Cooker Minestrone Soup

Minestrone Soup is loaded with nourishing vegetables that heal the body and sooth the soul. Simple, easy to make and easily reheated. This recipe works best in a crockpot when making at least four servings, which is what we've done here. Feel free to freeze the leftovers to enjoy post cleanse or share this meal with family.

## INGREDIENTS

- |                                                    |                                                |
|----------------------------------------------------|------------------------------------------------|
| 1 teaspoon olive oil (5mL)                         | 1 cup fire roasted tomatoes, diced (240mL)     |
| ½ yellow onion, diced                              | 1 cup butternut squash, cubed, diced (240mL)   |
| 1 garlic clove, minced                             | 2 ½ cups vegetable stock (600mL)               |
| 1 carrot, peeled and sliced                        | 1 teaspoon Italian seasoning (5mL)             |
| 1 celery, sliced                                   | 2 cups kale, stems removed and chopped (480mL) |
| 1 cup cannellini beans, rinsed and drained (240mL) |                                                |

## DIRECTIONS

1. Heat olive oil in a skillet over medium-high heat. Add onion and sauté for 5 minutes. Add the garlic and sauté for 1 minute.
2. Transfer to a slow cooker along with the carrots, celery, beans, tomatoes and their juice, butternut squash, vegetable stock and Italian seasoning. Cook on low for 8-10 hours or high for 4-5 hours.
3. Before serving, stir in the kale. The residual heat will cook the greens without turning them mushy. If the soup is too thick, add more stock.
4. Store leftovers in fridge to enjoy for lunch the following day (and beyond).



Short on time? Skip the crockpot and prepare recipe in a pot. Simmer for 45 minutes, or until vegetables are tender. You can even chop vegetables smaller to speed up cook time.



This recipe is not compatible for Week 2 of the cleanse.



# Thai Red Curry

A simple, satisfying meal that you can make two fabulous ways. Serve with quinoa for a hearty and robust dinner, or serve with extra helping of roasted vegetables for a light and refreshing lunch. Top with cilantro to supercharge cleansing powers and amp up the flavors.

## INGREDIENTS

- |                                                                             |                                      |
|-----------------------------------------------------------------------------|--------------------------------------|
| ¾ cup quinoa uncooked (180mL) (or 2 cups cooked)                            | 2 tablespoons red curry paste (30mL) |
| 1 ½ cups water, <i>if cooking quinoa</i> (360mL)                            | 1 ½ cups coconut milk (360mL)        |
| 2 tablespoons coconut oil, melted (30mL)                                    | 2 cups cauliflower florets (480mL)   |
| 2 cups butternut squash, cubed, peeled<br>and cut into 1-inch cubes (480mL) | ¼ cup coconut flakes (60mL)          |
|                                                                             | ¼ cup pepitas (60mL)                 |

## DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Cook the quinoa by combining quinoa and water in a medium pot. Bring to a boil, cover, reduce the heat and simmer for 15 minutes. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
3. Toss cubed squash with half the coconut oil and place in a single layer on baking sheet. Roast for 45 minutes, or until tender.
4. In a large saucepan, heat the remaining coconut oil over medium heat. Add the curry paste and cook for 30 seconds, stirring constantly. Add the coconut milk and cauliflower and cook for 10 minutes (or until cauliflower is tender). Add the baked squash and stir.
5. Place coconut flakes and pepitas on a baking sheet and bake for 5 minutes, or until toasted.
6. To serve, add half the cooked quinoa to a plate. Ladle the curry on top and sprinkle with coconut and pepitas.
7. Store leftovers in fridge to enjoy for lunch the following day.



This recipe is not compatible for Week 2 of the cleanse.



# Autumn Veggie Medley

When vegetables are roasted they take on a wonderful sweet and delicious nature. Any vegetable can be roasted, which makes this a very versatile meal. Our hot healthy living tip: whenever you're making roasted vegetables, make extra so that you can keep them in the refrigerator for a quick snack or to toss into a salad later.

## INGREDIENTS

- |                                                   |                                       |
|---------------------------------------------------|---------------------------------------|
| ¾ cup quinoa, uncooked (180mL) (or 2 cups cooked) | 1 cup broccoli florets (240mL)        |
| 1 ½ cups water, <i>if cooking quinoa</i> (360mL)  | ½ cup Brussels sprouts (120mL)        |
| 1 sweet potato, cubed                             | ½ zucchini, quartered                 |
| 1 carrot, cut into half lengthwise                | 2 tablespoons lemon, juiced (30mL)    |
| 5 garlic cloves, unpeeled                         | ½ teaspoon crushed red pepper (2.5mL) |
| 2 tablespoons coconut oil, melted (30mL)          | dash of black pepper, ground          |
|                                                   | dash of sea salt                      |

## DIRECTIONS

1. Cook the quinoa by combining quinoa and water in a medium pot. Bring to a boil, cover, reduce the heat and simmer for 15 minutes. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
2. Preheat oven to 350° F (180° C)\*. Line a baking sheet with parchment paper.
3. Combine the sweet potato, carrots and garlic in a bowl with half the coconut oil. Spread evenly onto baking sheet. Roast for 20 minutes.
4. Meanwhile place broccoli, Brussels sprouts and zucchini in a bowl and drizzle with the remaining coconut oil.
5. After 20 minutes, add the broccoli, Brussels sprouts and zucchini to the baking sheet. Roast for 15 minutes, or until the veggies are tender.
6. In a large serving dish, combine lemon juice, crushed red pepper and pepper. Squeeze the garlic cloves out of their skins into bowl, discard skins. Add the roasted veggies and toss to coat.
7. Serve half the quinoa on plate with half of the roasted veggies.
8. Store leftovers in fridge to enjoy for lunch the following day.



Prefer your veggies extra crispy? Cut Brussels sprouts in half and chop veggies smaller.



This recipe is not compatible for Week 2 of the cleanse.





# Vegan Tomato Soup

This tomato soup recipe is dairy-free yet super creamy. Perfect for those cool Autumn nights, and a great way to get in veggies! That's right, we loaded this soup up with a variety of veggies, yet it still tastes a bit like your momma's tomato soup from childhood (you know the one we're talking about).

## INGREDIENTS

- |                               |                                                           |
|-------------------------------|-----------------------------------------------------------|
| 1 tablespoon olive oil (15mL) | 2 garlic cloves, minced                                   |
| 1 yellow onion, diced         | 1 zucchini, sliced                                        |
| dash of sea salt              | 3 cups vegetable stock (720mL)                            |
| dash of black pepper, ground  | 1 ½ cups fire roasted tomatoes, canned, undrained (360mL) |
| 2 carrots, peeled and sliced  | 1 teaspoon Italian seasoning (5mL)                        |
| 2 celery, chopped             |                                                           |

## CASHEW CREAM

- |                                |                           |
|--------------------------------|---------------------------|
| 2 tablespoons cashews (30mL)   | 1 tablespoon water (30mL) |
| 1 teaspoon lemon, juiced (5mL) | dash of sea salt          |

## DIRECTIONS

1. Cashew Cream: Drain cashews and place in food processor with water, lemon juice and sea salt. Puree until smooth and creamy. Stop and scrape down sides, as needed, and add a little more water if the mixture is too thick. Set aside.
2. Heat olive oil in a large pot over medium-high heat. Add onion, salt and pepper; sauté for 5 minutes.
3. Add the carrots and celery and sauté for 5 minutes, stirring occasionally. Add the garlic and sauté for 1 minute.
4. Stir in the stock, tomatoes, zucchini and Italian seasoning. Bring to a boil, then reduce the heat to low and simmer for 20 minutes.
5. Carefully puree the soup using an immersion or standard blender.
6. For serving, stir in Cashew Cream and season with salt, black pepper.
7. Store leftovers in fridge to enjoy for lunch the following day.



When making Cashew Cream, soak the cashews in water for 2 hours to get a creamier result.

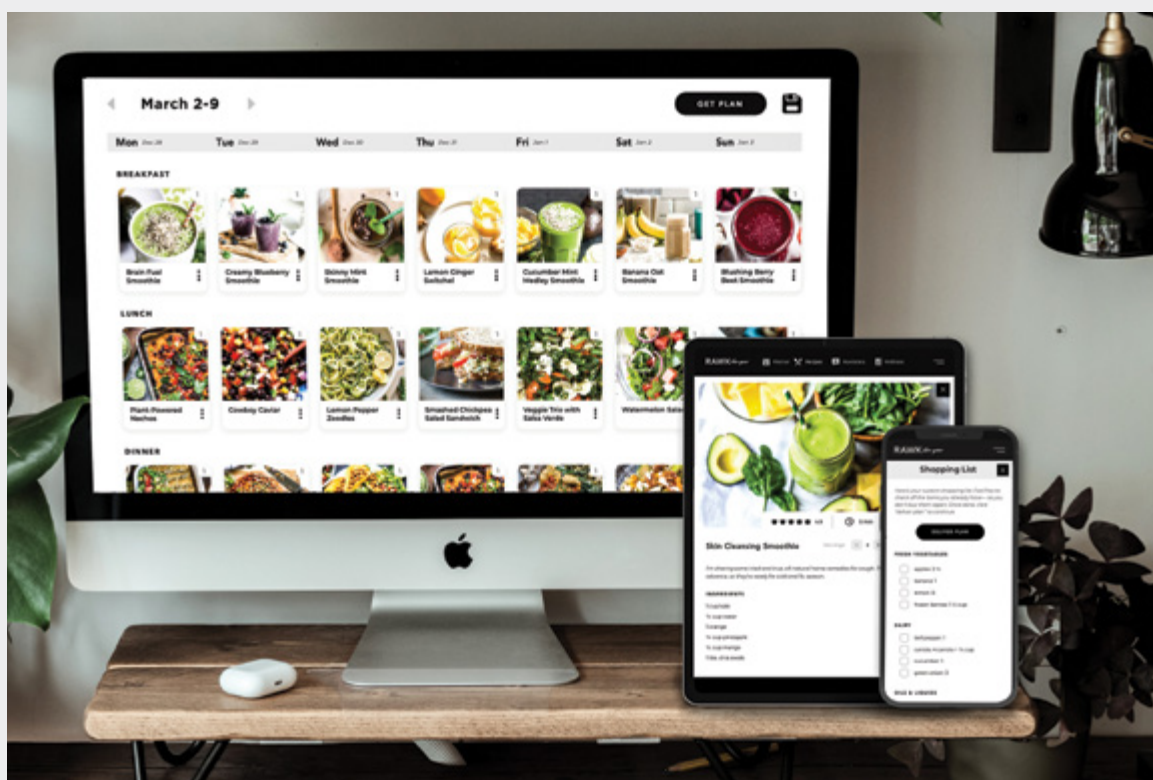


This recipe has been modified from Rawk the Year, specifically for the cleanse.

WEEKLY PLANT-BASED MEAL PLANS + SHOPPING LISTS

# Keep the Momentum Going!

Rawk the Year is a customizable meal planner made by the creators of this cleanse to support your wellness journey. Along with the 500+ tasty plant-based recipes, automated shopping list tool and fully customizable meal plans, membership gets you complimentary access to our live seasonal cleanses and 24/7 access to community support.



CUSTOMIZABLE SEASONAL MEAL PLANS  
*for a healthier lifestyle*

START FREE TRIAL

# Common Questions

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## WHAT SHOULD I DO IF I GET A HEADACHE?

There are two types of headaches that you may experience. One is from the reduction and elimination of caffeine and sugars and the other is due to the body processing the toxins that are being released by this cleanse. If you reduce and eliminate your caffeine and sugar before you begin the cleanse, the headaches will be less severe and should only last a relatively short time. Increase your intake of anti-inflammatory foods such as turmeric and ginger to see you through.

For a headache caused by the temporarily increased toxin load your body is trying to handle, help your liver flush them out by drinking plenty of water. Eat lots of vegetables and sip on herbal teas. Rest, take a walk and treat yourself with an activity you love. You'll feel better in a day or two.

**Here are suggestions to help with the headaches:**

- Drink at least 16 ounces of water upon rising
- Place peppermint oil on your temples, wrists or under your nose (food grade organic)
- Drink some ginger tea and take a power nap

Nothing relieves a caffeine headache except caffeine, so you just need to try to sleep it off when you can. This is why it's best to cut down the caffeine gradually prior to the cleanse. Other detox headaches will come and go. When it comes down to it, you may just have to tough it out.

## WILL I BE HUNGRY?

This cleanse is not designed to starve you and you're not limited in the number of times you eat, or the amount you eat, only in what you eat. Use the meal plan for structure, yet eat more if needed! If you do get hunger pangs, make sure that you're really hungry and not just bored or thirsty. If it's a case of real hunger, go for one of the snack recipes, a piece of fruit or a small handful of nuts or seeds. One tip to avoid hunger is to chew your green smoothie. This may sound silly, but the chewing action signals your body that food is on the way and triggers the digestive processes.

## CAN BLOATING BE EXPECTED? IS IT NORMAL?

Bloating may be expected as part of the detox program, but should only last a short time. Our digestive systems these days are not in wonderful shape a lot of the time, so cleansing can certainly highlight issues that have been going on but haven't been as noticeable until now due to a prolonged diet of processed foods. Detoxing has a lovely way of bringing all this to the surface.



Bloating is caused by a host of reasons. You may be intolerant to a particular food, you may not be used to so much fiber, you may have low stomach acid or another underlying digestive disorder. If you consume a lot of coffee, then the caffeine has been stimulating your bowel movements rather than natural peristalsis. If you're experiencing bloating (and by bloating I mean a physically larger stomach that feels distended and tight along with possible discomfort), consult your doctor.

**Here are some general suggestions:**

- Detox Tea helps to increase the release of stomach acid, which aids digestion. Sip on this 10–15 minutes before each meal, rather than just breakfast.
- Dandelion Root Tea, or the combination of Chamomile Tea (from actual flowers not tea bags) and ginger root slices make a powerful detoxifying tea that aids your liver.
- Probiotics can also assist with bloating. Talk to your health care provider about which ones are best.

## **WHAT IF I BECOME CONSTIPATED OR HAVE DIARRHEA?**

If there's no movement at the station, stay hydrated. Water is the liquid gold that this train runs on! Make sure that you're eating lots of fiber, including vegetables and fruit, chia seeds, hemp seeds, avocados and almonds. And exercise! Physical movement may be the last thing you feel like doing when you're "plugged up," but it will help to stimulate the peristaltic action of the colon. Yoga and tai chi are especially good activities in this case.

If you experience loose stools, it's really important to keep your fluids up. Add a dash of good quality sea salt and a slice of orange, lemon or lime to water to help your body absorb the minerals and electrolytes. The main thing is to keep your bowels moving and the toxins leaving.

## **WHAT HAPPENS IF I DON'T STICK WITH THE PLAN?**

Don't beat yourself up about it, but get straight back on the horse. Think about what you struggled with and try to work on that area of weakness. I want you to get the most benefit from the cleanse, so try to commit as much as you can.

## **HOW MANY PEOPLE IS THE CLEANSE DESIGNED FOR?**

The meal plan and shopping list has been designed for one person. You'll need to double the ingredients on your shopping list if a second person in your household will be joining you on the cleanse.

## **IS THIS PROGRAM SAFE DURING PREGNANCY OR WHILE NURSING?**

Pregnancy is not the ideal time to start a cleanse. Although our cleanse is nutrient rich and nutritionally balanced, it will also be detoxifying. Toxins released during the cleanse can pass through to your bloodstream and breast milk. Instead, focus on nourishing your body and your baby. Feel free to include green smoothies and other recipes as part of your normal daily diet. The same principles apply if you're breastfeeding.

## **CAN I CHANGE THE ORDER OF RECIPES IN THE MEAL PLAN?**

You can move meals around to work best for you, just make sure to pay attention to recipe notes that let you know if a recipe isn't suitable for a specific week. For example, if your avocado or pear isn't ripe when you need it, pick a different cleanse recipe that week to have in its place.

## **IF I DON'T LIKE AN INGREDIENT, CAN I SKIP IT?**

If you want the full benefit of cleansing your body, then follow this plan to the letter. I really want you to stick with the meal plan because it's been created by our holistic nutritionist for optimal cleansing. This is not a vacation, it's a cleanse so I'm showing you some tough love. Still not budging with cilantro? Can't stand the taste of turmeric? Swap it for something you do enjoy, or choose another meal.

## **DO I HAVE TO GET ALL ORGANIC INGREDIENTS?**

The short answer is "no," but the more organic foods you can include in your diet the better. Clean foods reduce the chemical and pesticide load your body is exposed to, which means that it doesn't have to work as hard to detoxify.

## **DOES COCONUT MILK HAVE TO BE IN A CAN?**

I use carton coconut milk and canned coconut milk interchangeably. Make sure the coconut milk is free of carrageenan, and other additives like sugars and gums, if possible.

## **CAN I ADD STEVIA? OR AGAVE SYRUP?**

Stevia is a plant but the product is highly refined. I'd also rather you not use agave. It's highly refined and is not a great substitute. Pure maple syrup is best.

## **CAN I MAKE THE SMOOTHIES THE NIGHT BEFORE?**

Yes, you can definitely blend the night before. Just make sure to use an airtight lid to limit oxidation. I do this all the time! You can also make smoothie freezer packs for every smoothie in the cleanse. See the prep guide for more time saving tips.

## **CAN I USE PROTEIN POWDER DURING THE CLEANSE?**

This is up to you. I suggest a plant-based powder that's organic, very simple and clean. Check out Protein Smoothie Boost if you're interested in our cleanse-approved plant-based protein powder. Visit [sgs.to/smoothie-boost](https://sgs.to/smoothie-boost) to learn how to save 25% off Protein Smoothie Boost.

## **CAN I DRINK KOMBUCHA?**

Kombucha has so many health benefits and I'm a huge fan, however, store bought varieties contain a fair amount of caffeine and sugar even after fermenting. For the purpose of this cleanse, I'd prefer you stick with sparkling water or mineral water and call it good.

## HOW MUCH SLEEP SHOULD I BE GETTING?

Good quality sleep is essential during the cleanse. Sleep gives the body the time to repair and renew, as it'll be doing a lot of extra internal work during these 21 days. Aim to be in bed and asleep by 10pm because the greatest physiological repair work happens between 10pm and 2am. If you stay hydrated, move your body and get plenty of sleep, this cleanse will be a great jump-start to your health goals.

## WHY DON'T YOU INCLUDE CALORIES FOR YOUR RECIPES?

Calories are deceiving and not the basis for determining what's healthy. Our meals are nutrient-rich and give back to the body. They'll balance blood sugar, keeping your energy at a steady flow. Rather than focus on calories, it's much more important to focus on having good quality protein, healthy fats and loads of vegetables and fruit to get all the goodness that you need.

## WHAT DO I DO ABOUT FOOD CRAVINGS?

If you're craving certain foods, you're often actually craving nutrients. Fill the gap with one of the snacks recommended in the recipe section and choose one with a lovely amount of protein and good fat. Some examples are nuts and seeds, avocado, one of the dips, a green smoothie and nut butter with apple slices are all great choices. Make sure you hydrate yourself with water, herbal tea or fruit-infused water coolers. Keep yourself busy and it'll soon be time for the next meal!

## CAN I WORK OUT DURING THE CLEANSE?

You may find that you have more energy than normal and more motivation! Why waste it? Get moving! Light exercise is great during the cleanse. It pushes toxins through the lymphatic system, promotes bowel movements and encourages sweat, which purifies our skin and gives us a sexy glow. Stick with walks, hikes, biking, weights and slow runs.

## I'M NOT LOSING WEIGHT. AM I DOING THIS WRONG?

Weight loss doesn't happen in the same way for everyone. It's dependent on an individual's genetics, hormonal balance, past history, metabolism, fluid balance and exercise regime. Weight can also be tied up in emotions. It's a complex one. If you don't happen to lose weight during the cleanse, there may be a number of factors involved. Remember that this program is about a fresh start for your body. You're working towards the best version of you possible and this cleanse is about more than weight loss. Any long lasting change takes time to establish and healthy eating is no exception. If you stick with it, you'll eventually see results.

## HOW SHOULD I FEEL DURING AND AFTER THE CLEANSE?

The cleanse gives you a wonderful opportunity to really listen to your body. It's an individual experience that differs for everyone. Depending on the level of toxicity in your body, there may be some less-than-amazing symptoms in the first 3–5 days, such as headaches, nausea, fatigue, skin irritations, etc. Once you hit day five, these should only be distant memories and you'll be well on your way to greatness. But



some people sail through the entire cleansing period with no side effects at all. You may feel amazing throughout the entire cleanse, or your energy may wax and wane a little.

A cleanse can also bring emotional feelings to the table, so remember to be kind to yourself during this time and understand that you may be more sensitive than normal. After the cleanse, you'll often feel so good that you'll be inspired to continue eating in this way to varying degrees. Typical upgrades include better sleep, a clearer mind, more energy, glowing skin and improved digestion. The happy side effects of cleansing make us jump for joy!

## WHO SHOULDN'T CLEANSE?

You should avoid cleansing in the following situations:

- Advanced cancer
- Under 16 years of age
- If you have an eating disorder
- Kidney or liver disease
- If you're underweight

If you have a blood sugar regulation issue (diabetes, hyperglycemia, hypoglycemia) or any other medical condition, you should seek your doctor's advice before undertaking a cleanse.

## SHOULD I TAKE MY SUPPLEMENTS/PRESCRIPTIONS?

If you're taking medication or supplements for a health condition, keep taking them! I also advise you consult with your doctor before cleansing to determine if a whole foods cleanse is right for you.

## DO I NEED PROBIOTICS AFTER A CLEANSE LIKE THIS?

A healthy gut is the center of health and the importance of having the good gut bacteria outweighing the bad can't be overstated. Many foods and lifestyle choices can damage our gut bacteria. Stress, alcohol, prescription drugs, oral contraceptive pill and antibiotics are just a few. Taking on the dietary practices of the cleanse is a great kick-start to great gut health. Other important factors are including fermented foods and drinks into your diet and managing your stress.

It's not essential to take a probiotic supplement if you're not suffering from any digestive disorders or distress. However, if you've taken a recent course of antibiotics, it's worthwhile consulting your doctor to see what they would recommend.

## WHAT'S THE NEXT STEP AFTER THE CLEANSE?

Once you complete the cleanse and feel amazing, I recommend signing up for **RawkTheYear.com**, our Maintenance Plan to help those wanting to continue on this journey. We give you weekly meal plans and access to a private support group. This helps you maintain or supercharge the results you've started to see the past seven days (and is just an amazing group of people).

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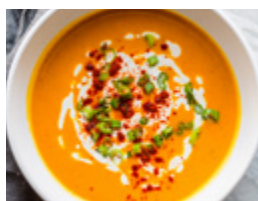
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