



# 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. 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 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.