



# 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 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 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.