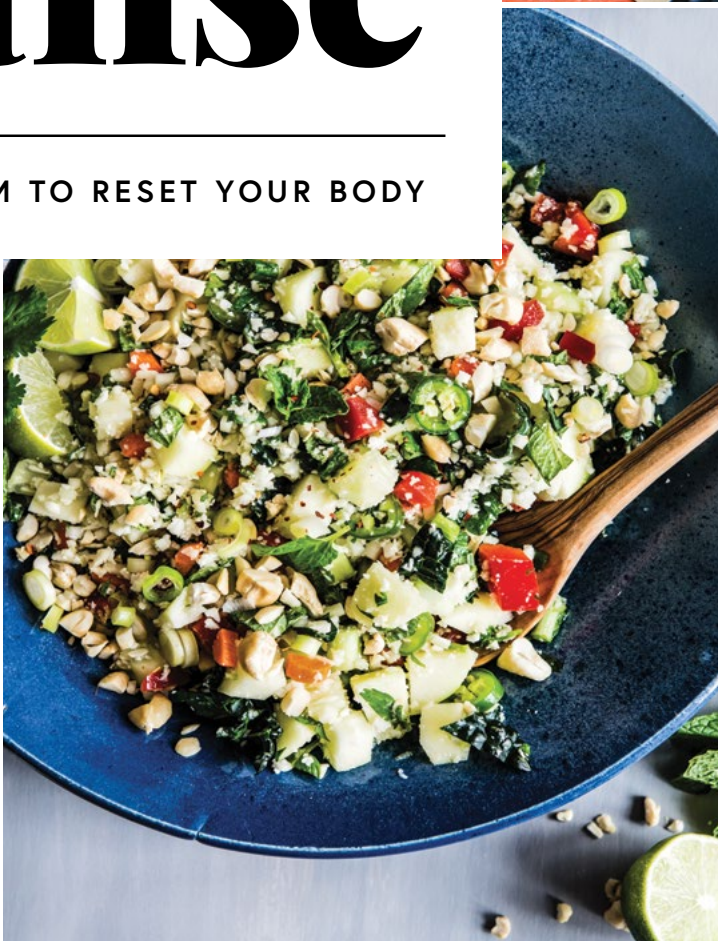




summer cleanse

PLANT-BASED PROGRAM TO RESET YOUR BODY



SIMPLE GREEN
smoothies

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SUMMER CLEANSE

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Welcome to the Summer Cleanse! Whether this is your first cleanse, or your fourth cleanse with us, you're in for an incredible journey! I try to cleanse each season to keep my health goals on track. You see, I have big dreams that I want to achieve, like thru-hiking the Pacific Crest Trail in 2027. We've got to take care of our bodies now to keep making our dreams a reality. You with me?

The Summer Cleanse is designed to give your body a break from caffeine, highly refined sugars and processed foods while loading up on nourishing meals that use healing ingredients. To help your body push out chemicals, additives and toxins, we've filled your plate with foods that support detoxification and reduce inflammation. Cleansing can also help you pinpoint food sensitivities, lose weight and build healthier habits to support your incredible body. What's not to love?!

Every recipe is here for a reason. Try your best to stick with the plan and allow the cleanse to do the work. As you give your body the time and care it deserves, make sure to block out time to shop, prep and cook the meals. It'll make it much less stressful and a whole lot more enjoyable.



After you're complete the cleanse, your skin will start to glow, bloating will diminish and energy levels will go through the roof. You're literally about to eat your way to a rawkin' body. How cool is that?

The best part is: you have access to this plan forever. You can repeat it whenever you feel run down, eating too much junk or just wanting some physical results. That's exactly what I do and it works.

xoxo
Ten Hansard

co-founder of Simple Green Smoothies

Benefits of Cleansing

According to Robin Berzin, MD, founder of Parsley Health (one of the country's leaders in cutting edge holistic medicine), "It's only by cutting out all potential trigger foods that you can really find out what you feel like at 100 percent clean."

We can eliminate toxic build-up by cutting out trigger foods, but what's actually causing the toxic build up to happen? Why is it even there? According to Woodson Merrell, MD, author of The Reset Prescription, it happens just by living our lives!

"We all walk around with accumulations of chemical toxins in our bodies," he explains. Dr. Merrell is also chairman of the Department of Integrative Medicine at Mount Sinai Beth Israel in New York City, which ran a study that revealed some of us are walking around with over 200 environmental chemicals in our systems, like smoke by-products, flame retardants and pesticides.

Before you panic, rest assured, your body is designed to flush out toxins on its own. However, there's only so much our liver, kidneys, lungs and lymph nodes can do all on their own with no added help from us. The reality is, we're exposed to contaminants throughout our day: at our jobs, pumping gas, eating junk food, the cleaning products we use, etc. Our body's ability to clean it all out gradually starts to slow down. Add to that the popular habits that wear the heck out of our livers (alcohol, caffeine, medications, junk food) and the toxins just can't help but build and build and build.

When there are too many toxins in our system, overload happens. That's when we may start to notice weight gain, sleep troubles, inflammation, moodiness, etc. Enter the miraculously natural toxin fighter: a cleanse!

THIS CLEANSE CAN HELP 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. This purifies our skin and gives us an awesome glow. Stick with walks, hikes, biking, weights and slow runs.





Foods to Avoid

A cleanse is an opportunity to break bad eating habits and avoid food groups that trigger allergies and sensitivities. Below are a list of the foods to avoid and why.

Alcohol wreaks havoc on your body's natural blood sugar regulation, which stimulates cravings for sugar and carbohydrates. It also interferes with nutrient absorption and is toxic to the liver.

Bad fats like trans fats, hydrogenated fats and oxidized fats not only create a truck load of additional toxins for the body to deal with, but also 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. If you have any tendency to allergies, dairy can exacerbate the problem. 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 many other grains. Foods containing gluten take significantly more energy for the body to digest.

High-processed soy can interfere with nutrient absorption and leach nutrients from your body. Stay away from TSP and faux meats that are packed with sodium and variety of chemicals to create a meat substitute. Minimally processed soy, like miso, edamame and tamari, are cleanse-approved and embraced 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 food 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 product. This type of sugar is acidic and leaches nutrients from our bodies. It's also 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.

MINDSET: Don't think of cleansing as food deprivation. Instead, focus on it being food replacement, which we'll dive into on the next page.

A top-down view of a white wooden surface covered with an assortment of fresh produce. In the top left, a whole pineapple sits next to a dark avocado and a green chili pepper. Several jars of bright green smoothie are scattered around, some on a wooden cutting board. To the right, there are limes, cherries, and a strawberry. The bottom left features a bowl of blueberries, a halved grapefruit, and leafy greens like kale and cilantro. The bottom right shows watermelon slices, a bowl of raspberries, and a peach. The central text is written in a black, cursive script.

*Eat food.
Not too much.
Mostly plants.*

-MICHAEL POLLAN

Foods to Embrace

While cleansing, embrace all the plant-based whole foods below to have an amazing transformation. Choose organic to reduce the amount of toxins coming into your body.

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.

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

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

Fresh herbs, especially cilantro, is known for its detoxifying abilities, particularly chelating heavy metals. Mint is wonderful for bloating and relaxation.

Nuts and seeds are high in protein, healthy fats, calcium, iron and magnesium.

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.

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.

Turmeric and ginger are inflammation fighters, bring warmth and energy to the digestive system and calm the stomach.



Withdrawals 101

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 these stimulants from your diet, you may experience symptoms like:

COMMON WITHDRAWAL SYMPTOMS

- Headaches
- Bloating
- Muscle cramps
- Skin irritations
- Fatigue
- Irritability
- Mood swings
- Change in bowel frequency

These symptoms are completely normal and expected. When you've been using sugar, alcohol and caffeine as artificial energy, 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 will allow 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!

summer Cleanse Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
RISEING	Turmeric Tea (18)						
BREAKFAST	Watermelon Smoothie Bowl (21)	Cherry Lemonade Smoothie (23)	Cucumber Mint Smoothie (25)	Peach Bliss Smoothie (26)	Raspberry Almond Smoothie (24)	Ginger Love Smoothie (22)	Tropi-Kale Smoothie (27)
AM SNACK	Apple Donuts (28)	Stuffed Avocado (30)	Avocado Caprese Salad (32)	Watermelon Popsicle (31)	Apple Donuts (28)	Avocado Caprese Salad (32)	Tamari Almonds (29)
LUNCH	Ginger Love Smoothie (22)	Raspberry Almond Smoothie (24)	Watermelon Smoothie Bowl (21)	Tropi-Kale Smoothie (27)	Cherry Lemonade Smoothie (23)	Peach Bliss Smoothie (26)	Cucumber Mint Smoothie (25)
PM SNACK	Tamari Almonds (29)	Watermelon Popsicle (31)	Apple Donuts (28)	Tamari Almonds (29)	Stuffed Avocado (30)	Apple Donuts (28)	Watermelon Popsicle (31)
AFTERNOON	Metabolism Tea (19)						
DINNER	Veggies & Almond Butter (33)	Strawberry Cucumber Salad (34)	Thai Coconut Soup (35)	Summer Cauliflower Salad (36)	Cauliflower Rice Bowl (37)	Raw Kale Salad (38)	Roasted Broccoli Plate (39)
EVENING	Spiced Almond Remix (20)						



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

Grocery List

Hit the grocery store two days before you plan to start the cleanse. This gives you time to find all ingredients and allows pears and avocados time to ripen. If possible, buy organic to help your body cleanse best.

FRESH PRODUCE

- Avocado: 5
- Baby Bella Mushrooms: ¼ cup
- Banana: 4
- Basil: 1 bunch
- Broccoli Florets: 3 ½ cups
- Carrot: 4
- Celery: 2 stalks
- Cilantro: 1 bunch
- Cucumber: 3
- Garlic: 1 head
- Ginger Root: 4 inches
- Green Apple: 7
- Green Onion: 1 bunch
- Kale: 4 ½ cups
- Lemon: 12
- Lime: 3
- Mint: 1 bunch
- Orange: 3
- Pear: 1
- Red Bell Pepper: 2
- Riced Cauliflower: 1 ½ cups
- Serrano Pepper: 1
- Spinach: 14 cups (16 oz)
- Strawberries: 2 cups
- Sweet Potato: 1
- Tomato: 3

- Watermelon: 4 cups

- Yellow Onion: 1

- Zucchini: 2

FROZEN FOODS

- Blueberries: 2 cups
- Cherries: 2 cups
- Mango: 1 ½ cups
- Peaches: 3 cups
- Pineapple: 1 ¾ cups
- Raspberries: 2 cups
- Strawberries: 2 ½ cups

REFRIGERATED GOODS

- Almond Milk, unsweetened: 7 cups

PANTRY ITEMS

- Almond Butter: 1 jar
- Coconut Milk: 3 cans (46oz)
- Coconut Water, unsweetened: 6 cups

DRIED GOODS

- Almonds, raw: ¾ cup
- Cashews, raw: ¾ cup
- Chia Seeds: ¼ cup
- Hemp Hearts: 2 tablespoons
- Sliced Almonds: 1 ½ cups

CONDIMENTS & OILS

- Apple Cider Vinegar: 1 bottle
- Balsamic Vinegar: 1 bottle

- Coconut Oil: 1 jar

- Honey: 1 jar

- Maple Syrup: 1 bottle

- Olive Oil: 1 bottle

- Red Curry Paste: 1 jar

- Rice Vinegar: 1 bottle

- Sesame Oil: 1 bottle

- Tamari: 1 bottle

SEASONING + BAKING

- Black Pepper, ground
- Cayenne Pepper
- Cinnamon, ground
- Crushed Red Pepper
- Sea Salt
- Sesame Seeds
- Turmeric, ground
- Vanilla Extract

Grocery list is calculated for one person doing the cleanse. You'll need to modify the amounts if doing this with loved ones.



SHOPPING GUIDE

Hit the grocery store two days before you plan to start the cleanse. This gives you time to find all ingredients and allows pears and avocados time to ripen. If possible, buy organic to help your body cleanse best.

ALMOND MILK

Almond milk is usually in the refrigerated milk section. Look for one that's unflavored and unsweetened.

CHIA SEEDS/HEMP HEARTS

These superfoods are often found in the supplement section or baking aisle.

COCONUT MILK

Coconut milk is found in the canned goods section. Full-fat is preferred, yet light can also be used.

COCONUT WATER

You will find this in the bottled water section. Look for one that's unflavored and unsweetened.

FROZEN FRUIT

Frozen fruit is best for smoothies. If you can't find a certain fruit frozen, get it fresh and freeze it yourself.

HONEY

Choose raw honey, if possible. Honey can be replaced with maple syrup at a 1:1 ratio in all recipes.

MAPLE SYRUP

Look for pure maple syrup. The only ingredient should be "maple syrup."

RAW NUTS

Raw nuts haven't been roasted or seasoned, making them more nutrient dense. Unable to find? Choose the least altered option.

RED CURRY PASTE

Red curry paste can be swapped for green or yellow, depending on your preference.

RICED CAULIFLOWER

Unable to find in the refrigerated produce section? Buy a head of cauliflower and chop in a food processor.

SPICY PEPPERS

Don't like spice? Swap the serrano peppers for a poblano pepper, or avoid completely.

TAMARI

Tamari is a gluten-free soy sauce with a lovely flavor. You'll find it next to soy sauce.

Prep Guide

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

Turmeric Tea Cubes

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

1. Combine the following in a blender:

- ½ cup water
- 2 tablespoons coconut oil
- ½ cup lemon juice
- 1 tablespoon turmeric, ground
- 2 teaspoons black pepper, ground
- 3 tablespoons honey

2. Divide into 7 ice cube tray slots and freeze.

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

Metabolism Tea Cubes

1. Combine the following in a blender:

- ½ cup honey
- ½ cup lemon juice
- ½ cup apple cider vinegar
- ½ cup ginger root, sliced
- 1 teaspoon cinnamon
- 1 teaspoon cayenne pepper

2. Pour into ice cube tray slots and freeze.

3. Once frozen, transfer to a freezer-safe bag. Divide the numbers of cubes by 7 to determine how many to use daily. When ready to use, add enough cubes to glass of water and stir until dissolved.

Smoothie Packs (21-27)

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

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

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

Apple Donut Spread (28)

Mix together 4 tablespoons almond butter, 1 teaspoon cinnamon and 1 teaspoon vanilla extract to use throughout the week.

Tamari Almonds (29)

Make ahead to enjoy throughout the cleanse week. Store in an airtight container in a cool, dark place until ready to eat.

Watermelon Popsicles (31)

Blend popsicle recipe and pour into popsicle molds. Freeze until ready to enjoy.



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

Produce

Chop and prep the following items to be used in meals. Store in airtight containers in fridge.

Baby Bella Mushrooms: Discard stems + slice ¼ cup for Thai Coconut Soup. Wait to wash.

Cashews: Chop ¾ cup

Carrots: Chop ½ cup for Summer Cauliflower Salad • Slice ¾ cup for Veggies & Almond Butter Sauce + Thai Coconut Soup

Celery: Dice 2 stalks for Stuffed Avocado

Cucumber: Peel + slice 1 cup for Strawberry Cucumber Salad and Raw Kale Salad • Peel + dice ½ cup for Summer Cauliflower Salad

Ginger Root: Grate ¼ cup

Green Apple: Peel + dice 1 apple for Summer Cauliflower Salad

Green Onions: Slice into small pieces. Store with a paper towel to absorb excess moisture. Replace towel as needed.

Kale: Cut 2 ½ cups into thin ribbons for Summer Cauliflower Salad + Raw Kale Salad

Lemons: Juice enough to yield 1 cup

Limes: Juice enough to yield ¼ cup

Pear: Peel, dice + freeze for Cucumber Mint Smoothie. Skip if making smoothie packs.

Pineapple: Dice ¼ cup for Pineapple Avocado Salsa • Slice ½ cup for Raw Kale Salad

Red Bell Peppers: Remove seeds + slice 1 cup into strips for Veggies & Almond Butter Sauce, Cauliflower Rice Bowl and Raw Kale Salad • Dice ¼ cup for the Summer Cauliflower Salad

Serrano Pepper: Slice pepper to use for Thai Coconut Soup, Summer Cauliflower Salad and Cauliflower Rice Bowl

Strawberries: Dice ½ cup for Apple Donuts
Slice 1 cup for Strawberry Cucumber Salad (wait to wash until serving)

Sweet Potato: Peel and cube 1 ½ cups for Cauliflower Rice Bowl

Watermelon: Chop + freeze 2 cups watermelon for smoothie bowl. Skip if making smoothie packs.

Yellow Onion: Slice ½ onion for Cauliflower Rice Bowl

Zucchini: Spiralize 1 ½ zucchini for Veggies & Almond Butter Sauce and Thai Coconut Soup. Store with a paper towel to absorb excess moisture. Replace towel as needed.

Dressings & Sauces

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

- Almond Butter Sauce (33)
- Lemon Basil Dressing (34)
- Sesame Ginger Sauce (36)
- Pineapple Avocado Salsa (37)
- Citrus Mango Dressing (38)
- Carrot Ginger Sauce (39)



RAWKSTAR TIP

If you weren't able to find ripe avocados, pears or bananas, put what you got in a brown paper bag and seal. This speeds up the ripening process.

Swap recipes around the meal plan if ingredients aren't ripe yet.

Homemade 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 came up with an incredibly simple, yet amazing formula for homemade protein powder. Add one scoop to your favorite smoothie recipe to turn it into a meal replacement, post-workout recovery shake or for additional nutrients.

Create your own homemade protein powder for smoothies using the highest quality proteins and healthy fats from hemp, chia and flax. Blend these three ingredients in a high-speed blender to create a slightly nutty-flavored, protein-rich powder that mixes seamlessly into smoothies.

PEACE, LOVE + LEAFY GREENS

Jen Hansard

3 SIMPLE PLANT PROTEINS INGREDIENTS



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.

GET RECIPE

Recipes

PLANT-BASED WHOLE FOODS TO HEAL FROM THE INSIDE OUT

You've got your pantry and fridge beautifully full of leafy greens, rainbows of veggies, nuts and seeds and mason jars waiting to be filled up with smoothies. Now, it's time to jump in with both feet and explore a world of nourishing plant-based recipes.

This cleanse will show you just how amazing you can feel when eating foods that support your body and clean out your system. Prepare for glowing skin, big-time energy and healthier habits.

let's rank!





Turmeric Tea

This anti-inflammatory tea can be consumed anytime, but we suggest first thing in the morning. Jump-start the daily detox process while helping your digestive system get "moving," too.

INGREDIENTS

1 cup hot water (240mL)
 ½ teaspoon turmeric, ground (2.5mL)
 1 teaspoon coconut oil (5mL)
 1 tablespoon lemon juice (15mL)
 ¼ teaspoon black pepper, ground (1.25mL)
 1 teaspoon honey (5mL)

DIRECTIONS

1. Combine hot water with turmeric in a mug. Stir well to break up any clumps.
2. Add remaining ingredients and stir again.
3. Let stand for 2 minutes, then drink.

USING CUBES: Add 1 Turmeric Tea Cube to 1 cup hot and stir until thawed. Sip and enjoy.

VEGAN: Honey can be swapped with maple syrup at a 1:1 ratio.

SENSITIVE TEETH: Sip Turmeric Tea with a straw to help teeth sensitivity and possible staining.



Metabolism Tea

This tea uses a bit of apple cider vinegar, lemon juice and cayenne pepper to wake up your metabolic system naturally. We've added some honey, cinnamon and ginger root to make it taste better and soothe your digestive system.

INGREDIENTS

1 cup water (240mL)
1 tablespoon honey (15mL)
1 tablespoon lemon juice (15mL)
1 tablespoon apple cider vinegar (15mL)
1 tablespoon ginger root, sliced (15mL)
dash cinnamon, ground
dash cayenne pepper

DIRECTIONS

1. Combine all ingredients in a glass.
2. Stir until honey is dissolved.

CHANGE IT UP: You can drink this tonic over ice or even warmed up.

VEGAN: Honey can be swapped with maple syrup at a 1:1 ratio.



Spiced Almond Remix

This delicious chilled almond milk treat is reminiscent of the delicious horchata beverage. This version is just easier to make and slightly sweet with a hint of spice. Drink in the evening to keep the taste buds satisfied and hunger cravings at bay.

INGREDIENTS

1 cup almond milk (240mL)
2 teaspoons maple syrup (10mL)
½ teaspoon cinnamon, ground (2.5mL)
½ teaspoon vanilla extract (2.5mL)
dash cayenne pepper

DIRECTIONS

Stir all ingredients together in a glass.

CHANGE IT UP: You can drink this over ice or even warmed up.

BATCH IT: Quadruple the recipe to fit in a quart-size mason jar.



Watermelon Smoothie Bowl

Watermelon contains vitamins A, B6 and C, a ton of lycopene, antioxidants and amino acids. We've added blueberries for some superfood power (hello, anthocyanins!) and banana to make it nice and creamy. Serve in your favorite bowl, topped with hemp hearts, almonds and fresh fruit.

INGREDIENTS

1 cup spinach (240mL)
 ½ cup water (120mL)
 1 cup watermelon, frozen (240mL)
 1 cup blueberries, frozen (240mL)
 ½ banana, frozen
 ¼ lemon, peeled

TOPPINGS

1 tablespoon hemp hearts (15mL)
 1 tablespoon sliced almonds (15mL)
 ½ banana, sliced

DIRECTIONS

1. Blend spinach and water.
2. Add watermelon, blueberries, banana and lemon. Blend again. Stop and scrape down sides as needed, the smoothie will be on the thicker side.
3. Pour into a bowl and add toppings.

SMOOTHIE PREP: Combine all ingredients, except water and toppings, in freezer-safe container.



Ginger Love Smoothie

Ginger has wonderful cleansing and digestive tract benefits. Coconut oil adds healthy medium-chain fatty acids, which are a good source of energy that's easy for the body to metabolize.

INGREDIENTS

1 cup spinach (240mL)
1 cup coconut water (240mL)
1 cup strawberries, frozen (240mL)
½ cup peaches, frozen (120mL)
1 tablespoon ginger root (15mL)
1 teaspoon coconut oil (5mL)

DIRECTIONS

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

SMOOTHIE PREP: Combine all ingredients, except coconut water and oil, in freezer-safe container.



Cherry Lemonade Smoothie

Cherries are one of the best low-glycemic fruits out there (especially the tart ones!). Loaded with anthocyanins, they provide anti-inflammatory benefits and can help prevent muscle soreness after exercise. Cherries are also a natural source of melatonin, the hormone that helps control sleep.

INGREDIENTS

1 cup spinach (240mL)
½ lemon, peeled
1 cup coconut water (240mL)
1 cup cherries, frozen (240mL)
½ green apple, cored
1 tablespoon chia seeds (15mL)

DIRECTIONS

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

SMOOTHIE PREP: Combine all ingredients, except coconut water and chia seeds, in freezer-safe container.



Raspberry Almond Smoothie

We've given a classic berry banana smoothie an upgrade. The almond butter makes it extra creamy with the added bonus of protein and fiber. Raspberries are naturally low in sugar and high in both dietary fiber and vitamin C. Banana adds a touch of natural sweetness, creaminess and potassium.

INGREDIENTS

- 1 cup spinach (240mL)
- 1 cup water (240mL)
- 1 cup raspberries, frozen (240mL)
- ½ banana, frozen
- 1 tablespoon almond butter (15mL)

DIRECTIONS

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

SMOOTHIE PREP: Combine all ingredients, except water and almond butter, in freezer-safe container.



Cucumber Mint Smoothie

The refreshing taste of mint perfectly complements the equally cool and refreshing taste of cucumber. Green apple and pear add the right amount of sweetness and fiber, while the chia seeds introduce the protein and omega-3 fatty acids.

INGREDIENTS

1 cup spinach (240mL)
4 mint leaves
1 cup coconut water (240mL)
½ cucumber
½ green apple, frozen
½ pear, frozen
1 tablespoon chia seeds (15mL)

DIRECTIONS

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

SMOOTHIE PREP: Combine all ingredients, except coconut water and chia seeds, in freezer-safe container. Peel the pear, apple and cucumber to help with texture and remove any artificial wax.



Peach Bliss Smoothie

Peaches are one of the best things about summer. They also happen to be one of the best fruits to eat for weight loss. This ultra creamy smoothie tastes like a fruity milkshake, but with the added benefits of beta-carotene, vitamin C, potassium, fiber and healthy fats.

INGREDIENTS

1 cup spinach (240mL)
½ cup coconut milk (120mL)
½ cup water (120mL)
½ orange, peeled
1 cup peaches, frozen (240mL)
¼ avocado
¼ teaspoon vanilla extract (1.25mL)

DIRECTIONS

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

SMOOTHIE PREP: Combine all ingredients, except coconut milk, water and vanilla extract, in freezer-safe container.



Tropi-Kale Smoothie

This smoothie contains a delicious combination of naturally detoxifying ingredients along with plenty of fiber, vitamins, minerals and healthy fats. The cayenne adds some heat, while also curbing your appetite.

INGREDIENTS

1 cup kale (240mL)
1 tablespoon cilantro, chopped (15mL)
½ lemon, peeled
1 cup water (240mL)
½ orange, peeled
½ cup pineapple, frozen (120mL)
½ cup mango, frozen (120mL)
¼ avocado
dash cayenne pepper

DIRECTIONS

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

SMOOTHIE PREP: Combine all ingredients, except water and cayenne, in freezer-safe container.



Apple Donuts

This tasty snack is a healthy upgrade to the classic apples dipped in peanut butter. It's sweet and savory, while perfectly balanced with plant-based protein, healthy fats and natural sugars.

INGREDIENTS

1 green apple, cored
¼ teaspoon cinnamon, ground (1.25mL)
¼ teaspoon vanilla extract (1.25mL)
1 tablespoon almond butter (15mL)

TOPPINGS

¼ banana, sliced
¼ cup strawberries, diced (60mL)
1 teaspoon sliced almonds (5mL)

DIRECTIONS

1. Slice apple into ¼-inch rings.
2. Stir together cinnamon, vanilla and almond butter.
3. Spread a thin layer on top of each apple ring.
4. Top with banana, strawberries and sliced almonds.

NOTE: Can also use coconut flakes + hemp hearts as toppings.



Tamari Almonds

Tamari, the robust-flavored cousin of soy sauce, goes splendidly with toasted almonds. Each handful will satisfy a craving for a salty, crunchy snack. One batch is enough for the whole week of the cleanse.

INGREDIENTS

1 cup almonds (240mL)
1 tablespoon tamari (15mL)

DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Combine almonds and tamari in a small bowl.
3. Spread onto the baking sheet and bake for 10 minutes, or until almonds are dry to the touch.
4. Remove from oven and allow to cool completely.
5. Store in airtight container until ready to eat.

SWEET OPTION: 1 cup almonds, 1 tablespoon maple syrup, ½ teaspoon vanilla + dash of sea salt.

SPICY OPTION: 1 cup almonds, 2 teaspoons lime juice, dash of cayenne pepper + sea salt.



Stuffed Avocado

You'll love this exciting combination of flavors and textures. The crushed red pepper is addictive, but feel free to sprinkle on your favorite seasonings and herbs, like ground cumin, garlic powder, chili powder and fresh cilantro.

INGREDIENTS

½ avocado
1 celery stalk, diced
2 tablespoons sliced almonds (30mL)
1 teaspoon lemon juice (5mL)
¼ teaspoon crushed red pepper (1.25mL)
Sea salt, to taste
Black pepper, ground, to taste

DIRECTIONS

1. Place avocado on a plate.
2. Mix celery, almonds and lemon juice together and place in center of avocado
3. Season with crushed red pepper, salt and pepper.



Watermelon Popsicles

These pretty pops are naturally sweetened by two of the best summer fruits: watermelon and strawberries. Enjoy this refreshing cold treat as a snack or evening treat to curb a sweet tooth.

INGREDIENTS

2 cups watermelon, seeded + cubed (480mL)
1 cup strawberries, frozen (240mL)

DIRECTIONS

1. Blend watermelon and strawberries until smooth.
2. Pour mixture into 6 popsicle molds.
3. Freeze overnight.

ELECTROLYTE BOOST: Decrease watermelon to 1 ½ cups and add ½ cup coconut water.



Avocado Caprese Salad

Enjoy this light and refreshing summer snack exploding with flavors. The creamy avocado perfectly compliments the sweet and juicy tomato, leaving you wishing you made a second plate.

INGREDIENTS

½ avocado, sliced
1 tomato, sliced
4 basil leaves
Balsamic vinegar, to taste
Sea salt, to taste
Black pepper, ground, to taste

DIRECTIONS

1. Arrange avocado, tomato and basil on a plate.
2. Season with balsamic vinegar, salt and pepper.

MAKING AHEAD? Toss the avocado with lemon juice to keep it from turning brown.



Veggies & Almond Butter Sauce

This dish is full of vibrant colors and explosive flavors, making it a cleanse favorite for most rawkstars. The Almond Butter Sauce adds plant-based protein and marries the vegetables together, nicely.

INGREDIENTS

- 1 zucchini, spiralized
- 1 teaspoon coconut oil (5mL)
- ½ cup broccoli florets (120mL)
- ¼ cup red bell pepper, sliced (60mL)
- ½ cup carrots, sliced (120mL)
- 2 tablespoons green onion, sliced (30mL)
- ¼ teaspoon crushed red pepper (1.25mL)
- ¼ teaspoon sesame seeds (1.25mL)

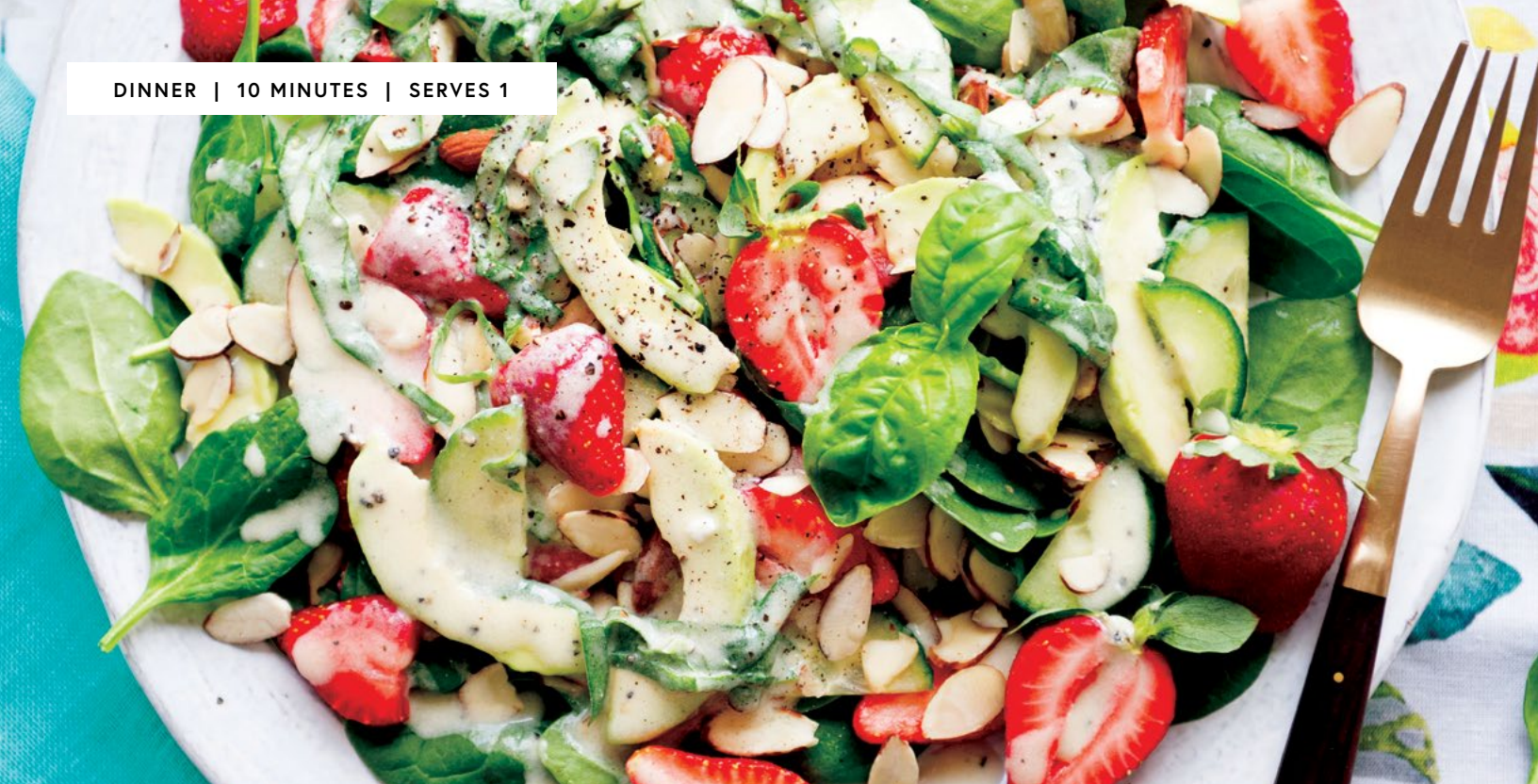
ALMOND BUTTER SAUCE

- 2 tablespoons coconut milk (30mL)
- 2 tablespoons almond butter (30mL)
- 1 tablespoon tamari (15mL)
- 1 teaspoon maple syrup (5mL)
- 1 teaspoon ginger root, grated (5mL)
- ½ teaspoon crushed red pepper (2.5mL)
- 1 garlic clove, minced

DIRECTIONS

1. Stir Almond Butter Sauce ingredients together in a small bowl. Set aside.
2. Spiralize zucchini and arrange on plate.
3. Heat oil in large pan on medium heat. Sauté broccoli, carrots and red bell pepper until bright in color and just barely tender. Add green onions and sauté for an additional minute.
4. Lower heat and add Almond Butter Sauce to pan. Stir constantly, until sauce is warm.
5. Serve warm vegetables on top of spiralized zucchini. Sprinkle with crushed red pepper and sesame seeds.

DON'T HAVE A SPIRALIZER? You can use a vegetable peeler and make into strips OR look for spiralized "zucchini noodles" in your produce section.



Strawberry Cucumber Salad

This delightful salad screams summer with the fresh strawberries and herbs. Spinach is one of the most mild leafy greens, making it a great base to pile on with your favorite toppings. If you've had an active day and need extra protein, feel free to add extra sliced almonds.

INGREDIENTS

2 cups spinach (480mL)
1 cup strawberries, sliced (240mL)
½ cucumber, sliced
½ avocado, sliced
¼ cup sliced almonds (60mL)

LEMON BASIL DRESSING

2 tablespoons coconut milk (30mL)
1 teaspoon olive oil (5mL)
1 tablespoon lemon juice (15mL)
4 basil leaves, sliced
½ teaspoon maple syrup (2.5mL)
Sea salt + black pepper, to taste

DIRECTIONS

1. Whisk Lemon Basil Dressing ingredients in a small bowl. Set aside until ready to serve.
2. Arrange salad ingredients onto a plate and drizzle dressing on top.



Thai Coconut Soup

This creamy, coconut milk soup is one of our most popular recipes. It's simple to make and considered a comfort soup to many cleansers. Want to crank up the heat? Adjust the amount of red curry paste and serrano pepper.

INGREDIENTS

1 $\frac{3}{4}$ cup coconut milk (415mL)
 1 tablespoon red curry paste (15mL)
 $\frac{1}{2}$ teaspoon maple syrup (2.5mL)
 $\frac{1}{4}$ cup carrot, sliced (60mL)
 $\frac{1}{4}$ cup baby bella mushrooms, sliced (60mL)
 $\frac{1}{2}$ zucchini, spiralized
 Sea salt, to taste

TOPPINGS

1 tablespoon green onion, sliced (15mL)
 1 tablespoon cilantro, chopped (15mL)
 $\frac{1}{4}$ serrano pepper, sliced
 1 tablespoon cashews, chopped (15mL)
 $\frac{1}{4}$ lime, cut into wedges

DIRECTIONS

1. In a saucepan over medium heat, whisk together coconut milk, curry paste and maple syrup.
2. Reduce heat to low. Add carrots and mushrooms. Simmer for 10 minutes, or until carrots are tender.
3. Add spiralized zucchini and simmer for one minute. Add salt and additional curry paste, to taste.
4. Transfer to a bowl and add toppings.

DO I NEED THE TOPPINGS? The toppings provide protein, fiber and additional nutrients to boost this meal.



Summer Cauliflower Salad

At first glance, this may seem like a lot of veggies—and it is! However, each one adds an element of flavor and texture that make this salad a 5-star summer dish.

INGREDIENTS

¾ cup riced cauliflower (180mL)
 ½ cup kale, cut into thin ribbons (120mL)
 1 green apple, peeled and diced
 ½ cucumber, peeled and diced
 ½ cup carrots, chopped (120mL)
 ½ cup red bell pepper, diced (120mL)
 ½ cup cashews, chopped (120mL)
 8 mint leaves, chopped
 ¼ cup cilantro, chopped (60mL)
 2 tablespoons green onion, sliced (30mL)
 ¼ serrano pepper, sliced

SESAME GINGER SAUCE

1 tablespoon lime juice (15mL)
 1 teaspoon olive oil (5mL)
 1 teaspoon sesame oil (5mL)
 1 teaspoon ginger root, minced (5mL)
 1 garlic clove, minced
 Sea salt, to taste

DIRECTIONS

1. Whisk Sesame Ginger Sauce ingredients in a small bowl. Set aside until ready to serve.
2. Combine salad ingredients in a bowl. Pour Sesame Ginger Sauce on top and mix well.



Cauliflower Rice Bowl

A flavor-packed veggie bowl is a great way to nourish the body and satisfy the taste buds. The combination of raw and roasted vegetables provides a wonderful variety of textures and taste.

INGREDIENTS

1 teaspoon coconut oil, melted (5mL)
 1 ½ cups sweet potato, cubed (360mL)
 ½ cup red bell pepper, sliced (120mL)
 ½ yellow onion, sliced
 ¾ cup riced cauliflower (180mL)
 1 teaspoon lime juice (5mL)
 ¼ cup cilantro, chopped (60mL)
 Sea salt + black pepper, to taste

PINEAPPLE AVOCADO SALSA

¼ cup pineapple, diced (60mL)
 ¼ avocado, diced
 1 tomato, diced
 2 tablespoons cilantro, chopped (30mL)
 1 tablespoon green onion, sliced (15mL)
 ¼ serrano pepper, sliced
 1 tablespoon lime juice (15mL)
 1 teaspoon olive oil (5mL)

DIRECTIONS

1. Preheat oven to 425°F (220°C). Toss the sweet potato, peppers and onion with coconut oil and arrange on a single layer on a parchment-lined baking sheet. Season with salt and pepper.
2. Roast for 15 minutes, or until golden and tender.
3. While roasting, toss the riced cauliflower with lime juice, cilantro and salt. Set aside.
4. Prepare the Pineapple Avocado Salsa by combining all ingredients in a small bowl.
5. When ready to serve, top the cauliflower with roasted veggies and salsa.



Raw Kale Salad

This summer kale salad is packed with crunchy cucumber, red pepper and pineapple to add gorgeous color and loads of nutrients. Get ready to eat the rainbow with this simple and flavor-packed recipe.

INGREDIENTS

2 cups kale, cut into thin ribbons (480mL)
 1 tablespoon lemon juice (15mL)
 ½ teaspoon sesame oil (2.5mL)
 ½ cucumber, peeled and sliced
 ½ cup pineapple, sliced (120mL)
 ¼ cup red bell pepper, sliced (60mL)

TOPPINGS

¼ cup cilantro, chopped (60mL)
 1 tablespoon cashews, chopped (15mL)
 1 teaspoon sesame seeds (5mL)

CITRUS MANGO DRESSING

½ cup mango, diced (120mL)
 2 tablespoons orange juice (30mL)
 1 teaspoon olive oil (5mL)
 2 teaspoons lime juice (10mL)
 ¼ teaspoon crushed red pepper (1.25mL)
 Sea salt, to taste

DIRECTIONS

1. Purée all Citrus Mango Dressing ingredients in a food processor. Set aside until ready to serve.
2. Place kale in a medium bowl and squeeze lemon juice on top. With clean hands, squeeze (aka: "massage") the kale until leaves get tender, between 1-2 minutes.
3. Add sesame oil, cucumber, pineapple and red bell pepper.
4. Transfer to plate and top with Citrus Mango Dressing, cilantro, cashews and sesame seeds.



Roasted Broccoli Plate

Broccoli happens to be one of our healthiest cruciferous veggies. Roasting on high heat brings out its natural sweetness while making it easier to digest. The dressing will surprise your taste buds with savory flavors like tamari juxtaposed with rice vinegar and maple syrup.

INGREDIENTS

3 cups broccoli florets (720mL)
1 teaspoon olive oil (5mL)
Sea salt + black pepper, for seasoning

TOPPINGS

½ avocado, sliced
¼ cup sliced almonds (60mL)
2 tablespoons green onion, sliced (30mL)
¼ teaspoon crushed red pepper (1.25mL)

CARROT GINGER DRESSING

½ cup carrots, chopped (120mL)
1 tablespoon olive oil (15mL)
2 tablespoons rice vinegar (30mL)
1 tablespoon tamari (15mL)
1 tablespoon ginger root (15mL)
2 teaspoons maple syrup (10mL)
1 teaspoon sesame oil (5mL)

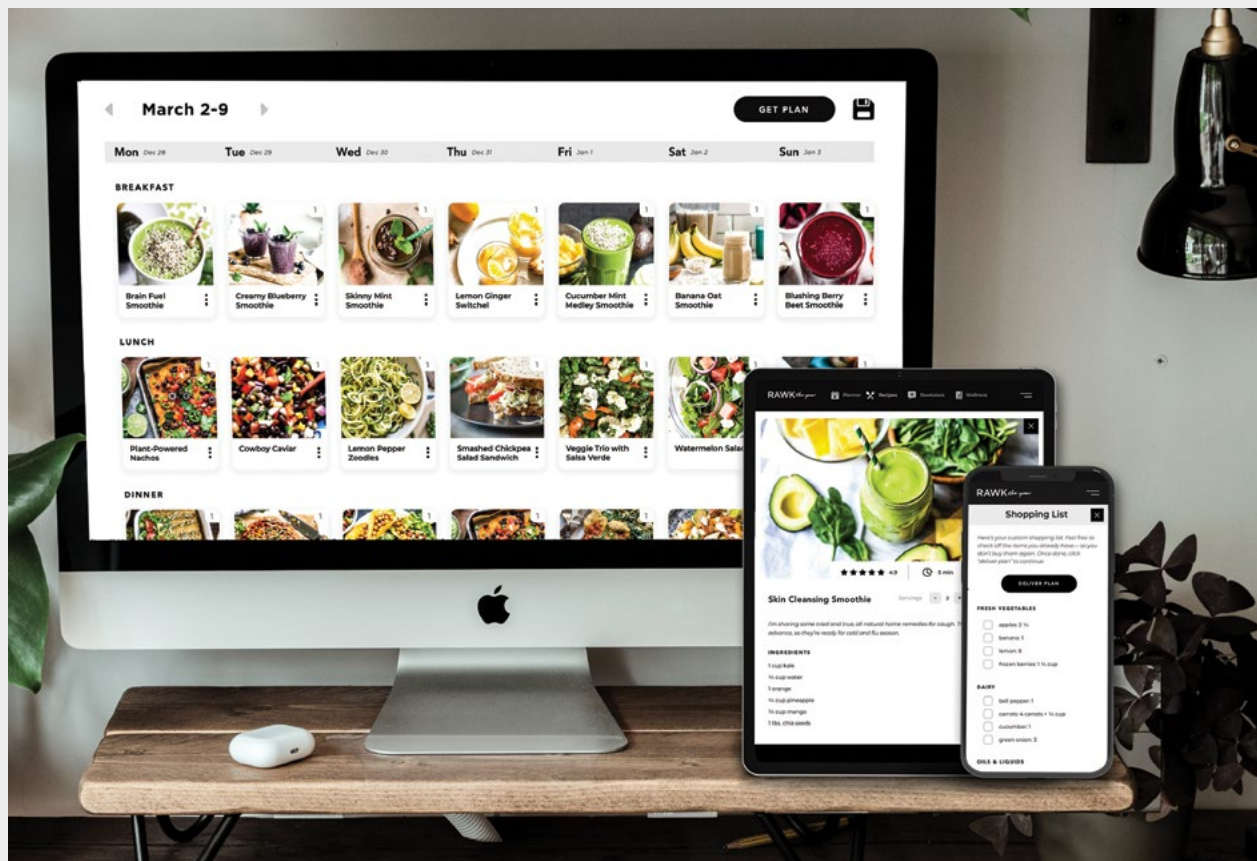
DIRECTIONS

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a medium bowl, toss the broccoli with oil, salt and pepper. Arrange on baking sheet and roast for 10 minutes, or until tender.
3. Purée the Carrot Ginger Dressing in a food processor until smooth.
4. Serve roasted broccoli on a plate with dressing and toppings.

WEEKLY PLANT-BASED MEAL PLANS + SUPPORT

Keep the momentum going!

Rawk the Year is a customizable meal planner to support your wellness journey. Along with the **500+ tasty plant-based recipes**, **automated shopping list tool** and fully **customizable meal plans**, you'll get complimentary invitations to our live seasonal cleanses and 24/7 access to community support.



CUSTOMIZABLE SEASONAL MEAL PLANS
for a healthier lifestyle

FREE TRIAL





Common Questions

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. Bump up 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 with your doctor.

Here are some general suggestions:

- Turmeric 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.
- The Metabolism Tea will help with this as well.
- 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 pinch of good quality sea salt and a slice of orange/lemon/lime to your drinking 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.

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

You can move meals around as much as you like. For example, if your avocado or pear isn't ripe when you need it, pick a different cleanse recipe 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. Honey or 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?

If you really feel you need a protein powder, you can use one. I suggest a plant-based powder that's organic, very simple and clean. Check out my [homemade protein powder recipe](#) if you're interested in our cleanse-approved plant-based protein powder.

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 natural soda water or mineral water and call it good.

CAN I USE CACAO POWDER FOR SMOOTHIES?

Cacao powder contains caffeine, which is why isn't not included on the cleanse. It's an absolutely amazing superfood and as soon as you've completed the cleanse, it's totally fine to include it.

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—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!

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.

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).

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.

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

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: chia seeds, sliced almonds

Thai curry paste: curry powder

Garlic: powdered garlic (½ teaspoon = 1 clove)

Ginger root: ground ginger (1 tsp ground= 1 tbsp fresh)

Green apple: pears

Hemp hearts: chia seeds, sliced almonds, flaxseeds

Herbs: cilantro, parsley, mint, basil

Honey: maple syrup, blackstrap molasses

Leafy greens: spinach, chard, kale

Lemon: lime, grapefruit, orange

Lime: lemon, grapefruit, orange

Mango: peach, pineapple, banana

Maple syrup: honey, blackstrap molasses

Mushrooms: eggplant, tofu

Olive oil: avocado oil

Orange: lemon, lime, grapefruit

Peach: nectarine, cherries, strawberries, apricots

Pineapple: mango, orange

Raspberries: blueberries, cherries, strawberries

Red bell pepper: yellow or green bell pepper

Rice vinegar: white wine or apple cider vinegar

Riced cauliflower: cauliflower head and chop it finely yourself

Serrano pepper: jalapeno, poblano

Strawberries: blueberries, cherries, raspberries

Sweet Potato: golden potato

Tamari: coconut aminos, soy sauce

Tomato: cherry, grape, roma

Turmeric: ginger

Watermelon: honeydew, cantaloupe

Zucchini: spaghetti squash, butternut squash



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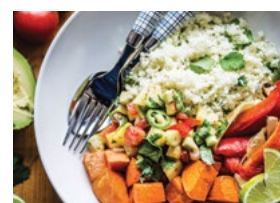
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