

# 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.

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## 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.

## 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)

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### 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.