

summer Cleanse Plan

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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)						
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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)

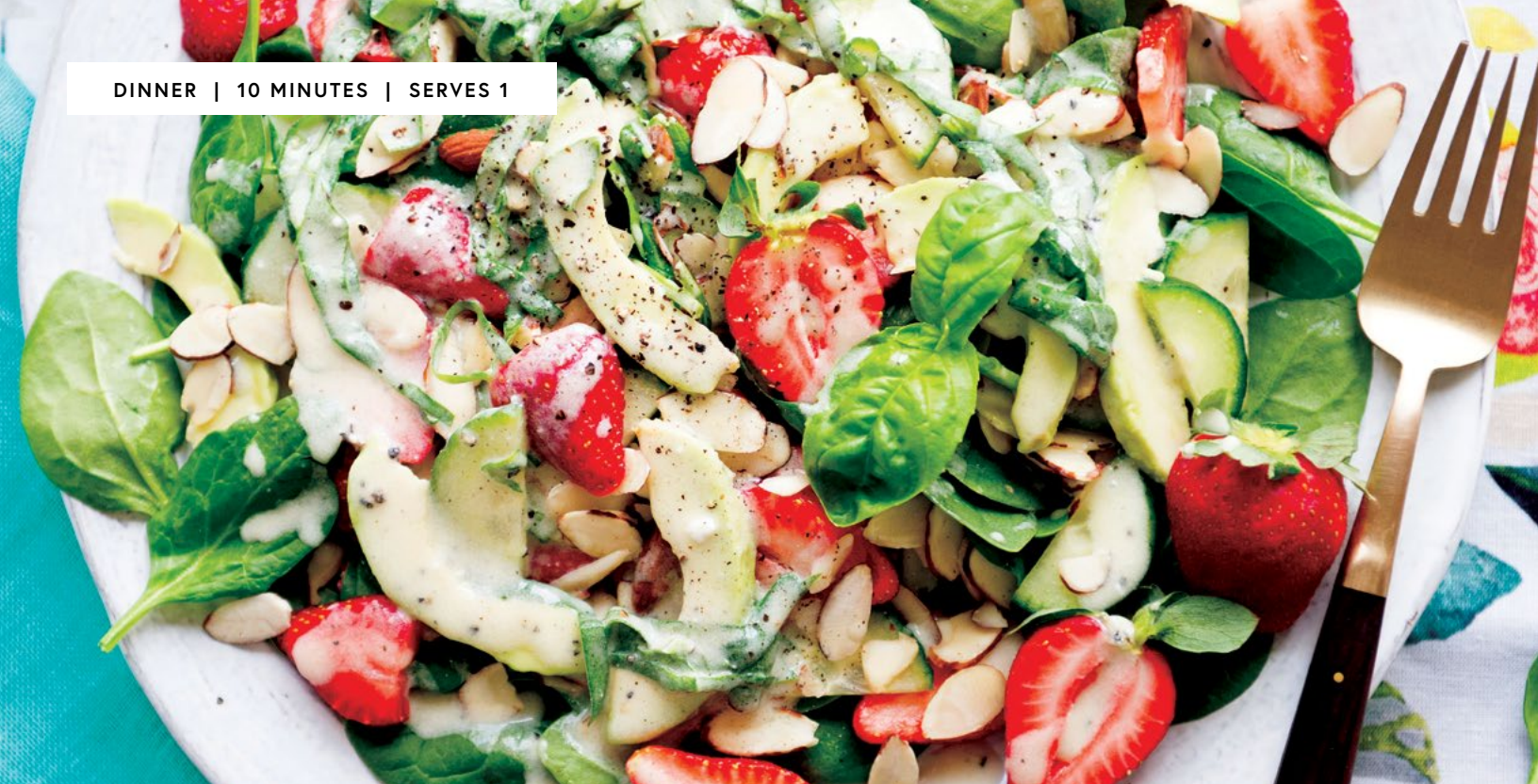
ALMOND BUTTER SAUCE

- 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.