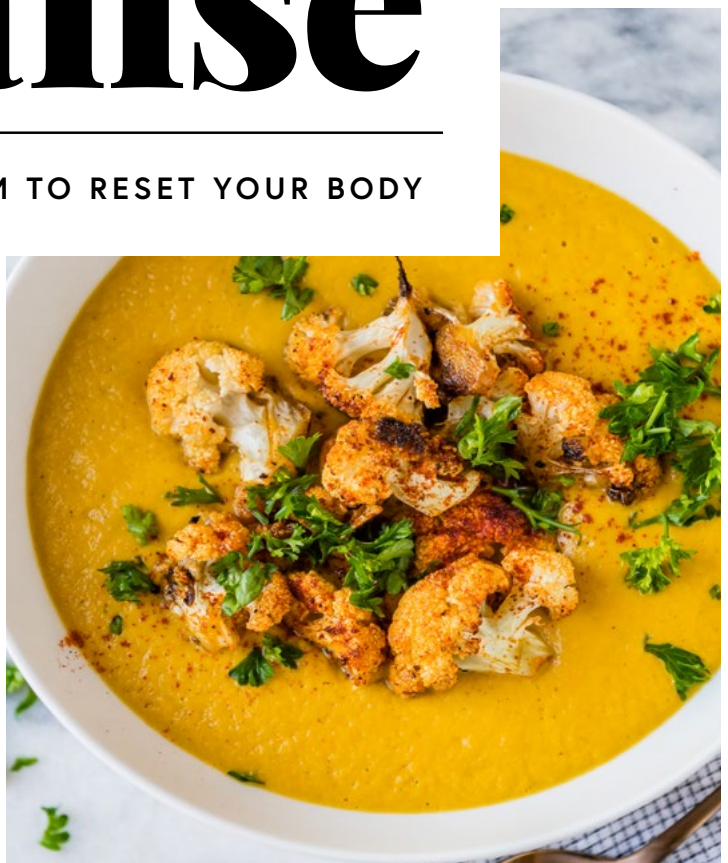




# winter cleanse

PLANT-BASED PROGRAM TO RESET YOUR BODY



SIMPLE GREEN  
*smoothies*

# Contents

## WINTER CLEANSE

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





# Let's Rawk!

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The Winter 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.

Whether this is your first or 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 2028. We've got to take care of our bodies now to keep making our dreams a reality. You with me?



After you 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, are eating too much junk or want some physical results. That's exactly what I do and it works.

*xxxx*  
*Jen Hansard*  
Simple Green Smoothies





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 walking, hiking, biking, weights and jogging.

# Benefits of Cleansing

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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 eliminate toxic build-up by cutting out trigger foods, but what's 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 on their own with no 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 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
- Cravings
- Low Energy
- Indigestion + Gas
- Brain Fog
- Trouble Losing Weight
- Difficulty Sleeping
- Acne + Eczema





# 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.

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**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 other grains.

**HIGHLY 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.

**LEGUMES** can be hard for the body to digest and can cause bloating, which is why we avoid this week. Yet post cleanse, legumes can become a great source of plant-based protein and complex carbohydrates. Adding them to meals can help lower blood sugar, blood pressure, heart rate and other heart disease and diabetes risks.

**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 FOODS** 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.





*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.

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**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, are known for their detoxifying abilities, particularly chelating heavy metals. Mint is wonderful for bloating and relaxation.

**NUTS + 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 + GINGER** are inflammation fighters, bring warmth and energy to the digestive system and calm the stomach.



# Withdrawals 101

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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!



# winter Cleanse Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
RISE	Turmeric Tea (15)						
BREAKFAST	Apple Detox Smoothie (18)	Cherry Beet Smoothie (20)	Pumpkin Pear Smoothie (22)	Basil Detox Smoothie (21)	Pomegranate Cherry Bowl (19)	Mango Carrot Smoothie (23)	Easy Flaxseed Smoothie (24)
AM SNACK	Warm Apple Crisp (26)	Winter Ambrosia Salad (27)	Pumpkin Chia Pudding (28)	Thai Almond Dip and Veggies (29)	Warm Apple Crisp (26)	Winter Ambrosia Salad (27)	Pumpkin Chia Pudding (28)
LUNCH	Pomegranate Cherry Bowl (19)	Basil Detox Smoothie (21)	Mango Carrot Smoothie (23)	Easy Flaxseed Smoothie (24)	Apple Detox Smoothie (18)	Pumpkin Pear Smoothie (22)	Cherry Beet Smoothie (20)
PM SNACK	Savory Trail Mix (25)						
AFTERNOON	Metabolism Tea (16)						
DINNER	Loaded Warm Kale Salad (30)	Mediterranean Squash Bowl (31)	Roasted Cauliflower Soup (32)	Spiralized Taco Salad (33)	Mushroom Stuffed Sweet Potato (34)	Coconut Cauliflower Rice (35)	Rosemary Cauliflower Bowl (36)
EVENING	Vanilla Chamomile Steamer (17)						



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

# SHOPPING GUIDE

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

ALMOND MILK	CHIA SEEDS/HEMP HEARTS	COCONUT MILK
Almond milk is usually in the refrigerated milk section. Look for one that's unflavored and unsweetened.	These superfoods are often found in the supplement section or baking aisle.	Coconut milk is found in the canned goods section. Full-fat is preferred, yet light can also be used.
COCONUT WATER	FROZEN FRUIT	HONEY
You will find this in the bottled water section. Look for one that's unflavored and unsweetened.	Frozen fruit is best for smoothies. If you can't find a certain fruit frozen, get it fresh and freeze it yourself.	Choose raw honey, if possible. Honey can be replaced with maple syrup at a 1:1 ratio in all recipes.
MAPLE SYRUP	NUTRITIONAL YEAST	RAW NUTS
Look for pure maple syrup. The only ingredient should be "maple syrup."	Most often found in the seasoning section. Look for a small container or resealable pouch.	Raw nuts haven't been roasted or seasoned, making them more nutrient dense. Unable to find? Choose the least altered option.
RED CURRY PASTE	RICED CAULIFLOWER	TAMARI
Red curry paste can be swapped for green or yellow, depending on your preference.	Unable to find in the refrigerated produce section? Buy a head of cauliflower and chop in a food processor.	Tamari is a gluten-free soy sauce with a lovely flavor. You'll find it next to soy sauce.



# Grocery List

Grocery list is calculated for one person doing the cleanse. Modify the amounts if you're doing the cleanse with others!

## FRESH PRODUCE

- avocado: 1
- baby bella mushrooms: 1 cup
- bananas: 4
- basil leaves: 4
- beets: 1
- broccoli florets: 2 ½ cups
- brussels sprouts: ½ cup
- butternut squash, cubed: 1 cup
- carrots: 3
- cauliflower florets: 2 cups
- celery stalks: 2
- clementines: 9
- cucumber: 1
- fennel bulb: 1
- fresh cilantro: 1 tbsp
- fresh parsley: ⅓ cup
- fresh rosemary: ⅓ cup
- garlic cloves: 9
- ginger root: 8 inches (½ cup)
- green apples: 5
- jalapeño pepper: 1
- kale: 7 ½ cups
- lemons: 12
- limes: 3
- mango: 1
- pears: 5
- pomegranate arils: 1 cup
- riced cauliflower: 2 cups
- spaghetti squash: 1
- spinach: 6 cups
- sweet potatoes: 2
- yellow onions: 3

## DRIED GOODS

- almonds, raw: ¾ cup
- almonds, sliced: ⅓ cup
- chamomile lavender tea bag: 7
- cashews, raw: 1 ¼ cups\*
- chia seeds: 1 cup
- coconut flakes: ⅓ cup
- flaxseeds: 2 tbsp
- hemp hearts: ½ cup
- Medjool dates: 2
- nutritional yeast: 3 tbsp
- pecans, raw: 1 ¼ cups
- pepitas, raw: ½ cup
- sunflower seeds, raw: ½ cup
- walnuts, raw: ½ cup

## CANNED & JARRED GOODS

- almond butter: ½ cup
- coconut milk: 1 ¼ cups
- Kalamata olives: 2 tbsp
- marinated artichoke hearts: ¼ cup
- pumpkin puree: ⅔ cup
- red curry paste: 1 ½ tsp
- sun-dried tomatoes in oil: 2 tbsp
- tomato paste: 1 tbsp

## FROZEN FOODS

- blueberries: 2 cups
- carrots, sliced: 1 cup
- mango: 2 cups
- peaches: 2 cups
- pineapple: 1 ½ cups
- sweet cherries: 2 cups

## REFRIGERATED GOODS

- almond milk, unsweetened: 13 cups
- pomegranate juice: 1 cup

## PANTRY ITEMS

- coconut water: 2 cups
- vegetable stock: 1 ⅓ cups

## CONDIMENTS & OILS

- apple cider vinegar: ½ cup
- coconut oil: ⅓ cup
- Dijon mustard: 2 tsp
- honey: ¾ cup
- maple syrup: ⅓ cup
- olive oil: ⅓ cup
- tamari: ½ tsp

## SEASONING + BAKING

- almond flour: 2 tbsp
- black pepper, ground
- cayenne pepper
- chili powder
- cinnamon, ground
- crushed red pepper
- cumin, ground
- garlic powder
- ginger, ground
- nutmeg, ground
- sea salt
- smoked paprika
- turmeric, ground
- vanilla extract

*\*If making our suggested batch of [Cashew Cream](#) (p. 12), you'll need 2 ¼ cups of cashews.*

# 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 a cup of hot water and stir until dissolved.

## Cashew Cream

Make a large batch ahead to use in these five recipes: Warm Apple Crisp, Winter Ambrosia Salad, Rosemary Cauliflower Bowl, Spiralized Taco Salad, Mushroom Stuffed Sweet Potato.

- 2 cups cashews, soaked 2 hours
  - ¼ cup lemon, juiced
  - ½ cup water, plus more as needed
  - dash of sea salt
1. Drain and rinse cashews.
  2. Place all ingredients in a high-speed blender and puree until smooth and creamy. Stop and scrape down sides and add additional water if mixture is not thick and creamy.
  3. Store half in air-tight container in the fridge to use this week. Freeze the rest for later.

## 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, ground
  - 1 teaspoon cayenne pepper
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 one cup of hot water and stir until dissolved.

## Smoothie Packs (27-39)

Measure and freeze smoothie ingredients to make it easier to blend all 14 smoothies this week (you'll 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. 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.
4. Allow frozen smoothie packs to defrost slightly before blending. Store in fridge overnight or set on countertop for 30 minutes.



## Dinner Prep

Below is a list of the most commonly used produce for dinner recipes during this cleanse. Chop and prep each item and store in airtight containers in the fridge.

**Carrots:** Thinly slice 1 carrot for Loaded Warm Kale Salad. Chop 1 carrot for Roasted Cauliflower Soup. Dice ¼ cup carrots for Mushroom Stuffed Sweet Potato.

**Cauliflower:** Thinly slice 1 carrot for Loaded Warm Kale Salad. Chop 1 carrot for Roasted

**Garlic:** Mince 8 cloves garlic (9 cloves if not making the Thai Curry Sauce ahead of time) for all recipes except Mediterranean Squash Bowl.

**Kale:** Chop or thinly slice (your preference) 3 ½ cups kale for Loaded Warm Kale Salad, Mediterranean Squash Bowl, Spiralized Taco Salad.

**Sweet Potatoes:** Peel and spiralize 1 sweet potato for Spiralized Taco Salad. Bake 1 sweet potato for Mushroom Stuffed Sweet Potato.

**Walnuts:** Soak ¼ cup + 2 tablespoons of walnuts in hot water for 15 minutes. Drain and rinse thoroughly. In a food processor (or with a knife), finely chop the walnuts and store in an airtight container in the refrigerator. This walnut "meat" is used for Spiralized Taco Salad and Mushroom Stuffed Sweet Potato.

**Yellow Onions:** Thinly slice ½ yellow onion for Loaded Warm Kale Salad. Chop ½ yellow onion + ¼ cup yellow onion for Roasted Cauliflower Soup and Rosemary Cauliflower Soup. Dice ¼ cup + 2 tablespoons yellow onion for Mushroom Stuffed Sweet Potato and Coconut Cauliflower Rice.

## Snack Prep

All snacks can be made ahead of time and stored in the fridge, except for Savory Trail Mix which can be stored at room temperature. It's recommended to make Cashew Cream first (see prep tip on page 12) so it can be used for the two snack recipes that utilize it.

- Savory Trail Mix (25)
- Warm Apple Crisp (26)
- Winter Ambrosia Salad (27)
- Pumpkin Chia Pudding (28)
- Thai Veggie Almond Dip (29)

## Dressings, Sauces & Toppings

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

- Orange Rosemary Dressing (30)
- Vegan Parmesan Cheese (31)
- Thai Curry Sauce (35)
- Rosemary Dijon Sauce (36)



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### RAWKSTAR TIP

Dinner recipes taste best when they're freshly made, but some of can be made ahead of time and stored in the fridge or freezer (e.g. Roasted Cauliflower Soup).



# Recipes

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## 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, 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 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!*





RISING | SERVES 1

# 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 one Turmeric Tea cube to one cup hot water and stir until thawed.



Sensitive teeth? Sip Turmeric Tea with a straw to help teeth sensitivity and possible staining.





AFTERNOON | SERVES 1

# 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 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.



Using cubes? Add one Metabolism Tea cube to one cup hot water and stir until thawed.



Change it up! You can drink this tea warm or over ice.



EVENING | SERVES 1

# Vanilla Chamomile Steamer

This calming, warm almond milk beverage is just the thing to help unwind and relax after a long day. Chamomile tea is steeped directly in the almond milk and lightly sweetened. Add dried lavender buds for an extra calming effect.

## INGREDIENTS

1 cup almond milk, unsweetened (240mL)  
1 chamomile lavender tea bag  
1 tsp honey (5mL)  
½ tsp vanilla extract (2.5mL)

## DIRECTIONS

1. Place the almond milk into a small saucepan. Have a teacup or mug ready.
2. Heat the almond milk until very hot, but not boiling. Add the chamomile tea bag and allow to steep 5 minutes.
3. Remove tea bag and pour into a mug with honey and vanilla extract.



Change it up! You can drink this tonic over ice or even warmed up.



SMOOTHIE | SERVES 1

# Apple Detox Smoothie

Enjoy this high-fiber smoothie to keep you nourished and your tummy full as you work your way through this cleanse. The hemp hearts and avocado are wonderful superfoods high in omega-3s, which can reduce the risk of heart disease and alleviate inflammation.

## INGREDIENTS

1 cup kale, stems removed (240mL)  
1 cup water (240mL)  
½ green apple, peeled and cored  
½ cup pineapple, frozen (120mL)  
¼ avocado, peeled  
½ lime, juiced  
2 tbsp hemp hearts (30mL)

## DIRECTIONS

1. Place kale and water in blender. Puree until smooth.
2. Add green apple, pineapple, avocado, lime juice and hemp seeds. Blend again.



Swap hemp hearts for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).





SMOOTHIE | SERVES 1

# Pomegranate Cherry Bowl

Berries and pomegranates are antioxidant powerhouses. I've amped up this smoothie bowl with fresh kale, cherries and hemp hearts to make it healthy and satisfying.

## INGREDIENTS

1 cup kale, stems removed (240mL)  
¼ cup water (60mL)  
2 clementines, peeled  
¼ lemon, peeled  
1 cup sweet cherries, frozen (240mL)  
½ banana, fresh or frozen

## TOPPINGS

¼ cup pomegranate arils (120mL)  
2 tbsp hemp hearts (30mL)

## DIRECTIONS

1. Place kale, water, orange and lemon in blender. Puree until smooth.
2. Add the blueberries and banana. Blend again.
3. Top with pomegranate seeds and hemp hearts.



Swap hemp hearts for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



SMOOTHIE | SERVES 1

# Cherry Beet Smoothie

Sweet beets and cherries are a power-packed superfood combo in this tasty, bright red cherry beet smoothie that's loaded with antioxidants like vitamin C. Beets can help increase your immune system and lower your risk of cancer and other chronic illnesses.

## INGREDIENTS

¼ beets, peeled and chopped  
1 cup sweet cherries, frozen (240mL)  
¼ banana  
½ cup pomegranate juice (120mL)  
½ cup water (120mL)  
2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Place all ingredients in a blender.
2. Blend until smooth.



Swap chia seeds for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



SMOOTHIE | SERVES 1

# Basil Detox Smoothie

All kinds of rawesomeness are packed inside this smoothie. Leafy greens and basil are good sources of vitamin K, which is essential in forming various proteins necessary for bone formation and repair. Blend these leafy greens together with frozen pineapple and peaches for a light and healthy meal on the go.

## INGREDIENTS

- 1 cup spinach, fresh (240mL)
- 2 basil leaves
- 1 cup coconut water (240mL)
- 1 cup peaches, frozen (240mL)
- ¼ cup pineapple, frozen (60mL)
- ¼ lime, juiced
- 2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Blend the spinach, basil and coconut water until smooth.
2. Add the peaches, pineapple, lime juice and chia seeds and blend again.



Swap chia seeds for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).





SMOOTHIE | SERVES 1

# Pumpkin Pear Smoothie

I know it can be hard to get excited about a frosty green smoothie on a cold winter morning, so I've added this warm smoothie to the mix. It's more like a sweet, warm "soup" that is as comforting as it is nutritious.

## INGREDIENTS

1 cup spinach, fresh (240mL)  
1 cup almond milk, unsweetened (240mL)  
1 ½ pear, cored  
¼ cup pumpkin puree, canned (60mL)  
dash of cinnamon, ground  
dash of nutmeg, ground  
2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Warm almond milk in a saucepan until steaming.
2. Place spinach and warm almond milk in blender. Puree until smooth.
3. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



Use extreme caution while blending warm liquids. Vent lid a little or cover blender with a towel to prevent any splattering. Alternatively, the smoothie can be warmed up after blending.



This smoothie can also be served cold. Use chilled almond milk and pumpkin puree and frozen pears, if desired.



SMOOTHIE | SERVES 1

# Mango Carrot Smoothie

Vitamin A is essential for beautiful skin and healthy eyesight. This smoothie is chock full of vitamins A, C, iron and heart-healthy dietary fiber. The cashews add a nice creamy element and healthy fat.

## INGREDIENTS

1 cup spinach, fresh (240mL)  
1 cup water (240mL)  
1 clementine, peeled  
2 tbsp raw cashews (30mL)  
1 cup mango, frozen (240mL)  
½ cup sliced carrots, frozen (120mL)  
¼ lemon, peeled  
½ tsp ginger root, peeled (2.5mL)  
dash of cinnamon, ground

## DIRECTIONS

1. Place spinach, water, orange and cashews in blender. Puree until smooth.
2. Add mango, carrot, lemon juice, ginger and ground cinnamon. Blend again.



Add one serving of **Homemade Protein Powder** to increase protein - visit [sgs.to/protein](https://sgs.to/protein).



½ tsp ginger root = ¼ inch



SMOOTHIE | SERVES 1

# Easy Flaxseed Smoothie

Sip on this creamy smoothie with a hint of caramel, thanks to the Medjool date. Feel free to use half of a banana and one more date if you like how this sounds. The flaxseeds and almond butter provide the healthy fats and protein needed to turn this smoothie into a meal replacement.

## INGREDIENTS

1 cup almond milk, unsweetened (240mL)  
1 Medjool dates  
1 banana  
1 tbsp almond butter (15mL)  
1 tbsp flaxseeds (15mL)  
1 tsp vanilla extract (5mL)  
½ tsp cinnamon, ground (2.5mL)

## DIRECTIONS

1. Place ingredients into blender and puree until smooth. Add a little extra almond milk if smoothie is too thick.
2. Pour into glass and enjoy. Garnish with extra ground cinnamon, if desired.



Swap flaxseeds and almond butter for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



To make extra cold, serve smoothie over ice.



Turn this into a green smoothie by adding 1 cup of spinach, or leafy green of your choice.





DAILY AFTERNOON SNACK | SERVES 8 (SERVING SIZE = 1/4 CUP)

# Savory Trail Mix

Roasting a batch of this trail mix makes a flavorful snack to have on hand throughout the week. The coconut flakes are packed with flavor and compliment the rosemary beautifully.

## INGREDIENTS

- 2/3 cup raw almonds (160mL)
- 2/3 cup raw pecans (160mL)
- 1/4 cup coconut flakes (60mL)
- 1/4 cup raw pepitas (60mL)
- 1/4 cup raw sunflower seeds (60mL)
- 1 tbsp olive oil (15mL)
- 2 tsp fresh rosemary, finely minced (10mL)
- 1/2 tsp sea salt (2.5mL)

## DIRECTIONS

1. Preheat oven to 350°F. Place nuts, coconut, pepitas and sunflower seeds on a rimmed baking sheet.
2. Drizzle the olive oil over the nuts and seeds and sprinkle with the herbs and sea salt. Toss to coat.
3. Bake for 8–10 minutes, or until nicely toasted. Remove from oven and let cool completely. Transfer to an airtight container.



Each serving is 1/4 cup and 7 of the servings are for daily afternoon snacks. The remaining serving is to be used as a topping for Loaded Warm Kale Salad, the day 1 dinner.



SNACK | SERVES 2

# Warm Apple Crisp

This doesn't feel like a snack. It feels like a dessert! And boy, oh, boy is it delicious. Warm, appley and lightly sweet with a nutty topping. The dollop of cashew cream is optional, but go ahead and treat yo' self.

## INGREDIENTS

2 green apples, peeled, cored and diced  
2 tsp maple syrup (10mL)  
2 tsp lemon, juiced (10mL)

## CRUMB TOPPING

2 tbsp almond flour (30mL)  
2 tbsp raw pecans (30mL)  
2 tsp maple syrup (10mL)  
1 tsp coconut oil, melted (5mL)  
½ tsp cinnamon, ground (2.5mL)  
dash of sea salt


## CASHEW CREAM

¼ cup raw cashews, soaked 2 hours (60mL)  
1 tbsp water (15mL)  
1 ½ tsp lemon, juiced (7.5mL)  
dash of sea salt

## DIRECTIONS

1. Preheat oven to 350°F. Combine apple, maple syrup and lemon juice in a baking dish.
2. In a small food processor, chop the almond flour, pecans, maple syrup, melted coconut oil, cinnamon and pinch of sea salt until crumbly. Sprinkle almond flour mixture on top of apples in baking dish.
3. Place in the oven and bake for 20-25 minutes, or until apples are soft and top is brown.
4. Cashew cream: Drain and rinse cashews well. Place ingredients in a small food processor or blender bowl and puree until smooth and creamy. Stop and scrape down sides, as needed. Add a little more water if the mixture is too thick.
5. Once browned in the oven, divide into two servings and top with cashew cream if desired. Store in an airtight container in the fridge until ready to eat.





SNACK | SERVES 2

# Winter Ambrosia Salad

Winter in a bowl coming right up! This hearty, citrus-infused fruit salad is made even better with plant-based protein additions. I love antioxidant-rich pomegranates, and Winter is the best time to find them at my grocery store.

## INGREDIENTS

2 clementine, peeled and segmented  
½ cup pomegranate arils (120mL)  
1 green apple, cored and diced  
2 tbsp raw pecans, chopped (30mL)

## AMBROSIA CREAM

¼ cup raw cashews, soaked 2 hours (60mL)  
1 tbsp lemon, juiced (15mL)  
1 tbsp tsp water (15mL)  
dash of cinnamon, ground  
2 tsp maple syrup (10mL)  
dash of sea salt

## DIRECTIONS

1. Ambrosia Cream: Drain and rinse cashews well. Place all ingredients in a small food processor or blender bowl and puree until smooth and creamy. Stop and scrape down sides, as needed. Add a little more water if the mixture is too thick.
2. Combine the fruit, nuts and ambrosia cream in the bowl.
3. Divide into two servings and store in an air-tight container in the fridge until ready to eat.



Have leftover cashew cream? Stir 2 tablespoons cashew cream with cinnamon, maple syrup and salt to make the Ambrosia Cream.





SNACK | SERVES 2

# Pumpkin Chia Pudding

Cha-cha-cha-chia! Protein, dietary fiber, healthy fats and all of that aside, I love chia seeds because they make a kickin' pudding. This pumpkin spice version will make you super excited for snack time.

## INGREDIENTS

2 cups almond milk, unsweetened (480mL)  
½ cup chia seeds (120mL)  
2 tbsp pumpkin puree (30mL)  
1 tbsp + 1 tsp maple syrup (20mL)  
dash of sea salt  
dash of ginger, ground  
dash of cinnamon, ground  
dash of nutmeg, ground

## FOR TOPPING

2 tbsp raw pecans, chopped (30mL)  
1 pear, diced

## DIRECTIONS

1. Combine all of the ingredients together, except for the pecans and diced pears and divide into 2 pint jars.
2. Cover and refrigerate until ready to eat. The mixture will thicken as it stands. Mixture is ready after 15 minutes, but can also be prepped as early as a week in advance.
3. Stir before dividing into 2 servings and top with nuts and diced pears. Store in an air-tight container in the fridge until ready to eat.



If you love the taste of pumpkin, add more pumpkin puree to the chia pudding.



SNACK | SERVES 1

# Thai Almond Dip and Veggies

Are you tired of boring veggie dips? This is not that kind. It's so delicious you'll be looking for more veggies to dip.

## INGREDIENTS

2 tbsp almond butter (30mL)  
1 tbsp coconut milk, canned (15mL)  
1 tsp maple syrup (5mL)  
1 tsp ginger root, peeled (5mL)  
½ tsp red curry paste (2.5mL)  
½ tsp tamari (2.5mL)  
½ tsp lime, juiced (2.5mL)

## DIRECTIONS

1. In a small food processor or blending bowl attachment, puree the almond butter, coconut milk, maple syrup, ginger, curry paste, tamari and lime juice. Add a little water to reach desired consistency.
2. Serve with cucumber and celery.

## FOR SERVING

½ cup cucumber, sliced (120mL)  
½ cup celery, cut into sticks (120mL)

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

💡 1 tsp ginger root = ⅓ inch



DINNER | 30 MINUTES | SERVES 1

# Loaded Warm Kale Salad

Cooler weather when kale is plentiful and at its sweetest is a great time to make a hearty salad loaded with veggies and other good stuff.

## INGREDIENTS

2 tsp olive oil, divided (30mL)  
2 cups kale, stems removed and chopped (480mL)  
½ fennel bulb, thinly sliced  
1 carrots, thinly sliced  
½ yellow onion, thinly sliced  
½ green apple, cored and diced  
¼ avocado, peeled and sliced  
3 tbsp Savory Trail Mix (p. 25) (45mL)

## ORANGE ROSEMARY DRESSING

2 tbsp clementine, juiced (30mL)  
1 tsp olive oil (5mL)  
1 tsp fresh rosemary, stems removed and chopped (5mL)  
1 tsp Dijon mustard (5mL)  
1 garlic clove, minced  
dash of sea salt  
dash of black pepper, ground

## DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Combine Orange Rosemary Dressing ingredients in a jar and shake well. Set aside until ready to serve.
3. Toss the fennel, carrots and onion with 1 teaspoon olive oil and salt and pepper. Place on the baking sheet.
4. Roast for 20 minutes, or until veggies are tender. If you prefer crispier veggies, feel free to cook longer.
5. While the veggies are roasting, add kale ribbons to a separate baking sheet and drizzle with remaining olive oil. Place in the oven for 5-6 minutes.
6. Remove both baking sheets from oven and combine warm ingredients on a plate. Top with diced apple, avocado, pepitas, sliced almonds and sunflower seeds.
7. Pour the dressing over the top and serve immediately.





DINNER | 50 MINUTES | SERVES 1

# Mediterranean Squash Bowl

I'm a huge fan of swapping traditional pasta for veggie noodles. And this recipe is no different! Spaghetti squash is very mild and has a great texture that can hold up to sauces and toppings like a champ. Bonus points for the squash pulling double duty as its own bowl.

## INGREDIENTS

½ spaghetti squash, seeds removed  
1 tsp olive oil (5mL)  
dash of sea salt  
dash of black pepper, ground

## VEGAN PARMESAN CHEESE

1 tbsp raw almonds (15mL)  
1 tbsp raw cashews (15mL)  
1 ½ tsp nutritional yeast (7.5mL)  
dash of sea salt  
dash of garlic powder

## TOPPINGS

1 cup kale, stems removed and thinly sliced (240mL)  
¼ cup marinated artichoke hearts, drained and chopped (60mL)  
2 tbsp Kalamata olives (30mL)  
2 tbsp raw walnuts, chopped (30mL)  
2 tbsp sun-dried tomatoes in oil, chopped (30mL)  
1 tbsp lemon, juiced (15mL)  
2 tbsp fresh parsley, roughly chopped (30mL)  
dash of crushed red pepper

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Place the squash half on the baking sheet with the cut side up. Sprinkle with olive oil, salt and pepper. Flip it over and bake, cut-side down for 40–45 minutes.
3. While baking, prepare the vegan parmesan cheese, place all ingredients in small food processor and pulse until finely chopped. The mixture should look like breadcrumbs. Set aside.
4. When squash is done, remove from oven and scrape the inside of the squash with a fork to create "strands".
5. Add all toppings to squash, including vegan parmesan cheese.



To determine if squash is cooked enough, you should be able to easily insert the tip of a sharp knife into the squash at various places.



DINNER | 30 MINUTES | SERVES 1

# Roasted Cauliflower Soup

This soup is something special. It's super easy to make and tastes like a million bucks. It freezes well, so it's great to double, triple or even quadruple to keep in the freezer whenever you need a comforting bowl of velvety soup.

## INGREDIENTS

2 cups cauliflower florets (480mL)  
2 garlic clove  
1 carrots, peeled and chopped  
½ yellow onion, chopped  
1 tbsp coconut oil, melted (15mL)  
1 tsp smoked paprika (5mL)  
dash of black pepper, ground  
dash of sea salt  
1 cup vegetable stock (240mL)  
¾ cup coconut milk, canned (160mL)  
2 tbsp nutritional yeast (30mL)

## TOPPINGS

1 tbsp fresh parsley, stems removed (15mL)  
2 tbsp raw pepitas (30mL)  
2 tbsp sliced almonds (30mL)  
2 tbsp raw sunflower seeds (30mL)

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Place cauliflower florets, garlic cloves, carrot and onion onto the baking sheet. Drizzle the coconut oil over the top. Sprinkle with smoked paprika, sea salt and black pepper. Roast for 15–20 minutes, or until vegetables are tender.
3. Remove from oven and set aside ¼ of the cauliflower florets. Place remaining cauliflower, garlic, carrots and onion in a blender. Add the vegetable stock and puree until smooth.
4. Add the coconut milk and nutritional yeast and blend on high speed for 5 minutes (or until heavy steam escapes from vented lid).
5. To serve, pour into a bowl and top with the reserved cauliflower florets and remaining toppings.



No high-speed blender? Pour soup into a sauce pan and heat it on the stovetop.



DINNER | 30 MINUTES | SERVES 1

# Spiralized Taco Salad

Sweet potatoes are one of the healthiest foods you can add to your diet. I'm always looking for ways to serve them in an exciting way and this taco salad is perfect. Each healthy bite is full of mouthwatering flavor, plant-based protein and detoxifying herbs.

## INGREDIENTS

- 1 sweet potato, peeled and spiralized
- 1 tbsp olive oil (15mL)
- ¼ tsp smoked paprika (1.25mL)
- ¼ tsp garlic powder (1.25mL)

## WALNUT "MEAT"

- ¼ cup raw walnuts, soaked overnight (60mL)
- ½ tsp chili powder (2.5mL)
- ½ tsp cumin, ground (2.5mL)
- ¼ tsp black pepper, ground (1.25mL)
- dash of sea salt

## TOPPINGS

- ½ cup kale, cut into thin ribbons (120mL)
- ¼ avocado, peeled and diced
- ¼ cup mango, diced (60mL)
- 1 tbsp jalapeno pepper, ribs and seeds removed and diced (15mL)
- 1 garlic clove, minced
- 2 tsp lime, juiced (10mL)
- 1 tbsp cilantro, stems removed (15mL)
- 1 tbsp cashew cream, optional (15mL)

## DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or lightly grease. Spiralize the sweet potato.
2. Toss the spiralized sweet potato with the olive oil and spices. Arrange on the baking sheet and bake for 15 minutes, or until tender. If you prefer crispy foods, feel free to cook the spiralized sweet potato longer.
3. While sweet potato is roasting, rinse and drain soaked walnuts. Combine walnuts, chili powder, cumin and sea salt in a small food processor. Pulse until finely chopped. Set aside.
4. To serve, place the sweet potato noodles on a plate. Top with the walnut "meat" and remaining toppings.

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☀ Short on time? Speed up the meal by flash soaking the walnuts. Pour boiling water over walnuts and allow to soak for 15 minutes.

☀ The [Cashew Cream](#) recipe is on p. 12 if choose to add it as a topping to this recipe.





DINNER | 45 MINUTES | SERVES 1

# Mushroom Stuffed Sweet Potato

Comfort food at its finest! You know I'm probably the biggest fan of stuffed sweet potatoes. This one is hearty and savory. The earthy mushrooms combined with walnuts stand in for meat, but don't worry, you won't miss it one bit.

## INGREDIENTS

- |   |   |
|---|---|
| 2 tbsp raw walnuts, soaked overnight (30mL) | 1 cup baby bella mushrooms, diced (240mL)               |
| 1 sweet potato                              | 1 garlic clove, minced                                  |
| 1 tsp olive oil (5mL)                       | 1 tbsp tomato paste (15mL)                              |
| ¼ cup yellow onion, diced (60mL)            | ¼ cup vegetable stock (60mL)                            |
| ¼ cup carrots, peeled and diced (60mL)      | 2 tbsp fresh rosemary, stems removed and chopped (30mL) |
| ¼ cup celery, diced (60mL)                  | 2 tbsp fresh parsley, finely chopped (30mL)             |

## FOR SERVING

- ½ cup broccoli florets (120mL)
- 2 tbsp cashew cream, optional (30mL)

## DIRECTIONS

1. Either soaking overnight, or flash soaking - drain and rinse walnuts.
2. Preheat oven to 400°F. Prick sweet potato with a fork all over (this allows steam to escape while baking). Wrap in foil, if desired, or place on a baking sheet lined with foil (this will make cleanup easier). Bake for 30-40 minutes, or until tender.
3. Heat olive oil in a skillet set over medium-high heat. Add onion, carrot and celery and sauté for 3-4 minutes.
4. Finely chop the walnuts. Add mushrooms, walnuts and minced garlic to skillet with carrots. Sauté for another 3-4 minutes. Add tomato paste and cook for 30 seconds.
5. Add vegetable stock and half the fresh herbs. Stir well. Simmer for 2-3 minutes to allow flavors to blend.
6. Warm broccoli in microwave or saucepan, with 1 tablespoon water until desired temperature.
7. To serve, cut the sweet potato lengthwise through the center. Use a fork to mash up the inside. Add the mushroom filling onto the sweet potato and top with Cashew Cream (if using) and fresh herbs. Serve broccoli on the side.



Short on time? Speed up the meal by flash soaking the walnuts. Pour boiling water over walnuts and allow to soak for 15 minutes.



The [Cashew Cream](#) recipe is on p. 12 if choose to add it as a topping to this recipe.



DINNER | 30 MINUTES | SERVES 1

# Coconut Cauliflower Rice

The buttery, sweet flavor of coconut and spicy fresh ginger are infused into tender cauliflower rice and topped with roasted broccoli and another addictive Thai curry sauce that will knock your socks off.

## INGREDIENTS

2 cups broccoli florets (480mL)  
1 tsp coconut oil (5mL)  
¼ tsp sea salt (1.25mL)  
¼ tsp black pepper, ground (1.25mL)  
¼ tsp crushed red pepper (1.25mL)  
2 tbsp sliced almonds (30mL)  
1 tbsp coconut flakes (15mL)

## CAULIFLOWER RICE

1 tsp coconut oil (5mL)  
2 tbsp yellow onion, diced (30mL)  
1 garlic clove, minced  
1 tsp ginger root, grated (5mL)  
1 cup riced cauliflower, riced (240mL)  
¼ tsp sea salt (1.25mL)  
¼ cup coconut milk, canned (60mL)

## THAI CURRY SAUCE

1 tsp maple syrup (5mL)  
2 tbsp coconut milk, canned (30mL)  
1 tsp red curry paste (5mL)  
2 tbsp almond butter (30mL)  
1 tsp ginger root, grated (5mL)  
1 garlic clove, minced

## DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Toss the broccoli with coconut oil, salt, pepper and crushed red pepper. Arrange on baking sheet and roast for 15 minutes, or until tender.
3. While broccoli is roasting, prepare the cauliflower rice. Melt coconut oil in a medium skillet over medium-high heat. Add the onion and saute for 2 minutes, or until onion is tender. Stir in garlic and ginger and cook for 30 seconds. Add the cauliflower rice and sea salt. Sauté for a few minutes, then add the coconut milk. Cook uncovered until liquid is mostly absorbed.
4. Remove broccoli from oven and top with sliced almonds and coconut flakes. Put back in oven for 2-3 minutes, or until lightly toasted.
5. Whisk the Thai Curry Sauce ingredients together. (If too thick, add a little water to thin it out.)
6. Place cauliflower on a plate and top with broccoli and Thai Curry Sauce.



No Riced Cauliflower? Buy a head of cauliflower and chop in food processor.



DINNER | 30 MINUTES | SERVES 1

# Rosemary Cauliflower Bowl

The sauce, oh the sauce! Roasted veggies are always going to be delicious, but when you drizzle them with the special Cashew Cream-based Rosemary Dijon Sauce, they really sing. Don't let the roasted pear scare you. It rounds out all of the other flavors.

## INGREDIENTS

½ cup Brussels sprouts, trimmed and halved lengthwise (120mL)  
1 cup butternut squash, cubed (240mL)  
1 pear, cored and diced  
¼ cup yellow onion, chopped (60mL)  
1 tbsp olive oil (15mL)  
1 tbsp fresh rosemary (15mL)  
dash of sea salt  
dash of black pepper, ground  
1 cup riced cauliflower (240mL)  
2 garlic clove, minced  
2 tbsp raw pecans, chopped (30mL)

## ROSEMARY DIJON SAUCE

2 tbsp raw cashews, soaked 2 hours (30mL)  
1 tbsp vegetable stock (15mL)  
1 tsp lemon, juiced (5mL)  
1 tsp maple syrup (5mL)  
1 tsp Dijon mustard (5mL)  
¼ tsp sea salt (1.25mL)  
2 tsp fresh rosemary, finely minced (10mL)

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Place Brussels sprouts, butternut cubes, pear and onion on the baking sheet. Drizzle with the olive oil and season well with rosemary, sea salt and black pepper. Roast for 15 minutes.
3. Remove from oven and stir in cauliflower rice, coating with the olive oil on the pan. Roast for 5 minutes.
4. Remove from oven and add the garlic and pecans on top. Roast for 3-5 more minutes, or until pecans are golden.
5. For Rosemary Dijon Sauce: Drain cashews and rinse well. Puree all sauce ingredients in a blender (or food processor) until smooth and creamy. Stop and scrape down sides, as needed and add a little more water if the mixture is too thick.
6. To serve, place roasted veggies on a plate and drizzle the sauce over the top.



Use a small food processor or small blending bowl for best results when making Rosemary Sauce.



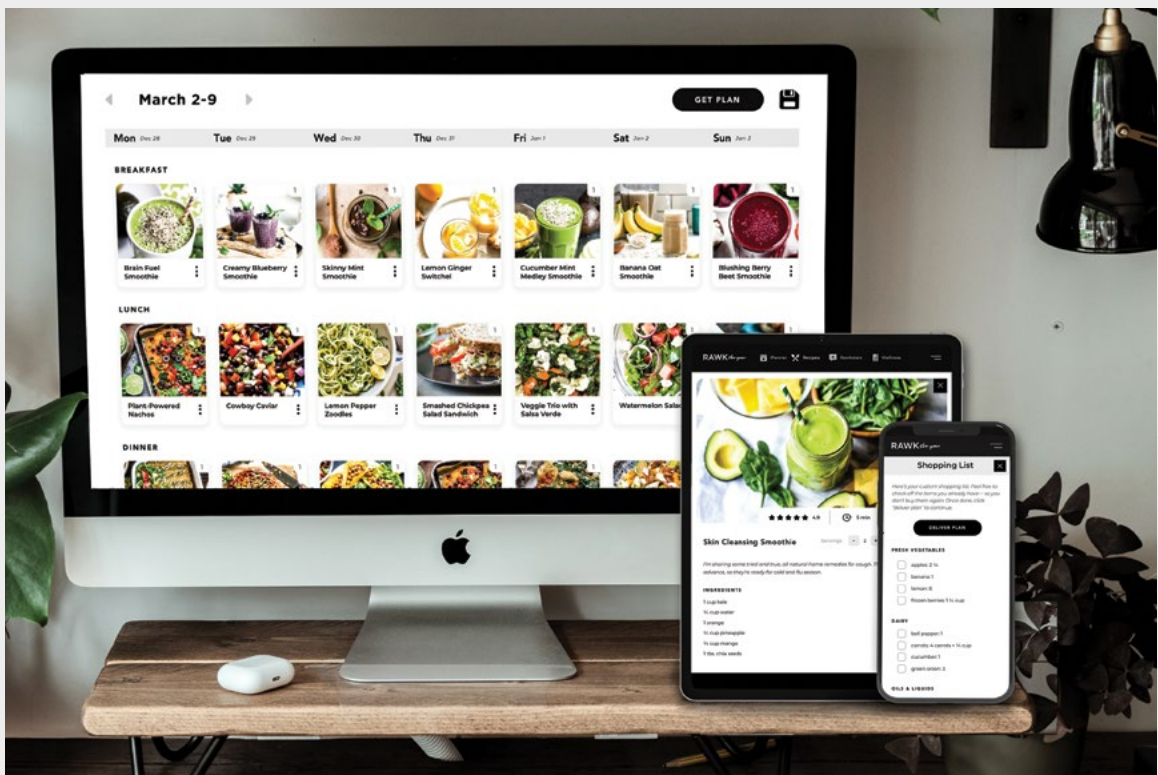
Have cashew cream? Stir 2 tablespoons cashew cream with vegetable stock, mustard, rosemary and salt to make the Rosemary Dijon Sauce.



PLANT-BASED MEAL PLANS + SHOPPING LISTS

# Healthy Eating Made Simple

Rawk the Year is a customizable meal planner to support your wellness journey. Along with the **600+ tasty plant-based recipes**, **automated shopping list tool** and fully **customizable meal plans**, you'll get a discounted ticket to seasonal cleanses and 24/7 access to community support.



CUSTOMIZABLE SEASONAL MEAL PLANS  
*for a healthier lifestyle*

[SIMPLEGREENSMOOTHIES.COM/MEAL-PLANNER](https://simplegreensmoothies.com/meal-planner)

# Common Questions

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## 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. Increase 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 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 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 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 are often not in wonderful shape. 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 experience severe bloating (physically larger stomach that feels distended and tight with possible discomfort), consult with your doctor.

**Here are some general suggestions to limit bloating:**

- Turmeric Tea helps to increase the release of stomach acid which aids digestion. Sip on this 10–15 minutes before each meal, rather than only at 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 back on the horse. Think about what you struggled with and try to work on that area of weakness. I want you to 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. Double the ingredients on your shopping list if a second person in your household is joining you on the cleanse.

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

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. 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 BUY 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. 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 this [Homemade Protein Powder](https://sgs.to/protein) blog post (sgs.to/protein) 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, 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 **Rawk The Year**. Our Maintenance Plan helps 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 it is 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 ingredients that you're allergic to, don't like or unable to find.

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<b>Almonds:</b> cashews, walnuts, pecans	<b>Honey:</b> maple syrup, blackstrap molasses
<b>Almond butter:</b> cashew butter, sunflower butter	<b>Jalepeño pepper:</b> serrano or poblano pepper
<b>Almond meal:</b> blend whole almonds into a powder	<b>Kalamata olives:</b> French black olives, Gaeta olives, capers
<b>Almond milk:</b> cashew, coconut, or oat milk	<b>Kale:</b> spinach, chard
<b>Avocado:</b> coconut oil (smoothies), nuts (salads)	<b>Lemon:</b> lime, grapefruit, orange
<b>Bananas:</b> avocado, peach, mango	<b>Lime:</b> lemon, grapefruit, orange
<b>Blueberries:</b> cherries, raspberries, strawberries	<b>Mango:</b> peach, pineapple, banana
<b>Broccoli florets:</b> broccoli head (chop it yourself)	<b>Maple syrup:</b> honey, blackstrap molasses
<b>Butternut squash:</b> spaghetti squash	<b>Mint:</b> basil, cilantro
<b>Cashews:</b> macadamia nuts	<b>Mushrooms:</b> eggplant, tofu
<b>Cauliflower rice:</b> cauliflower head (chop it finely)	<b>Olive oil:</b> avocado oil
<b>Cauliflower florets:</b> cauliflower head (chop it yourself)	<b>Oranges:</b> clementines
<b>Celery:</b> fennel	<b>Pears:</b> apples, figs
<b>Chamomile lavender tea:</b> chamomile tea	<b>Pepitas:</b> sunflower seeds, sliced almonds
<b>Chia seeds:</b> hemp hearts, flaxseeds	<b>Pineapple:</b> mango, orange
<b>Cilantro:</b> parsley, basil, mint	<b>Pomegranate:</b> raspberries, cranberries, blueberries
<b>Clementines:</b> mandarin orange, naval orange	<b>Pumpkin puree:</b> cooked sweet potato, cooked butternut squash
<b>Coconut milk:</b> almond milk, cashew milk	<b>Red curry paste:</b> green or yellow curry paste, curry powder
<b>Coconut oil:</b> avocado oil, olive oil	<b>Spaghetti squash:</b> butternut squash, zucchini
<b>Coconut water:</b> filtered water	<b>Strawberries:</b> raspberries, blueberries
<b>Coconut flakes:</b> shredded coconut	<b>Sun-dried tomatoes:</b> drained canned tomatoes (2 tablespoons sun-dried = ⅓ cup canned)
<b>Cucumber:</b> zucchini	<b>Sunflower seeds:</b> pepitas, sliced almonds
<b>Dijon mustard:</b> yellow mustard	<b>Sweet Potato:</b> golden potato
<b>Fennel:</b> celery	<b>Tamari:</b> coconut aminos, soy sauce
<b>Garlic:</b> powdered garlic (½ teaspoon = 1 clove)	<b>Turmeric:</b> ginger
<b>Ginger root:</b> ground ginger (1 tsp ground = 1 tbsp fresh)	<b>Walnuts:</b> pecans
<b>Green apple:</b> pears	
<b>Hemp hearts:</b> chia seeds, sliced almonds	

## Beverages



Turmeric Tea: 15



Metabolism Tea: 16



Vanilla Chamomile Steamer: 17

## Smoothies



Apple Detox Smoothie: 18



Pomegranate Cherry Bowl: 19



Cherry Beet Smoothie: 20



Basil Detox Smoothie: 21



Pumpkin Pear Smoothie: 22



Mango Carrot Smoothie: 23



Easy Flaxseed Smoothie: 24

## Snacks



Savory Trail Mix: 25



Warm Apple Crisp: 26



Winter Ambrosia Salad: 27



Pumpkin Chia Pudding: 28



Thai Almond Dip and Veggies: 29

## Dinners



Loaded Warm Kale  
Salad: 30



Mediterranean Squash  
Bowl: 31



Roasted Cauliflower  
Soup: 32



Spiralized Taco Salad: 33



Mushroom Stuffed Sweet  
Potato: 34



Coconut Cauliflower  
Rice: 35



Rosemary Cauliflower  
Bowl: 36