



MORNING TONIC

One of the best things you can do for your digestive system is to start your morning with hot water and lemon. The lemon promotes alkalinity in the body, and also kickstarts the liver for the day - encouraging the release of digestive fluids. Add in cayenne and ginger to bring warmth to the tummy, and boost your metabolism and circulation. Parsley is an “optional add-in” since it adds some extra alkalinity and nutrients to your morning routine.

Note: You don't need to eat the ginger or parsley.

WEEKS 1 2 3

INGREDIENTS

1 cup filtered water
1-inch fresh ginger root, *thinly sliced*
1 tablespoon fresh lemon juice
Dash of cayenne pepper
OPTIONAL: fresh parsley

DIRECTIONS

- 1 Bring water to a boil.
- 2 Add sliced ginger and lemon juice to a mug.
- 3 Pour hot water into mug and allow to steep for 5 minutes.
- 4 Add a dash of cayenne, and parsley, if using.

Note: This can be made ahead of time for the entire cleanse by placing all of the ingredients, except the water, into ice cube trays. Freeze until firm, then pop out the cubes, and place in an airtight container in the freezer. Drop one cube into a mug and add boiling water. Let stand for 5 minutes, then drink up!

SERVES 1



SPICED ALMOND MILK

This is the perfect little treat for the end of the day. The combination of almond milk and warming digestive spices balances your blood sugar, and stabilizes your metabolism. For extra protein (to curb hunger pangs) and a dash of sweetness, add almond butter and maple syrup.

WEEKS 1 2 3

INGREDIENTS

1 cup almond milk, *unsweetened*
¼ teaspoon cinnamon
A good pinch ground ginger
A pinch cayenne pepper
OPTIONAL: 1 tablespoon almond butter
OPTIONAL: ½ teaspoon maple syrup

DIRECTIONS

- 1 Combine all ingredients in a small pan.
- 2 Heat on the stove over medium heat until warm.
- 3 Pour into a mug.

Note: To make extra creamy, pour warmed ingredients into blender and blend for 30 seconds (leave a little hole in the lid for the steam to escape).



ICED HERBAL TEA*

The herbal teas listed below aid in the detox process by keeping you hydrated and helping your organs function properly. We highly encourage you to try at least one of the herbal teas below or look for an herbal tea blend that includes one of these ingredients. During the cleanse, drink a detox-friendly tea at least once a day. Also, be sure to check with your physician to make sure there aren't any contraindications with prescribed medications or supplements.

WEEKS 1 2 3

INGREDIENTS

4 cups filtered water

4-6 herbal tea bags (*suggested: roasted dandelion root, dandelion leaf, calendula, or nettle*)

OPTIONAL: *almond milk or lemon, for serving*

OPTIONAL: *2 teaspoons maple syrup or honey, to sweeten*

DIRECTIONS

- 1 Place tea bags in a quart size mason jar or other glass container.
- 2 Bring water to a boil. Pour water over the top of the tea bags.
- 3 Allow tea to brew for 5-10 minutes.
- 4 Remove tea bags and gently press to remove excess liquid. Place in fridge. Serve over ice with a squeeze of fresh lemon juice or splash of almond milk, if desired. Can sweeten with ½ teaspoon maple syrup or honey per serving. Store leftover tea in refrigerator for up to a week.

**This beverage is optional and ingredients are not included on the shopping list.*



FRESH MINT & GINGER TISANE*

Tisane is a French term for a restorative herbal tea. We feel fancy just saying it. The ginger has anti-inflammatory properties and the mint is very refreshing. For an extra punch of flavor, add a squeeze of fresh lemon.

WEEKS 1 2 3

INGREDIENTS

8 ounces boiling water
 1 sprig fresh mint (*about 6 leaves*)
 1/2" piece fresh ginger, *thinly sliced*
 OPTIONAL: *fresh lemon wedge, for serving*

DIRECTIONS

- 1 Place mint and ginger in a mug, glass, or cup.
- 2 Pour boiling water over the top and let stand for 5-10 minutes to allow mint and ginger to steep.
- 3 Drink warm, at room temperature, or chilled.

Note: Can be made ahead in a large batch. Remove mint leaves and ginger from water. Store in fridge in an airtight container for 3-5 days.

**This beverage is optional and ingredients are not included on the shopping list.*



FRUIT INFUSED COOLERS*

Keeping your body hydrated is always important, but even more so when cleansing. Water helps keep the cleanse process rolling moving toxins and other waste products out. We admit plain water can be a little boring sometimes, so we love to have plenty of flavor-packed fruit-infused water on hand. The flavors of the fruit, herbs, and veggies create a refreshing beverage - and bonus - you can eat the fruit too.

WEEKS 1 2 3

STRAWBERRY PINEAPPLE COOLER

2 cups filtered water
 1/4 cup strawberries, *sliced*
 1/4 cup pineapple, *diced*

BLACKBERRY ORANGE COOLER

2 cups filtered water
 1/2 orange, *sliced*
 1/4 cup blackberries

MANGO GINGER COOLER

2 cups filtered water
 1/2 cup fresh mango, *sliced or diced*
 1/2" piece fresh ginger, *sliced*

CUCUMBER LIME MINT COOLER

2 cups filtered water
 1/2 cup cucumber, *sliced*
 1 lime, *sliced*
 5 fresh mint leaves

STRAWBERRY BASIL COOLER

2 cups filtered water
 1/2 cup strawberries, *sliced*
 5 fresh basil leaves

KIWI LIME COOLER

2 cups filtered water
 1 kiwi, *peeled and sliced*
 1/2 lime, *sliced*

DIRECTIONS

- 1 Add ingredients to a pitcher, mason jar, or water bottle. Fill with water.
- 2 Drink immediately, or allow to stand for a few minutes to allow flavors to infuse, or refrigerate until ready to drink.

Note: If desired, refill container with more water throughout the day, as needed, until the flavor of the fruit dissipates. Infused waters can be made ahead of time and refrigerated for up to 3 days.

**This beverage is optional and ingredients are not included on the shopping list.*



NECTARINE APRICOT *green smoothie*

Stone fruits are a great source of dietary fiber, vitamin A, C, and E, as well as potassium. They pair perfectly with almond butter, as they are botanically related to almonds. Kale is loaded with so many nutrients, it's hard to count them all! We love the sweet, nutty taste of this smoothie - it's a great way to start your day.

WEEKS 1 2 3

INGREDIENTS

- 1 ½ cups kale
- 1 cup coconut water
- 1 medium nectarine, *pitted, sliced and frozen**
- 2 medium apricots, *pitted and frozen**
- 2 tablespoons almond butter

DIRECTIONS

- 1 Place kale and coconut water in blender. Blend until smooth.
- 2 Add remaining ingredients. Blend again.

Note: Substitute peaches or mango for the nectarines and/or apricots, if needed. Serve over ice to make smoothie cold.

SERVES 1



PINEAPPLE MOJITO CREAM

green smoothie

This is one delicious smoothie that feels more like a cocktail – but a healthy one! Loaded with iron, healthy fats, vitamins, minerals, and protein, it will leave you feeling energized and ready to tackle your day. Feel free to sprinkle the hemp hearts on top of the smoothie instead of blending for a fun little crunch or what we call protein confetti!

WEEKS 1 2 3

INGREDIENTS

- 1 ½ cups spinach
- 2 tablespoons fresh mint,
about 6-8 leaves
- 1 cup full-fat canned coconut milk
- ¼ avocado, *frozen*
- 1 cup pineapple tidbits or chunks, *frozen*
- 2 tablespoons hemp hearts

DIRECTIONS

- 1 Place spinach, mint, and coconut milk in blender. Blend until smooth.
- 2 Add remaining ingredients and blend again.

Note: Use frozen fruit to make smoothie cold.

SERVES 1

BLACKBERRY PEAR

green smoothie

Almond butter helps make this smoothie creamy, as well as adding dietary fiber, protein, healthy fats, and vitamin E, which is great for healthy skin. Blackberries are a great source of antioxidants and flavonoids, as well as being high in fiber and low in sugar. Be sure to use a juicy, ripe pear and freeze it ahead of time to make this smoothie nice and cold.

WEEKS 1 2 3

INGREDIENTS

1 ½ cups kale
1 cup water
1 large ripe pear, cored, about 1 cup
½ cup blackberries, frozen
2 tablespoons almond butter

DIRECTIONS

- 1 Place kale and water in blender. Blend until smooth.
- 2 Add remaining ingredients. Blend again.

Note: Serve over ice to make smoothie colder.

SERVES 1



PINEAPPLE RASPBERRY MINT

green smoothie

This refreshing smoothie gets a hit of sweetness from the pineapple that marries well with tangy raspberries and hint of fresh mint. Chia brings those healthy fats, fiber, and protein to the party.

WEEKS 1 2 3

INGREDIENTS

- 1 ½ cups spinach
- 2 tablespoons fresh mint, *about 6-8 leaves*
- 1 cup water
- 1 cup pineapple tidbits or chunks, *frozen*
- ½ cup raspberries, *frozen*
- 2 tablespoons chia seeds

DIRECTIONS

- 1 Place spinach, mint, and water in blender. Blend until smooth.
- 2 Add remaining ingredients and blend again.

Note: Use frozen fruit to make smoothie cold, or serve over ice.

SERVES 4

MAKES 1 CUP



ROASTED MIXED NUTS

We totally understand those afternoon or morning (or everyday) munchies that hit, and you've just gotta have something salty to satisfy the craving. Turn to this simple mix of roasted nuts seasoned with tamari and a few spices, if you choose. Loaded with vitamin E, minerals, and fiber, it's a nourishing, satisfying snack.

WEEKS 1 2 3

INGREDIENTS

1/4 cup raw pecans
1/4 cup raw walnuts
1/4 cup raw almonds
1/4 cup raw cashews
1 tablespoon tamari

OPTIONAL: 1/4 teaspoon each:
garlic and onion powder,
paprika

DIRECTIONS

- 1 Preheat oven to 350°F. Line a baking sheet with parchment (baking) paper.
- 2 Place nuts in a mixing bowl. Add the tamari and spices, if using. Toss well. Place the nuts in an even layer on the prepared baking sheet.
- 3 Bake for 10-15 minutes, or until nuts are dry to the touch and golden brown. Remove from oven and let cool completely. Store in airtight container in dry, cool place for up to 2-3 weeks.



RAW BERRY “CRISP”

You'll fall in love with this tasty combo of fresh berries, Simple Muesli, and a dollop of Cashew Cream.

WEEKS 1 3

INGREDIENTS

½ cup mixed berries
 ½ teaspoon maple syrup
 ¼ teaspoon vanilla extract
 ¼ cup Simple Muesli
 1 tablespoon Cashew Cream

DIRECTIONS

- 1 Place berries in a bowl and add the maple syrup and vanilla extract. Gently toss to coat.
- 2 Sprinkle the Simple Muesli on top and add a dollop of Cashew Cream, if desired. Eat.

Note: Full-fat canned coconut cream can also be used as a topping in place of the Cashew Cream.



CASHEW CREAM

We adore cashew cream - it's the perfect, versatile non-dairy cream that is a great substitute from anything to heavy cream to mayonnaise to yogurt. And the best part is that it can be used in both sweet and savory recipes.

WEEKS 1 2 3

INGREDIENTS

½ cup raw cashews

Water, for soaking, plus 1-2
tablespoons for blending

2 tablespoons, plus 2 teaspoons
fresh lemon juice

Pinch sea salt

DIRECTIONS

- 1 Place cashews in a medium bowl. Squeeze 2 tablespoons of lemon juice over the cashews. Fill the bowl with enough filtered water to cover the nuts by a few inches. Let soak 1-4 hours. Drain and rinse well.
- 2 Place the soaked cashews, 1 tablespoon water, the remaining 2 teaspoons fresh lemon juice, and pinch of sea salt into a food processor or blender. Puree until smooth and creamy. Stop and scrape down sides as needed. Add a little more water, if needed, and blend again. Taste and add a little more salt or lemon juice, if desired. Refrigerate in an airtight container until ready to use. Will keep for 3-4 days in the refrigerator, or up to a month in the freezer.

SERVES 4

MAKES 1 1/4 CUPS



SIMPLE MUESLI

Muesli was developed by a Swiss physician back in the early 1900s as a nutritious food for his patients. It is simply a delicious mix of oats, nuts, and a few other goodies. Our recipe includes coconut, pepitas, and sunflower seeds for a pleasant crunch. Tip - to add even more flavor and a touch of sweetness, the muesli can be toasted briefly in a 350° oven until lightly golden.

WEEKS 1 3

INGREDIENTS

1/2 cup gluten-free rolled oats
1/4 cup shredded coconut
1/4 cup sliced almonds
2 tablespoons sunflower seeds
2 tablespoons pepitas

OPTIONAL: 2 tablespoons raw buckwheat groats (not kasha)

DIRECTIONS

- 1 Combine together in an airtight container and store in a cool, dry place. Will keep for several months.

***Note:** We call for this muesli in two of our snack recipes, but it can also be eaten on its own. Simply soak 1/2 cup of the muesli in 1/2 cup or a little more of almond milk until softened. Serve with fresh fruit or a tiny drizzle of maple syrup, if desired.*

SERVES 1



CELERY STICKS

with Curried Almond Butter

Sometimes the simplest things can be the most delicious. This lunchbox classic gets a spicy upgrade with curry powder. Use as little or as much curry powder as your taste buds can handle.

WEEKS 1 2 3

INGREDIENTS

2 medium stalks celery, *cut into thirds*
1 tablespoon almond butter
1/4 teaspoon curry powder, *or to taste*
Pinch sea salt

DIRECTIONS

- 1 Stir almond butter and curry powder. Spread in the center of each celery stick. Sprinkle each one with a little sea salt. Eat.

SERVES 1



BANANA N' ALMOND BUTTER

Got a sweet tooth? Meet your go-to recipe! In addition to being packed with natural sweetness, bananas are loaded with potassium, healthy fibers and carbs, and are great paired with protein-rich sunflower seeds and almond butter, which help keep blood sugar stable and your tummy happy.

WEEKS 1 3

INGREDIENTS

1 medium banana, *sliced*
1 tablespoon almond butter
1 tablespoon sunflower seeds

DIRECTIONS

- 1 Dip banana in almond butter, then sunflower seeds. Eat!

SERVES 4

MAKES 2 CUPS



POWER TRAIL MIX

Everyone needs a great trail mix in their recipe arsenal. This mix has a combination of our favorite nuts and seeds, along with coconut. Bring a bag along on a hike or bike ride to fuel your body with plant-powered goodness.

WEEKS 1 3

INGREDIENTS

- 1/2 cup raw almonds
- 1/2 cup raw cashews
- 1/2 cup pepitas
- 1/4 cup coconut flakes (*not shredded*)
- 1/4 cup sunflower seeds
- 4 teaspoons pure maple syrup
- 1/2 teaspoon ground cinnamon
- Pinch sea salt

DIRECTIONS

- 1 Preheat oven to 350°F. Line a baking sheet with parchment (baking) paper.
- 2 Combine all ingredients together. Spread nuts out onto the lined baking sheet.
- 3 Bake for 10-15 minutes, stirring halfway through baking time. The nuts should be golden and dry to the touch. Let cool completely, then transfer to an airtight container. Store in cool, dry place. Will stay fresh for about one month.

SERVES 1

STRAWBERRY LEMON

chia pudding

The bright flavors of strawberry and lemon are perfect with the creaminess of coconut milk in this pudding. It tastes like sunshine and is an uber healthy snack loaded with vitamins, minerals, protein, and healthy fats.

WEEKS 1 2 3

INGREDIENTS

- 1/2 cup full-fat canned coconut milk
- 2 tablespoons chia seeds
- 1 teaspoon fresh lemon juice
- 1 teaspoon maple syrup
- 1/2 teaspoon vanilla extract
- 1/4 cup fresh strawberries, sliced
- 2 tablespoons sliced almonds, for serving

DIRECTIONS

- 1 Stir together all the ingredients, except for the strawberries and almonds. Refrigerate for 15-30 minutes to allow pudding to thicken.
- 2 Before serving, add the strawberries and almonds. Eat immediately.

Note: Pudding can be made ahead of time and kept refrigerated for up to 5 days. Add the strawberries and sliced almonds right before serving. Also, feel free to substitute another fruit such as diced mango or banana, or use another type of nut.

SERVES 1



APPLE N' ALMOND BUTTER

with Muesli

We're taking the classic nut butter and apple up a notch by dipping it into our Simple Muesli for an extra little crunch.

WEEKS 1 3

INGREDIENTS

- 1 medium green apple, cored and cut into wedges
- 1 tablespoon almond butter
- 2 tablespoons Simple Muesli

DIRECTIONS

- 1 Dip apples into almond butter, then in Simple Muesli and eat!

SERVES 6



KEY LIME SMOOTHIE *popsicles*

These creamy pops feel extra decadent. Slightly sweet with loads of tangy fresh lime juice and plenty of creaminess from the avocado and coconut milk, it's hard to believe these are cleanse-approved. (But they totally are!)

WEEKS 1 2 3

INGREDIENTS

- 1 large ripe avocado
(weighs about 8 ounces)
- 1 cup baby spinach
- 15 ounce can full-fat coconut milk
- ½ cup fresh lime juice
- 2 tablespoons maple syrup or honey
- 1 teaspoon vanilla extract

DIRECTIONS

- 1 Puree the ingredients in a blender until very smooth.
- 2 Pour into popsicles molds or paper cups with wooden popsicle sticks.
- 3 Freeze until firm, at least 4-5 hours, preferably overnight.

SERVES 1



PINEAPPLE HEAVEN

in a bowl

This sweet bowl is aptly named - it really does taste heavenly. Toasted coconut and almonds add a nutty depth that pairs well with the sweet-tart pineapple. Add a little mint for an extra flavor boost.

WEEKS 1 2 3

INGREDIENTS

$\frac{3}{4}$ cup fresh or frozen pineapple,
cut into tidbits or chunks

1 tablespoon each:
toasted coconut and sliced almonds

OPTIONAL: 1 teaspoon pure maple
syrup (if pineapple is too tart)

OPTIONAL: 2 tablespoons fresh mint,
torn or roughly chopped

DIRECTIONS

- 1 Stir together and eat.

SERVES 2



ROASTED VEGGIE MEDLEY

Prepare yourself for a flavor explosion. Tossing the veggies in a delicious rosemary balsamic vinaigrette prior to roasting makes the flavors pop! And with a hint of maple and Dijon, it pairs perfectly with the earthiness of the mushrooms and the tangy cherry tomatoes. Serve with Basil Pesto - it's a party in your mouth!

WEEKS 1 2 3

INGREDIENTS

2 tablespoons balsamic vinegar
1 tablespoon olive oil
1 teaspoon Dijon mustard
1 teaspoon pure maple syrup
1 sprig fresh rosemary, *finely minced*
1 garlic clove, *minced*
Sea salt and black pepper
½ red onion, *thickly sliced*
½ pound green beans (runner beans),
trimmed
2 portobello mushrooms, cut into strips
1 pint cherry tomatoes
¼ cup Basil Pesto, *for serving*
OPTIONAL: 2 tablespoons each: sliced
almonds and pepitas

DIRECTIONS

- 1 Preheat oven to 425°F. Line a baking sheet with parchment (baking) paper.
- 2 Combine balsamic vinegar, olive oil, Dijon mustard, maple syrup, rosemary, and garlic.
- 3 Place the veggies on the baking sheet. Pour the sauce over the top and gently toss to coat. Season well with salt and pepper. Roast for 15-20 minutes, or until veggies are tender.
- 4 To serve, place half of the veggies on a plate and transfer the remaining ones to an airtight container and refrigerate for tomorrow's lunch. Serve with 2 tablespoons Basil Pesto and 1 tablespoon each: sliced almonds and pepitas, if using. Serve warm or at room temperature.



BASIL PESTO

Pesto is more than just a delicious sauce. Basil contains flavonoids orientin and vicenin, which studies have shown provide antioxidant protection to white blood cells at a cellular level. Pretty cool! Even cooler is that basil also has natural antibacterial and anti-inflammatory properties and effects. Walnuts are high in vitamin E, melatonin, and healthy omega-3 fatty acids. Just a few more reasons to whip up some pesto!

WEEKS 1 2 3

INGREDIENTS

2 cups loosely packed basil, *washed well and patted dry*
 $\frac{2}{3}$ cup walnuts
 2 garlic cloves, *peeled*
 2 teaspoons fresh lemon juice
 $\frac{1}{4}$ cup olive oil
 Sea salt, *to taste*

DIRECTIONS

- 1 Place basil, walnuts, garlic, lemon juice, 2 tablespoons olive oil, and a pinch of sea salt in the bowl of a food processor fitted with the chopping blade.
- 2 Pulse until desired consistency is reached. Transfer to a bowl and drizzle with remaining 2 tablespoons olive oil. Cover and refrigerate for up to 1 week.

Note: Almonds or pine nuts can be substituted for the walnuts.

ASPARAGUS QUINOA SALAD

with Dijon Vinaigrette

Our recipe testers unanimously gave this salad top ratings. It is incredibly delicious, and fairly simple to prepare. One unique thing about this salad is that the asparagus is barely cooked. It retains its vibrant green color, as well as, its fresh crunch. We also love the Dijon Vinaigrette - mustard has great detoxifying powers. You can enjoy this warm, at room temperature, or chilled.

WEEKS 1 3

INGREDIENTS

FOR VINAIGRETTE:

2 tablespoons apple cider vinegar
 2 tablespoons olive oil
 1 teaspoon pure maple syrup
 1 teaspoon Dijon mustard
 ½ teaspoon dried tarragon or thyme
 ¼ teaspoon sea salt
 Freshly ground black pepper, *to taste*

FOR QUINOA:

½ cup quinoa
 1 cup water
 Juice of ½ lemon
 ¼ teaspoon salt

FOR SALAD:

1 small bunch fresh asparagus
 (8-10 stalks)
 1 small shallot, *halved and thinly sliced*
 4 tablespoons sliced almonds

DIRECTIONS

- 1 Whisk together vinaigrette ingredients or place in a small jar with a tight-fitting lid and shake. Set aside.
- 2 If quinoa is not pre-rinsed, wash well in a fine-mesh colander to remove the bitter outer coating. Drain well. Place quinoa in a 2-quart sauce pan. Add the water, lemon juice, and salt. Bring to a boil, lower heat to a simmer and cover. Cook for 15-20 minutes, or until water has been absorbed and the quinoa is cooked through. (It will become translucent when it's properly cooked.) Remove from heat and let stand, covered, for a few minutes.
- 3 In the meantime, trim off a few inches of the asparagus stems and discard. Thinly slice the asparagus into ⅛- to ⅙-inch rounds. Add the asparagus, shallot, and sliced almonds to the pan of quinoa. The remaining heat will barely cook the asparagus.
- 4 Place half of the quinoa and asparagus mixture into a bowl and transfer the remainder to an airtight container and refrigerate. Add 1 tablespoon of the vinaigrette and toss to coat. Let stand for a few minutes so it can absorb the vinaigrette. Drizzle with a little more of the vinaigrette and store the remaining few tablespoons for tomorrow's lunch. Serve warm, at room temperature, or chilled.

Note: 2 tablespoons thinly sliced or diced green, yellow, white, or red onion can be substituted for the shallot.

INDIAN COCONUT CURRY

with Brown Rice

There's nothing quite like a hearty curry full of vegetables in a flavorful sauce. One thing to note, curry powders vary greatly in flavor, intensity, and by world region. Use your favorite kind here. We suggest a simple, all-purpose Indian Madras curry powder, which was used when developing this recipe. However, most any curry blend can be used such as garam masala or vindaloo. Feel free to even substitute Thai curry paste, if desired.

WEEKS 1 3

INGREDIENTS

- 1 tablespoon coconut oil
- 1 small onion, *diced*
- 3 garlic cloves, *minced*
- 1 tablespoon curry powder, *plus more to taste*
- 1 tablespoon fresh ginger, *finely minced*
- 15 ounce can full-fat coconut milk
- 2 cups cauliflower florets
- 2 small golden potatoes, *cubed*
- 15 ounce can diced tomatoes, *undrained*
- 1 cup peas, *fresh or frozen*
- $\frac{3}{4}$ cup canned chickpeas, *drained and rinsed*
- $\frac{1}{2}$ teaspoon salt, *or to taste*
- 1 $\frac{1}{2}$ cups cooked brown rice, *warmed, for serving*

DIRECTIONS

- 1 Heat coconut oil in a large skillet or saucepan set over medium-high heat. Add the onion and cook, stirring often, until it starts to soften. Next add the minced garlic and cook for 30-60 seconds, or until fragrant. Add the curry powder and ginger; stir-fry for 30 seconds. Add the coconut milk, cauliflower, and potatoes; stir well.
- 2 Bring to a simmer, lower heat and cook for 10 minutes, or until cauliflower and potatoes are just tender. Add the tomatoes, peas, chickpeas, and salt. Bring back to a simmer and cook, uncovered, for an additional 10 minutes to allow potatoes to finish cooking and sauce to thicken.
- 3 Serve over hot, cooked brown rice.

SERVES 2



ASIAN RAINBOW *Kale Salad*

With its array of colors, textures, and flavors, this salad is the pot of gold at the end of the rainbow. The tangy dressing adds an extra punch with its gingery overtones and hint of sweetness.

WEEKS 1 3

INGREDIENTS

FOR DRESSING:

2 tablespoons olive oil
1 tablespoon lime juice
2 teaspoons tamari
1 teaspoon maple syrup or honey
1 teaspoon fresh ginger, *finely grated*
1 garlic clove, minced

OPTIONAL: crushed red pepper flakes

FOR SALAD:

3 cups fresh kale, *very thinly sliced*
1 cup cooked quinoa
1 cup fresh pineapple, *cut into tidbits*
1 small raw beet, *halved lengthwise and very thinly sliced*
1 medium carrot, *peeled and very thinly sliced*
1 celery stalk, *thinly sliced*
½ cup cucumber, *cut into very thin half moons*
¼ cup green onions, *thinly sliced*
1 small avocado, *diced*
2 tablespoons pepitas

DIRECTIONS

- 1 Whisk dressing ingredients together, adding a pinch of crushed red pepper flakes, if desired.
- 2 Place kale ribbons into a mixing bowl. Lightly massage or squeeze the kale to tenderize the ribbons.
- 3 Place half of the tenderized kale on a serving plate. Arrange half of the quinoa, pineapple, beet, carrot, celery, cucumber, green onions, avocado, and pepitas in rows over the kale; or toss together with the kale and place on serving plate. (Reserve remaining half of the kale and other ingredients for tomorrow's lunch.)
- 4 Drizzle half of the dressing over the salad, saving the other half for tomorrow's lunch.
- 5 Eat immediately.

SERVES 2



SPRING VEGGIE SOUP

With the emergence of spring comes a plethora of fresh, green veggies. This soup takes advantage of the bounteous freshness, flavors, and nutrients. Green veggies, especially, are essential to optimal health, and this recipe uses them in abundance. Topped with Basil Pesto this recipe is packed with nutrients and flavor.

WEEKS 1 3

INGREDIENTS

1 tablespoon olive oil
1/2 cup onion, *diced*
1/2 fennel bulb, *diced*
1 celery stalk, *diced*
1 leek, white and light green parts,
washed well and thinly sliced
2 garlic cloves, *minced*
1 medium golden potato, *cut into 1/2" cubes*
1/2 cup green beans, *cut into 1" pieces*
4 cups vegetable broth
1 small zucchini, *halved lengthwise and
thinly sliced into half moons*
15 ounce can white beans, *drained
and rinsed*
2 cups kale, *stems removed and chopped*
2-4 tablespoons Basil Pesto, *to taste*
Sea salt and freshly ground black pepper,
to taste

DIRECTIONS

- 1 Heat olive oil in a 4-quart pot set over medium-high heat. Add the onion, fennel, celery, and leek. Season with a big pinch of sea salt. Cook, stirring often, until veggies start to soften and turn lightly golden, about 10 minutes. Add the garlic and cook for 30-60 seconds, until fragrant. Add the diced potato, green beans, and vegetable broth. Bring to a simmer and cook for 10 minutes.
- 2 Add the zucchini, white beans, and kale. Simmer for an additional 5-10 minutes, or until the vegetables are just tender. Taste and add more salt, if needed, and freshly ground black pepper. Serve topped with a dollop of Basil Pesto.



SWEET N' SPICY BRUSSELS SPROUTS

Rice Bowl

Brussels sprouts were made to be roasted. It adds to their natural sweetness and adds tons of flavor. Being part of the Cruciferous family of veggies, means you'll be getting a lot of detox benefits with this rice bowl, as well as antioxidant benefits. (Did you know 1 cup of Brussels sprouts contains over 120% the recommended daily value of vitamin C?)

WEEKS 1 3

INGREDIENTS

2 tablespoons coconut oil, *melted*
 1 pound Brussels sprouts, *trimmed and halved lengthwise*
 2 tablespoons tamari
 2 tablespoons pure maple syrup
 2 teaspoons rice vinegar
 3 garlic cloves, *finely minced*
 ½ teaspoon crushed red pepper flakes
 ¼ teaspoon freshly ground black pepper
 1 ½ cups cooked brown rice, *warmed*
 4 tablespoons sliced almonds
 4 tablespoons sunflower seeds

DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment (baking) paper. Toss the Brussels sprouts with the melted coconut oil. Arrange on the baking sheet in a single layer. Roast for about 20 minutes. Turn sprouts over halfway through baking time for even cooking.
- 2 Meanwhile, stir together the tamari, maple syrup, vinegar, garlic, crushed red pepper flakes, and black pepper. When the 20 minutes are up, remove the Brussels sprouts from the oven. Toss with the sauce.
- 3 Move oven rack close to the broiler, then preheat the broiler to low. Place the sprouts under the broiler and broil until the sauce caramelizes, about 3-5 minutes. Remove from oven and serve half of the sprouts over ¾ cup cooked brown rice. Top with 2 tablespoons sliced almonds and 2 tablespoons sunflower seeds. Save the remaining sprouts, rice, almonds, and seeds for tomorrow's lunch.

SERVES 2

LENTIL SOUP WITH FENNEL

Fennel has some pretty amazing health benefits from facilitating digestion and preventing flatulence (yep), to helping curb bad breath and preventing constipation. You may also see it labeled “anise” in the produce section. This veggie looks similar to celery with its long, fibrous green stalks, which are also edible. Typically it’s the leafy, dill-like fronds and white bulb that are most often used. Fennel contains compounds which give it a mild licorice flavor. It adds a familiar Italian flavor to this soup.

WEEKS 1 3

INGREDIENTS

1 tablespoon olive oil
½ cup onion, *diced*
2 medium carrots, *peeled and diced*
1 celery stalk, *diced*
½ fennel bulb, *diced*
2 garlic cloves, *minced*
½ cup brown lentils
3 cups vegetable broth
1 teaspoon dried Italian herbs
15 ounce can diced tomatoes, *undrained*
2 cups baby spinach, *roughly chopped*
Sea salt and black pepper, *to taste*
1-1½ cups cooked brown rice, *for serving*

DIRECTIONS

- 1 Heat olive oil in a 4-quart pot set over medium-high heat. Add the onion, carrot, celery, and fennel. Season with a little sea salt. Cook, stirring often, until veggies start to soften and turn lightly golden. Add the garlic and cook for 30-60 seconds, until fragrant. Add the lentils and vegetable broth, and Italian herbs. Bring to a boil, then lower heat to a simmer and cover pot. Cook for 20-25 minutes, or until lentils are tender, but not falling apart.
- 2 Add the diced tomatoes and baby spinach. Stir well. Cover again and let cook another 10 minutes or so to blend flavors. Taste and add more sea salt, if needed, and freshly ground black pepper.
- 3 To serve, place ½ to ¾ cup rice in a soup bowl and ladle soup on top. Save remaining rice and half of the soup for tomorrow’s lunch.

Note: Use the amount of rice needed according to appetite or preference.

VEGGIE PIZZA

with Quinoa Crust

Quinoa pizza crust?! You bet! We've turned our favorite pseudo-grain into a sturdy crust that holds up remarkably well to a whole host of toppings, and tastes fantastic to boot!

WEEKS 1 3

INGREDIENTS

FOR QUINOA PIZZA CRUST:

1 cup quinoa
 Water, for soaking and blending
 1 clove garlic, *minced*
 1 teaspoon dry Italian herbs
 ½ teaspoon salt
 2 tablespoons coconut oil
 (or another high-heat oil)

FOR SAUCE:

6 tablespoons tomato paste
 1 teaspoon dry Italian herbs
 Pinch sea salt
 Water, for thinning, *if needed*

FOR TOPPINGS:

¼ cup bell pepper, *thinly sliced*
 ¼ cup cremini mushrooms,
thinly sliced
 ¼ cup onions, *very thinly sliced*
 ¼ cup fresh basil leaves,
cut into ribbons

Note: A 6-ounce can of tomato paste is equal to ½ cup plus 2 tablespoons. Use ¼ cup for the BBQ Lentils, and freeze the rest of the can to use for the Quinoa Pizza sauce.

DIRECTIONS

- 1 For quinoa crust - place quinoa in a medium bowl and cover with water by several inches. Let stand at room temperature for 8 hours or overnight.
- 2 Preheat oven to 450° F. Drain the presoaked quinoa in a fine mesh sieve and rinse well. Place in a blender with a little water (about ¼ cup), garlic clove, Italian seasoning, and salt. Puree until smooth. Add a little more water if needed. The mixture should look like pancake batter and not be too thin or thick, but still pourable.
- 3 Place a 10-inch cast iron skillet or two 8" round metal cake pans into the hot oven. Allow to heat for 5-10 minutes. Carefully add the 2 tablespoons of oil to the skillet, or 1 tablespoon each to the cake pans, if using. Place back in oven and heat for another 3 minutes. Remove the pan from the oven carefully. Tilt the pan to evenly distribute the hot oil over the bottom of the pan. Add the batter in the center of the pan and either tilt the pan, or quickly spread the batter so it's about ½" thick, give or take. (Note: if using the cake pans, the batter doesn't need to go all the way to the edges or the crust will be too thin.)
- 4 Place back into the oven. Bake for 15-20 minutes, or until the edges look golden and the center looks more set. It won't be runny, but it won't be cooked through either. Remove pan from oven, very carefully turn crust over, using care not to splash the hot oil, and place back in oven for another 10 minutes.
- 5 While crust is baking, stir together sauce ingredients.
- 6 Remove crust(s) from oven and transfer the crust to a baking sheet lined with parchment (baking) paper. (At this point you can also place it on a cooling rack and let it cool completely, then prepare the pizza at a later time. The crust will need to be reheated before adding toppings. The texture may also change a little the next day.)
- 7 Spread the sauce on the crust and add the sliced bell pepper, mushrooms, and onions. Place back in oven and bake for another 8-10 minutes, or until the toppings are warmed through. Remove from oven and sprinkle with fresh basil.