



# 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*  
1/4 teaspoon cinnamon  
A good pinch ground ginger  
A pinch cayenne pepper  
OPTIONAL: 1 tablespoon almond butter  
OPTIONAL: 1/2 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.*

SERVES 1



## 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.*

SERVES 1



# PEACH MANGO CREAM

## *green smoothie*

*This dreamy, tropical tasting smoothie has all the bases covered – healthy fats, protein, vitamins and minerals, and it tastes great! Coconut oil is absorbed differently in the small intestine and provides the body with a more immediate form of energy rather than being stored for later. It also puts less stress on the digestive system.*

WEEKS 1 2 3

### INGREDIENTS

- 1 ½ cups spinach
- 1 cup water
- 2 tablespoons raw cashews, soaked overnight and drained
- 1 tablespoon coconut oil
- 1 cup peaches, frozen
- ½ cup mango, frozen
- ½ teaspoon vanilla extract, optional

### DIRECTIONS

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

*Note: If smoothie is too thick, add a little water and blend again.*





SERVES 1

# CARROT PINEAPPLE

## *green smoothie*

*Carrots and chard are chock-full of vitamin A, which is important for healthy eyes and skin. #greensmoothieglo® Pineapple contains an enzyme called bromelain, which helps prevent bloating and is great for post-workout recovery. Chia adds protein and healthy fats.*

WEEKS 1 2 3

### INGREDIENTS

1 cup Swiss or red chard  
½ cup raw or cooked carrots,  
cut into chunks  
1 cup water  
1 ½ cups pineapple, frozen  
2 tablespoons chia seeds

### DIRECTIONS

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

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



# CHERRY ORANGE

## *green smoothie*

*Cherries are high in vitamins A, C and fiber. Along with the fiber in the chia seeds, orange, and spinach this recipe will help keep things moving along. You read that right. Coconut water adds a hint of added sweetness, as well as, electrolytes to keep you hydrated.*

WEEKS 1 2 3

### INGREDIENTS

1 ½ cups spinach  
1 cup coconut water, *chilled*  
1 small navel orange, *peeled*  
¾ cup cherries, *frozen*  
2 tablespoons chia seeds  
Squeeze of fresh lemon juice, *optional*

### DIRECTIONS

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

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





SERVES 1

# STRAWBERRY COCONUT

## *green smoothie*

*Strawberries are one of the best sources of vitamin C around, and a low GI fruit, which will help prevent blood sugar spikes. So no energy crash later. Bananas are rich in potassium and add natural sweetness. The healthy fat in the coconut milk, coupled with the vitamin C in the berries, helps the body absorb the iron from the spinach.*

WEEKS 1 2 3

### INGREDIENTS

1 ½ cups spinach  
1 cup full-fat canned coconut milk  
1 cup strawberries, *frozen*  
½ banana, *frozen*  
½ teaspoon pure vanilla extract, *optional*  
2 tablespoons chia seeds

### DIRECTIONS

- 1 Place spinach and coconut milk 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

1/2 CUP SERVING

# HERBALICIOUS HUMMUS

## *with veggies*

*Hummus has long been one of our very favorites, both for meals and snacks. We've added loads of fresh, vibrant herbs to ramp up the nutrition by adding extra vitamins, minerals, and leafy green love to an already beloved dip.*

WEEKS 1 3

### INGREDIENTS

15 ounce can chickpeas, *rinsed and drained*  
1 cup loosely packed fresh parsley  
1/2 cup loosely packed fresh cilantro  
1/2 cup fresh dill  
2 garlic cloves  
2 tablespoons fresh lemon juice  
1/4 cup olive oil, *plus more for drizzling*  
2 tablespoons tahini  
1/2 teaspoon sea salt

**FOR SERVING** - 1/2 cup veggies:  
*cucumber chips, carrot and celery sticks,  
sliced red bell pepper, radishes*

### DIRECTIONS

- 1 Place the chickpeas into a food processor or blender. Pulse to chop the chickpeas. Add the remaining ingredients. Process or blend until smooth. Stop and scrape down the sides as needed.
- 2 Transfer to an airtight container and store until ready to serve. Serve with fresh veggies. (Be sure to freeze some for the Hummus Avocado Wraps too!)

**Notes:** *This will keep 3-5 days in the refrigerator, or frozen up to several months. Make one batch and reserve 1/2 cup for the morning snack on Day 1. Freeze the remaining hummus in an airtight container. Thaw on the morning of Day 5 to use for the afternoon snack and the Hummus Avocado Wraps for Days 6 and 7.*



# CARROT CAKE WARRIOR BARS

*Our recipe testers told us they loved these hearty bars and they do, in fact, taste very much like carrot cake. Sweet! This carrot cake version is a variation of one of our team's all-time favorite FS21 snacks, Warrior Bars.*

WEEKS 1 3

## INGREDIENTS

2 tablespoons chia seeds  
*plus 6 tablespoons water*  
 1 cup almond meal  
 1 cup gluten-free old fashioned rolled oats (*not instant*)  
 ½ cup grated carrots  
 ½ cup grated apple  
 ½ cup coconut flakes  
 ⅓ cup pepitas  
 ⅓ cup sunflower seeds  
 ⅓ cup sliced almonds  
 1 cup mashed banana  
 1 cup applesauce  
 1 teaspoon vanilla extract  
 1 ½ teaspoons ground cinnamon  
 ½ teaspoon ground ginger  
 ¼ teaspoon ground nutmeg  
 ¼ teaspoon sea salt

## DIRECTIONS

- 1 Preheat oven to 350°F. Lightly grease a 9-by-13-inch baking dish.
- 2 Place chia seeds and water in a small bowl. Stir well and let stand for 5-10 minutes until a gel forms. Set aside.
- 3 In a large bowl, combine almond meal, oats, grated carrots and apple, coconut flakes, pepitas, sunflower seeds, and sliced almonds.
- 4 In a medium bowl, stir together mashed banana, applesauce, vanilla extract, spices, and sea salt. Stir in the chia gel.
- 5 Add the banana chia mixture to the bowl with the other ingredients. Stir well. Transfer the mixture to the baking dish. Smooth the top. Place in oven and bake for 35-40 minutes or until golden around the edges and baked through. Let cool completely, then cut into bars - 16 small or 8 large.

*Note: Bars will hold together best if baked long enough and cooled to room temperature or chilled before cutting into bars.*

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.





# 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

- 1/2 cup mixed berries
- 1/2 teaspoon maple syrup
- 1/4 teaspoon vanilla extract
- 1/4 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.*

MAKES ½ CUP



# 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 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
- ¼ 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 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 1



# SUNOMONO

## *(Japanese Cucumber Salad)*

*It's amazing how a few simple ingredients can come together for such a tasty little snack! Cucumbers are deliciously crisp and provide some extra hydration. Teamed up with salty, sweet, tangy, and nutty components, it's really a perfect little salad.*

WEEKS 1 2 3

### INGREDIENTS

½ large cucumber, *about 1 cup, very thinly sliced into rounds or peeled into ribbons*  
1 tablespoon rice vinegar  
¼ teaspoon tamari  
¼ teaspoon maple syrup  
1 tablespoon sesame seeds

### DIRECTIONS

- 1 Place the cucumber slices in a medium bowl. In a small bowl, combine the vinegar, tamari, and maple syrup. Pour the mixture over the cucumber slices and toss to coat.
- 2 Sprinkle sesame seeds on top. Refrigerate until ready to eat.



SERVES 1

# MIXED GREENS

## *with Strawberry Herb Dressing*

*A hearty salad is a great way to load up on several servings worth of fiber-rich veggies and fruit. This salad is full of flavors and textures that will delight your tastebuds as you enter your first day of the cleanse.*

WEEKS 1 2 3

### INGREDIENTS

#### FOR SALAD:

2 cups mixed greens, *loosely packed*  
1/2 cup cucumber, *thinly sliced*  
1/2 cup green apple, *diced*  
1/2 avocado, *sliced or diced*  
2 tablespoons sliced almonds

#### FOR DRESSING:

1/2 cup strawberries, *diced*  
1 tablespoon fresh basil, *roughly chopped*  
1 tablespoon olive oil  
2 teaspoons fresh lemon juice  
1 teaspoon maple syrup  
Pinch sea salt, *to taste*  
Pinch ground black pepper

### DIRECTIONS

- 1 Arrange salad ingredients on a large plate.
- 2 Puree the dressing ingredients in a blender or food processor. Taste and add more salt and pepper, if needed. Drizzle some of the dressing over salad; you may not need all of it. Eat immediately.



# BAKED SWEET POTATO ROUNDS

## *with BBQ Lentils + Simple Kale Slaw*

*At first glance, this recipe may seem a little daunting. Have no fear – each of the components come together easily, and taste amazing! Sweet potatoes are one of the healthiest things you can eat – full of fiber, vitamins, and minerals. Add sweet, BBQ lentils and slaw, and you’ve got a healthy meal fit for a king.*

WEEKS 1 3

### INGREDIENTS

1 tablespoon coconut oil, *melted, for brushing*  
 1 large sweet potato, *scrubbed well*  
 Sea salt

#### FOR BBQ LENTILS:

1 tablespoon coconut oil  
 ¼ cup onion, *diced*  
 ¼ cup carrots, *diced*  
 ¼ cup celery, *diced*  
 2 garlic cloves, *minced*  
 ½ cup brown or green lentils\*  
 1 cup vegetable broth, *plus a little more if needed*  
 1 bay leaf  
 ¼ cup tomato paste\*\*, *plus a little water for thinning, if needed*  
 1 tablespoon maple syrup  
 1 ½ teaspoons apple cider vinegar  
 1 teaspoon chili powder  
 ½ teaspoon ground cumin  
 Sea salt and pepper, *to taste*  
 Simple Kale Slaw, *for serving*

### DIRECTIONS

- 1 Preheat oven to 400°F and line a baking sheet with parchment (baking paper) or lightly oil. Cut the sweet potato into thin, ¼-inch rounds. Place on the baking sheet. Brush with a little melted coconut oil. Bake for 20-25 minutes, or until easily pierced with the tip of a knife.
- 2 Meanwhile, pick over lentils and remove any small stones. Wash well. (A fine mesh sieve works very well for this!)
- 3 Heat 1 tablespoon coconut oil in a medium pot or saucepan set over medium-high heat. Add the onion, carrots, and celery. Cook, stirring often, until veggies start to soften. Add the garlic. Cook, stirring constantly, for 30-60 seconds. Add the lentils, vegetable broth, and bay leaf. Lower heat to a simmer. Cover pot and cook for 25-30 minutes, or until lentils are cooked through and softened, but not falling apart. Stir in the tomato paste, maple syrup, vinegar, chili powder, cumin, salt, and pepper. Bring back to a simmer and cook uncovered for 5-10 minutes to allow flavors to blend. If sauce is too thick, add a little water. Remove bay leaf before serving.
- 4 To serve, place half of the sweet potatoes on a plate. Top with half of the BBQ lentils and Simple Kale Slaw or serve on the side. (Store the remaining half of each item for tomorrow’s lunch.) Serve immediately.

*\*Other types of lentils, such as black or dark green, may be used. Split lentils (red and yellow) will become too mushy and are better for another use. Cooking time may need to be adjusted depending on the type of lentil used. This recipe was tested with basic brown and green lentils which are available in almost every grocery store.*

*\*\*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 in Week 3.*

SERVES 2



## SIMPLY KALE SLAW

*You can't have BBQ without slaw...okay, you can, but we promise this is one slaw you don't want to pass up. We trade cabbage in for thin ribbons of kale. There's plenty of natural sweetness and crunch thanks to the addition of carrots and apples. We think you'll love the dressing too.*

WEEKS 1 2 3

### INGREDIENTS

2 cups fresh kale, cut into very thin ribbons  
1/2 cup shredded carrots  
1/2 cup green apple, diced  
2 tablespoons green onion, thinly sliced  
1/2 cup Cashew Cream  
1 tablespoon fresh lemon juice  
1 teaspoon Dijon mustard  
1/2 teaspoon pure maple syrup  
1/4 teaspoon sea salt  
Freshly ground black pepper, to taste

### DIRECTIONS

- 1 Combine kale, carrots, apple, and green onion in a mixing bowl. In a small bowl, whisk together the Cashew Cream, lemon juice, mustard, maple syrup, salt, and black pepper.
- 2 Pour dressing into the kale mixture. Toss well to coat. Taste and add more salt and pepper, if needed. Keep refrigerated in airtight container until ready to serve.

***Note:** Prepare the Simple Kale Slaw while lentils and sweet potato rounds are cooking, or up to 2-3 days in advance. Add the dressing right before serving.*





## BLACK BEAN ZUCCHINI TACOS

*It's easy to take mild flavored zucchini for granted. But one serving actually contains  $\frac{1}{3}$  of the daily recommended value of vitamin C, as well as a significant amount of potassium, which is essential for heart health. To boot – zucchini is low in calories and carbohydrates and makes a great combo with fiber-rich black beans.*

WEEKS 1 3

### INGREDIENTS

1 tablespoon coconut oil  
 $\frac{1}{2}$  cup onion, *diced*  
 1 small zucchini, *diced*  
 2 garlic cloves, *minced*  
 2 teaspoons chili powder  
 $\frac{1}{2}$  teaspoon ground cumin  
 15 ounce can black beans, *drained and rinsed*  
 Juice of 1 lime  
 Sea salt and pepper, *to taste*  
 6 medium Romaine or butter lettuce leaves, *for serving*  
 6 tablespoons Cashew Cream, *for serving*  
 2 tablespoons fresh cilantro, *for serving*  
 OPTIONAL:  $\frac{1}{2}$  avocado, *diced*

### DIRECTIONS

- 1 Heat coconut oil in a large skillet over medium-high heat. Add the onion. Sauté for 3-5 minutes. Add the zucchini and cook until just barely tender. Add the garlic and cook for 30-60 more seconds, then add the spices. Continue cooking, stirring constantly, to toast the spices; about 30 seconds more.
- 2 Add the black beans and lime juice. Season well with sea salt and black pepper.
- 3 To serve, divide half of the bean and zucchini mixture between three lettuce leaves. Drizzle each “taco” with 1 tablespoon Cashew Cream, some diced avocado, if using, and a sprinkle of cilantro. (*Save other half of bean mixture, cashew cream, avocado, cilantro, and remaining 3 lettuce leaves for tomorrow's lunch.*)



# 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 2

# BAKED HASH CAKES

## *with Peas*

*Peas are another unsung hero when it comes to veggies. They are particularly high in protein and dietary fiber, and contain loads of vitamin C. Peas, along with fresh mint and parsley, bring a delightful spring-y flavor to these hash cakes.*

WEEKS 1 3

### INGREDIENTS

2 tablespoons chia seeds  
+ 6 tablespoons water

15 ounce can chickpeas,  
*rinsed and drained*

¼ cup green onion, *thinly sliced*

2 tablespoons fresh mint,  
*roughly chopped*

2 tablespoons fresh parsley,  
*roughly chopped*

½ teaspoon sea salt

Fresh ground black pepper, *to taste*

1 cup cooked quinoa

½ cup green peas (*no need to thaw if frozen*)

**FOR SERVING:**

4 cups mixed greens, *loosely packed*

½ avocado, *diced*

2 teaspoons olive oil, *divided*

Fresh lemon wedges

Sea salt and freshly ground black pepper,  
*for sprinkling*

### DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper or lightly grease.
- 2 Combine the chia seeds and water in a small bowl. Let stand 5-10 minutes to form a gel.
- 3 Place chickpeas, green onion, herbs, sea salt, and pinch fresh ground black pepper into the bowl of a food processor fitted with the chopping blade. Pulse a few times until everything is finely chopped. The mixture should not be smooth, like hummus, but still have a slightly chunky texture. Transfer mixture to a mixing bowl.
- 4 To the mixing bowl, add the chia gel, cooked quinoa, and peas. Stir until well-combined, paying attention to evenly distribute the chia gel within the mixture.
- 5 Form into 6 equal patties and place on prepared baking sheet. Bake for 20-25 minutes, or until edges are golden brown and patties feel firm to the touch.
- 6 To serve, place 2 cups of mixed greens on a plate. Drizzle the olive oil on top, then place half of the patties on the greens. Place half of the diced avocado over the patties and sprinkle with sea salt and black pepper. Serve with a lemon wedge. (Save the remaining patties, greens, olive oil, avocado, and lemon for tomorrow's lunch.)

*Note: The easiest way to form the patties is to use a ½ cup measuring cup, filling it almost full, and tipping it out onto the prepared baking sheet and flattening to form evenly sized patties.*

SERVES 2

# ASPARAGUS STIR-FRY

## *with Almond Butter Sauce*

*Everyone's favorite spring veggie, asparagus, is high in iron and dietary fiber. It also contains a potent antioxidant and detoxifier, glutathione. Besides its other known effects...ahem, asparagus also acts as a natural diuretic.*

WEEKS 1 3

### INGREDIENTS

#### FOR SAUCE:

2 tablespoons canned full-fat coconut milk  
2 tablespoons almond butter  
1 tablespoon tamari  
1 teaspoon maple syrup  
1 teaspoon fresh ginger, *finely grated*  
1/4 teaspoon crushed red pepper flakes  
1 garlic clove, *finely minced*

#### FOR STIR-FRY:

1 tablespoon coconut oil  
1/2 pound asparagus, *trimmed and cut into 1" pieces*  
1 carrot, *cut into 1/4" diagonal slices*  
1/2 cup snow peas  
1 1/2 cups cooked brown rice, *warmed, for serving*

### DIRECTIONS

- 1 Mix sauce ingredients together and set aside.
- 2 In a large skillet, heat coconut oil over medium-high heat. Add the vegetables and stir-fry until veggies are tender crisp.
- 3 Place 3/4 cup of the warm brown rice on a plate. Top with half of the veggies and drizzle half of the sauce on top. (If sauce is too thick, add a little water to thin it out.) Serve immediately. (Save remaining rice, veggies, and sauce for tomorrow's lunch.)





## WHITE BEAN CHARD SKILLET

*This recipe is based on our photographer Lindsey's favorite quick meals. As it turns out, it's also a wonderful cleanse recipe. Beans contain plenty of B vitamins, iron, minerals, and dietary fiber. Chard is one of our favorite leafy greens. It's full of vitamins K, E, A, and C, as well as significant amounts of magnesium, manganese, potassium, and iron. If you're a fan of a little spice, be sure to sprinkle a little crushed red pepper on top before serving.*

WEEKS 1 3

### INGREDIENTS

- 1 tablespoon olive oil
- ½ cup onion, *diced*
- 2 garlic cloves, *minced*
- 15 ounce can white beans (great northern, cannellini, or navy beans), *drained and rinsed*
- 15 ounce can diced tomatoes, *undrained*
- ½ bunch fresh Swiss or red chard, *ribs removed and thinly sliced into ribbons*
- Vegetable stock or water, *if needed for thinning*
- OPTIONAL: ½ teaspoon paprika
- Sea salt and pepper, *to taste*
- 1 ½ cups cooked brown rice, *warmed, for serving*
- ¼ cup sliced almonds
- ¼ cup pepitas
- OPTIONAL: crushed red pepper flakes

### DIRECTIONS

- 1 In a large skillet, heat olive oil over medium-high heat. Add the onion, and cook, stirring often, until it starts to soften and turn a little golden on the edges. Add the garlic and cook, stirring constantly, for 30-60 seconds.
- 2 Add the white beans and tomatoes. Stir until combined. Lower heat and cook for 10 minutes, then add the chard. If needed, add a little vegetable stock or water if too much of the liquid has cooked off. It should be thick like stew, but still have plenty of sauce.
- 3 Stir in paprika, if using. Taste and season with sea salt and pepper. To serve, place ¾ cup warm brown rice in a shallow bowl. Ladle half of the beans over the top. Sprinkle with half of the almonds and pepitas, and a dash of crushed red pepper flakes, if desired. (Save the remaining rice, stew, almonds, and pepitas for tomorrow's lunch.)





# HUMMUS AVOCADO WRAPS

*This recipe is simple to put together and has that definite “yum” factor thanks to a schmear of tasty Herbalicious Hummus in there. Feel free to add some extra spice to ramp up the flavor profile even more. It’s one of the meals that is great to take on-the-go too.*

WEEKS 1 3

## INGREDIENTS

4 large lettuce leaves  
(Romaine or butter)  
 ½ cup Herbalicious Hummus  
 1 ripe avocado, *thinly sliced*  
 8-12 cherry tomatoes, *cut into quarters*  
 ½ cup carrots, *shredded*  
 ½ cup cucumber, *julienned*  
 2 tablespoons green onions,  
*thinly sliced*  
 Pinch each: cumin, chili powder,  
 cayenne, salt  
 1 lemon, *cut into wedges*

## DIRECTIONS

- 1 Spread 2 tablespoons hummus each onto two lettuce leaves.
- 2 Top each one with ¼ of the sliced avocado, tomatoes, shredded carrots, and cucumber. Sprinkle with the green onions and spices. Squeeze lemon or lime juice on top.
- 3 Roll or fold up and eat. (Save remaining half of the ingredients for the next day’s lunch.)

*Note: Feel free to add more or swap different veggies, if desired.*





## ZOODLES IN A JAR

*Instant Noodles, meet Instant Zoodles. This healthy melange of veggies may just become your new favorite easy meal. It's great for work or a quick dinner. You can prep a bunch of these in advance if you want. It's also crazy delicious in addition to being nourishing.*

WEEKS 1 2 3

### INGREDIENTS

2 small zucchini, *spiralized*  
 1 cup kale, *cut into ribbons*  
 1/2 cup carrots, *shredded*  
 1/4 cup green onions, *thinly sliced*  
 2 teaspoons fresh ginger, *grated*  
 2 garlic cloves, *minced*  
 2 teaspoons sesame oil  
 3 cups vegetable broth, *divided*  
 1 tablespoon tamari  
 1/4 cup each:  
   pepitas and sunflower seeds  
 Salt and pepper, *to taste*  
**OPTIONAL:** pinch red pepper flakes

### DIRECTIONS

- 1 Divide the spiralized zucchini between two quart-size mason jars or another 4 cup container with tight-fitting lid. Divide the kale, carrots, green onions, ginger, garlic, and sesame oil between the jars. Top with lid and refrigerate until ready to serve.
- 2 To serve, heat 1 1/2 cups vegetable broth and add 1/2 tablespoon tamari. Pour over the veggies in the jar. Let stand for 5 minutes. Sprinkle with 2 tablespoons each pepitas and sunflower seeds, and a pinch of red pepper flakes, if using. Eat while warm. (Refrigerate remaining jar - minus the veggie broth, and repeat serving directions for the next day's lunch.)