

# Fresh START

A 3-WEEK CLEANSE

# MEAL PLAN

*week one*

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

*Upon Waking*

## MORNING TONIC

*Smoothie*

Peach  
Mango  
Cream

Peach  
Mango  
Cream

Carrot  
Pineapple

Cherry  
Orange

Cherry  
Orange

Strawberry  
Coconut

Strawberry  
Coconut

*Morning  
Snack*

Herbalicious  
Hummus

Power  
Trail Mix

Key Lime  
Smoothie  
Popsicles

Banana n'  
Almond  
Butter

Carrot Cake  
Warrior  
Bars

Sunomono  
(Japanese  
Cucumber  
Salad)

Key Lime  
Smoothie  
Popsicles

*Lunch*

Mixed Greens  
with Strawberry  
Herb Dressing

Sweet Potato  
Rounds with  
BBQ Lentils +  
Simple Kale Slaw

Black Bean  
Zucchini  
Tacos

Baked Hash  
Cakes with  
Peas

Asparagus  
Stir Fry with  
Almond  
Butter Sauce

White Bean  
Chard Skillet

Hummus  
Avocado  
Wraps

*Afternoon  
Snack*

Carrot  
Cake  
Warrior  
Bars

Raw  
Berry Crisp

Pineapple  
Heaven in  
a Bowl

Power Trail  
Mix

Herbalicious  
Hummus

Carrot Cake  
Warrior  
Bars

Banana n'  
Almond  
Butter

*Dinner*

Sweet Potato  
Rounds with  
BBQ Lentils +  
Kale Slaw

Black Bean  
Zucchini  
Tacos

Baked Hash  
Cakes with  
Peas

Asparagus  
Stir Fry with  
Almond  
Butter Sauce

White Bean  
Chard Skillet

Hummus  
Avocado  
Wraps

Zoodles in  
a Jar

*Before  
Bed*

## SPICED ALMOND MILK

*This meal plan is designed for one person.*

# SHOPPING LIST

## *week one*

### FRUIT:

- Apple, green: 2
- Banana: 5
- Cherries: 1.5 cups
- Lemon: 8
- Lime: 5
- Mango: 1 cup
- Mixed Berries: .5 cup
- Navel orange: 2
- Peaches, frozen: 2 cups
- Pineapple: 1 1/2 cup frozen & 3/4 cup fresh or 1 whole pineapple
- Strawberries, frozen: 2 cups
- Strawberries, fresh: 1/2 cup

### VEGETABLES:

- Asparagus: 1/2 lb
- Avocado: 3-4
- Carrots: 7
- Celery: 1 stalk
- Cherry tomatoes: 8-12, or 1 pint
- Cucumber: 2
  
- Garlic cloves: 11, or 1 large bulb
- Ginger root: 9-10 inches
- Green peas: 1/2 cup
- Kale, fresh: 3 cups, or 1 small bunch
- Mixed Greens: 6 cups
- Onion, yellow: 2
- Romaine or Butter lettuce: 1 head or 10 medium leaves
- Snow peas: 1/2 cup
- Spinach, fresh: 10 cups
- Sweet potato: 1 large
- Swiss or red chard: 1 bunch
- Zucchini: 3 small
- Optional: 1/2 cup veggies for hummus: cucumber chips, carrot, celery sticks, sliced red bell pepper, radishes

### FRESH HERBS:

- Basil: 2-3 sprigs or .75 oz box
- Cilantro: 1 large bunch
- Dill: 1 large bunch or 2 .75 oz boxes
- Green onion: 1 large, or 2 small bunches
- Mint: 1 bunch or .75 oz box
- Parsley: 2 bunches

### OILS, SPREADS, ETC.:

- Almond butter: 16 oz jar\*
- Apple cider vinegar: 16oz bottle\*
- Applesauce, unsweetened: 1 cup
- Balsamic vinegar: 1 small bottle
- Coconut oil: 16 oz jar\*
- Dijon mustard: 1 small jar\*
- Maple syrup: 1 small bottle\*
- Olive oil: 16 oz bottle\*
- Rice wine vinegar: 1 small bottle\*
- Sesame oil: 1 small bottle\*
- Tahini: 1 small jar\*
- Tamari: 16 oz bottle\*
- Thai curry paste (red or green): 1 small jar\*

### LIQUID BASES:

- Almond milk: 7 cups or 56 oz
- Coconut water: 2 cups or 16 oz
- Vegetable broth: 4 cups or 1 qt

### NUTS & SEEDS:

- Almonds, raw: 1 1/2 cups\*
- Almonds, sliced: 3 cups\*
- Cashews, raw: 3 cups\*
- Chia seeds: 2 1/2 cups\*
- Coconut, flakes: 1 cup, plus 4 tbsp\*
- Hemp hearts: 3/4 cup\*
- Nutritional yeast: 8 tbsp\*
- Pecans: 3/4 cup\*
- Pepitas: 1 3/4 cups\*
- Sesame seeds: 2 tbsp or small jar\*
- Sunflower seeds: 1 1/3 cups\*
- Walnuts: 3 cups\*

### GRAINS + LEGUMES:

- Almond meal: 1 cup
- Brown rice, dry: 1 cup
- Lentils, dry (Green or Brown): 1/2 cup
- Old-fashioned rolled oats (gluten-free): 1 1/2 cups
- Quinoa: 1/3 cup

### CANNED GOODS:

- 15 oz can black beans: 1
- 15 oz can chickpeas: 2
- 15 oz can diced tomatoes: 1
- 15 oz can white beans (ex. navy, cannellini, great northern): 1
- 15 oz full-fat canned coconut milk: 2
- 6 oz can tomato paste: 1\*

### SEASONINGS:

- Bay leaf\*
- Black pepper\*
- Cayenne pepper\*
- Chili powder\*
- Cinnamon\*
- Crushed red pepper flakes\*
- Cumin\*
- Curry powder\*
- Dried Italian herbs\*
- Garlic powder\*
- Ground black pepper\*
- Ground cloves\*
- Ground ginger\*
- Nutmeg\*
- Onion powder\*
- Paprika\*
- Sea salt\*
- Tarragon\*
- Thyme\*
- Turmeric\*
- Vanilla extract\*

\*These items will be used throughout Fresh Start, and the amount listed is enough for all three weeks.