

CLEAN<sup>®</sup>

CLEAN EATING MEAL PROGRAM

# ENDLESS POSSIBILITIES

## RECIPES FROM CLEAN AND OUR FAVORITE FOOD BLOGS

**What am I going to eat?!?** This may have been your first thought when reading about the elimination diet, but believe us, there are a lot of options. We put together this Clean Eating Meal Program as a way to give you a glimpse of the many delicious and Clean possibilities you can enjoy on your cleanse. This guide includes some of our own recipes as well several from our favorite food blogs\*. Here are some tips to get you started:

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### SUPPORT YOURSELF

Ensure you are getting enough nutrient-dense foods each day. Soups tend to have less calories and protein. If you have a soup as one of your liquid meals, please add in extra food and snacks (or a Daily Shake mixed in water) as needed throughout the rest of your day to ensure proper nutritional support. If you are following the vegetarian plan we recommend adding a protein powder to your shakes.

### EAT WHAT YOU NEED

Our serving sizes are suggestions to start with. Figuring out how much is best for you to eat each day takes time and experimentation. If you tend to exercise more, plan to eat more. Eat slowly and mindfully until you are about 80% full as in satisfied, but not stuffed.

### PERSONALIZE IT

You can easily add a salad with lots of veggies, healthy fats, and protein or a grain to any meal recipe. We have also included tasty dressing options for salads.

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Turn the page to see how to use the sample meal plan 

# HOW TO USE THE MEAL PLAN

## PRE-CLEANSE SAMPLE DAY

For the pre-cleanse you will be eating three solid meals a day from the elimination diet.

### BREAKFAST:

Select a solid meal from the elimination diet for your 3 pre-cleanse breakfasts. If you prefer you can also test out some shakes for this meal.

### DINNER:

Select either a vegetarian or a meat based meal. Feel free to add to or alter recipe ingredients.

DAY	BREAKFAST: SOLID MEAL	LUNCH: MEAT OR VEGETARIAN	DINNER: MEAT OR VEGETARIAN
2	Winter Buckwheat Porridge p. 10	Asian Turkey Burgers with Pickled Vegetables and Hearty Salad p. 12 ..... Black Bean Quinoa Burger with Hearty Salad p. 13	Wilted Spinach and Chicken Salad p. 15 ..... Vegetable Lasagna with Cashew Cheese p. 17

### LUNCH:

Select either a vegetarian or a meat based meal. Feel free to add to or alter recipe ingredients.

## CLEANSE SAMPLE DAY

For the cleanse you will be eating a liquid meal such as a shake or soup for breakfast and dinner and a solid meal from the elimination diet for lunch.

### BREAKFAST:

Shake for breakfast using our powders or your own brown rice protein.

### DINNER:

Select either a shake or soup. Most people using the kit will have a shake. The soup is for book followers or kit users who want to mix it up.

DAY	BREAKFAST: SHAKE	LUNCH: MEAT OR VEGETARIAN	DINNER: SHAKE OR SOUP
2	Keepin It Smooth Shake p. 20	Mango and Chicken with Wild Rice p. 34 ..... Braised Pear with Quinoa and Butternut Squash with Hearty Salad p. 46	Spice It Up Shake p. 21 ..... Mushroom Soup p. 59

### LUNCH:

Select either a vegetarian or a meat based meal. Feel free to add to or alter recipes.

# THE MEAL PROGRAM

## 3 DAY PRE-CLEANSE MEAL PLAN + 21 DAY CLEANSE MEAL PLAN

**The meal program is just a suggestion.** We included lots of different recipes daily to illustrate all of the amazing options out there. If you are an ambitious cook, please feel free to follow the meal program as shown. If it is too overwhelming feel free to substitute simpler meals or make larger batches of things to eat for several days. Have fun and enjoy!

### PRE-CLEANSE MEAL PLAN 3 DAYS

DAY	BREAKFAST: SOLID MEAL	LUNCH: MEAT OR VEGETARIAN	DINNER: MEAT OR VEGETARIAN
1	Almond Butter Pancakes p. 10	Cranberry Mango Millet Salad p. 13	Miso Glazed Salmon with Butternut Squash Fries and Bok Choy p. 15 ..... Vegetarian Nori Rolls with Nut "Rice" p. 17
2	Winter Buckwheat Porridge p. 10	Asian Turkey Burgers with Pickled Vegetables and Hearty Salad p. 12 ..... Black Bean Quinoa Burger with Hearty Salad p. 13	Wilted Spinach and Chicken Salad p. 16 ..... Vegetable Lasagna with Cashew Cheese p. 17
3	Cacao Pudding p. 10	Beet, Onion and Lentil Salad p. 14	Shepherd's Pie with Lamb p. 16 ..... Shepherd's Pie with Lentils p. 18

Where to find the full recipe.



# CLEANSE MEAL PLAN WEEK 1

DAY	BREAKFAST: SHAKE	LUNCH: MEAT OR VEGETARIAN	DINNER: SHAKE OR SOUP
1	Becky's Morning Shake p. 20	Fish Tacos p. 33 Vegetarian Burrito p. 46	Pumpkin Pie Smoothie p. 20 Pumpkin Coconut Stew p. 59
2	Keepin' It Smooth Shake p. 20	Mango and Chicken with Wild Rice p. 34 Braised Pear with Quinoa and Butternut Squash with Hearty Salad p. 46	Spice It Up Shake p. 21 Mushroom Soup p. 59
3	Favorite Green Shake p. 21	Steamed Burgers with Kim-chee and Hearty Salad p. 34 Lentil and Brown Rice Burger with Hearty Salad p. 47	Albert's Favorite Shake p. 21 White Velvet Soup p. 60
4	Morning Mocha Shake p. 22	Miso Glazed Salmon with Butternut Squash Fries and Steamed Bok Choy p. 15 Sautéed Greens and Beans p. 48	Sexy Cilantro Shake p. 22 Creamy Winter Beet Soup p. 61
5	Mango Peach Lassi Shake p. 22	Sweet and Sour Chicken with Mixed Greens p. 35 Nori Rolls with Cashew Pate with Vegan Coconut, Pumpkin And Red Lentil Soup p. 48	Brilliantly Beet Smoothie p. 22 Fennel and Apple Soup p. 61
6	Sweet Green Smoothie p. 23	Kefta Kabobs with Lamb and Grilled Veggies p. 35 Baked Falafel with Tahini Sauce and Greek Salad p. 49	Peach Apple Cobbler Shake p. 23 Spicy Kabocha Coconut Soup p. 61
7	Euro Nut Shake p. 23	Asian Turkey Lettuce Wrap p. 36 Bean, Rice and Avocado Lettuce Wrap p. 50	Kaya's Favorite Shake p. 24 Ginger Carrot Soup p. 62

# CLEANSE MEAL PLAN WEEK 2

DAY	BREAKFAST: SHAKE	LUNCH: MEAT OR VEGETARIAN	DINNER: SHAKE OR SOUP
8	Coconut Chai Shake p. 24	Whitefish Salad p. 36 In A Jiffy Bean Salad p. 50	Chocolate Covered Blueberries Shake p. 24 Creamy Asparagus and Leek Bisque p. 63
9	The Pits Shake p. 24	Lamb Tacos p. 37 Lentil Tacos p. 37	Almond Butter and Jelly Shake p. 25 Creamy Vegan Green Vegetable Soup p. 63
10	Green Energy Smoothie p. 25	Roast Chicken with Root Vegetables p. 37 Stuffed Acorn Squash with Quinoa And Pistachios and Chickpea Gravy p. 51	John H's Favorite Shake p. 25 Cauliflower and Leek Soup p. 64
11	Malted "Milk" Shake p. 26	Pacific Halibut Over Sautéed Swiss Chard Topped and Wild Mushrooms Mix p. 38 Raw Kale Salad with Sprouted Quinoa p. 51	Peaches and Cream Shake p. 26 Butternut Squash Bisque p. 64
12	John R's Favorite Shake p. 26	Turkey Lentil Soup p. 39 Red Lentil And Butternut Squash Curry Stew p. 52	Pear Ginger Shake p. 26 Artichoke Soup with Cashew Cream p. 65
13	Cinnamon Rolls For Breakfast Shake p. 27	Chicken Taco Salad p. 39 Vegan Taco Salad p. 52	Love Your Belly Shake p. 27 Cream of Spinach Soup p. 65
14	Sweet Protein Shake p. 27	Tuna Chard Wraps p. 40 Quinoa and Black Bean Bowl with Peach Salsa p. 54	Ginger Peach Shake p. 27 Carrot Fennel Soup p. 66

# CLEANSE MEAL PLAN WEEK 3

DAY	BREAKFAST: SHAKE	LUNCH: MEAT OR VEGETARIAN	DINNER: SHAKE OR SOUP
15	Cashew Cream Smoothie p. 28	Lentils Or Chicken with Wilted Bitter Greens p. 41	Detoxifying Dandelion Shake p. 28 Creamy Chestnut Soup p. 66
16	Green Superwoman Smoothie p. 29	Curry Chicken Salad In Lettuce Wrap p. 41 Crabless Cakes with Hearty Salad p. 55	Mango Cardamom Blast Shake p. 29 Leek and Lentil Soup p. 67
17	Berry Protein Shake p. 29	Lemon Pepper Flounder with Roasted Asparagus and Sauted Mushrooms p. 42 Millet Risotto with Artichoke Hearts p. 55	Caramel Apple Green Smoothie p. 30 Green Pea Soup p. 67
18	Avocado, Lime, Ginger Shake p. 30	Stir Fried Chicken with Water Chestnuts, Red Cabbage and Angelino Plums p. 43 Kimchee Fried Rice p. 56	Patricia's Favorite Shake p. 30 Roasted Cauliflower Soup with Garbanzo Beans and Coriander p. 68
19	Carrot Cake Smoothie p. 31	Duck and Shiitake Lettuce Wrap with Cashew Sauce p. 43 Gingered Sea Vegetable Salad p. 56	Greena Coloda Shake p. 31 Broccoli Soup p. 69
20	The Grasshopper Shake p. 31	Asian Meatballs with Spaghetti Squash Sesame Noodles p. 44 Red Lentil Dahl p. 57	Calcium-Rich Cranberry Smoothie p. 32 Mulligatawny Detox Soup p. 69
21	Robert's Favorite Shake p. 32	Thyme Salmon with Leek Coulis and Hearty Salad p. 45 Acorn Squash with Wild Rice and Hearty Salad p. 58	Purple Haze Smoothie p. 32 Silky Celeriac (Celery Root) Soup p. 70

# BONUS RECIPES

## SNACKS, DRINKS & SALADS

### SNACKS [optional]

Apple Slices and Almond Butter

Garlic Herb Crackers p. 71

Spiced Carrot Hummus with Garlic Oil p. 71

Guacamole with Veggies p. 72

Brown Rice Cakes with Nut Butter and Sugar Free Fruit Preserves

Roasted Chickpeas p. 72

Salmon and Dill on Cucumber

Raw Nuts With Fresh Fruit

Kale Chips p. 72

Avocado and Miso

Veggies with Clean Ranch (See Dressing Recipes) p. 75

### DRINKS [optional]

Coffee granita p. 73

Fresh green juice p. 73

Clean hot chocolate p. 73

Spa water p. 73

Clean lemonade p. 74

### SALAD DRESSINGS

Ani's Best Balsamic Dressing p. 75

Better Than Ranch p. 75

Tahini Ginger Dressing p. 75

Avocado Dressing p. 76

### HEARTY SALAD IDEAS

Lots of greens: kale, spinach, lettuce, arugula, chard, cabbage, etc

Other veggies: carrots, peas, broccoli, cucumber, mushrooms, onions, radish, jicama, celery, artichoke, beets, etc

Sources of protein and healthy fat: nuts, seeds, hemp seeds, avocado, beans, lentils

Other tasty additions: dulse, sea vegetables, nutritional yeast, kimchee, saukraut, etc.

#### NOTES:

\*Some of the recipes have been adapted to fit the elimination diet guidelines. Any excluded ingredients have been removed from our document, but may still be included in the original recipes. Please omit or substitute these items.

# STILL HUNGRY?

## MORE RECIPE RESOURCES FROM THE CLEAN TEAM

**We love to create and eat Clean food!** The Clean Team is constantly creating (and enjoying) new recipes for the pre-cleanse, cleanse, and beyond. Check out some of our favorite recipes at the sources below:

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### CLEAN BLOG

Our Clean chefs are adding new recipes weekly. Many different options from shakes and soups to vegetarian and meat-based meals. Check them all out at [blog.cleanprogram.com](http://blog.cleanprogram.com)

### CLEAN EATS NEWSLETTER

Receive our latest and greatest recipes directly to your inbox!  
Sign up at [cleanprogram.com/clean-eats](http://cleanprogram.com/clean-eats)

### MY CLEAN PROGRAM COMMUNITY

**A free online community** site where thousands of people on the cleanse and off the cleanse are sharing their experience including recipes for shakes, soups, lunches, and everything in between. Join now at [my.cleanprogram.com](http://my.cleanprogram.com)

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Let's get cooking! 

# RECIPES

## PRE-CLEANSE BREAKFAST, LUNCH, AND DINNER

### BREAKFASTS

#### **ALMOND BUTTER PANCAKES**

From the Clean Team

- 1 cup almond flour or meal
- 1 cup almond or rice milk
- pinch of sea salt
- splash of vanilla (optional)
- ½ cup almond butter
- 2 teaspoons cinnamon
- coconut oil
- cashew or almond butter + fresh or frozen berries

Directions: Mix batter until well combined and almond flour is smooth. On high heat, bring a frying pan or griddle to a very warm temperature, add a teaspoon of coconut oil and let it melt, spreading on the pan to avoid sticking. Lower heat to medium and with a measuring cup pour pancakes onto the pan/griddle and wait until they begin to bubble on top and then flip. Serve warm with almond or cashew butter and fresh berries.

#### **WINTER BUCKWHEAT PORRIDGE**

Adapted from [Green Kitchen Stories](#)

Serves 2-4

- 1 cup whole buckwheat
- 2 cups water
- 1 cup dried or fresh fruit
- 2-3 cinnamon sticks
- 1 teaspoon cardamom seeds
- 1 vanilla stick or splash of vanilla
- serve with fruit salad, dried fruits and almond, hemp, rice or coconut milk

Directions: Rinse the buckwheat in hot water. Add buckwheat, water and the rest of the ingredients in a pot and boil it on low heat for about 20 minutes. Stir occasionally. When the water is gone the porridge should be just about ready. Remove the cinnamon sticks and vanilla stick and serve it with fresh fruit salad, dried fruit and almond, hemp, rice or coconut milk. You can re-use the spices the next morning if you rinse them in cold water.

#### **CACAO (OR CAROB) PUDDING**

From the Clean Team

- 2 avocados, pitted
- ½ cup carob or raw cacao powder

- 1 teaspoon vanilla extract
- 1 teaspoon sea salt
- 3 dates, pitted
- 2 tablespoons almond butter
- 1½ cups water (or as much as you need)
- add cacao nibs for an extra dose of crunchy, chocolatey texture and energetic kick
- extra protein version: Add a tablespoon of protein powder like Nourish

Directions: Blend in food processor or blender until creamy. Chill in refrigerator for at least 1 hour.

## LUNCH: ANIMAL OR FISH PROTEIN

### ASIAN TURKEY BURGERS WITH PICKLED VEGETABLES

Adapted from [Daily Bites](#)

Serves 4

For the vegetables:

- ½ cup red wine vinegar
- 2 tablespoons coconut nectar
- ½ teaspoon salt
- 1 cup shredded carrots
- 1 cup seedless cucumber, cut into matchsticks
- ½ cup scallions (whites and greens parts), thinly sliced on an angle

For the burgers:

- 1 pound ground turkey (turkey breast, thigh, or a combination will work)
- 4 cloves garlic, minced or finely grated
- 2 tablespoons fresh ginger root, grated
- ½ teaspoon salt
- 1 teaspoon ground coriander
- ¼ cup parsley, finely chopped
- romaine or bibb lettuce, for serving

Directions: Make the pickled vegetables: in a small pot bring the vinegar, coconut nectar, and salt to a boil. While that's coming to a boil, combine the carrots, cucumber, and scallions in a heat-safe bowl. Pour the hot vinegar mixture over the vegetables and toss to coat. Allow to marinate at room temperature while you proceed with the recipe.

Make the burgers: combine turkey, garlic, ginger, salt, coriander, and parsley in a mixing bowl and use your hands to mix it all up. Form the mixture into four patties of equal size about 1/2 inch thick. Cook in a skillet or grill pan (with a splash of olive oil if the pan is not nonstick) until cooked through, about 4-5 minutes per side. Arrange lettuce on plates. Top with burgers. Spoon some of the pickled vegetables on top of each burger and serve.

## LUNCH: VEGETARIAN PROTEIN

### CRANBERRY MANGO MILLET SALAD

Adapted from [Healthful Pursuit](#)

Serves 4

#### Grains

- 1 cup millet
- ½ cup quinoa
- 3 cup water

#### Salad

- 1 mango, cubed
- ½ cup slivered almonds
- ½ cup unsweetened dried cranberries
- ¼ cup yellow onions, diced

#### Lemon poppy seed dressing

- ¼ cup lemon juice
- 1½ tablespoons coconut nectar (or a few dashes of stevia to taste)
- 2 tablespoons Dijon mustard
- 1 tablespoon poppy seeds
- ¼ teaspoons herbamare seasoning

Directions: Place millet and quinoa in a strainer and rinse in cold water for a couple of seconds. Place rinsed grains in a medium sized saucepan and combine with water. Cover and bring to a boil. Once boiling, reduce heat to simmer and allow to cook for 10-15 minutes, or until water has absorbed. Remove from heat and allow to sit with the lid on for 10 minutes before removing and allowing to cool. Meanwhile, combine remaining salad ingredients in a large bowl. Add lukewarm or chilled grains. Stir to combine. In a small bowl, mix together lemon poppy seed dressing ingredients before pouring over the salad. Serve at room temperature or cold.

### BLACK BEAN QUINOA BURGER

From [For The Love of Food](#)

Serves 2-4

- 1 cup black beans
- 1 cup quinoa cooked
- 1 teaspoon cumin
- lime juice from 1/3 lime
- salt and pepper to taste
- cayenne pepper to taste
- 2 garlic cloves, minced
- 1/3 yellow onion, finely diced
- 2 tablespoons fresh cilantro, diced
- 1 tablespoon coconut oil

Directions: In a medium mixing bowl, mash the black beans with a fork. Mix with the quinoa and then add the other ingredients. This will make 2-4 patties depending on how big you like them. Heat the oil in a skillet over

medium-high heat. When the oil is hot, fry the patties until they are nicely browned, about 5 minutes. Turn and fry the other side.

## **BEET, ONION, LENTIL SALAD**

From [Stone Soup](#)

Serves 2

Lentils

- 9 ounces dried french lentils
- 1 onion, peeled & diced
- 1 bay leaf, optional
- 2 to 3 tablespoons wheat-free tamari, nama shoyu or coconut aminos
- 2 to 3 tablespoons sherry vinegar

Beets

- 1 to 2 bunches beets
- balsamic vinegar

Balsamic onions

- 8 onions
- ½ cup olive oil
- ½ cup balsamic vinegar

Salad

- 1 tablespoon sherry vinegar
- cooked lentils (from above)
- 10 pieces roast beets (from above)
- 3 to 4 tablespoons balsamic onions (from above)
- small handful roasted almonds

**Directions:** **Lentils:** Rinse lentils and place in a medium saucepan with the onion and bay leaf. Cover generously with water and bring to a boil. Simmer uncovered for 15-20 minutes or until lentils are tender. Drain lentils and return to the pan. Season with wheat-free tamari, nama shoyu or coconut aminos, vinegar and a few tablespoons extra virgin olive oil.

**Beets:** Preheat oven to 400F. Remove stalks from beets and scrub them well. Chop into bite sized wedges – either quarters, sixths or eighths. The smaller you chop, the faster they will cook. Splash with a few tablespoons of balsamic vinegar and the same of olive oil. Cover tightly with foil and roast for 45 minutes to 1 hour or until beets are tender.

**Onions:** Heat oil in a large heavy based saucepan over a medium heat. Halve onions lengthwise, then remove the skins and slice into half moons. Add chopped onions to the oil as you go. Cover and cook on a medium low heat, stirring occasionally for about ½ hour or until onions are very soft but not browned. Remove cover and add balsamic. Bring to a simmer and cook, again stirring from time to time for about 20 minutes or until the sauce has reduced a little and the onions are slightly brown.

**Salad:** Whisk vinegar with 2 tablespoons extra virgin olive oil in a large bowl. Season. Toss in lentils and onions and divide between two plates. Top with beets and almonds.

## DINNER: ANIMAL OR FISH PROTEIN

### MISO GLAZE SALMON

From the Clean Team

Serves 2

- 2 wild salmon fillets
- 3 tablespoons gluten-free miso
- olive oil
- 2 teaspoons coconut nectar

Directions: In a small bowl mix the miso, coconut nectar and enough olive oil to make it into a thick liquid. Cover the fillets and broil or pan fry until cooked through, about 8-10 minutes. Serve warm.

Serve with BUTTERNUT SQUASH FRIES

From [Natural Noshing](#)

- 1 medium butternut squash, peeled, deseeded and cut into 1/4 inch slices
- 1 tablespoon olive oil
- sea salt
- freshly ground pepper
- flavor variations: cinnamon: add 1 tsp of ground cinnamon along with the salt, oil and pepper and toss.

Directions: Preheat oven to 400°F. Line one or two baking sheets with parchment paper or lightly grease. In a large bowl, add all of the ingredients and toss to combine. Lay squash slices on the baking sheet in an individual layer. (If the pieces are touching, it will take longer to bake) Bake for 25-35 minutes or until golden brown and beginning to crisp on the edges, turning pieces over halfway through. Enjoy!

Serve with GARLIC GINGER BOK CHOY

Adapted from [Elana's Pantry](#)

- 1¼ pounds baby bok choy
- 1 tablespoon fish sauce (Red Boat Brand)
- 1 tablespoon coconut nectar
- 1 tablespoon toasted sesame oil
- 1 tablespoon arrowroot powder
- 2 tablespoons olive oil
- ½ teaspoon celtic sea salt
- 10 scallions, finely sliced
- 2 large cloves garlic, thinly sliced
- 1½ inch piece ginger, thinly sliced

Directions: Slice bottoms off baby bok choy. Slice bok choy into lengthwise strips ½-inch wide (like long noodles). In a small bowl, combine fish sauce, coconut nectar, sesame oil and arrowroot. Make a paste-like slurry dissolving the arrowroot. Heat olive oil in a large skillet over medium heat. When oil is hot, add bok choy and salt. Cook, tossing frequently with metal tongs until slightly wilted. Add scallions, ginger and garlic and stir constantly until fragrant. Stir in sauce and quickly mix with vegetables, until thickened. Serve right away, while hot

## **WILTED SPINACH AND SPICED CHICKEN**

From Clean Chef Franky G

Serves 1

- 1 4-5 ounce chicken breast (vegetarians can use ½ cup cooked chickpeas)
- 1-2 tablespoons olive oil
- 2 teaspoons ground paprika
- 1 teaspoon cumin seeds
- ¼ teaspoon ground coriander seed
- 2 tablespoons sliced red onions
- 1 ripe mango, peeled and cut into large chunks
- 2 large handfuls of fresh spinach
- 1 tablespoon lemon juice
- 1 teaspoon sea salt

Directions: Preheat oven 350°F. Place the chicken breast in a baking dish, coat with olive oil, sea salt, paprika, cumin and coriander. Bake for 12 minutes or until fully cooked (check with a fork). Remove from the oven and let it cool on a cutting board, once the chicken is slightly cooled, cut into thin pieces. Meanwhile, heat a large saute pan over medium-high heat with 1 tablespoon of coconut oil and gently cook the onions for 2-3 minutes, stirring continuously. Add the mango and cook until warmed through. Add in the sliced chicken breast, gently toss then add in the spinach and lemon juice. Cover the pan and allow the spinach to steam. Sprinkle in a touch of sea salt and serve immediately.

## **SHEPHERD'S PIE WITH LAMB**

From the Clean Team

This can be made with lentils or lamb depending on your preferences.

Serves 4

Top layer

- 1 medium head of cauliflower
- 1-2 garlic cloves minced
- 2 tablespoons coconut oil, melted
- ¼ cup unsweetened, plain almond, rice or coconut milk
- salt and pepper to taste
- optional, but tasty: chives or other fresh herbs

Directions: Preheat oven to 400°F. Chop cauliflower into florets. Steam until tender. Put in blender or food processor with garlic, coconut oil. Puree until smooth. Slowly add milk until proper consistency - smooth, but still thick. Add salt and pepper to taste. Set aside.

Meat filling

- 1 pound ground lamb
- 3 tablespoons coconut oil
- 2 cloves garlic minced
- 1 medium onion, chopped
- 6 ounces baby bella or cremini mushrooms, sliced
- 1 large carrot chopped
- 1 celery stick, chopped

- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried
- 1 tablespoon fresh parsley
- 1 tablespoon coconut flour or almond flour
- $\frac{3}{4}$  cup chicken, vegetable or mushroom stock
- 2 tablespoons wheat-free tamari
- dash of balsamic vinegar

Directions: Heat oil on medium in a large skillet. Add onions and saute until translucent. Add carrots, garlic, mushrooms and celery. Saute until they start to soften. Add lamb and saute for 5-10 minutes or until the meat starts to brown. Stir in the coconut or almond flour. Add broth and herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes until liquid reduces and sauce starts to thicken. Stir in tamari and balsamic vinegar at the end. Add salt and pepper to taste. Put meat and vegetable mixture in a casserole dish. Spread the mashed cauliflower over the top. Bake for 35 minutes.

## LUNCH: VEGETARIAN PROTEIN

### VEGETARIAN NORI ROLLS WITH NUT "RICE"

From the Clean Team

- 1 cup soaked sunflower seeds
- 1 cup walnuts, soaked in pure water for 2 hours
- ¼ red onion
- chopped fresh herbs
- 1 packet of nori wraps
- 1 carrot, cut into very thin strips
- 1 cucumber, peeled, seeded, and cut into thin strips
- ½ avocado, cut into strips
- ¼ red cabbage, finely shredded
- sprouts
- wheat-free tamari
- wasabi
- fresh ginger
- 1 tablespoon apple cider vinegar
- 1 tablespoon water

Directions: To make the "rice," place the sunflower seeds, walnuts, onion, and herbs in a food processor. Process for 2 minutes, or until nut mixture has the consistency of rice. Set aside. Thinly slice the ginger and marinate in vinegar and water. Take a sheet of nori and spread one-fourth of the rice mixture onto it. Lay carrot, cucumber, red cabbage, avocado, and sprouts over it. Roll the nori up tightly, using a sushi mat if you have one. Cut the roll into about six pieces, using a sharp knife. Repeat for three more nori sheets. Serve wraps on a platter with ginger, wasabi, and wheat-free tamari.

### VEGETABLE LASAGNA WITH CASHEW CHEESE

From [Clean Chef Franky G](#)

Noodles

- 2 medium sized summer squash OR zucchini , cut into wide strips that are roughly ¼ inch thick (sliced lengthwise)
- sea salt, a few sprinkles
- freshly ground black pepper

Vegetables

- 2 portobello mushrooms, gills scooped out with a spoon, sliced into ½ inch thick strips
- 2 cups crimini (or white) mushrooms, sliced
- 1 medium zucchini, cut into ¼ inch thick rounds
- 1 leek, the bottom white part only, sliced into ¼ inch rounds
- 2 garlic cloves, peeled and minced
- 1 bunch of swiss chard, de-stemmed and roughly chopped

Sauce

- 1 cup cashews
- juice of 1 lemon

- 1 heaping tablespoon gluten-free miso paste
- 1 teaspoon garlic granules
- 1-2 teaspoons sea salt

Directions: Preheat oven to 350°F. To make the noodles, we like using a knife to slice the squash since these are being steamed, and need to be slightly thicker than if you were to use a vegetable peeler. If you do use a vegetable peeler or mandoline, be careful when moving the papery-thin noodles, since steaming will make them very delicate and they'll tear easily. Place the long summer squash slices into a bowl and toss with a fair amount of sea salt and black pepper, enough to coat. Transfer to a saute pan with a ¼ cup of water. Cover the pan and gently steam until just tender (when you can lightly pierce with a fork). Remove from heat and allow to cool to room temperature, uncovered. In another saute pan, melt a tablespoon of coconut oil over medium high heat. Add the leeks and cook for 2-3 minutes before adding the sliced mushrooms and zucchini. Cook for an additional 3-4 minutes then add the garlic and chard. Use tongs to gently swirl in the pan so the chard wilts without browning. Season with sea salt (to taste) and set aside.

For the sauce, place the cashews in a high speed blender with the other sauce ingredients (lemon juice, miso, garlic powder, and sea salt). Slowly drizzle in up to ½ cup of water as needed to create a smooth, creamy, cheese-like sauce. It's best to keep it on the thicker side so it stays put between the layers when baking. Use a medium (a square 8x8 works well) sized pan (anything you'd normally make lasagna in). Now create your layers. Spread a small amount of sauce on the bottom of the pan. Lay out a layer of long steamed squash pieces, side by side. Spread some cashew cheese sauce over those pieces as consistent as you can and thick as you like. Sprinkle the vegetable mixture over the cheese layer. Add another layer of cashew cheese. Repeat until all the ingredients are used up. There's really no wrong way, some people layer the long squash "noodles" first, it's up to you really; any way you do it will turn out delicious! To finish: bake in the oven for 30 minutes, check for cashew cheese browning on the top, and all layers softening and melting together. Let it cool a tiny bit, until you can slice it with a sharp knife (serrated steak knives often work best for this) into squares and then lift onto plates with a spatula. Don't be alarmed if it falls apart a bit. . .it'll still taste incredible!

## **SHEPHERD'S PIE WITH LENTILS**

From the Clean Team

This can be made with lentils or lamb depending on your preferences.

Serves 2-4

Top layer

- 1 medium head of cauliflower
- 1-2 garlic covers minced
- 2 tablespoons coconut oil, melted
- ¼ cup unsweetened, plain almond, rice or coconut milk
- salt and pepper to taste
- optional, but tasty: chives or other fresh herbs

Directions: Preheat oven to 400°F. Chop cauliflower into florets. Steam until tender. Put in blender or food processor with garlic, coconut oil. Puree until smooth. Slowly add milk until proper consistency - smooth, but still thick. Add salt and pepper to taste. Set aside.

Vegetarian filling:

- 2 cups cooked or canned lentils
- 3 tablespoons coconut oil

- 2 cloves garlic minced
- 1 medium onion, chopped
- 6 ounces baby bella or cremini mushrooms, sliced
- 1 large carrot chopped
- 1 celery stick, chopped
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried
- 1 tablespoon fresh parsley
- 1 tablespoon coconut flour or almond flour
- $\frac{3}{4}$  cup vegetable or mushroom stock
- 2 tablespoons wheat-free tamari,
- splash of balsamic vinegar

Directions: Heat oil on medium in a large skillet. Add onions and saute until translucent. Add garlic, carrots, mushrooms and celery. Saute until they start to soften. Add lentils, coconut or almond flour, broth and herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes until liquid reduces and sauce starts to thicken about 10 minutes. Stir in tamari and balsamic vinegar at the end. Add salt and pepper to taste. Put lentil and vegetable mixture in a casserole dish. Spread the mashed cauliflower over the top. Bake for 35 minutes.

# RECIPES

## CLEANSE BREAKFAST AND DINNER SHAKES

### BECKY'S MORNING SHAKE

From the Clean Team

- 8 ounces of water
- 3-4 ounces of nut or hemp seed or rice milk (unsweetened)
- ½ of an avocado
- 2 teaspoons organic almond butter
- a pinch of sea salt
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed
- optional: sweetener to taste (stevia)
- optional: 1 tablespoon carob or raw cacao powder

Directions: Blend until smooth and creamy.

### PUMPKIN PIE SMOOTHIE

Adapted from [Tasty Yummies](#)

- ¾ cup cooked pumpkin (you can use canned, but fresh is much better)
- 1½ cups unsweetened organic vanilla almond milk
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon fresh ginger, finely minced
- 2-3 Medjool dates, pits removed (soak first if they aren't soft)
- optional: small handful of raw pecans to make it even more creamy.

Clean additions:

- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Add all of your ingredients to the blender. Puree until smooth and creamy. If your pumpkin and/or almond milk isn't cold, you could add a handful of ice, although this may make it less creamy. You can also add a splash of water or additional almond milk if your smoothie is too thick. Top with a sprinkle of cinnamon and/or nutmeg.

### KEEPIN' IT SMOOTH

From Clean community members James and Anneliese

- 1 avocado
- 5 ounces frozen peaches
- 1 handful of raspberries
- 1 handful of hemp seeds
- unsweetened almond milk

- 2 dates
- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend and Enjoy!

### **SPICE IT UP SHAKE**

From Clean Chef Franky G

- 2 cups almond milk (fresh or store-bought)
- 1 cup frozen raspberries
- 1 tablespoon carob powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg (freshly grated is the best, but you can use the already ground powder too)
- ¼ teaspoon stevia
- pinch of sea salt

Directions: Blend and enjoy!

### **FAVORITE GREEN SHAKE**

From the Clean Team

- 3 cups spinach
- 1 cup frozen blueberries (or raspberries, blackberries, mangoes, papaya, etc.)
- 1 tablespoon flax oil
- 1 tablespoon maca powder
- 1 tablespoon spirulina or 1 scoop CleanGreens
- 1 cup almond milk
- 2 dates or a few drops of stevia to taste

Directions: Blend until creamy.

### **ALBERT'S FAVORITE SHAKE**

From the Clean Team

- unsweetened almond milk
- a handful of blueberries
- ¼-½ of a mango
- handful of pineapple
- 1 tablespoon CleanGreens
- 1 tablespoon raw cacao powder
- optional: 1 tablespoon coconut oil
- 1 packet Cleanse Shakes Vanilla (or other protein powder)

Directions: Blend and enjoy!

## **MORNING MOCHA**

From Clean community members James and Anneliese

- 1 cup strong teccino
- 2 tablespoons cacao powder
- 1 handful of raw almonds
- stevia to taste
- 1 tablespoon vanilla extract
- 1 packet Cleanse Shakes Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend and enjoy!

## **SEXY CILANTRO SHAKE**

From the Clean Team

- 1 cup rice/nut/seed milk
- 1 cup coconut water
- 1 cup papaya (fresh), peeled and diced
- 1 cup fresh cilantro leaves
- ½ cup fresh or frozen mango or peaches
- 3 dates OR stevia to taste

Directions: Blend all ingredients together until smooth. It's been shown that cilantro is incredibly detoxifying and can help pull metals from the body, so drink up, especially if you live in a city, have mercury fillings, or drink tap water!

## **MANGO PEACH LASSI**

From Clean community members James and Anneliese

- 1 large nectarine
- 1 mango, flesh removed from skin - discard skin
- ice
- coconut milk
- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy.

## **BRILLIANTLY BEET SMOOTHIE**

Adapted from [Diet, Dessert and Dogs](#)

- 1 medium beet, baked until soft, peeled and cut in chunks
- 1 cup mixed fresh or frozen berries
- 3 large or 4 medium kale leaves
- ½ medium cucumber, peeled and cut in chunks
- juice of ½ lime
- 1 cup vanilla almond or hemp milk (unsweetened)
- 5-10 drops (or 1 packet dry) stevia

Clean additions:

- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Place all ingredients in a high powered blender and blend until smooth. (Note: If you use fresh berries, you may wish to add 1-2 ice cubes for a cold smoothie.). Drink immediately. Makes 1 large or 2 small servings.

### **SWEET GREEN SMOOTHIE**

From the Clean Team

- 8 ounces water
- 2 giant handfuls of spinach
- 1 mango, peeled and diced
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth and enjoy this amazing and detoxifying meal.

### **PEACH APPLE COBLER**

From the Clean Team

Crust and filling mixed all together in a creamy shake. . . Yum.

- ¼ cup pecans (whole or crushed)
- 1 cup coconut water
- 2 apples (any variety), cored and sliced into chunks (if organic, leave the peel on for added fiber and nutrients)
- 1 cup frozen or fresh peaches
- 1 tablespoon fresh lemon juice
- 2 teaspoons vanilla powder or extract
- 1 teaspoon cinnamon
- ½ teaspoon ginger powder
- Pinch of sea salt

Directions: Blend all ingredients together until creamy and enjoy!

### **EURO NUT**

From Clean community members James and Anneliese

- 1 tablespoon vanilla extract
- 2 dates or stevia to taste
- 2 tablespoon raw cacao
- 2-4 tablespoon hazelnut butter
- unsweetened coconut milk
- ice
- 1 packet Cleanse Shakes Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy!

## **KAYA'S FAVORITE SHAKE**

From the Clean Team

- 1 cup almond milk
- ½ cup of frozen blueberries or raspberries
- 1 tablespoon of organic raw coconut butter
- 1 tablespoon of CleanGreens
- ½ cup matcha green tea (as the base)
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend it up, baby!

## **COCONUT CHAI SHAKE**

From the Clean Team

- 1 cup coconut milk (unsweetened)
- 1 tablespoon vanilla extract
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- a pinch of allspice
- 2 tablespoons almond or cashew butter
- ¼ cup shredded coconut
- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until smooth and creamy.

## **CHOCOLATE COVERED BLUEBERRIES**

From the Clean Team

- 1 large handful of frozen blueberries
- 1 handful of spinach
- dash of cinnamon
- 1 tablespoon of raw cacao
- 2 tablespoons almond butter
- ½ coconut milk and ½ coconut water (as much as you need for your blender) or you could replace the coconut water with green tea. Raspberry green tea (cold) was delicious!
- dash of stevia as needed
- 1 packet Cleanse Shakes Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend and enjoy!

## **THE PITS**

From Clean community members James and Anneliese

- 4 peaches
- 1 avocado
- 12 cherries, pitted

- ice
- unsweetened almond milk (enough for desired consistency)
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend it up, baby!

### **ALMOND BUTTER AND JELLY SHAKE**

From the Clean Team

- 1 to 1½ cups almond milk
- 1 handful of frozen blueberries
- 1 to 2 tablespoons of almond butter (or cashew butter)
- optional: 1 small handful of cherries, pitted
- a handful of ice
- 1 packet Cleanse Shakes Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy and delicious!

### **GREEN ENERGY SMOOTHIE**

Adapted from [Healthful Pursuits](#)

- 1 cucumber, seeded and sliced
- 3 cups raw spinach
- 2 cups honeydew melon, cubed [about ½ a medium sized melon]
- 1 cup organic green tea
- 1 teaspoon lemon juice
- ½ inch fresh ginger root

Clean additions:

- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend and Enjoy!

### **JOHN H'S FAVORITE SHAKE**

From the Clean Team

- ½ cup frozen blueberries
- 2 dashes cinnamon
- 1 tablespoon almond butter
- 8 ounces of water
- 1 packet Cleanse Shakes Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy!

## **MALTED "MILK" SHAKE**

From the Clean Team

- 1 cup coconut water
- ½ cup coconut meat (either from a young Thai coconut or organic shredded dried coconut flakes and an additional ½ cup water)
- 1 tablespoon almond butter
- 3 dates, pitted OR a few drops of stevia to taste
- 1 teaspoon vanilla extract
- pinch of sea salt
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth and enjoy!

## **PEACHES AND CREAM SHAKE**

From Clean Chef Franky G

Healthy fats from the coconut milk make this a creamy and energizing breakfast (or dinner) while cleansing or anytime you want a delicious treat.

- 1 cup frozen peaches
- 2 cups whole fat coconut milk
- 2 teaspoon pumpkin pie spice (most health food stores have this in bulk, but you can also use a mix of cinnamon, nutmeg and allspice)
- 1 teaspoon freshly grated ginger
- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed
- optional: Top with a few sprinkles of toasted (or raw) coconut for extra crunchy treat.

Directions: Blend until smooth and creamy.

## **JOHN R'S FAVORITE SHAKE**

From the Clean Team

- Warm tea (i.e. pau d'arco, gynostemma) as base
- 2 tablespoons coconut oil
- ¼ avocado
- a couple dashes cinnamon
- dash of stevia
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy.

## **PEAR GINGER SHAKE**

Adapted from [Guilty Kitchen](#)

- 1 Bartlett pear, cored but left unpeeled (If using Bosc, peel first)
- juice of ½ a lime
- small chunk fresh ginger, peeled and grated

- dash of cinnamon or cardamom (or both)
- ½ teaspoon vanilla extract
- ½ cup coconut milk
- ½ cup crushed ice (optional)

Clean additions:

- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy!

## **CINNAMON ROLLS FOR BREAKFAST**

From the Clean Team

Well, sort of! Imagine this treat without any guilt and in a glass!! This is delicious, nutrient rich and protein packed with just the right amount of spice!

- ½ cup almonds and 1 cup water OR 1 cup almond milk (unsweetened)
- 1 cup coconut water
- 1 teaspoon cinnamon
- 1 pinch sea salt
- 2 teaspoons vanilla extract or powder
- 3 pitted dates
- 1 tablespoon pecans
- stevia to taste
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth and creamy.

## **LOVE YOUR BELLY**

From the Clean Team

This is amazing for your digestion and getting things “moving” through the intestines, and it’s delicious as well!

- 1 large aloe vera leaf, scrape the flesh out as close to the skin as possible OR 2 ounces aloe juice or gel (you can buy it in any health food store in the supplement section)
- 1 cup coconut water OR 1 cup nut/rice/hemp milk
- 1 cup organic fruit of your choice, frozen (blueberries, raspberries, blackberries, mangoes, papaya, peaches)
- 1 lemon, juiced
- 2 handfuls of spinach, kale, chard, or any mix of organic greens
- stevia to taste

Directions: Blend all ingredients except the aloe until smooth. Add the aloe in at the end and pulse for two seconds.

## **SWEET PROTEIN SHAKE**

From the Clean Team

- 1 cup nuts (pecans, walnuts, or almonds)
- Your choice of rice/almond/hemp seed milk (just enough to cover nuts in the base of the blender)

- 5-10 drops stevia extract (to taste)
- 1 teaspoon vanilla extract
- 2-3 cups frozen fruit (blueberries, raspberries, blackberries, mangoes, papaya, peaches)
- 1 apple
- 1 ripe pear
- water OR brewed and cooled herbal tea (like ginger, raspberry, lemon, rooibos, green, yerba mate, etc.) OR coconut water (just enough to blend to desired consistency)
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth.

### **GINGER PEACH SMOOTHIE**

Adapted from [Girl Cooks World](#)

- 1 ripe peach, halved and pit removed
- ½ inch piece ginger, grated
- ½ cup coconut water
- ½ cup coconut milk
- 1 cup ice cubes

Clean additions:

- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Place all ingredients in a blender and blend until smooth.

### **CASHEW CREAM SMOOTHIE**

From the Clean Team

- 1 handful cashews
- 1 cup coconut water OR nut/rice/hemp seed milk of your choice
- 2 handfuls mixed berries (fresh or frozen: blackberries, blueberries, raspberries)
- 1 ripe mango, pitted and diced
- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients together until creamy with a pinch of sea salt and enjoy!

### **DETOXIFYING DANDELION SHAKE**

From the Clean Team

- 3 cups dandelion greens
- 2 cups coconut water
- 1 mango, peeled and cubed
- 1 peach (fresh) OR 1 cup frozen peaches
- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until smooth.

## **GREEN SUPERWOMAN SHAKE**

Adapted from [Healthful Pursuit](#)

- 1 cup unsweetened almond milk
- 1 cup spinach
- 1 tablespoon cacao powder
- 1 tablespoon almond butter
- 1 tablespoon coconut oil
- stevia to taste
- 1 teaspoon spirulina
- 1 cup frozen mixed berries
- 3-6 ice cubes

Clean additions:

- 1 packet Cleanse Shakes Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend for 30 seconds or until creamy.

## **MANGO CARDAMOM BLAST**

From the Clean Team

- 2 ripe mangoes, peeled and cut into pieces
- 1 cup coconut water
- 2 tablespoons dried and shredded coconut flakes
- zest and juice of 1 lime
- ½ teaspoon cardamom powder
- handful of ice cubes (optional)
- garnish with lime zest and freshly ground black pepper
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend it up!

## **BERRY PROTEIN SHAKE**

From the Clean Team

- 1 cup nut/rice/hempseed milk of your choice (either homemade with ½ cup nuts and 1½-2 cups water, or unsweetened from the health food store)
- 1 cup fresh or frozen blueberries
- 1 cup fresh or frozen raspberries
- ½ cup fresh or frozen blackberries (optional)
- 3 pitted dates
- 1 teaspoon vanilla
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth.

## **CARAMEL APPLE GREEN SHAKE**

Adapted from [Healthful Pursuit](#)

- 1 cup almond milk
- 1 frozen apple
- 2 tablespoon unsweetened SunButter
- 2 cups spinach
- 2 medjool dates, pitted
- ¼ teaspoon pure vanilla extract
- ¼ teaspoon ground cinnamon
- pinch salt
- 2 ice cubes

Clean additions:

- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Place in your blender in the order of the ingredients listed, then blend for 30 seconds or until smooth.

## **AVOCADO, GINGER, LIME SHAKE**

From Clean Team

Creamy, nutrient packed, satiating and delicious!!

- 1 avocado, pitted and diced
- 1 large apple (any variety), cored and quartered
- juice of 1 lime
- 1 inch cube of ginger, peeled and minced OR 1 teaspoon ginger powder
- 1 cup coconut water OR nut/rice/hemp seed milk of your choice
- optional: a handful of ice cubes
- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend all ingredients until smooth.

## **PATRICIA'S FAVORITE SHAKE**

From the Clean Team

- coconut water
- 1 cup fresh (or frozen) berries
- 1 tablespoon unsweetened SunButter
- 2 dates
- 1 cup of spinach or kale
- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until creamy and delightful!

## **CARROT CAKE SMOOTHIE**

Adapted from [Diet, Dessert and Dogs](#)

- 2-6 leaves spinach leaves
- 1 large carrot, steamed
- 1 tablespoon lemon juice
- ½ cup fresh or frozen pineapple chunks
- 1 tablespoon unsweetened shredded coconut
- 2 tablespoon raw walnut pieces
- ½-inch piece fresh ginger, peeled
- 7-10 drops plain or vanilla stevia liquid, to your taste
- 1 teaspoon cinnamon
- 1 cup unsweetened almond, rice or hemp milk

Clean additions:

- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Combine all ingredients in a high-speed blender and blend until perfectly smooth, scraping down sides a couple of times if necessary (for a cold smoothie, add 2-3 ice cubes). Pour into a large glass and garnish with a sprinkle more cinnamon, if desired.

## **GREENA COLADA SHAKE**

From [Elana's Pantry](#)

- 1 large cucumber, peeled and chopped
- ¼ cup water
- ½ cup parsley
- ½ cup frozen pineapple chunks
- 1 tablespoon coconut oil
- 5 drops stevia
- 4 ice cubes

Clean additions:

- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Place cucumber and water in a blender and process on high until liquid. Add parsley, pineapple, coconut oil, stevia and ice and blend until smooth.

## **THE GRASSHOPPER SHAKE**

From the Clean Team

- 1½ cups warm peppermint tea
- 1 heaping tablespoon cacao powder (You can use carob or unsweetened Dutch chocolate powder instead of cacao if you want)
- 1 tablespoon melted coconut oil
- 2 tablespoon whole cashews
- 2 teaspoons spirulina (you can use CleanGreens, chlorella or any green powder)
- ¼ teaspoon stevia
- pinch of sea salt

Optional:

- 1 packet Cleanse Shakes Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Pour the warm tea into a blender. Add cacao powder, cashews, spirulina, salt and stevia and blend for 45 seconds or until cashews are broken down. While blending, drizzle in the melted coconut oil. Serve in a mug for a nourishing and warm drink.

### **CALCIUM-RICH CRANBERRY SMOOTHIE**

Adapted from [Diet, Dessert and Dogs](#)

- 1 cup unsweetened almond, rice or hemp milk
- ½ cup cranberries, fresh or frozen
- ½ pear, cored (you can keep the skin on)
- 2 tablespoon sesame seeds
- 2 tablespoon raw almonds
- 1 1-inch piece of fresh ginger, peeled
- 15-25 drops plain or vanilla liquid stevia, to taste

Clean additions:

- 1 packet Cleanse Shakes Vanilla (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Place all ingredients in a blender and blend until smooth. Drink immediately.

### **ROBERT'S FAVORITE SHAKE**

From the Clean Team

- 1 tablespoon CleanGreens
- frozen blueberries
- lacinato kale (washed, stems removed)
- unsweetened almond milk or hemp milk (enough to make it "pour-able")
- 1 tablespoon almond butter (optional)
- 1 packet Cleanse Shakes Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Blend until smooth.

### **PURPLE HAZE SMOOTHIE**

From the Clean Team

- 6 ounces blackberries
- 2 cups of pineapple (fresh or frozen)
- water (just enough to blend- it's best thick and creamy)
- 1 packet Cleanse Shakes Vanilla or Chocolate (or other protein powder)
- optional: 1 tablespoon ground flax seed

Directions: Put all ingredients in the blender and mix until smooth

# RECIPES

## CLEANSE LUNCH

### ANIMAL OR FISH PROTEIN

#### FISH TACOS

From the [Clean Chef Franky G](#)

Serves 2

#### FISH

- 8-12 ounces firm white fish (hake, halibut, cod)
- ½ cup coconut milk
- ¾ cup shredded coconut
- 1 tablespoon curry powder
- 1 teaspoon sea salt

#### PICKLED RED ONIONS

- 1 small red onion
- 2 tablespoons brown rice vinegar
- 1 tablespoon coconut nectar
- pinch sea salt

Directions: Prepare this ahead of time if possible, by thinly slicing the red onion to mix in a bowl with the vinegar, coconut nectar and sea salt. Allow to marinate or “pickle” for up to 24 hours if you can. If you’re short on time, an hour is fine too, it just won’t have the same zing to it!

#### MANGO SALSA

- 1 ripe mango, peeled and diced into ½ inch cubes
- ⅛ cup cilantro, roughly chopped
- 2 teaspoons grated ginger root (peeled)
- fresh squeezed juice and zest of 1 lime

#### TACOS

- 4 large lettuce leaves (as shells), any kind works, we like romaine best!

Directions: Skin the fish and cut into ½ thick slices. Dunk each piece in the coconut milk, then into the curry-coconut mixture. Coat all the sides of the fish with the mixture until they’re well covered. Cook each mixture in coconut oil over medium heat until both sides brown up (flipping in the middle of the cooking), the crumbs are golden and fish is cooked through. You could also bake in the oven at 350°F for 10-15 minutes if you prefer.

Make the mango salsa by blending the mango pieces, cilantro, ginger and fresh lime juice and zest together in a blender, leaving a few of the mango chunks out if you want some extra texture. To serve, lay out 4 large lettuce leaves. Fill each leaf with the cooked fish. Apply generous dollops of the mango salsa, then top with the pickled red onions. If you’re a fan of extra spice, sprinkle with chipotle or chili powder for added kick.

## **MANGO AND CHICKEN WITH WILD RICE**

Adapted from [The Healthy Foodie](#)

Serves 2

- 1/3 cup wild rice
- 1/2 cup brown basmati rice
- coconut oil
- 2 small boneless skinless chicken breasts, cubed
- 1 small onion, diced
- 1/2 mango, diced
- juice of half a lemon
- 1 tablespoon rice vinegar
- 1 tablespoon coconut nectar
- salt and pepper to taste
- generous pinch hot pepper flakes
- 1/4 cup fresh parsley, chopped

Directions: Soak the wild rice in cold water for an hour prior to cooking. Rinse wild rice and basmati rice, add to saucepan with 2 cups of water and 1/2 teaspoon salt. Bring to a boil then reduce heat and simmer for 50 minutes or until all water has evaporated. Meanwhile, coat a skillet with coconut oil and heat over medium-high heat. When pan is hot, add chicken, sprinkle with salt and pepper and cook for 5 minutes, then turn each piece to cook the other side. Add onion, cook for 2-3 minutes, until golden, then add mango, lemon juice, vinegar, hot pepper flakes and coconut nectar. Toss in rice and parsley. Stir and serve immediately.

## **STEAMED BURGERS WITH KIMCHEE**

From the Clean Team

Serves 4

- 1 pound ground meat (you can use ground lamb, chicken, turkey, duck, water buffalo, bison or venison)
- 1 tablespoon dijon mustard
- 1/4 cup dried parsley flakes
- 5-8 white button mushrooms (or any kind you want)
- lettuce leaves
- dijon mustard
- kimchee
- empty tuna cans
- large pot
- steamer basket to fit in pot

Directions: Pulse the ground meat, mustard and parsley in a food processor until well combined and sticking together. In the empty tuna fish cans, pack a small handful of meat into a burger shape and place them on the steamer basket (you can stack them in a pyramid shape, as long as there's some air flow around each can) over boiling water and cover the pot. It takes about 10-15 minutes, but check the insides with a fork or knife until they're cooked to your liking. Slice the mushrooms and saute in olive oil until tender and brown. Remove from heat. When the burgers are done, drain the excess liquid from each can (be careful, the steam and cans are hot!). Use the lettuce leaves as your buns, and layer the condiments with the cooked burgers. Kimchee is a great addition not only for taste, but the enzymes and alive nature of the fermented food helps digest anything cooked or with meat!

## **SWEET AND SOUR CHICKEN WITH MIXED GREENS**

From the Clean Team

Serves 2

- ½ cup wheat free tamari or nama shoyu or coconut aminos
- ½ cup apple cider vinegar or balsamic
- ¼ cup coconut nectar
- 2 large garlic cloves, peeled and minced
- A knob of fresh ginger (roughly 1½ inches), peeled and minced or 1 teaspoon ginger powder
- 2 chicken breasts, sliced into long strips about 3" long and ½" thick
- 1 teaspoon sesame seeds

Directions: Over low heat in a pan mix the first five ingredients until you have a smooth and thick sauce, roughly 12 minutes. Lay chicken pieces in the sauce and cook, stirring frequently, until cooked through (about 12-15 minutes). Add pieces to bowls of mixed greens, pour the remaining sweet and sour liquid equally over each bowl. Sprinkle with sesame seeds and serve. This works well warm or chilled.

## **KEFTA KABOBS WITH LAMB**

Adapted from [She Cooks, He Cleans](#)

Serves 4-6

- 2 pounds ground lamb
- 1 onion, grated onto paper towels to adsorb excess moisture
- 2-3 garlic cloves, minced
- ½ teaspoon cinnamon
- 1 teaspoon Ras-el-Hanout (from The Spice House, but you can also blend your own.)
- 1 teaspoon kosher salt
- ½ teaspoon cumin
- several grindings black pepper
- a small bunch of cilantro, finely chopped (about 3 tablespoons)
- a small bunch of flat-leaf parsley, finely chopped (about 3 tablespoons)
- veggies for skewers such as zucchini and onion
- brown rice

Directions: Mix the ground meat with all the other ingredients; knead vigorously, until very smooth and pasty. Cover and chill in the refrigerator for 1-2 hours. Wet your hands and divide the meat into golf-ball sized balls. This will make 24-30 balls. Alternatively you can shape the meat into mini-burgers (tangerine-sized balls). Press the meat balls firmly around square-bladed skewers, and mold into a sausage-link shape. (If your meat balls are too large, they will just fall off. Trust me.) Prepare a grill for direct cooking at around 400°F. When the coals are ready, grill the kabobs for 4-5 minutes each side, turning once or twice, until browned. Be careful not to overcook or the meat may dry out. Serve immediately. To the skewers added veggies of your choice such as zucchini and onion.

Serve with BROWN RICE. From the Clean team

- 2¾ cup water
- 1 cup rice

Directions: Bring to a boil and then reduce to a simmer and cover. Cooks in 35 minutes.

## **ASIAN TURKEY LETTUCE WRAP**

From the Clean Team

Serves 4

- 1 pound ground turkey
- 2 tablespoons coconut oil
- 2 carrots, finely chopped or grated
- 3 cloves garlic, minced
- 2 tablespoons fresh ginger, peeled and grated
- 1 teaspoon Chinese 5 spice powder
- 2 tablespoons wheat-free tamari
- 2 tablespoons rice wine vinegar
- 1 tablespoon coconut nectar
- 1 can water chestnuts, chopped
- 1 head Boston, bibb lettuce or endive
- chopped cilantro
- 2 green onions, chopped

Directions: Melt coconut oil in a medium skillet over medium-high heat. Add carrots and saute for several minutes. Add garlic, ginger, turkey and Chinese 5 spice to the pan and saute until turkey is cooked through - about 3 to 5 minutes. Add water chestnuts and cook for 3 more minutes. Stir in tamari, vinegar and nectar. Cook for a couple more minutes, stirring well to thoroughly combine. Put one scoop of turkey mixture into lettuce leaves. Top with green onions and cilantro.

## **WHITEFISH SALAD**

From the Clean Team

If you can find smoked sea salt (especially alderwood smoked), it works best here, imparting a delicious taste reminiscent of smoked whitefish traditionally served on bagels like lox. Serve on brown rice wraps or gluten free bread with the lettuce or over any mixed salad.

- 2 fillets of any whitefish (halibut, cod, sea bass, hake, durade, etc.)
- ¼ cup almonds
- 2 shallots, peeled and diced
- 2 teaspoons sea salt (smoked alderwood or any smoked sea salt if you can find it works best)
- 1 tablespoon olive oil
- A splash of almond or rice milk, just enough to give it the right consistency
- ¼ cup dried cranberries, unsweetened
- 2 handfuls of lettuce, shredded

Directions: Steam or broil the fish until cooked through (about 10 minutes depending on heat source, check inside with a fork as it cooks). Discard the skin and mash the fish in a bowl with the almonds, shallots, sea salt, olive oil and cranberries. Add enough nut or rice milk to give it a chicken salad consistency. Serve with lettuce or mixed greens, in a salad, wrap or sandwich.

## LAMB OR LENTIL TACOS

From [Clean Chef Franky G](#)

Serves 2

### FILLING

- 2 tablespoons coconut oil
- 4 ounces ground pasture-raised lamb (flatten into 1 large round, roughly 1/2 inch thick) or 1 1/2 cups lentils
- 1 medium sized summer squash (yellow and/or zucchini)
- 1/4 cup minced onions + another 2 tablespoons for garnish
- 1 garlic clove, peeled and minced
- 1 tablespoon fajita/taco seasoning\*
- sea salt to taste

\*Check and make sure there's no sugar in the seasoning. Jenny's tip is that the Indian spice Rogan Josh makes a delicious variation if you can't find a "clean" taco seasoning.

### GARNISH

- 2 tablespoons minced red onions
- freshly chopped cilantro (a few tablespoons)
- freshly made guacamole
- handful of sprouts (optional)

### TACO SHELLS

- romaine lettuce and/or brown rice tortilla wraps (these will be soft tacos)

Directions: Heat a large saute pan over high heat. Melt the coconut oil and continue to heat until lightly smoking. Add the lamb and allow one side to brown for 3 minutes before flipping over. Once the lamb is flipped, add the summer squash (and/or zucchini), garlic, onion, and taco seasoning. Stir vigorously to incorporate all the ingredients. Continue to cook until the lamb is cooked through and the vegetables are soft. Season to taste with sea salt. To serve: Lay a few romaine leaves or brown rice tortillas on a plate. Cover with the lamb and vegetables. Top with the additional 2 tablespoons red onions and cilantro. Smear the shell edges with guacamole and garnish with optional fresh sprouts. Enjoy!

## PERFECT ROASTED CHICKEN WITH ROOT VEGETABLES

From the Clean Team

Serves 4 to 6

One of our favorite fall and winter meals is a local, pastured chicken roasted with some veggies. Nourishing comfort food at its best. You can use the bones for making a soup broth. 2 meals in one!

- 1 4 to 5 pound pastured whole chicken
- fresh sage
- fresh rosemary
- fresh thyme
- 1 small onion, coarsely chopped
- 1 lemon, coarsely chopped
- Veggies of your choice: Carrots, parsnips, mushrooms, onions, beets, squash, leeks - whatever veggies you like. Root vegetables will probably withstand the roasting process better. Use enough veggies to cover the bottom of a roasting pan.
- olive oil

- salt
- pepper

Directions: Preheat the oven to 475°F. Two hours before roasting, remove chicken from the refrigerator to bring to room temperature. Remove any organs from the cavity. Rinse chicken and pat inside and out really dry. Generously season inside the cavity with salt and pepper. Fill cavity with onion, lemon and a few sprigs of herbs. Prepare vegetables, leaving in fairly large chunks. In a large bowl, toss with 2-3 tablespoons olive oil plus salt and pepper. Spread in a large roasting pan. Slip hand under the skin of the chicken over the breasts (and legs if you can wiggle your hand in without ripping the skin). Place several sprigs of sage, rosemary and thyme under the skin. Drizzle a small amount of olive oil over the chicken, rubbing all over the skin. Season generously with salt and pepper. Nestle chicken into the center of the vegetables. Roast for about 1 hour, or until the chicken is golden brown, and the juices run clear. Remove from the oven and let sit for 10 minutes before carving.

## **PACIFIC HALIBUT OVER SAUTÉED RAINBOW SWISS CHARD TOPPED OFF WITH WILD MUSHROOMS**

From the Clean Team

### PACIFIC HALIBUT

- 2 halibut filets (5-6 ounces)
- sea salt to taste
- 2 tablespoons melted coconut oil
- fresh black pepper to taste

Directions: Preheat oven to 400°F. Season halibut with salt and pepper. Heat oil in a skillet over medium high. Cook halibut 2 or 3 minutes per side until golden. Place fish in an ovenproof dish and bake for 8–10 minutes until cooked through.

### SAUTÉED SWISS CHARD

- 1 bunch of organic rainbow Swiss chard roughly chopped (or mix of green and red)
- 1 tablespoon extra virgin coconut oil

Directions: In same pan, add oil and chopped Swiss chard greens. Sauté until wilted and sprinkle with salt. Add shot of water and cover on medium heat for 1 minute. Set aside.

### WILD MUSHROOM SAUTÉ

- ½ pound fresh mushroom mix (shiitake, oyster, porcini, chanterelle, morel or available selection)
- 2 tablespoons organic extra virgin coconut oil
- 2 tablespoons minced fresh garlic
- salt to taste
- sesame seeds to sprinkle

Directions: Heat coconut oil until melted. Add minced garlic. Add mushrooms. Sauté until cooked well. Sprinkle with salt as needed. Sprinkle with chopped fresh parsley. Layer sautéed Swiss chard, then fish and top with wild mushroom mix and sprinkle with sesame seeds.

## TURKEY LENTIL SOUP

From the Clean Team

Serves 4-6

- 1 pound of dark ground turkey
- 28 ounces chicken broth
- 1½ cup water
- 1 package red lentils
- 1 chopped medium onion
- 4 celery sticks chopped
- 4 medium carrots chopped
- 3 cloves garlic minced
- 2 tablespoons chopped fresh ginger
- 1 medium apple peeled and chopped
- ½ teaspoon red pepper flakes
- 2 teaspoon yellow curry powder

Directions: Wash lentils and soak in cold water. Brown turkey in olive oil. Sauté onion, garlic, celery, carrots, ginger and apple in olive oil. Add red pepper and curry powder to sautéed veggies. Drain lentils. Heat chicken broth and water. Combine all ingredients in large crock pot and cook on low 8 hours. Salt to taste.

## CHICKEN TACO SALAD WITH GUACAMOLE

Adapted from the [Clean Team and GOOP cleanse](#)

Serves 2-4

- 1 acorn squash
- 1 medium rutabaga, diced into 1" pieces
- 1 heaping tablespoon gluten-free miso
- 2 tablespoons water
- 3 tablespoons olive oil, plus some extra drizzles
- 1 yellow onion, peeled and finely diced
- 12 cloves of garlic, peeled and finely sliced
- 1 heaping tablespoon of fresh minced ginger (peeled)
- 3 tablespoons wheat-free tamari sauce
- 1/8-1/4 cup coconut nectar (optional and to taste)
- 1/8 cup water (may not use all of it)
- 1 head of cauliflower, finely diced into very small pieces
- 1 tablespoon fresh ground pepper
- 2 teaspoons paprika
- dash or two of cayenne
- 2 boneless chicken breasts (cut into 1" pieces as thin as possible)
- brown rice tortilla chips (see recipe below)
- 2 to 3 cups mixed greens
- guacamole (see recipes below)

Directions: Preheat the oven to 450°F. Slice the acorn squash into 1" rounds/rings, removing the seeds. Layer them in a medium roasting pan with the chopped rutabaga pieces. Whisk the miso and water together into a sauce and pour over the vegetables with a generous drizzle of olive oil, so everything is lightly coated and well

mixed. Cover with foil and place in the oven, cooking for 15 minutes. Turn heat down to 400°F and remove the foil for the rest of the time it takes for the vegetables to cook and become tender, roughly another 15-20 minutes, depending on your oven temperature and pan size. To begin the rest of the taco filling, make sure the onion, garlic and ginger are all peeled and sliced into feathery thin (and small) pieces. In a large pan over low heat cook them with the oil, stirring occasionally so they “melt” and become soft rather than browned. This may take 10-20 minutes. Whisk the tamari sauce, coconut nectar and two tablespoons of water in a small bowl. Bring the temperature up to medium and add the chicken pieces and stir until well mixed. Add the tamari mixture and then add the cauliflower and stir for several minutes. Add several tablespoons of water, and cover the pan with a lid so everything steams for several minutes. 3-5 minutes should be enough. Remove the lid and turn heat to high, stirring the mixture until things begin to brown and fall apart (like the texture of pulled pork or traditional taco filling). When everything is well cooked and soft, remove from heat and add the black pepper and paprika, adjusting to taste.

#### HOMEMADE CHIPS

- 2 brown rice tortillas (Food for Life)
- olive oil
- sea salt

Directions: Cut the tortillas into wedges (into quarters or eighths), brush with optional olive oil and dust with sea salt. Place in a single layer on two baking sheets and toast for 5-8 minutes until golden and crispy. Watch them carefully to avoid burning!

#### HOMEMADE GUACAMOLE

- 2 avocados
- half of a red onion, peeled and finely diced
- 1 clove garlic, peeled and minced
- grated lemon/lime peel
- fresh cilantro (optional)
- sea salt

Directions: Mash all ingredients together in a bowl to desired consistency. Store covered in plastic wrap with the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it's perfectly fine to use. On a bed of greens add a slice or two of the acorn squash and some rutabaga pieces, topping with the “taco filling”, chips and guacamole.

#### TUNA CHARD WRAPS

Adapted from [Healthful Pursuit](#)

Serves 1

- 2 leaves of Swiss chard
- ½ cup leftover fresh tuna or organic canned tuna (Look for a mercury-free tuna. Salmon would work too)
- 2 tablespoons full fat coconut milk – the cream from the top of the can works well
- 2 green onions
- 1 tablespoon fresh dill
- 1 tablespoon lemon juice
- ¼ teaspoon Herbamare original or Himalayan rock salt
- freshly ground pepper, to taste

Directions: Lay the Swiss chard leaves face down so that the stem is visible. Run a small knife along the stem to remove the bulk of it, but not so much that the full leaf separates. Repeat for second leaf and set aside. Place coconut milk, green onions, dill, lemon juice, and herbamare in a blender and blend until smooth. Place tuna in a small bowl, combine with ½ the sauce, and sprinkle with pepper. Divide the tuna mix and place on each leaf. Roll the leaf tightly (be gentle!) and cut down the middle. Place on a plate with extra lemon, remaining sauce and veggie sticks.

### **WILTED BITTER GREENS WITH PROTEIN**

From the Clean Chef Franky G

- 2 teaspoons coconut oil
- ½ ripe pear, roughly diced
- ¼ cup pecans, coarsely chopped
- 4-5 cups of chopped dark greens (dandelion, arugula, radicchio, endive, mustard greens, kale, swiss chard)
- add any of these for more protein or to make a heartier meal: leftover chicken, wild salmon, cooked white beans, green lentils

### **MUSTARD VINAIGRETTE**

- ¼ cup olive oil
- ⅛ cup apple cider vinegar
- 1 tablespoon whole grain mustard
- pinch sea salt
- fresh ground black pepper

Directions: Mix the olive oil, mustard, and cider vinegar in a bowl. Whisk to incorporate. Add a few turns of the pepper grinder (to taste) and a sprinkle of sea salt. Set aside. Heat a large saute pan over medium high heat. Melt in the coconut oil, then once hot, add the pears. Cook for a few minutes to slightly soften and brown them. Toss in the pecans just to warm them up, then add in the bitter greens. Toss gently with tongs until gently wilted, then toss with a few tablespoons of the vinaigrette. Serve immediately.

### **CURRY CHICKEN SALAD IN LETTUCE WRAP**

From the Clean Team

- 1 green apple, chopped
- 2 chicken breasts
- 1/3 cup coconut cream (separate the cream from the liquid in a can of whole fat coconut milk)
- a splash of apple cider vinegar
- 3 teaspoons curry
- 2 bunches of scallions
- salt + pepper to taste
- Boston or bibb lettuce leaves
- carrots, julienned
- sprouts

Directions: Poach or grill the chicken breasts. When cool, chop coarsely and set aside. In a blender or food processor, mix coconut cream, vinegar and curry powder. In a large bowl combine chicken, apple, scallions and curry sauce to taste. Season with salt and pepper. Serve a scoop or two in lettuce leaves. Top with carrots and sprouts.

## LEMON PEPPER FLOUNDER

Adapted from [She Cooks, He Cleans](#)

Serves 2-4

The flounder can be served with oven-roasted asparagus and shiitake mushrooms sauteed in coconut oil.

- 1 pounds flounder fillet
- 2 tablespoons coconut oil, melted
- lemon-pepper seasoning (see below)
- juice of ½ lemon
- ½ lemon, sliced
- kosher salt

### ASPARAGUS

- 1 bunch asparagus
- 3 garlic cloves, slices thin
- 1 lemon
- olive oil
- salt
- pepper

### SAUTEED SHIITAKE MUSHROOMS

- 8 ounces shiitake mushrooms
- coconut oil
- a splash of balsamic vinegar

Directions: Preheat oven to 400°F. Melt coconut oil in a glass baking dish that will hold the flounder in a single layer. Place the fillets in the dish with the coconut oil, turning them several times to make sure they are well coated. Turn under the thinner edges, so the fillets are more equal in thickness. Sprinkle with lemon-pepper seasoning and the juice of ½lemon. Lightly season with salt (remember there is a little salt in the lemon-pepper seasoning). Place a few slices of lemon over the fillets. Bake for 12-15 minutes, or until the fish is opaque and will flake with a fork. Serve immediately.

Directions for asparagus: Rinse asparagus and break off woody. Spread on a baking sheet. Sprinkle with garlic cloves, olive oil and salt and pepper. Put in oven with flounder. Stir every 5 minutes for 10 to 15 minutes or until the asparagus starts to caramelize. Remove from oven and drizzle with lemon juice.

Directions for sauteed shiitake mushrooms: Wipe mushrooms with a damp cloth. Remove stems. Course chop the mushrooms. Coat the bottom of a large frying pan with coconut oil over medium-high heat. When pan is hot, add mushrooms. Stir occasionally until they start to caramelized on the edges. Remove from heat. Splash with balsamic vinegar.

### LEMON-PEPPER SEASONING

- ¼ cup black peppercorns, ground using medium grind with automatic grinder (such as tellicherry peppercorns and a coffee grinder used only for spices)
- zest of 2 lemons (2-3 tablespoons)
- 2 teaspoons ground coriander
- 2 teaspoons granulated garlic (NOT garlic salt)
- 3 teaspoons dried thyme
- 1 teaspoon kosher salt

Directions: In a medium sized bowl, mix the freshly ground black pepper with the lemon zest. Press the zest into the pepper while mixing, to release more of the lemon's oils. Add the additional ingredients and mix well. Store in a sealed jar and keep in refrigerator until next time you need it. Serve with oven-roasted asparagus and sauteed shiitake mushrooms.

## **STIR FRIED CHICKEN WITH WATER CHESTNUTS, RED CABBAGE AND ANGELINO PLUMS**

From the Clean Team

We found dried Angelino plums in the bulk section at our local market and bought them without knowing what they would work in. They worked in granola and breakfast porridges, but this recipe was the absolute perfect place for them. This dish has just the right amount of sweetness and is absolutely delicious, with the soft plums, crunchy water chestnuts and flavorful chicken and cabbage. If you can't find Angelino plums, any dried plums would work, or I also made this with dried apricots and it was a close second in flavor!

- 4 small chicken breasts, cut into small pieces (roughly 1-2 inches)
- 1 teaspoon Chinese five spice powder
- 1 cup water chestnuts
- 1 cup chopped Angelino plums (or any dried plums without added sulfur or added sugar)
- 2 tablespoons coconut or olive oil
- 3 cloves of garlic, peeled and minced
- ¼ cup raw coconut amino acids or wheat free tamari
- 1 small red cabbage, loosely chopped
- sesame seeds to garnish (black or white)

Directions: Using the bare minimum of the coconut, sesame or olive oil needed to cook without burning, stir everything together over medium-high heat in a large saucepan or a wok, until the chicken is cooked and the cabbage is tender. Serve warm, garnished with white or black sesame seeds.

## **DUCK AND SHIITAKE LETTUCE WRAP WITH CASHEW SAUCE**

From [Healthy Delicious](#)

Serves 2

You could use chicken if you weren't able to get duck. You can also add bulk by using more vegetables — like carrot or water chestnut — to the filling.

- 1 duck leg
- 1 tablespoon Szechwan peppercorns, cracked (you can also use black pepper)
- 1 pinch kosher salt
- ½ cup fresh shiitake mushrooms, chopped
- ½ shallot, minced
- 1 chile pepper, chopped
- 2 green onions, chopped
- 1 ounce rice stick noodles, soaked according to the directions on the package
- 1 head Boston or bibb lettuce
- 1 recipe cashew sauce (see below)

Directions: Preheat the oven to 400°F. Mix together the salt and cracked pepper and rub it into the duck leg. Set an oven-proof pan over a burner set to high. Once the pan is warm, add the duck leg skin-side down. Cook for 10 minutes, or until the skin has crisped up. Flip it over so the skin is on top and transfer it to the oven. Bake for 15

minutes, until duck is cooked through. Remove the duck from the pot and place on a cutting board to rest for 5 minutes. Chop the meat into small pieces, or shred with two forks. Discard all but 1 tablespoons of duck fat from the bottom of the pot. Put the pot with the duck fat on a burner set to medium. Add the shallot, mushrooms, and chile pepper. Cook for 5 minutes, stirring often, until the shallot and mushrooms are soft. Remove from heat and mix in the noodles, duck, and 2 tablespoons cashew sauce. Serve in lettuce leaves and use the remaining sauce for dipping.

#### CASHEW SAUCE

- ¼ cup raw cashews
- 1 teaspoon freshly grated ginger
- 2 cloves garlic, grated
- 2 teaspoons wheat-free tamari
- 1 tablespoon brown rice vinegar
- 1 tablespoon sesame oil
- 2 tablespoons water
- pinch crushed red pepper

Directions: Place the cashews in a food processor or blender and blend until a smooth paste is formed (this will take 2-3 minutes). Combine the cashew paste with the remaining ingredients and mix until you get a smooth sauce.

#### ASIAN TURKEY MEATBALLS

From the [Queen of Quinoa](#)

- 1 pound organic ground turkey
- ¼ cup cooked quinoa
- 2 green onions (scallions) minced
- ½ medium carrot, grated and chopped finely
- 1 teaspoon grated ginger
- 1 teaspoon dried parsley
- 1 teaspoon dried cilantro
- dash of Chinese 5 spice
- juice of 1 medium lime
- salt & pepper to taste

Directions: Preheat your oven to 350°F. Combine the turkey and quinoa in a large bowl. Don't be afraid to get your hands dirty. Food always tastes better with some added love. Now add your green onion, carrots, herbs, ginger, lime juice and salt and pepper. Stir everything together with your hands until you can easily roll them into little balls. Roll out your turkey mixture into whatever size meatballs you like (I made mine on the small side, almost bite size).

Serve with SPAGHETTI SQUASH SESAME NOODLES

From [Family Fresh Cooking](#)

- 3 cups baked spaghetti squash (about ½ large squash) - see below on how to prepare squash
- 2 tablespoons toasted sesame oil
- 2 tablespoons wheat-free tamari sauce
- 1 tablespoon white wine vinegar or rice wine vinegar
- pinch of ground ginger

- pinch of garlic powder
- 2 tablespoons toasted sesame seeds
- ¼ cup diced green onions
- ¼ cup green peas or pea pods
- handful of fresh chopped cilantro leaves + some for garnish

Directions: Preheat oven to 375°F degrees F with the rack in the middle. Put whole squash in a baking dish and bake until you can easily insert a paring knife, about 40 minutes to one hour. Remove squash from oven and let cool about 10 minutes. Cut it in half from tip to tip (long ways) and scoop out the seeds with a spoon. Scrape the sides of the squash with a fork until you have removed all the stringy spaghetti. For sesame sauce, combine sesame oil, tamari, vinegar, ginger, garlic powder and sesame seeds in a small bowl. Toss with spaghetti squash noodles. Gently fold in green peas or pea pods and green onions at the end.

### **THYME SALMON WITH LEEK COULIS**

From [Elana's Pantry](#)

Serves 2 - 4

#### THYME SALMON

- 1 pound salmon
- 12 sprigs thyme
- 1 tablespoon olive oil
- 1 teaspoon Celtic sea salt
- Gluten Free Girl's Leek Coulis (see below)

Directions: Heat oven to 500°F. Rinse salmon and pat dry. Place salmon on a parchment paper lined baking sheet. Place thyme leaves underneath salmon. Rub salmon with olive oil and sprinkle with salt. Turn off oven and place salmon in hot oven, baking for 10-12 minutes, until just pink on the very inside.

#### GLUTEN FREE GIRL'S LEEK COULIS

- ¼ cup olive oil
- 2 leeks, white part and two inches of green part
- 1 fennel bulb, finely chopped
- 1 tablespoon fresh thyme, finely chopped
- 3 cups baby spinach, roughly chopped
- 1 cup coconut milk
- ¼ cup lemon juice, freshly squeezed
- ¼ teaspoon Celtic sea salt
- ¼ cup olive oil

Directions: Heat olive oil in a large skillet. Sauté leeks and fennel for 6-8 minutes until soft. Stir in thyme and spinach and cover skillet for 2-3 minutes until spinach is thoroughly wilted. Stir coconut milk into mixture. Transfer mixture to a blender and puree on highest speed until smooth. Blend in lemon juice and salt. While blender is running on medium speed, slowly drizzle in olive oil. Serve over salmon.

# RECIPES

## CLEANSE LUNCH

### VEGETARIAN PROTEIN

#### VEGETARIAN BURRITO

From the Clean Team

Serves 2

- 1 cup cooked brown rice
- 2 tablespoons chopped cilantro
- juice of ½ a lime
- 2 tablespoons olive oil
- 1 cup winter squash, such as butternut, peeled and cubed
- ½ small onion, chopped
- 1 clove garlic, minced
- ½ tablespoon dried oregano
- ¼ teaspoon cumin
- 1/8 teaspoon coriander
- dash of cayenne
- salt and pepper to taste
- cilantro
- avocado
- cabbage, shredded
- 1 cup black or pinto beans (cooked or canned)
- 2 brown rice tortillas

Directions: In a small bowl mix rice, cilantro and lime - set aside. In a medium bowl toss winter squash, onion, garlic and spices with olive oil. Spread on baking sheet. Roast at 375°F for 30 minutes or until the squash is soft and starting to brown. Stir periodically to prevent burning. Toss black beans with squash mixture at the end to warm. In a large dry skillet over medium heat warm tortilla on both sides until pliable (watch it doesn't burn). Fill warm tortillas with squash/bean mixture. Top with avocado, cilantro and cabbage. Roll burrito to seal it.

#### BRAISED PEAR WITH QUINOA AND BUTTERNUT SQUASH

From [For the Love of Food](#)

Serves 2-4

##### QUINOA AND SQUASH

- 1 cup uncooked quinoa
- 1½ cups broth (or water)
- ¼ cup unsweetened dried cherries or cranberries
- handful of slivered almonds
- 1 medium yellow onion, diced
- 1 teaspoon cumin

- salt and pepper to taste
- 1 butternut squash - peeled, seeded, and diced
- 2 tablespoons olive oil

#### BRAISED PEARS

- 2 tablespoons coconut oil
- 4 tablespoons coconut nectar
- 3 tablespoons wheat-free tamari
- 1 tablespoon freshly grated ginger root
- ¼ teaspoon cayenne pepper
- 4 firm but ripe Bosc pears, peeled, halved lengthwise and cored
- 2 tablespoons unseasoned rice vinegar

Directions for butternut squash: Preheat the oven to 450°F. Combine squash and two tablespoons of olive oil in a large bowl and toss to coat. Season with salt and pepper, if desired, and scatter evenly on a baking sheet. Roast for 20 minutes, turning 2-3 times with a spatula.

Directions for quinoa: Rinse your quinoa; then drain, transfer to a pot and add the broth. Add the cumin, diced onion, and salt and pepper to taste. Bring to a boil and cover with a tight-fitting lid, then turn the heat down to a simmer. Cook for about 15 minutes and remove quinoa from heat. Allow to sit five minutes with the lid on then fluff the quinoa gently with a fork. Mix the raisins and almonds in just before serving.

Directions for braised pears: Melt coconut oil in a pan and saute over medium heat. Add tamari, ginger, coconut nectar, and cayenne pepper. Stir well until ingredients are combined then reduce heat to medium-low. Add pears, cut side down. Simmer 8-10 minutes, basting frequently until tender. Transfer pears to a serving dish, leaving the liquid in the pan. Bring liquid to a slow boil and add vinegar. Simmer until thick and syrupy, about 3 minutes. This is what you will pour over your final dish.

Mix squash and quinoa, then plate. Top with two pear halves and drizzle your sauce over the top.

Serve with hearty salad.

#### HEARTY LENTIL AND BROWN RICE BURGER

From [For The Love of Food](#)

Makes 6 patties

- ½ cup dried green lentils, rinsed
- ½ cup brown rice
- 1 medium yellow onion, chopped
- 1 carrot, grated
- 4 garlic cloves, minced
- 3 teaspoons ground cumin
- 1 teaspoon ground sage
- 1 teaspoon sea salt
- 1½ cups water
- 1 cup vegetable broth

Directions: Combine the lentils, brown rice, onion, carrot, garlic, cumin, sage, and salt in a medium-size saucepan. Add the water and vegetable broth. Cover and bring to a boil then reduce the heat and boil gently until the rice and lentils are tender and all the liquid is absorbed, about 40 minutes. Drain in a colander to remove any

excess liquid. Let cool slightly, then process in a food processor with a steel blade until you have a fairly smooth texture. Form into 6 burger patties. Prepare a medium-hot fire in the grill with a lightly oiled vegetable rack in place. Grill the burgers until crisp, about 5 minutes per side. Serve on a salad or wrapped in lettuce with your favorite toppings.

Serve with hearty salad.

### **SAUTEED GREENS AND BEANS**

From [For the Love of Food](#)

Serves 2-4

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- ½ teaspoon salt
- 4-6 leaves of kale, mustard greens, or collard greens, trimmed and sliced
- 2 cups of beans (pick your favorite), cooked or canned
- 1 tablespoon vegan Worcestershire sauce

Directions: Heat the olive oil in a medium skillet. Add the onion, garlic, and salt. Cook on medium-low heat for about 5 minutes, or until onion is translucent. Add the greens a handful at a time, adding more when they cook down. Sprinkle in 2-3 tablespoons of water if the mixture is too dry. Cook 5-10 minutes or until greens are tender. Add the beans and Worcestershire sauce and cook for 5 minutes or until it is heated through.

### **NORI ROLLS WITH CASHEW PATE**

From [Choosing Raw](#)

Serves 2

- 8 ounces cashews
- ½ cup water
- 2-3 tablespoons lemon juice
- 1 inch knob ginger, minced
- 1 clove garlic, minced
- 1 tablespoon wheat-free tamari
- 1 tablespoon gluten-free white miso

Directions for cashew pate: Place cashews in a food processor and process till they're a meal. With motor of the machine running, add the water in a stream, and then add the lemon juice. Stop the machine and check the texture: you want it very spreadable, but not so loose as to resemble a sauce. If you need more water, go ahead and add. Add the remaining ingredients and process till everything is well incorporated. Set aside.

Directions to assemble the sushi: Place one sheet of nori horizontally on a clean surface. Spread the bottom half with ¼ cup nut pate. In the center of that, line your chopped veggies horizontally. Starting from the bottom edge, roll the nori sheet up. When it's almost rolled, spread a little water on the free edge of nori at the top; this will help it stick. Very carefully and with a clean, sharp knife, cut the roll into sushi pieces. Serve!

Serve with VEGAN COCONUT, PUMPKIN AND RED LENTIL SOUP

From [Healthy Blender Recipes](#)

- ¼ block of organic creamed coconut
- 1 cup organic red lentils
- 1½ liters of vegetable stock
- ¼ of a pumpkin cut into cubes
- 2 red onions chopped
- a large bunch of organic silver beet or baby spinach leaves
- 4 cloves garlic finely chopped
- 2 tablespoons freshly grated ginger, or more to taste
- Celtic sea salt and pepper to taste

Directions: In a large saucepan, dissolve the creamed coconut with some filtered water until melted. Throw in the garlic, onions, pumpkin, and lentils with a pinch of Celtic sea salt and stir until coated. Add in the vegetable stock and bring to the boil. Simmer on a medium flame for about 40 minutes until the lentils are cooked through. The soup should be quite thick and the vegetables should have broken down. You could mash further with a stick blender, but it is often not necessary. Now stir through the greens, and squeeze in the desired amount of fresh grated ginger. Cook for a further 5 minutes until the greens are just wilted and cooked.

### **BAKED FALAFEL WITH TAHINI SAUCE AND GREEK SALAD**

From Clean community member Amanda

#### FALAFEL

- 1½ cups cooked chickpeas
- 1 small red onion chopped
- 2 large garlic cloves, chopped
- 4 tablespoons chickpea flour (can use brown rice or quinoa flour)
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- ¼ teaspoon chili powder (optional)
- ½ teaspoon sea salt
- ground black pepper to taste
- 2 tablespoon olive oil
- 1 tablespoon ground flax seed (or chia) + 3 tablespoons water (makes 1 egg)
- 1 grated carrot
- 2 tablespoons dried parsley
- roll in ½ cup gluten-free bread crumbs (or ground flax seed)

Directions: Preheat oven to 400°F. Line a baking sheet with parchment. Combine the chickpeas, onion, garlic, flour, spices, oil and salt, pulse in a food processor until the mixture is well combined and smooth. Form the mixture into 8-12 small balls or patties with wet hands. Roll each ball in bread crumbs if preferred (or do half and half). Bake in oven for approximately 30-35 minutes or until crispy and golden. Serve these delights in a rice tortilla wrap with hummus, tahini sauce or on top of a salad.

#### HOMEMADE TAHINI SAUCE

- ¼ cup pure tahini
- 2-4 tablespoons of water to thin out

- ½ of one lemon, juiced
- ¼ cup chopped parsley

Directions: Blend all together in blender – it can be as creamy or thin as you desire!

Serve with a salad of mixed greens, cucumber, olives, red onion with a dressing of lemon juice, olive oil, garlic, salt and pepper.

### **BEAN, RICE AND AVOCADO LETTUCE WRAP**

From the Clean Team

This is really more of a suggestion than a full on recipe. This can be a super simple lunch. You get complete protein from the rice and beans and healthy fats from the avocado. You will probably want to eat a few of these.

- beans of your choice such as bean or pinto - canned or from scratch.
- brown rice
- lime
- cumin
- cayenne
- salt and pepper
- slices of avocado
- green onion
- cilantro
- Boston or bibb lettuce. Even a red cabbage leaf could work if steamed for a couple of minutes to make it more flexible.
- You could even top with this cashew ranch dressing: [http://healthyblenderrecipes.com/recipes/evas\\_raw\\_veg-an\\_better\\_than\\_ranch\\_dressing/](http://healthyblenderrecipes.com/recipes/evas_raw_veg-an_better_than_ranch_dressing/)

Directions: Toss beans and rice with lime, cumin, salt, pepper and even a dash of cayenne if you like heat. Warm in a pan briefly or have cold. Scoop into lettuce, top with avocado, cilantro and green onion. Ranch too if you wish!

### **IN A JIFFY BEAN SALAD**

From [Healthful Pursuits](#)

Serves 4-6

- 1 can rinsed red kidney beans, salt free/reduced
- 1 can rinsed black beans, salt free/reduced
- 1 can rinsed chickpeas, salt free/reduced
- 1 medium red onion, diced small
- 1 red pepper, diced small
- ½ cup fresh parsley, chopped
- ⅓ cup apple cider vinegar
- ⅓ cup fresh lemon juice
- ⅔ cup olive oil
- 1 teaspoon Himalayan rock salt
- black pepper

Directions: Combine all ingredients in a large bowl and serve. Will keep in the fridge for up to 5 days.

## STUFFED ACORN SQUASH WITH QUINOA AND PISTACHIOS

Adapted from [With Style and Grace](#)

Serves 2-4

- 2 small acorn squashes, halved and seeds removed
- 3 tablespoons extra virgin olive oil
- 1 cup quinoa
- ½ cup fresh parsley, chopped
- ½ cup pistachios, salted – chopped
- 2 teaspoons red wine vinegar
- salt + pepper to taste
- optional: pinch of red pepper flakes

Directions: Preheat oven to 425°F degrees. Cover baking sheet with foil; set aside. Drizzle 1 tablespoon of olive oil over the four halves and season with salt and pepper, to taste. Lay cut side down on the prepared baking sheet and bake until tender and caramelized around the edges, about 15 minutes. To prepare the quinoa, bring 1½ cups of water and quinoa to a boil in a small saucepan. Reduce to a simmer, cover until the water is absorbed, about 12-15 minutes. Remove from heat, let cool and fluff with a fork. Transfer quinoa to a large bowl and mix in parsley, pistachios, red wine vinegar, and the remaining 2 tablespoons of olive oil. Season with salt + pepper to taste, sprinkle with red pepper flakes. Season squash with salt and pepper before dividing the quinoa mixture among the four halves.

Optional: Serve with CHICKPEA GRAVY. From Living Without: [livingwithout.com/recipes/gluten\\_free\\_caulipots\\_with\\_silky\\_chickpea\\_gravy-2392-1.html](http://livingwithout.com/recipes/gluten_free_caulipots_with_silky_chickpea_gravy-2392-1.html) **\*Please visit the Living Without website for the recipe.**

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## RAW KALE SALAD WITH SPROUTED QUINOA AND PUMPKIN SEED

Adapted from [For the Love of Food](#)

Serves 2

- ½ bunch kale leaves (about 6 cups), chopped (de-stemmed if desired)
- salt (optional)
- ¼ cup tahini
- ¾ cup sprouted quinoa (see recipe below)
- ½ cup toasted tamari pumpkin seeds (see recipe below)

Directions: Place kale leaves in a large bowl and massage for about 2 minutes to help soften the kale. A little salt can be added to help drain some of the kale juices and soften it up a bit as well. Transfer kale to a fresh bowl (and discard any liquid from the kale) and mix with the tahini. Toss with the sprouted quinoa and pumpkin seeds.

### SPROUTED QUINOA

- ½ cup raw quinoa
- jar or glass container for sprouting
- cheesecloth to cover the jar
- rubber band
- water for rinsing

Directions: Put the quinoa in a glass jar and cover with water. Put the cloth over the top and secure with a rubber band. Soak it overnight or for at least 8 - 12 hours. In the morning, rinse and drain the jar well. There should not be water left sitting in the jar. Leave the jar in a cool, dark place while the quinoa sprouts. Make sure to rinse and

drain the quinoa every 6 - 8 hours. The quinoa will be done sprouting in about 48 hours.

#### TOASTED TAMARI PUMPKIN SEEDS

- ½ cup raw pumpkin seeds
- 1 tablespoon wheat-free tamari

Directions: Mix pumpkin seeds and tamari in a small bowl and let sit for at least 15 minutes so the tamari can be absorbed. Place seeds flat on a baking sheet. Toast in the oven at 250°F degrees for 30 to 40 minutes, flipping at least twice. The seeds are done with they are dry and crunchy.

### RED LENTIL AND BUTTERNUT SQUASH CURRY STEW

From [Healthy Food for Living](#)

Serves 2

#### SPICE ROASTED SQUASH

- 1 small butternut squash, peeled and chopped into 1/2-inch cubes (about 3 cups cubed)
- 1 tablespoon extra virgin olive oil
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon Madras curry powder
- 1 teaspoon garam masala

#### STEW

- 1 teaspoon extra virgin olive oil
- 1 small yellow or white onion, finely chopped
- 2 garlic cloves, minced
- 1½ teaspoon Madras curry powder
- ½ teaspoon garam masala
- 2 cups vegetable broth
- ½ cup red lentils
- spice roasted squash
- a big handful of washed kale, torn into small pieces
- sea salt and freshly ground black pepper, to taste

Directions: Preheat oven to 425°F. Toss cubed squash with olive oil and seasonings. Lay out in an even layer on a baking sheet. Roast for 30 minutes, or until soft and lightly browned, stirring once halfway through. Set aside. Heat oil for the stew in a large saucepan set over medium heat. Add in the onion and saute until soft, about 5 minutes. Add in the garlic, curry powder, and garam masala and saute for 30 seconds. Pour in the broth and add in the lentils. Bring mixture to a boil; reduce heat to low and simmer for 10 minutes, stirring occasionally. Stir in the roasted butternut squash and kale. Cook an additional 10 minutes.

### VEGAN TACO SALAD

Adapted from the [Clean Team and GOOP cleanse](#)

Serves 2-4

- 1 acorn squash
- 1 medium rutabaga, diced into 1" pieces
- 1 heaping tablespoon gluten-free miso
- 2 tablespoons water
- 3 tablespoons olive oil, plus some extra drizzles

- 1 yellow onion, peeled and finely diced
- 12 cloves of garlic, peeled and finely sliced
- 1 heaping tablespoon of fresh minced ginger (peeled)
- 3 tablespoons wheat free tamari sauce
- 1/8-1/4 cup coconut nectar (optional and to taste)
- 1/8 cup water (may not use all of it)
- 1 head of cauliflower, finely diced into very small pieces
- 1 tablespoon fresh ground pepper
- 2 teaspoons paprika
- dash or two of cayenne
- 2 cups finely chopped mushrooms of any kind (portobello, white, crimini, oyster, porcini, mixed wild, etc.)
- 1 can lentils or 2 cups cooked equivalent.
- brown rice tortillas
- 2-3 cups mixed greens
- homemade guacamole (see recipe below)

Directions: Preheat the oven to 450°F. Slice the acorn squash into 1" rounds/rings, removing the seeds. Layer them in a medium roasting pan with the chopped rutabaga pieces. Whisk the miso and water together into a sauce and pour over the vegetables with a generous drizzle of olive oil, so everything is lightly coated and well mixed. Cover with foil and place in the oven, cooking for 15 minutes. Turn heat down to 400°F and remove the foil for the rest of the time it takes for the vegetables to cook and become tender, roughly another 15-20 minutes, depending on your oven temperature and pan size. To begin the rest of the taco filling, make sure the onion, garlic and ginger are all peeled and sliced into feathery thin (and small) pieces. In a large pan over low heat cook them with the oil, stirring occasionally so they "melt" and become soft rather than browned. This may take 10-20 minutes. Whisk the tamari sauce, coconut nectar and two tablespoons of water in a small bowl. Bring the temperature up to medium and add the mushrooms and lentils and stir until well mixed. Add the tamari mixture and then add the cauliflower and stir for several minutes. Add several tablespoons of water, and cover the pan with a lid so everything steams for several minutes. 3-5 minutes should be enough. Remove the lid and turn heat to high, stirring the mixture until things begin to brown and fall apart (like the texture of pulled pork or traditional taco filling). When everything is well cooked and soft, remove from heat and add the black pepper and paprika, adjusting to taste.

#### HOMEMADE CHIPS

- 2 brown rice tortillas (Food for Life)
- olive oil
- sea salt

Directions: Cut the tortillas into wedges (into quarters or eighths), brush with optional olive oil and dust with sea salt. Place in a single layer on two baking sheets and toast for 5-8 minutes until golden and crispy. Watch them carefully to avoid burning!

#### HOMEMADE GUACAMOLE

- 2 avocados
- half of a red onion, peeled and finely diced
- 1 clove garlic, peeled and minced
- grated lemon/lime peel
- fresh cilantro (optional)

- sea salt

Directions: Mash all ingredients together in a bowl to desired consistency. Store covered in plastic wrap with the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it's perfectly fine to use. On a bed of greens add a slice or two of the acorn squash and some rutabaga pieces, topping with the "taco filling", chips and guacamole.

## **BLACK BEAN AND QUINOA BOWL WITH PEACH SALSA**

Adapted from [A Couple Cooks](#)

Serves 4-6

- 2 cups quinoa
- 1 recipe peach salsa (see below)
- 2 cans black beans
- 6 to 8 green onions (one bunch)
- ½ teaspoon cumin
- ½ teaspoon chili powder
- Kosher salt
- fresh ground pepper

Directions for the quinoa: Rinse the 2 cups quinoa and drain completely. Place quinoa in a saucepan with 3 cups water and a few pinches kosher salt. Bring to a boil, then reduce the heat to very low, cover the pot, and simmer for about 13 to 15 minutes, until the water has evaporated. Turn off the heat and let sit covered to cool for about 5 minutes. Then fluff the quinoa with a fork, and add some salt and pepper to taste. While the quinoa cooks, prepare the peach salsa.

Directions for the beans: Drain and rinse the beans. Chop the green onions. Mix the beans and onions with ½ teaspoon cumin, ½ teaspoon chili powder, about ¼ teaspoon kosher salt, and fresh ground pepper. Taste and add more seasonings if desired. When the quinoa is finished, dish the quinoa into bowls, and top with the black bean mixture and peach salsa.

### **PEACH SALSA**

- 4 ripe peaches
- ½ large red onion (or more to taste)
- dash or two cayenne to taste
- 1 lime
- handful fresh cilantro
- Kosher salt

Directions: Peel and core the peaches; cut them into small chunks. Finely dice the red onion. Remove the stem, seeds, and ribs of the jalapeño pepper and finely dice half of it (or less or more to taste). Chop the cilantro. Mix all ingredients together, and add the juice of 1 lime. Add a bit of kosher salt to taste. If you can wait, let sit for a few minutes to let the flavors meld. If not, dig right in!

## **CRABLESS CAKES WITH SALAD**

From the Clean Team

- 1 cup cashew pieces
- 1 cup coconut flakes
- 1 brown rice cake, crumbled
- ½ cups minced celery
- 1 yellow onion, peeled and chopped
- 2 medium carrots, shredded or finely minced
- ¼ cup parsley, chopped or 2 tablespoons dried
- 1 tablespoon cashew butter (raw and organic if you can find it, almond butter will also work)
- 1 teaspoon sea salt
- ½ cup gluten free flour
- 3 teaspoons paprika
- 1 small clove garlic, peeled
- 2 tablespoons dulse or nori or kelp granules or flakes
- 1 teaspoon fresh ground pepper

Directions: Preheat oven to 350°F. Mix all ingredients together in a food processor, blending until all large pieces are broken up and you have a sticky, fairly well combined mixture. Grease a baking sheet with 1 teaspoon of coconut oil or olive oil and form the sticky mixture into uniform patties (roughly 4 inches in diameter), then bake in the oven for 8 minutes, turn over (should be golden brown on the bottom side) and bake another 7 minutes. Serve with organic stone ground mustard and/or raw sauerkraut.

Serve with a big salad with lots of veggies, nuts, seeds, healthy fats (such as avocado) and dressing of your choice.

## **MILLET RISOTTO WITH ARTICHOKE HEARTS**

From the Clean Team

- 3 tablespoons coconut oil or olive oil
- ½ red onion, finely chopped
- 1 cup coarsely chopped fresh mushrooms (any kind)
- 1 cup millet
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1½ cups artichoke hearts, make sure they're sugar and additive free if you're buying them in a can or jar
- sea salt and fresh pepper
- 4-6 cups french onion soup or organic vegetable broth

Directions: In a large pot over medium-high heat, add the oil with the red onion and mushrooms, and cook, stirring frequently until softened (about 5 minutes). Add cup of water, bring the heat to high, and add the millet. Then lower heat to medium and start to add the stock ½ cup at a time, stirring after each addition, every few minutes. When the stock has been almost completely absorbed after each addition, keep adding more, so the mixture isn't quite soup but stays very moist. Keep doing this until millet is tender and has at least doubled in size (about 20 minutes). Add herbs and artichoke hearts at the last few minutes of cooking and taste for texture. Season with salt and pepper and serve warm.

Variation: Millet Risotto with Butternut Squash: Instead of the artichoke hearts, add 1 cup diced butternut squash

(that's been cooked in oil until lightly browned — about 5 minutes — and add chopped shallots towards the end and sage for your herb.

## **KIMCHEE FRIED RICE**

From [For the Love of Food](#)

Serves 2

- 1 tablespoon olive oil
- 1 medium carrot, diced
- 3 green onions, chopped
- 3 garlic cloves, minced
- 1 teaspoon fresh ginger, minced
- ½ cup broccoli florets, diced
- ½ cup sugar peas, diced
- 1½ cups brown rice, cooked and cooled
- ½ cup kimchee (store bought or try our recipe: <http://blog.cleanprogram.com/clean-coach-shannons-amazing-kimchi-recipe/>)
- 1 tablespoon wheat-free tamari
- freshly ground black pepper to taste

Directions: Add the olive oil to a frying pan over medium heat. Add the carrot and saute in the oil for about 3 minutes. Next, add the onions, garlic and ginger and saute for about 1 minute. Then add the broccoli and sugar peas and saute for about 2 - 3 minutes. Add the rice, kimchee, and wheat-free tamari and sauté for 3 - 5 minutes. Add any freshly ground black pepper to taste and serve hot.

## **GINGERED SEA VEGETABLE SALAD**

Adapted from [For the Love of Food](#)

Serves 2-4

Sea Vegetable Mixture

- about 2 ounces (1 bag) arame sea vegetable, soaked in cold water for 15 - 20 minutes
- 1 tablespoon coconut oil
- 1½ cups fresh apple juice
- 3 tablespoons coconut nectar
- 3 tablespoons gluten-free tamari
- 3 tablespoons minced garlic
- 2 tablespoons minced ginger

Salad Ingredients

- 1 bunch of collard greens, stems removed, finely shredded
- 2 tablespoons extra-virgin olive oil
- juice from 1 lemon
- 2 carrots, shredded
- 1 cup cooked black-eyed peas (optional)
- 3 green onions, diagonally sliced
- ½ cup fresh cilantro, chopped

Directions: Soak arame in cold water for 15 - 20 minutes. Rinse and strain. In a skillet, sauté the arame with the coconut oil for about 5 minutes. Add the apple juice and let it simmer, covered, for about 10 minutes. Remove lid and sauté until liquid has evaporated. Add the agave, tamari, garlic, and ginger. Saute until liquid has evaporated. Remove from the heat and let it cool. Massage collard greens with olive oil and lemon juice. Mix salad ingredients together in a large bowl. Mix sea vegetables and salad mixture together just before serving.

## **RED LENTIL DAHL**

Adapted from [For the Love of Food](#)

Serves 4

- 8 cups water
- 2 cups red lentils
- 6 cloves garlic, minced
- 2 tablespoons freshly grated ginger
- 2 teaspoons ground cumin
- 1 teaspoon cumin seeds
- 1 teaspoon ground coriander
- 1.5 teaspoons ground turmeric
- 1 teaspoon ground cardamom
- 2 teaspoons sea salt
- lemon juice from 1 lemon (or to taste)
- cilantro for garnish
- freshly ground black pepper to taste

Directions: Sift through the lentils for rocks. Bring the water to a boil in a large saucepan. Stir in the lentils, garlic, ginger, cumin, cumin seeds, coriander, tumeric, cardamom, and salt, then lower the heat, cover, and simmer gently for about 45 minutes, until the lentils are tender and beginning to break down. Stir frequently toward the end of the cooking time, and add more stock or water as needed if the dahl gets too thick. Stir in the lemon juice, garnish with some fresh cilantro and pepper to taste; serve hot.

## **PULAO RICE**

- 2 cups brown basmati rice
- 3 tablespoons coconut oil
- 2 cinnamon sticks
- 6 whole cloves
- 3 bay leaves
- 5 cardamom pods
- 1½ teaspoon cumin seeds
- 3 cups water
- ¾ teaspoon salt
- ½ cup fresh or thawed frozen peas
- ½ teaspoon saffron

Directions: Let the rice soak for 5-10 minutes. Add the oil to a large saucepan. Add the cinnamon, cloves, bay leaves, cardamom, and cumin. Cook over low heat for 2 minutes. Add the water, rice, salt, and green peas. Bring to a boil, then cook, covered over medium heat until the water has been absorbed. Add the saffron, and reduce the heat to low. Cover the pan with a lid. Cook for an additional 5 minutes, then remove from the heat, keeping the pan covered for 10 minutes. Fluff the rice with a fork and serve.

## ACORN SQUASH WITH WILD RICE

From Clean Chef Franky G

Serves 2-4

If you plan ahead, it's great to let the rice soak overnight or up to 24 hours, as it shortens cooking time and aids digestion. If you don't have time, it's fine to simply rinse the rice and make immediately.

- 1 medium sized acorn squash, cut in half and seeds discarded
- 2 cups wild rice
- 4 cups water
- 2-3 tablespoons olive oil
- 2 teaspoons cinnamon
- ½ teaspoon chili powder
- sprinkle of sea salt
- ½ cup raw (or dry roasted) pumpkin seeds
- 1 cup freshly chopped parsley
- 2 tablespoons coarsely chopped rosemary (fresh or dried)
- 1 pomegranate (for the seeds)
- sea salt to taste
- ¼ cup apple cider vinegar

Directions for rice: In a large bowl, soak the wild rice in the 4 cups of water. Cover and allow to sit at room temperature overnight, or up to 24 hours OR just rinse and make immediately if you're short on time. When you're ready to make the rice, strain off the soaking water, rinse well and place in a medium pot. Cover with water and cook over medium-high heat, covered, until tender. Set aside to cool. Once cool, mix in the pumpkin seeds, parsley, rosemary, pomegranate seeds, sea salt and apple cider vinegar.

Directions for squash: Preheat oven to 375°F. Cut the squash into even wedges (¾-1 inch thick) and place in a roasting pan or on a baking sheet, skin side down. Drizzle with olive oil and sprinkle with cinnamon, sea salt, and chili powder. Place in the oven, cook until tender when pierced with a fork, roughly 20-30 minutes. Remove from the oven. Arrange over the rice mixture in a large bowl or individual serving dishes. For a modified version, after roasting the squash, cut it into smaller pieces and toss with the rice mixture.

# RECIPES

## CLEANSE DINNER

### SOUPS

#### **PUMPKIN COCONUT STEW**

From Clean Chef Franky G

Serves 2-4

- 1 pound pumpkin, butternut squash, or acorn squash, halved, peeled and seeds removed
- 2 cloves of garlic, peeled and minced
- 1 large thumb-sized pieces of fresh ginger, peeled and minced
- 3 sticks of lemongrass, outer leaves removed, minced
- 1 tablespoon curry powder
- 1 teaspoon chili powder
- a generous splash or two of olive oil
- 1 white onion, peeled and finely diced
- 1 quart chicken or vegetable stock
- 1 cup shredded coconut
- 2 cups coconut milk
- sea salt and freshly ground black pepper
- juice of 1 lime

Directions: Roast the pumpkin at 350°F until flesh is tender. In a large soup pot cook the onion and garlic in olive oil until translucent and brown. Add the chili powder, curry powder, lemongrass, ginger, pumpkin flesh, coconut milk, shredded coconut and stock. Stir for a minute to coat and then bring to a boil. Once boiling, reduce heat and cover. Simmer for 15 minutes. Season with sea salt and pepper and season with fresh lime juice, tasting as you go. Serve in bowls OR add it back to the pumpkin shell for a beautiful presentation. Top with chili powder, some shredded coconut or cilantro leaves if you like.

#### **MUSHROOM SOUP**

From [Veggie Num Num](#)

Serves 2-4

- 1½ ounce dried shiitake mushrooms
- 14 ounce button mushrooms, roughly diced (or any mushroom of your choice)
- 5 ounce cremini mushrooms, roughly diced (or any mushroom of your choice)
- 2 tablespoons olive oil
- 2 garlic cloves, finely diced
- 2 leeks, washed and roughly diced
- 1 celery stick (including leafy top), roughly diced
- 2 sprigs of fresh thyme
- 1 liter vegetable stock
- ¼ cup brown basmati rice

- 2 tablespoons wheat-free tamari
- 1½ cups non-dairy milk (such as rice milk)
- extra fresh thyme
- roughly chopped dry roasted almonds

Directions: Place the dried shiitake mushrooms in a bowl with enough hot water to cover, allow to soak for 10 minutes. Strain the mushrooms reserving approximately 1 cup of the liquid. Roughly chop the mushrooms and set aside. Heat the olive oil in a good sized pot, add the garlic, leeks and celery and fry over a medium heat for 3-4 minutes until soft. Add the mushroom, including the shiitake and fry over a medium heat for a few minutes tossing well. Add the reserved shiitake liquid and the sprigs of thyme. Turn down the heat and placing a lid on the pot allow the mushrooms to gently cook for 10 minutes tossing the pan occasionally. Add the rice and stock and bring to a gentle simmer, cook over a medium heat for 15-20 minutes until rice is tender. Using a stick blender or in batches in a food processor blend the soup until thick and creamy. Over a gentle heat stir in the rice milk and heat through continuing to stir for a few minutes until hot. Serve the soup in warm bowls topped with a little extra fresh thyme and the chopped almonds.

## **WHITE VELVET SOUP**

From [Green Kitchen Stories](#)

Serves 2-4

- 1 head cauliflower
- 2 medium onions
- 1 head garlic (about 6-8 cloves)
- 3 cups cooked lima beans (about 2 cans)
- 2 cups water
- 2 cups vegetable stock
- juice of 1 lemon
- sea salt to taste
- olive oil
- smoked paprika

Directions: Preheat oven to 400°F. Cut up cauliflower into bite-sized chunks and place on a baking sheet. Drizzle with olive oil. Sprinkle with sea salt. Peel onions and slice into chunks. Peel garlic cloves. Place onions and garlic on the baking sheet, drizzle with olive oil and sprinkle with sea salt. Place all veggies in oven. Bake for 30-40 minutes until everything has golden edges and is nicely caramelized. Let veggies cool slightly and add to blender along with all other ingredients except olive oil and paprika (process in batches if you have a small blender). Blend on high until very smooth. If you have a Vita-Mix, I would highly recommend using it. If the soup is not hot enough after blending, transfer soup to a large pot and warm until steaming. If the soup is too thick, simply add water to thin to your desired consistency.

Bonus: For each bowl of soup, combine 1 teaspoon extra virgin olive oil with 1/8 teaspoon smoked paprika and drizzle as a garnish (this is optional, but there is something very delicious about the mellow richness of the soup, with a slightly spicy and smoky accent).

## CREAMY WINTER BEET SOUP

From Clean Chef Franky G

Serves 2

A perfect creamy soup that's sweet and nourishing. The hemp gives it some protein and the coconut milk adds essential healthy fats. The brilliant color alone is worth making this for, it will definitely brighten up your winter nights.

- 2 medium sized beets
- 1 small shallot, peeled and quartered
- 1 garlic clove, peeled and roughly chopped
- 2 tablespoons hemp seeds
- 2 teaspoons apple cider vinegar
- sea salt, to taste
- ¼ cup parsley
- ¼-½ cup coconut milk

Garnish:

- ½ ripe avocado, peeled, pitted and sliced into wedges

Directions: Peel the beets and cut into quarters. Place on a steaming dish, along with the shallot and garlic, above an inch of water. Cover the pot, bring to a boil and steam until tender. (If you don't have a steamer, you can put a half-inch of water in a pot, place the vegetables in the water, cover and steam that way). Put the vegetables into a high speed blender along with the leftover steaming liquid (should be bright red). Add the vinegar, hemp seeds, and parsley. Blend the soup while drizzling in enough coconut milk to develop smooth creamy consistency. Taste, season with sea salt. Serve in bowls with slices of avocado.

## FENNEL AND APPLE SOUP

From [Elana's Pantry](#)

Serves 2

- 2 tablespoons olive oil
- 1 onion
- 2 (medium to large) fennel bulbs, stems removed and diced
- 2 large apples (such as Honeycrisp), peeled, cored and diced
- 1 quart chicken stock
- 2-3 sprigs thyme

Directions: Heat olive oil in a large pot. Saute onion over low or medium heat for 10-15 minutes until soft and almost browned. Add fennel and apples and cook for 5-10 minutes until they start to soften or brown. Add chicken stock and thyme. Puree soup in small batches (for safety purposes) in a Vitamix (or other blender) until smooth and creamy. Reheat soup and serve.

## SPICY KABOCHA COCONUT SOUP

From [Natural Noshing](#)

Serves 2-4

- 4 cups cooked kabocha squash (roasted for a deeper flavor\* or steamed)
- 1 tablespoon coconut oil or olive oil
- 1 carrot, peeled and coarsely chopped

- ½ large yellow onion, sliced
- 2 stalks celery, coarsely chopped
- ¼ teaspoon crushed red pepper (more or less to taste)
- 2-3 cups canned or homemade chicken broth (or use vegetable broth for vegan/vegetarian)
- ½ to 1 whole can light coconut milk
- sea salt and fresh ground black pepper to taste
- 3 tablespoons raw pepitas (raw pumpkin seeds)

Directions: In a large pot, heat oil over medium heat. Add onions, carrots and celery and cook until onions are golden brown, about 8-10 minutes. Add cooked kabocha, red pepper, and broth and bring to a boil. Stir, reduce heat to low and let simmer for 30 minutes. Add coconut milk and salt and pepper to taste and simmer for another 5-10 minutes. Taste, and if you want more heat, add more red pepper. While soup base is simmering, heat a medium skillet over medium heat. Add pepitas and stir constantly until seeds are golden brown and start to pop, just a few minutes. Watch carefully or they will burn! Remove from heat and transfer to a small bowl. Remove soup pot from heat and either puree in a blender in batches (be careful, this is hot!!!) or use an immersion blender to puree until smooth. Ladle into serving bowls, top with toasted pepitas and enjoy!

\*To roast kabocha squash, preheat oven to 350°F. Cut kabocha in half, scoop out seeds and stringy insides, then prick flesh with a fork. Brush olive oil on flesh and set halves face down in baking sheet in approximately ½ inch of water. Bake for about 45 minutes until flesh is soft.

\*Butternut or pumpkin could also be subbed in this recipe with a slight flavor variation but still every bit as yummy!

## **GINGER CARROT SOUP**

From [Girl Cooks World](#)

Serves 2-3

- 1 tablespoon olive oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 1½-inch piece of ginger, grated (freezing the ginger makes it easier to grate)
- 1 tablespoon ground cumin
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- 2 pounds carrots, peeled and chopped
- 4 cups vegetable or chicken broth
- 2 tablespoons lemon juice
- salt and pepper
- up to 1 cup coconut milk (optional)
- cilantro for garnish

Directions: Heat the oil in a large saucepan over medium heat. Add the onions and cook, stirring, until softened. Add the garlic, ginger, cumin, cinnamon and allspice and cook for another 2-3 minutes. Add the carrots and stir to coat. Continue to cook for another 4-5 minutes. Add the broth, cover and reduce heat to low and simmer for about 30 minutes, or until the carrots are soft. Use an immersion blender to puree until smooth. Stir in the lemon juice and coconut milk (if using) and add salt and pepper to taste. Ladle into individual bowls and garnish with cilantro.

## CREAMY ASPARAGUS AND LEEK BISQUE

From Clean Chef Franky G

Serves 1

- 1 large leek
- ½ bunch of asparagus
- 2 garlic cloves, peeled and minced
- 1 bay leaf
- sprig of thyme
- chopped chives
- 1 cup coconut milk (boxed and unsweetened, but you can also use canned coconut milk, thinned with water)
- sea salt or wheat-free tamari (to taste) and black pepper (also to taste)

Directions: Remove the green tops from the leeks (you can save them for making your own veg or chicken stock), and slice the lower white section in half lengthwise, then into half-moons. Trim the lower woody section away from the asparagus (generally the lower 1-2 inches), and cut the remaining asparagus into thirds (saving the tops for garnish on the soup if you like). Put the coconut oil in a soup pot over medium heat. Once the oil is melted, add the leeks. Cook leeks for 3-4 minutes, stirring often, until the leeks soften. Add the garlic and cook until fragrant. Add the bay leaf, sprig of fresh thyme, and asparagus pieces. Pour enough water in the pot to cover the vegetables, and cover. Simmer for 12-15 minutes. Transfer to a blender or use an immersion blender in the pot, blend mixture until smooth and creamy. (You can begin adding the coconut milk here to help the blending process.) Either serve immediately or put back in the pot and keep it over low heat to desired temperature. Season to taste with sea salt or the tamari and black pepper if you like. Garnish with chopped chives (and additional asparagus pieces) and serve.

## CREAMY VEGAN GREEN VEGETABLE SOUP

From [Healthy Blender Recipes](#)

Serves 4

- 8 cups vegetable broth
- 4 cups broccoli (about 1 head of broccoli)
- 4 cups green beans (about 24 green beans)
- 2 cups roughly chopped zucchini (about 2 zucchini)
- 2 cups yellow squash roughly chopped (about 2 squash)
- 1 cup chopped brown onion (about 1 medium onion)
- ¼ cup chopped celery (1 rib)
- ¼ cup raw macadamia nuts or cashews
- 1/8 cup freshly chopped garlic (about 4-5 cloves)
- 2 tablespoons cold pressed extra virgin olive oil
- ½ teaspoon Celtic sea salt

Directions: Saute the onions and garlic with a bit of the oil for a couple of minutes until soft and translucent. Add in the celery, zucchini and squash and saute for a few more minutes. Add in the green beans, broccoli and vegetable broth and bring to the boil. Simmer for about 20 minutes. Puree in batches in your blender (such as a Vitamix).

## CAULIFLOWER AND LEEK SOUP

From [Green Kitchen Stories](#)

Serves 2

- 1 tablespoon extra virgin olive oil
- 1 onion, chopped
- 1 clove garlic, mashed
- 1 pinch of chili powder
- 1 cauliflower, coarsely chopped
- 2 leeks, rinsed and chopped (remove and discard dark green section)
- 4 cups water
- ½ to 1 lemon, depends on the taste (juice and peel)
- fresh thyme
- sea salt & pepper
- roasted almonds (roughly sliced)

Directions: Start by preparing onion and garlic. Then separate the cauliflower florets from the stalk and cut into smaller pieces. Cut the remaining stalk in half and chopped. Discard the dark green leaves of the leek, they are tough. Coarsely chop the leeks and place in a strainer, rinse well and drain. Add olive oil to a pot over medium-high heat. Stir in the onion, garlic and chili powder and cook until the onions soften. Add cauliflower and leeks and let it fry for a couple of minutes. Add water and let it boil and then lower the heat and let it simmer until the vegetables are soft. Pour half of the water into a bowl and set aside. Use a hand blender to puree the soup. Stir in lemon juice and peel, thyme, salt and pepper. If the soup is too thick add some of the water. Pour into bowls or cups and serve with fresh thyme, lemon peel or juice and roasted almonds.

## **BUTTERNUT SQUASH BISQUE**

From the Clean Team

Serves 2

### **ROASTED BUTTERNUT SQUASH**

- 1 butternut squash, peeled and seeded, cut into medium sized chunks
- olive oil
- cumin
- sea salt

Directions: Put into a roasting pan or spread on a baking sheet with olive oil, cumin and sea salt. Roast at 450°F for 30-45 minutes or until tender.

### **SOUP**

- 2 cups rice or almond milk
- sea salt
- sage
- black pepper

Directions: Let the squash cool until you can touch it, and blend in a food processor or blender with 2 cups rice or almond milk (start with 1½ cups and add the rest if needed, and you may even need more, depending on the consistency you want it) and a pinch of sea salt. Add some sage (fresh or dried) and black pepper to taste. Serve warm.

## **ARTICHOKE SOUP WITH CASHEW CREAM**

From [Phoo-d](#)

Serves 4

- 2 teaspoons extra-virgin olive oil
- 2 leeks, white parts only, cleaned and chopped
- 1 cup diced onion
- 1 tablespoon fresh minced garlic
- 12 ounce frozen artichoke hearts
- 2 cups cauliflower, chopped
- 12 cups artichoke broth\* (or vegetable broth)
- 1 cup cashew cream (see recipe below)
- ¼ cup fresh lemon juice
- 1 tablespoon herbes de Provence
- salt and pepper to taste

Directions: Place a large stock pot over medium heat. Add olive oil, leeks, onion, and garlic. Saute until the onion is soft but not brown. Add artichoke hearts, cauliflower, and broth to the pot. Bring the liquid to a strong simmer and cook until the cauliflower is tender when pierced with a fork, about 10 minutes. When the cauliflower is cooked through reduce the heat to low. Blend the soup until smooth using a stick blender or by carefully transferring batches of soup to a blender. When the soup is smooth, stir in the cashew cream, lemon juice, and herbes de Provence. Heat the soup until all the ingredients are warmed through, but do not simmer. A strong simmer or boil will break the cashew cream apart. Taste the soup and add salt and pepper as necessary. If you used an unsalted artichoke broth it will take a good amount of salt and pepper to season the soup. Serve warm. Leftover soup will keep in the fridge for up to a week.

\*Artichoke Broth is the leftover liquid from cooking artichokes in a pressure cooker. If you do not have enough artichoke broth add in vegetable broth to equal 12 cups.

#### CASHEW CREAM

- 2 cups raw cashews (do not use roasted or salted)
- water

Directions: Place the raw cashews in a medium bowl and cover them with water. Let the cashews sit overnight. The next day drain and rinse the cashews under plenty of fresh water. Put the cashews in a high powered blender and add enough water to cover them by 1 inch. Blend on high speed for several minutes until the cashews are smooth and creamy. If you have a weak blender it might be necessary to strain the pureed cashews through a fine mesh sieve to get rid of the larger pieces. The cashew cream will keep in the fridge for three days or can be frozen.

#### **CREAM OF SPINACH SOUP**

From [Healthy Blender Recipes](#)

Serves 2

- 2 cups raw organic fresh spinach
- 1 cup organic zucchini (about 1 zucchini)
- 1 cup chopped red onions (about 1 medium onion)
- ¼ cup scallions/green onions – (about 6)
- ¼ cup flat leaf parsley (a handful)
- ¼ cup celery (1 large stalk)

- 4 cups strong vegetable broth
- 1 whole roasted garlic bulb
- ¼ – ½ cup raw cashews (or raw blanched almonds)
- dash of fresh lemon juice to taste
- Celtic sea salt to taste

Directions: Place the garlic whole in the oven on about 400°F for about 30 minutes until soft and roasted. In a saucepan saute onions and scallions with a pinch of Celtic sea salt to bring out the sweetness until translucent. Add in spinach, celery, zucchini and parsley and cook for about 5 minutes. Add in stock and squeeze in roasted garlic pulp and bring to a boil. Simmer for about 20 minutes until the veggies are cooked through. Allow to cool slightly and then puree in the blender (such as a Vitamix) with the cashews and return to the stove to warm and serve. Serve sprinkled with parsley.

## **CARROT FENNEL SOUP**

From [Healthful Pursuit](#)

Serves 2

- 1 tablespoon coconut oil
- 4 cups chopped carrots
- 2 fennel bulb, chopped
- 1 medium yellow onion, chopped
- 2 cloves minced garlic
- 3 cups vegetable broth
- ½ teaspoon fresh thyme
- ¼ teaspoon salt
- ½ teaspoon pepper
- 1 cup unsweetened almond milk or coconut milk

Directions: In a large soup pot, melt coconut oil on medium-high heat. Add carrots, fennel, onion and garlic. Sauté for 8 minutes or until onions are cooked and carrots are crisp-tender. Add broth, cover and bring to a boil. Reduce heat and simmer 10 minutes. Stir in thyme, salt, pepper and almond or coconut milk. Pour soup into a large blender and process until smooth. Enjoy!

## **CREAMY CHESTNUT SOUP**

From the Clean Team

Serves 2

This is creamy and delicious, comforting on a cold winter day and equally as amazing chilled in warmer months. It's a wonderfully hearty and filling meal on its own or can be served in small shooters for an appetizer or as a side dish to a larger meal, especially during the holidays.

- 1 15-ounce can or jar of peeled and pre-roasted organic chestnuts OR about 8 ounce dried chestnuts
- 3 cups organic vegetable or chicken broth or stock
- ¾ cup nut or rice milk, unsweetened
- 2 medium shallots, peeled and chopped
- 1 tablespoon coconut oil
- ¼ cup pecans, coarsely chopped
- 3 leeks, coarse green stalks discarded, and the white ends sliced into coin sized rounds

- ¼ teaspoon ground thyme or the leaves of a few thyme sprigs (3 or 4)
- ¼ teaspoon ground cardamom
- a pinch of nutmeg
- sea salt and freshly ground pepper to taste

Directions: If you are using dried chestnuts, put them in a medium pot over low heat with 3 cups of water and cook, covered, for 30-45 minutes or until tender. Save the cooking liquid to use in the soup. In a large pot over medium-low heat cook the leeks and shallots in the coconut oil, stirring often until they are tender and browned, about 10 minutes. Add the chestnuts (either from the jar or the recently cooked ones) and the broth or stock. Bring to a boil and then reduce heat to low and simmer, covered, stirring every so often for about 20 minutes, then add the nut or rice milk, pecans, cardamom, nutmeg and thyme. Remove from heat, allowing to cool a bit and either puree in batches in a blender or food processor or my preferred method is with a hand-held immersion blender right in the pot. Season the entire soup with salt in the pot after it's smooth. Serve warm, garnishing with a dash of freshly ground pepper in each bowl.

### **LEEK AND LENTIL SOUP**

From [Healthy Blender Recipes](#)

Serves 4

- 1½ cups organic red lentils
- 4 tablespoons dried mixed Italian herbs
- 2 leeks washed and chopped, coarse green stalks discarded, and the white ends sliced into coin sized rounds
- 4 carrots chopped
- 2 stalks of celery
- 1 bunch of flat leaf parsley
- 1 large head of broccoli chopped
- 8 cups of vegetable broth
- 4 tablespoons cold pressed extra virgin olive oil
- Celtic sea salt and pepper to taste

Directions: In a large saucepan, gently fry the lentils and herbs on low heat with a little olive oil until coated and combined. Add in all of the vegetables and combine well. Top with the broth, bring to a boil, and then simmer partially covered for about 1 hour. Stir frequently to prevent sticking, and add more water if required. Puree the soup in your blender (such as a Vitamix) in batches. Season with Celtic sea salt and cracked pepper to taste. I like to serve this soup with a grain ball (a scoop of cooked quinoa, millet or brown rice) and a sprinkle of freshly chopped Italian parsley or cilantro, as an alternative to a traditional bread roll. It makes the soup more hearty, and completes the meal. It also makes the soup look fabulous too! This would serve six comfortably as a first course at a dinner party. Or it is fantastic to keep in the fridge to eat throughout the week. It will keep in the fridge for several days and makes a lovely quick "dinner fix" in the winter, or a great lunch option to take to work.

### **GREEN PEA SOUP**

Adapted from [Green Kitchen Stories](#)

Serves 2

- 1 tablespoon extra virgin olive oil
- 1 onion, chopped
- 1 clove garlic
- ½ teaspoon sea salt

- 1 pinch of chili powder
- 1½ cup frozen green peas
- 4 cups vegetable broth
- ½ lemon, juiced
- ⅓ cup cashew cream (see recipe below)
- thyme

Directions: Add olive oil to a pot over medium-high heat. Stir in the onion, garlic, sea salt and chili and cook until the onions soften. Add the green peas and broth. Let it boil and then lower the heat and let it simmer for 10 minutes. Pour half of the broth away into a bowl. Use a hand blender to puree the soup. Stir in the cashew cream, lemon juice, thyme and more salt if needed. If the soup is too thick add some of the broth. Pour into bowls or cups and serve with a couple of fresh green peas.

#### CASHEW CREAM

From [Phoo-d](#)

- 2 cups raw cashews (do not use roasted or salted)
- water

Directions: Place the raw cashews in a medium bowl and cover them with water. Let the cashews sit overnight. The next day drain and rinse the cashews under plenty of fresh water. Put the cashews in a high powered blender and add enough water to cover them by 1 inch. Blend on high speed for several minutes until the cashews are smooth and creamy. If you have a weak blender it might be necessary to strain the pureed cashews through a fine mesh sieve to get rid of the larger pieces. The cashew cream will keep in the fridge for three days or can be frozen.

#### ROASTED CAULIFLOWER SOUP WITH GARBANZO BEANS AND CORIANDER

Adapted from [Cooking Melangery](#)

Serves 3-4

- 1 head cauliflower, cut coarsely
- 4 tablespoons olive oil
- salt and freshly ground black pepper
- 1 tablespoon coriander seeds
- 1 14-ounce can of garbanzo beans (chickpeas), drained and rinsed
- 1 large yellow onion, diced
- 3 garlic cloves, chopped
- 6 cups vegetable or chicken stock
- ½ cup cashew cream (See recipe below)
- cilantro for garnish

Directions: Preheat oven to 350°F. Place the cauliflower in a baking pan. Drizzle 2 tablespoons of the olive oil onto the cauliflower, sprinkle with salt and pepper and toss to coat lightly. Bake in the oven until tender, 35 minutes. Heat the remaining 2 tablespoons olive oil in a large soup pot over medium heat. Add the onions, garlic and coriander and cook, stirring occasionally, until the onions are soft, 10 minutes. Add the cauliflower, garbanzo beans, stock and enough water just to cover the cauliflower by 1 inch. Bring to a boil and simmer 10-15 minutes. Remove from the heat and let cool. Puree the soup in a blender until very smooth. Add cashew cream and season with salt and pepper. If the soup is too thick, add water to correct consistency. To serve, heat the soup and ladle into bowls. Garnish with cilantro and serve immediately.

## CASHEW CREAM

From [Phoo-d](#)

- 2 cups raw cashews (do not use roasted or salted)
- water

Directions: Place the raw cashews in a medium bowl and cover them with water. Let the cashews sit overnight. The next day drain and rinse the cashews under plenty of fresh water. Put the cashews in a high powered blender and add enough water to cover them by 1 inch. Blend on high speed for several minutes until the cashews are smooth and creamy. If you have a weak blender it might be necessary to strain the pureed cashews through a fine mesh sieve to get rid of the larger pieces. The cashew cream will keep in the fridge for three days or can be frozen.

## BROCCOLI SOUP

From [Elana's Pantry](#)

Serves 2-3

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 bunch broccoli (a couple of heads), coarsely chopped
- 2 quarts water
- ½ teaspoon Celtic sea salt

Directions: Heat oil in a large pot and saute onion over medium to low heat until soft, about 15 minutes. Add broccoli and saute for 5-10 minutes. Add water and cook until broccoli is soft, about 15 minutes. Puree hot soup in tiny batches in a blender until smooth and creamy. Reheat soup and serve.

## MULLIGATAWNY DETOX SOUP

From [Gluten Free Goddess](#)

Serves 4

- 1 tablespoon avocado oil
- 4 cloves garlic, minced
- 1 inch fresh ginger, grated
- 2 teaspoons mild gluten-free curry powder
- 1 teaspoon organic turmeric
- ½ teaspoon cayenne pepper, more or less, to taste
- 1 medium sweet or red onion, peeled, diced
- 4 medium carrots, peeled and diced
- 1 cup cauliflower florets, chopped
- 2 large Granny Smith apples, peeled, cored and diced
- 1 butternut squash, peeled and cubed
- 2 heaping cups thinly shredded cabbage
- 1 quart fresh spring water
- 2 cups vegetable broth
- 1 14-ounce can organic chick peas, drained
- A small pinch of sea salt, to taste
- 1 14-ounce can coconut milk, stirred
- juice from 1 medium lime, or to taste

- 1-2 teaspoons coconut nectar
- thin apple slices or shredded apple
- chopped fresh cilantro, if desired

Directions for a slow cooker: Combine all of the ingredients in a slow cooker except the coconut milk, lime juice and coconut nectar. Cover and cook on high according to your manufacturer's instructions for cooking vegetable soup. When the veggies are tender, add in the coconut milk and lime. Taste test. Add coconut nectar to taste. Heat through 15 minutes.

Directions for the stove top: Heat the avocado oil over medium high heat in a medium size soup pot. Add the garlic, ginger, curry, turmeric and cayenne and briefly stir to season the oil. Add the onion, carrots, cauliflower, apples, butternut squash and cabbage, and sauté until softened, about 7 to 10 minutes. Stir in the spring water and chick peas; season with a touch of sea salt, if desired. Bring to a boil and reduce heat, cover and simmer the soup, stirring occasionally, until vegetables are tender, about 20 to 30 minutes. Add the coconut milk, lime juice and coconut nectar. Stir well. Taste for seasoning adjustments. Heat through gently; don't boil. Puree the soup with a hand held immersion blender (or puree carefully in small batches, tightly covered, in a blender or food processor) until smooth. Return the puree to the soup pot. Heat over low heat until serving.

### **SILKY CELERIAC (CELERY ROOT) SOUP**

From the Clean Team

Serves 2

- 1 small onion, peeled and quartered
- 2 celery stalks, roughly chopped
- 2 medium sized celery roots, roughly chopped
- 1 medium sized apple, peeled and quartered
- 2-3 sprigs of fresh thyme
- 1 bay leaf
- ½ teaspoon dried oregano
- vegetable or chicken broth to cover (preferably homemade, but organic and unsweetened store bought is fine)
- ½ cup coconut milk
- 1 tablespoon coconut oil
- ½ cup frozen peas, thawed
- 6-8 shiitake mushrooms, sliced thinly

Directions: Place the onion, celery, celery root, apple and herbs into a medium sized pot. Add 1 quart of broth or water. Cover and bring to a boil, then reduce heat and gently simmer for 30 minutes. While the soup simmers, heat up a saute pan and melt one tablespoon of coconut oil. Once hot, add in the sliced shiitakes, gently tossing and cooking until lightly browned (about 3-4 minutes). Add the peas just before the mushrooms are done cooking, so they're warmed through.

# BONUS RECIPES

## SNACKS, DRINKS, AND SALAD DRESSINGS

### SNACKS

#### **GARLIC HERB CRACKERS**

From the [Daily Bite](#)

- 1½ cups blanched almond flour
- ½ cup raw sunflower seeds
- 1 tablespoon salt-free Italian seasoning or dried herb blend
- 1 teaspoon granulated garlic powder
- ½ teaspoon sea salt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon coconut nectar
- 1 tablespoon water

Directions: Preheat the oven to 350°F. In a food processor fitted with the steel blade, process the almond flour, sunflower seeds, herb seasoning, garlic powder, and salt until finely ground. Transfer to a large mixing bowl. In a small bowl, whisk together the olive oil, coconut nectar and water. Add this mixture to the dry ingredients and stir with a rubber spatula until a thick dough forms. Use your hands to form the dough into a thick square or rectangular mass. Place the dough between two sheets of parchment paper and roll out to about 1/8-inch thick. Transfer the dough (parchment paper and all) to a baking sheet. Remove the top sheet of parchment and cut the dough into cracker shapes using a pizza cutter. Bake for about 12 minutes or until golden brown and fragrant. Cool completely before separating into crackers. (Store in an airtight container at room temperature.)

#### **SPICED CARROT HUMMUS WITH GARLIC OIL**

From the [Daily Bite](#)

- 1 cup peeled, chopped carrots
- 1 15-ounce can chickpeas, rinsed and drained
- 3 tablespoons tahini
- 2 tablespoons garlic extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon ground cumin
- ½ teaspoon curry powder
- ¼ teaspoon sea salt, or more to taste
- 1/8 teaspoon ground cinnamon

Directions: Bring an inch or so of water to boil in a small pot fitted with a steamer basket. Add the carrots and steam until tender when pierced with a fork. Transfer the steamed carrots to a food processor fitted with the steel blade. Add the remaining ingredients and process for several minutes until thick and smooth, stopping once or twice to scrape down the sides of the bowl with a rubber spatula. Refrigerate in an airtight container for up to 3 days.

## **GUACAMOLE**

From the Clean Team

- 2 avocados
- half of a red onion, peeled and finely diced
- 1 clove garlic, peeled and minced
- grated lemon/lime peel
- fresh cilantro (optional)
- sea salt

Directions: Mash all ingredients together in a bowl to desired consistency. Store covered in plastic wrap with the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it's perfectly fine to use.

## **ROASTED CHICKPEAS**

From the Clean Team

- 1 can chickpeas

Possible spice combos:

- Fresh parsley + cumin + sea salt
- Coconut nectar + nutritional yeast + sea salt
- Dill + nutritional yeast + thyme
- Paprika + nutritional yeast + sea salt

Or any combo of your favorite spices!

Directions: Towel dry a can of chickpeas, put on baking sheet in 400°F oven, roast about 30 minutes until brown and crispy. Mix spices and olive in a bowl. Toss hot chickpeas in olive oil and spice mixture. So tasty!

## **KALE CHIPS**

From the Clean Team

- 1 bunch (about 6 ounces) kale (I used the curly leaf kind, but you could use the flat Lacinato or Dinosaur as well)
- 1 tablespoon olive oil
- 2 tablespoons nutritional yeast
- Sea salt, to taste

Directions: Preheat oven to 300°F. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet (I needed two because mine are tiny; I also lined mine with parchment for easy clean-up but there's no reason that you must). Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool.

# DRINKS

## COFFEE GRANITA

From the Clean Team

- ½ cup non dairy milk (rice, almond, hemp, coconut)
- 2 tablespoons raw cacao or carob powder
- 1 tablespoon maca powder (this is incredibly energizing and has a wonderful rich flavor)
- 1 teaspoon lucuma powder (slightly sweet taste)
- 1 teaspoon mesquite powder (optional but highly recommended)
- 1 tablespoon vanilla extract
- a pinch of stevia (powder) or a few drops of liquid to taste
- 1 cup ice

Directions: Blend all ingredients together until you have a coffee-like "slushie."

## GREEN JUICE

From the Clean Team

- 1 green apple
- 2 stalks of celery
- ½ cucumber
- knob of ginger
- 1 lemon, peeled
- A bunch of greens: kale, spinach, swiss chard, beet greens, parsley are all good options

Directions: Run all through your juicer. Enjoy immediately - the fresher, the better.

## CLEAN HOT CHOCOLATE

From the Clean Team

- almond or coconut milk
- raw cacao (to taste)
- stevia (to taste)
- optional: cinnamon or mint extract

Directions: Warm milk on stove top. Experiment with how chocolatey and sweet you like it.

## SPA WATER: CUCUMBER, MINT, LIME

From the Clean Team

Make your water a little more exciting. Like a day at the spa!

- filtered water
- cucumber slices
- fresh mint
- juice from a couple of limes

Directions: Put all the ingredients in a big glass or ceramic pitcher. Refrigerate for a least a few hours. Drink within a couple of days.

## **CLEAN LEMONADE**

From the Clean Team

- juice of 2 lemons
- stevia to taste
- 8 oz filtered water or soda water

Directions: Stir and enjoy!

# SALAD DRESSINGS

## ANI'S BEST BALSAMIC DRESSING

From Clean Community member, Anneliese

- 3 cloves garlic minced or pressed
- 1 tablespoon gluten-free miso (such as brown rice)
- 1 tablespoon mustard
- 2 tablespoons wheat-free tamari
- ¼ cup balsamic vinegar
- ½ cup olive oil
- salt and pepper to taste

Directions: Whisk until blended.

## EVAS RAW VEGAN BETTER THAN RANCH DRESSING

From [Healthy Blender Recipes](#)

- 1 cup raw cashews, soaked in filtered water for 2 hours and drained (soaking is optional)
- ¼ cup fresh lemon juice
- ¼ cup apple cider vinegar
- 2 dates soaked in 1½ cups of filtered water and then pitted
- ½ cup date soak water (discard the rest of soak water or add it to a smoothie)
- 2-4 large cloves garlic
- 2 tablespoons red onion
- 1½ tablespoons Herbamare
- 1 tablespoon fresh continental parsley chopped finely
- ½ teaspoon fresh dill chopped finely
- 1 tablespoon green onions chopped finely

Directions: Place all ingredients except the fresh herbs into your blender and puree until smooth and creamy. If using as a dip, place mixture in an airtight container and chill for about 2 hours to congeal and thicken before serving. If using as a dressing, add about ½-1 cup of filtered water to thin out.

## TAHINI GINGER DRESSING

From the Clean Team

- ½ cup olive oil
- ½ cup tahini
- ½ cup water
- 2 tablespoons red wine vinegar
- ¼ cup wheat-free tamari
- 2 tablespoons lemon juice (omit if you are sensitive to citrus)
- 2 teaspoons ground ginger
- 1 garlic clove, squeezed
- black pepper

Directions: Blend and enjoy!

## **AVOCADO DRESSING**

From the Clean Team

- 2 ripe avocados, chopped
- 2 spring onions, finely chopped
- 1 clove garlic, minced
- lime juice, to taste (omit if you are sensitive to citrus)
- water, as needed
- sea salt, to taste
- ½ teaspoon cider vinegar, optional

Directions: Blend and enjoy!