



Spring Clean Your Body Recipes - 7 Day

CRINA & LINDA HOLISTIC NUTRITIONISTS

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BALANCE POINT HEALTH CENTRE

7 Day Spring Clean Your Body:

Just a few pointers before you read the menu plan:

1. When starting a cleanse, remember the two Ps: **plan and prepare**. Look over your menu for the week and prepare as much as you can in advance – this way you'll have a smooth sailing and be able to stay on track.
2. Feeling excessively hungry is not something we promote – it's not healthy to starve yourself! Don't let your blood sugar levels get to such a point that your cravings take over! If you're hungry, feel free to add more healthy food to your plate such as nuts, seeds, nut butters, low sugar fruit and juices.
3. If this is your first cleanse or even if you haven't cleansed in a while, you may experience something called "a healing crisis" – the process of drawing toxins out of the body may create some classic symptoms like headache, tiredness, irritability, bloating, constipation, skin breakouts. Make sure you drink lots of water and herbal teas like fennel, camomile, peppermint and nettle.
4. Make sure you support your body with the supplements we recommended in a previous email.
5. Last but not least, make sure you have a blender and/juicer on hand before you start the cleanse! (or order them now!)

To support the body in cleansing this week, we will:

- reduce the digestive load by eliminating common allergens, animal protein, sugar, wheat and dairy
- increase vegetables, herbs and fruits to support the detoxification process
- drink lots of water
- leave a 12 hour window at night to support the body's natural cleansing process
- eat more liquid meals
- replace morning coffee with a freshly made juice

By consuming more juices, smoothies and soups, we flood our body with macro and micro nutrients in a highly absorbable form. It doesn't take much energy to digest a liquid! This energy will then be re-directed to the detoxification process. Simple.

Refer to the **Foods Handout** for a detailed list of what to eat and what to avoid.

In this guide, you will find a collection of delicious recipes to support you this week.

HOW TO USE

All of these recipes have been selected to support your cleanse, but you don't need to make them all.

Pick the ones you want to try, and then plan out your groceries. You can print a blank meal plan template [here](#). If you ordered the ready-made juices, you still have loads of recipes to pick for your additional meals.

RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Be sure to account for this when reviewing the grocery list.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or use Sunday to make a big batch of any salad or soup to use multiple times through the week. This is a great habit that will save you time and money. But keep in mind the nutrient value of foods starts to decline the moment you cut into that food. So balance that as well into your decision making and planning.

We are excited for you! You can totally do this! Your body and mind will thank you 'ten fold' at about day 3 for most people. :).

In great health,
Your Nutrition Coaches, Crina and Linda

MON



BREAKFAST
Green Blender Juice or Smoothie



SNACK 1
Lucky Green Smoothie



LUNCH
Quinoa Tabbouleh



SNACK 2
Apples & Almonds



DINNER
Roasted Garlic & Asparagus Soup



SNACK 3
Sunflower Seed Butter Stuffed Dates

TUE



BREAKFAST
Fruitfull Roots



SNACK 1
Coconut Matcha Smoothie Perservative Free



LUNCH
Roasted Garlic & Asparagus Soup



SNACK 2
Pear & Walnuts



DINNER
Beet & Lentil Salad

WED



BREAKFAST
Rise n'Shine Juice



SNACK 1
Mango Lime Smoothie



LUNCH
Lemony Kale & Cauliflower Salad



SNACK 2
Carrots & Guacamole



DINNER
Roasted Carrot White Bean & Tahini Soup

THU



BREAKFAST
Glowing Green Mango Energy Smoothie



SNACK 1
Blueberry Detox Smoothie



LUNCH
Roasted Carrot White Bean & Tahini Soup



SNACK 2
Pear, Golden Turmeric Latte Sugar Free



DINNER
Beet & Lentil Salad



SNACK 3
Fresh Mint Tea

FRI



BREAKFAST
Popeye Juice



SNACK 1
Mango Coconut Green Clean Smoothie



LUNCH
Shredded Brussels Sprouts Slaw with Crispy Lentils



SNACK 2
Apples & Almonds



DINNER
Creamy Cauliflower Soup

SAT



BREAKFAST
Fruitfull Roots



SNACK 1
Blueberry Energy Smoothie



LUNCH
Creamy Cauliflower Soup



SNACK 2
Carrots & Guacamole



DINNER
Charred Kale Salad with Tahini Dressing

SUN



BREAKFAST
Rise n'Shine Juice



SNACK 1
Spirulina Smoothie Bowl



LUNCH
Quinoa Tabbouleh



SNACK 2
Pear, Golden Turmeric Latte Sugar Free



DINNER
Cheezy Broccoli & Jalapeno Soup



SNACK 3
Lemon Coconut Fat Bombs

FRUITS

- 3 Apple
- 3 Avocado
- 4 Banana
- 1 Blood Orange
- 2 Grapefruit
- 7 Lemon
- 3/4 cup Lemon Juice
- 6 Lime
- 2 tbsps Lime Juice
- 4 Navel Orange
- 6 Pear
- 3 1/2 cups Pineapple
- 1/4 cup Pomegranate Seeds

BREAKFAST

- 2 tps Green Tea Powder
- 2 tbsps Macadamia Nut Butter
- 1 tsp Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1/2 cup Cashews
- 1/4 cup Chia Seeds
- 1 1/8 tps Cinnamon
- 1/2 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1 1/8 cups Hemp Seeds
- 1 tsp Nutmeg
- 3/4 cup Pumpkin Seeds
- 1 1/16 tbsps Sea Salt
- 1 pinch Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tps Sesame Seeds
- 1 tsp Turmeric
- 2 inches Turmeric Root
- 1/4 cup Walnuts

FROZEN

VEGETABLES

- 4 cups Asparagus
- 19 1/2 cups Baby Spinach
- 10 Beet
- 6 cups Broccoli
- 5 cups Brussels Sprouts
- 27 Carrot
- 1 3/4 heads Cauliflower
- 5 stalks Celery
- 1/2 cup Cilantro
- 2 1/2 Cucumber
- 18 Garlic
- 1/4 cup Ginger
- 1 Green Bell Pepper
- 4 stalks Green Onion
- 1 Jalapeno Pepper
- 7 cups Kale Leaves
- 1/2 cup Mint Leaves
- 4 cups Parsley
- 1/4 cup Shallot
- 1/2 Sweet Onion
- 2 Tomato
- 2 1/2 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 2/3 cups Canned Coconut Milk
- 2 cups Lentils
- 1/4 cup Organic Coconut Milk
- 1/2 cup Quinoa
- 12 1/2 cups Vegetable Broth
- 2 cups White Navy Beans

BAKING

- 2 tps Monk Fruit Sweetener
- 3 tbsps Nutritional Yeast
- 1/4 cup Pitted Dates
- 1/8 tsp Stevia Powder

CONDIMENTS & OILS

- 2 tps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 2 tbsps Capers
- 1/2 cup Coconut Butter
- 1/2 cup Coconut Oil
- 1/2 tsp Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 2 tbsps Sunflower Seed Butter
- 1/3 cup Tahini

COLD

- 1 tbsp Coconut Butter
- 2 tbsps Marine Collagen Powder
- 2 cups Plain Coconut Milk
- 5 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Oat Milk

OTHER

- 2 1/2 inches Ginger Root
- 10 Ice Cubes
- 1 tsp Spirulina
- 1/4 cup Vanilla Protein Powder
- 13 1/2 cups Water

- 1/2 cup Frozen Banana
 - 3 1/2 cups Frozen Blueberries
 - 1/4 cup Frozen Broccoli
 - 1 1/4 cups Frozen Cauliflower
 - 4 1/2 cups Frozen Mango
- 1/2 tsp Vanilla Extract

Green Blender Juice or Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Pineapple (diced)
1 Cucumber (diced)
1 cup Parsley
4 cups Baby Spinach
1 tbsp Ginger (peeled)
1 Lemon (juiced)
10 Ice Cubes

DIRECTIONS

- 01 Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
- 02 Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

Fruitful Roots

1 SERVING 5 MINUTES



INGREDIENTS

1 Beet
1 cup Pineapple
1 Pear
1/4 inch Ginger Root
1 Lemon

DIRECTIONS

01 Wash and then put all ingredients in juicer. Enjoy!

Rise n'Shine Juice

1 SERVING 5 MINUTES



INGREDIENTS

1 Grapefruit (Peeled)
2 Navel Orange (Peeled)
1 inch Turmeric Root
1 inch Ginger Root
1/4 Lemon (Peeled)

DIRECTIONS

01 Peel and juice! Enjoy.

Glowing Green Mango Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Baby Spinach
1/2 Cucumber
1 Lime (juiced)
1 Lemon (juiced)
1 Apple (skin removed and diced)
1 1/2 cups Frozen Mango
2 cups Water

DIRECTIONS

01 Place all ingredients together in a blender. Blend until smooth. Enjoy!

Popeye Juice

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Baby Spinach
1 Cucumber
2 stalks Celery
1 Pear
1 tbsp Ginger

DIRECTIONS

01 Wash ingredients. Juice and enjoy right away!

Lucky Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Frozen Mango
2 Lime (juiced)
2 cups Baby Spinach (packed)
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
3 1/2 cups Water

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

NO MANGO

Add frozen pineapple or banana instead.

MORE PROTEIN

Add a scoop of your favorite clean protein powder.

Coconut Matcha Smoothie Perservative Free

2 SERVINGS 5 MINUTES



INGREDIENTS

2/3 cup Canned Coconut Milk (full fat, refrigerated overnight)
1 1/2 cups Unsweetened Oat Milk
2 Banana
2 cups Baby Spinach
2 tbsps Hemp Seeds
2 tbsps Ground Flax Seed
2 tsps Green Tea Powder (matcha)

DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth.
- 02 Divide between glasses. Top with any leftover coconut cream and enjoy!

NOTES

NO COCONUT MILK

Replace coconut milk with more almond milk.

MORE PROTEIN AND FIBRE

Add ground flax seed.

Mango Lime Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Mango
1 cup Frozen Cauliflower
1 Lime (large, zest and juice)
1/4 cup Vanilla Protein Powder
1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

NO COCONUT MILK

Use almond or oat milk.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Blueberries
2 cups Baby Spinach
2 Banana (peeled, chopped and frozen)
2 tbsps Chia Seeds
2 cups Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Mango Coconut Green Clean Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Frozen Cauliflower
1/4 cup Frozen Broccoli
1/2 cup Frozen Mango
1 cup Unsweetened Almond Milk
1/4 cup Organic Coconut Milk (full fat)
1 tbsp Coconut Butter
2 tbsps Marine Collagen Powder
(Optional)

DIRECTIONS

01 Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

NOTES

COCONUT BUTTER

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

NO PROTEIN POWDER

Use hemp seeds instead.

Blueberry Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Cashews
1/4 cup Hemp Seeds
2 cups Water
2 cups Baby Spinach
1 1/2 cups Frozen Blueberries

DIRECTIONS

- 01 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 02 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

NOTES

MAKE IT SWEETER

Add in a few soaked dates to sweeten it up.

Spirulina Smoothie Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Banana
1 Zucchini
1/2 cup Plain Coconut Milk
2 tbsps Chia Seeds
2 tbsps Macadamia Nut Butter
1 tsp Spirulina
1 pinch Sea Salt
1/8 tsp Cinnamon

DIRECTIONS

01 Blend all ingredients together and enjoy!

Quinoa Tabbouleh

4 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
2 cups Parsley (stems removed, finely chopped)
1/4 cup Mint Leaves (stems removed, finely chopped)
2 stalks Green Onion (finely chopped)
2 Tomato (medium, chopped)
1 tbsp Extra Virgin Olive Oil
1/4 cup Lemon Juice
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cook the quinoa according to the directions on the package, and set aside to cool.
- 02 Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

MORE FLAVOR

Add minced garlic.

NO QUINOA

Use bulgur, cauliflower rice, hemp seeds, or lentils instead.

Lemony Kale & Cauliflower Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Lemon Juice
1/2 tsp Garlic Powder
1/4 tsp Sea Salt
3 cups Kale Leaves (finely chopped)
1/2 cup Parsley (chopped)
1/2 cup Green Olives (pitted, chopped)
1/2 head Cauliflower (small, chopped into florets)
2 tbsps Extra Virgin Olive Oil

DIRECTIONS

- 01 In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
- 02 Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
- 03 Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately 1 cup of salad.

MORE FLAVOR

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

MEAL PREP

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.

Shredded Brussels Sprouts Slaw with Crispy Lentils

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Lentils (cooked)
1/4 cup Pumpkin Seeds (raw)
2 tsps Avocado Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil
1 tbsps Balsamic Vinegar
1/2 tsp Dijon Mustard
1 tsp Maple Syrup
5 cups Brussels Sprouts (trimmed, very thinly sliced)
1/4 cup Pomegranate Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a medium bowl, add the lentils, pumpkin seeds, avocado oil, sea salt and pepper. Mix well to combine. Spread in an even layer on the baking sheet and bake for 10 minutes. Remove, shake the pan around and place back in the oven for 10 minutes more. Remove and set aside.
- 03 In a small bowl or jar, add the extra virgin olive oil, balsamic vinegar, mustard and maple syrup. Shake well and season with salt and pepper as needed.
- 04 Add the brussels sprouts, lentils, pumpkin seeds and dressing to a large bowl. Toss to combine. Top with pomegranate seeds, if using. Divide onto plates, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Season the lentils with garlic powder, onion powder, cumin, dill and/or dried basil.

ADDITIONAL TOPPINGS

Top with goat cheese, feta or parmesan.

LENTILS

It is recommended to use French green lentils as they hold their shape better. Red or brown lentils will not work the same as they tend to get too mushy.

Apples & Almonds

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (sliced)
1/4 cup Almonds

DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

Pear & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear
1/4 cup Walnuts

DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

NOTES

NUT-FREE

Use sunflower seeds instead of walnuts.

MORE FLAVOR

Season the pear with cinnamon.

Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Pear

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear

DIRECTIONS

- 01 Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

Golden Turmeric Latte Sugar Free

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tbsp Ginger (grated)
- 1 cup Unsweetened Almond Milk (canned)
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tsp Monk Fruit Sweetener (Add to taste)
- 1/2 tsp Cinnamon

DIRECTIONS

- 01 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

NOTES

USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

VEGAN

Use maple syrup to sweeten instead of honey.

Roasted Garlic & Asparagus Soup

4 SERVINGS 50 MINUTES



INGREDIENTS

4 cups Asparagus (trimmed, cut in half)
10 Garlic (cloves, peeled and cut in half)
1/2 Yellow Onion (cut into thick slices)
1/4 head Cauliflower (cut into florets)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (divided)
2 1/2 cups Vegetable Broth
2 cups Baby Spinach

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 03 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 04 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 05 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 1/4 cups of soup.

MORE FLAVOR

Add fresh herbs or black pepper to the soup before blending.

ADDITIONAL TOPPINGS

Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

NO SPINACH

Use kale instead.

NO BLENDER

Use an immersion hand blender or food processor instead.

Beet & Lentil Salad

2 SERVINGS 1 HOUR



INGREDIENTS

4 Beet (medium)
1 tbsp Capers
1/2 Lemon (juiced and zested)
2 tbsps Extra Virgin Olive Oil
1 tsp Maple Syrup
1/4 tsp Sea Salt
1/2 cup Lentils (cooked)
2 tbsps Shallot (thinly sliced)
3 tbsps Pumpkin Seeds (raw)
1/4 cup Parsley (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 45 to 50 minutes, or until tender when pierced with a fork. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, chop them into quarters.
- 02 In a pan over medium-low heat, add the capers and fry until just crispy, about 4 to 5 minutes.
- 03 Whisk together the lemon juice, zest, extra virgin olive oil, maple syrup and sea salt in a small bowl.
- 04 Add the beets to a bowl and top with lentils, shallots and pumpkin seeds. Drizzle with the lemon dressing and top with parsley. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO CAPERS

Use pitted olives instead.

CHEESE-LOVER

Top with crumbled goat or feta cheese.

MEAL PREP

Cook the beets and lentils ahead of time and assemble for a quick meal.

Roasted Carrot White Bean & Tahini Soup

4 SERVINGS 1 HOUR



INGREDIENTS

18 Carrot (medium, peeled and roughly chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1 Yellow Onion (medium, diced)
3 stalks Celery (chopped)
4 Garlic (cloves, minced)
4 cups Vegetable Broth
2 cups White Navy Beans (cooked, drained and rinsed)
1 tsp Turmeric
1/4 cup Tahini
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 03 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 04 Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
- 05 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

SERVING SIZE

One serving is approximately 2 cups.

NO IMMERSION BLENDER

Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

CARROT TIP

If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

NO CARROTS

Use sweet potato instead.

ADD TOPPINGS

Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.

Creamy Cauliflower Soup

4 SERVINGS 1 HOUR



INGREDIENTS

- 1 tbsp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 head Cauliflower (cut into florets)
- 2 cups Vegetable Broth
- 1 cup Water
- 1 cup Canned Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Nutmeg
- 1 Avocado (peeled and sliced)
- 2 stalks Green Onion (chopped)

DIRECTIONS

- 01 Add coconut oil to a large pot and place over medium heat. Sauté the onions and carrots for about 5 minutes or until soft and golden.
- 02 Add the cauliflower and cook until it browns (about 5 minutes).
- 03 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 04 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 05 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 06 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

MORE FLAVOR

Add fresh garlic, additional salt, and/or black pepper.

Charred Kale Salad with Tahini Dressing

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Lime Juice
2 tbsps Tahini
1/4 cup Extra Virgin Olive Oil (divided)
1/2 cup Cilantro (roughly chopped)
1/4 tsp Sea Salt
1 tbsp Water
4 cups Kale Leaves (stem removed, roughly torn)
2 tsps Sesame Seeds (toasted)
1 Blood Orange (peeled, roughly chopped into segments)
2 tbsps Pumpkin Seeds (optional)

DIRECTIONS

- 01 In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
- 02 Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
- 03 Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

NOTES

LEFTOVERS

The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

NO BLOOD ORANGE

Use a regular orange or grapefruit.

Cheezy Broccoli & Jalapeno Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Water
- 1 Yellow Onion (medium, chopped)
- 1 Green Bell Pepper (large, chopped)
- 1 Jalapeno Pepper (medium, seeds removed and chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 6 cups Broccoli (chopped into florets)
- 4 cups Vegetable Broth
- 1/2 cup Hemp Seeds
- 3 tbsps Nutritional Yeast

DIRECTIONS

- 01 Heat the water in a pot over medium heat. Add the onions, green pepper, jalapeno pepper, and garlic. Cook for about three to five minutes until the onions begin to soften. Season the vegetables with salt then add the broccoli and vegetable broth.
- 02 Bring the soup to a gentle boil and cook for 12 to 15 minutes or until the broccoli is very tender.
- 03 Transfer the soup to a blender and add the hemp seeds and nutritional yeast. Carefully blend until smooth. Season the soup with additional salt or nutritional yeast to taste.
- 04 Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with additional salt and nutritional yeast if needed.

SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

LIKES IT SPICY

Add extra jalapeno pepper or red pepper flakes.

BROCCOLI

This recipe can be made with fresh or frozen broccoli.

NO HEMP SEEDS

Use soaked, raw cashews instead.

EXTRA GREENS

Add baby spinach before blending.

Sunflower Seed Butter Stuffed Dates

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Pitted Dates
2 tbsps Sunflower Seed Butter

DIRECTIONS

- 01 Use a knife to make a slit in each date and open the date slightly.
- 02 Spoon an even amount of sunflower seed butter into the center of each date. Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately four to five stuffed dates.

ADDITIONAL TOPPINGS

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Fresh Mint Tea

2 SERVINGS 10 MINUTES



INGREDIENTS

2 1/2 cups Water
1/4 cup Mint Leaves (stems removed)

DIRECTIONS

01 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 1 3/4 cup.

MORE FLAVOR

Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

NO MINT LEAVES

Use peppermint or spearmint leaves instead.

ENJOY IT COLD

Add ice cubes.

Lemon Coconut Fat Bombs

8 SERVINGS 50 MINUTES



INGREDIENTS

1/2 cup Coconut Oil
1/2 cup Coconut Butter
1 Lemon (juiced, zested)
1/2 tsp Vanilla Extract
1/8 tsp Stevia Powder

DIRECTIONS

- 01 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 02 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 03 Add the coconut oil and coconut butter to the smaller pot and allow them to melt.
- 04 In a small bowl combine the lemon juice, vanilla and stevia powder and stir until the stevia has fully dissolved. Add the lemon juice mixture to the coconut butter mixture and stir well to combine. Stir in a touch of lemon zest to taste.
- 05 Divide the lemon coconut mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

NOTES

LEFTOVERS

Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.

SERVING SIZE

One serving is one fat bomb.

NO STEVIA POWDER

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

NO PAPER BAKING CUPS

Use a silicone mold instead.