



GET RAW. GET JUICY. *get balanced.*

**DIY CLEANSE RECIPE BOOK**





GET RAW. GET JUICY. *get balanced.*

## DIY CLEANSE

### DISCLAIMER

The content of this cleanse and program is for informational purposes only. It is not intended as a substitute for professional medical or psychological advice, diagnosis, or treatment. Always seek the advice of your physician, psychologist, professional, or other qualified health provider with any questions you may have regarding a medical or emotional condition. Never disregard professional medical advice or delay in seeking it because of content found on this or any other website.

If you have a medical emergency, call your physician/therapist or 911 immediately. We do not recommend or endorse any specific third-party tests, physicians, products, procedures, opinions, or other information found on the website. Reliance on any information provided by Wellness Etc, Emily Potter, Tenley Molzahn, NourishMint Wellness, Sweet and Free Life, its employees, others appearing on the Website at our invitation, or other visitors to the website is solely at your own risk.

Please don't use this content to diagnose or develop a treatment plan for a health problem or disease without consulting a qualified healthcare provider.



GET RAW. GET JUICY. *get balanced.*

## DIY CLEANSE RECIPE BOOK

### HYDRATION:

Morning Detox Lemon Tonic  
Evening Ayurvedic Detoxification tea  
Homemade Almond Milk  
Anti-Inflammatory Golden Milk

### SMOOTHIES:

Tenley's Blueberry Maca Energizer  
NourishMint Peach Power Smoothie  
Emily's Avocado Smoothie  
Sweet and Free Vanilla Breeze  
Orange Creamsicle Recovery  
Spring clean detox  
Green machine  
Superpower Cacao

### COLD WEATHER SMOOTHIES:

Winter Wonderland Smoothie  
Golden Smoothie

### JUICE:

NourishMint Classic Green Juice  
Orange Energizer  
Green Lemonade  
Beautiful Beet Cleanser  
Cilantro Cleanser  
Love your GI (shot)

### LUNCH

Goddess Bowl  
Vegetable Soup with Kick of Curry  
Avocado Lime Chicken Wraps  
Arugula Salad  
Everyday Superfood salad  
Superfood Leek Bisque Cauliflower Chowder  
Spicy Coconut Pumpkin Soup

### DINNER

Beef or chicken Stir Fry  
Paleo Meatloaf  
Salmon Cakes  
Tuna Salad  
Smoky Pumpkin Chili  
Paleo Pizza  
Grilled Fish with Asparagus  
Spaghetti Squash Spaghetti  
Kitchen Sink Soup

### SNACKS

see list at bottom of document

**A note about our recipes:** Remember, it's okay if you feel you need a few extra complex carbs. Our favorites include: root vegetables, squash, sweet potato, gluten-free grains like quinoa, brown rice or beans. Remember, it's DIY so you get to choose and customize it just for you.



GET RAW. GET JUICY. *get balanced.*

## HYDRATION:

### MORNING DETOX LEMON TONIC

- 16 oz room temp water
- ½ lemon, squeezed or 1 tbsp organic pure lemon juice
- 1 tsp organic apple cider vinegar
- 1 tsp organic maple syrup (optional)

### EVENING AYURVEDIC DETOXIFICATION TEA

- ½ tsp cumin seeds
- ½ tsp coriander seeds
- ½ tsp fennel seeds

Use seeds in a tea strainer and steep for 5 minutes in 16 oz hot water. This recipe is an age old Ayurvedic tea recipe to support liver detoxification

### HOMEMADE ALMOND MILK

- 1 cup raw almonds (soaked 6-12 hrs)
- 4 cups filtered or spring water
- 1 tsp vanilla extract
- 4 medjool dates or 1-2 tbsp organic maple syrup
- 1 dash cinnamon

Directions: Put all ingredients and 2 cups of water in blender or Vitamix. Blend on high for several minutes until thick and creamy. Pour through a mesh colander or cheesecloth bag.

### ANTI-INFLAMMATORY GOLDEN MILK

Ingredients:

- 2 cups unsweetened coconut milk (full fat from the can is best)
- 1 Tbsp grated turmeric root or 1 tsp of turmeric power
- 1/2 tsp Cinnamon
- 1-3 drops liquid stevia, or 1 tsp organic raw maple syrup or honey
- pinch of fresh ground black pepper
- pinch of cayenne pepper (optional)
- 1/4 tsp ginger or a small piece of grated fresh ginger

Instructions:

- Blend ingredients
- Once blended place in a sauce pan over the stove until hot, but avoid boiling



GET RAW. GET JUICY. *get balanced.*

## SMOOTHIES

Note: Adding protein powder to any smoothie is a great way to stay satiated on this cleanse.

Our top four protein powders include: Great Lakes Beef Gelatin Collagen Hydrosate, Vital Proteins Marine collagen, Warrior Food by Health Force, Tera's Whey, and Orgain. However, any protein powder will do!

### TENLEY'S BLUEBERRY MACA ENERGIZER

Makes 1 Smoothie

- 1 cup almond or coconut milk
- 1 Tbsp hemp seeds or chia seeds
- 1 Tbsp coconut oil
- 1/2 cup frozen organic blueberries
- 1/2 banana
- 1 handful kale
- 1 Tbsp maca powder (optional)
- 1 scoop protein powder (optional)

### EMILY'S AVOCADO SMOOTHIE

Makes 1 Smoothie

- 1 cup almond milk or coconut milk
- 1 avocado
- 1 banana
- 1 scoop vanilla protein powder (or protein powder/ collagen + vanilla extract)
- 1 Tbsp cacao nibs (add after blending for extra crunch)

### NOURISHMINT PEACH POWER SMOOTHIE

Makes 1 Smoothie

- 1 cup coconut water
- 1 peach
- 1 handful blueberries
- 1 Tbsp hemp seeds
- 1 handful spinach
- 1 handful of ice
- 1 Tbsp coconut butter (optional)
- 1 scoop protein powder (optional)

### SPRING CLEAN DETOX SMOOTHIE

Makes 1 Smoothie

- 1 cup coconut milk
- 1 cup coconut water
- 1/2 cup papaya (fresh) or pineapple
- 1 large handful cilantro leaves
- 1/2 cup fresh or frozen mango
- 2 T beef or marine collagen
- Handful of ice



GET RAW. GET JUICY. *get balanced.*

### **SWEET AND FREE VANILLA BREEZE**

Makes 1 Smoothie

- 2 Tbsp shredded coconut (unsweetened)
- 1 handful cashews
- 1 handful hazelnuts
- 1/2 tsp cinnamon
- 1 tsp vanilla
- 2 medjool dates (pitted)
- 2 cups spring water
- 1 Tbsp cacao powder (optional)

Blend all ingredients on high in a vitamix for 1 minute. \*You can enjoy this as is, or strain into a cheesecloth or nut milk bag and re-blend with some ice.

### **ORANGE CREAMSICLE RECOVERY**

This smoothie is designed for after a workout, a hot yoga class, or if you are feeling extra tired. Or, it's a sweet one if you are craving sugar.

Makes 1 Smoothie

- 1 banana
- 1/2 cup fresh squeezed orange juice
- 1 tsp vanilla extract
- 1 scoop vanilla protein powder or collagen
- 1 handful of ice

### **GREEN MACHINE SMOOTHIE**

Makes 1 smoothie

- 1 large green apple
- 1 cup kale or spinach
- 1 English cucumber
- 1 Tbsp fresh lemon juice
- 1 tsp fresh grated ginger
- 1 T coconut oil
- 2-3 Ice cubes
- protein powder, optional

### **SUPERPOWER CACAO**

Makes 1 smoothie

- 1/2 banana
- 1 cup cashew or coconut milk
- 1 tsp cinnamon
- 2 Tbsp cacao powder
- 1/2 tsp nutmeg
- 1 Tbsp shredded coconut
- 1 Tbsp coconut oil or coconut butter
- 1 tsp maca powder (optional)
- 1 tsp spirulina powder (optional for a superpower green smoothie)



GET RAW. GET JUICY. *get balanced.*

## SMOOTHIES FOR THE COLDER MONTHS

### WINTER WONDERLAND SMOOTHIE

Makes 1 Smoothie

- 1/2 cup pomegranate seeds (or 1/4 c. juice)
- 1 cup almond milk
- 1 T raw cacao powder
- 1 tsp raw organic honey
- 1-2 handfuls spinach
- 1-2 drops peppermint essential oil
- 1 T coconut oil
- 1 scoop protein powder  
(unflavored protein or collagen tastes best)
- 1 handful of ice

### GOLDEN SMOOTHIE

Ingredients:

- 1 cup unsweetened coconut milk (full fat from the can is great too, especially for a thick and creamier texture)
- 1/2 Banana
- 1 tsp Turmeric Powder (or 1 tbsp grated turmeric root)
- 1/2 tsp Cinnamon
- 1 tsp organic raw maple syrup or honey
- 1 pinch of fresh ground black pepper
- 1 pinch of cayenne pepper (optional)
- 1/4 tsp ginger or a small piece of grated fresh ginger
- 1 Tbsp of Collagen (for protein)
- Ice if desired



GET RAW. GET JUICY. *get balanced.*  
**GET JUICY!**

Juice recipes are designed to make in a juicer. These make between 16-20 oz of juice depending on the size of produce.

### **NOURISHMINT CLASSIC GREEN JUICE**

4 large kale leaves, de-stemmed  
4 stocks of celery  
1 small handful of mint  
1 small handful of parsley  
1 large handful spinach  
1 green apple  
1 large cucumber  
1/2 lemon, peeled  
1" piece of ginger

### **ORANGE ENERGIZER**

6 Carrots  
1 Orange  
1/2 green apple  
1/2 cucumber  
1/2 cup fresh pineapple  
1 Lemon, peeled  
1" peeled pieces of fresh ginger  
1" peeled pieces of fresh turmeric root

### **GREEN LEMONADE**

1 cucumber  
1 green apple  
2 stocks celery  
1 handful kale  
1 handful parsley  
1 lemon (You can add more for that extra kick!)  
1 lime  
1" stock ginger

### **BEAUTIFUL BEET CLEANSER**

6 Carrots  
1 Green Apple  
4 stocks Celery  
1 Cucumber  
1 med-large Beet  
1 Lemon, peeled

### **LOVE YOUR GI** (4 oz shot)

1/4 cucumber  
1/2 lemon, peeled  
1" ginger root  
1" turmeric root or 1/2 tsp of ground turmeric  
1 oz aloe juice (to be added in)  
Splash of coconut water (to be added in)  
\* use salt on the rim for fun!

### **CILANTRO DETOXER**

1 handful cilantro  
1 handful parsley  
1 green apple  
2 cucumbers  
1 lemon  
1" stock ginger





GET RAW. GET JUICY. *get balanced.*

## QUICK MEAL IDEAS WHILE CLEANSING

**WE RECOMMEND MEAL PREPPING TO HAVE THESE QUICK AND EASY MEALS ON HAND. CLEANSING DOESN'T HAVE TO BE HARD!**

### MEAL PREP SUGGESTIONS

#### ROASTED VEGGIES

Take all of your favorite veggies. Chop all veggies and put onto a cookie sheet. Drizzle with avocado oil or coconut oil . Sprinkle with pink salt, favorite seasonings and nutritional yeast for desired flavor. Bake 400 for about 25 minutes. These can be added to any DIYcleanse meal!

Suggested veggies to roast:

- Beets
- Sweet Potatoes
- Parsnip
- Squash
- Brussels sprouts
- Onion
- Bell Pepper
- Carrots
- Broccoli
- Cauliflower

#### PREP YOUR PROTEIN

Decide what proteins you want to include in your cleanse and have them prepped and ready to go. We love having baked chicken on hand, tuna, ground beef, tempeh etc.

#### CHOP YOUR GREENS

When your green veggies are chopped and prepped its so much easier to throw together a salad! Have your leafy greens like kale, spinach, arugula, etc. prepped and ready to make into a salad. We also suggest having salad extras like nuts, seeds, favorite veggies of choice prepped and ready to go.



GET RAW. GET JUICY. *get balanced.*

## LUNCH

### GODDESS BOWL

#### Ingredients

1/2 cup quinoa, cooked  
1/4 cup black beans  
1/2 cup organic mixed greens  
1/2 avocado, sliced  
1 beet, sliced and slightly roasted  
1/4 onion, sliced and slightly roasted  
1/2 cup sweet potato, sliced and slightly roasted  
Lime wedges and cilantro for garnish  
Drizzle with avocado cilantro sauce

Cook quinoa, set aside. Chop beet, sweet potato, and onion and drizzle with avocado oil or bacon fat. Roast on broil for 5-10 minutes. To create the bowl scoop quinoa and beans for the bottom of the bowl. Layer with mixed greens. Top with roasted vegetables, avocado and garnish. Drizzle with avocado cilantro sauce.

### AVOCADO CILANTRO SAUCE

This will make enough for several servings. Just keep in an airtight container in your fridge!

1 avocado  
2 cloves garlic  
1/4 cup chopped cilantro  
1/4 coconut cream of coconut milk  
1 tablespoon fresh lime juice  
2 tablespoons Olive Oil  
1/4 teaspoon Kosher Salt  
1/4 teaspoon Ground Black Pepper  
Blend all ingredients above until smooth and creamy consistency. Drizzle over goddess bowl and enjoy!

### HARVEST BOWL

#### Ingredients

1 handful of Arugula/leafy greens  
1/2 green apples, sliced  
1 handful walnuts  
1 handful pomegranate seeds  
1/2 avocado, sliced  
1 handful red onion, diced  
1 beets, sliced and placed on top  
Optional: Add sliced organic chicken, wild salmon, or ground turkey.

Dressing: Equal parts of apple cider vinegar and olive oil. Add a dash of pepper, salt and garlic. Optional drop of stevia to sweeten to taste.

### SHEET ROASTED VEGGIES

1 beet  
1 sweet potato  
1 parsnip  
1 zucchini  
1 yellow squash  
1 onion  
4-5 cloves of garlic  
Drizzle with 2-3 T avocado oil  
1 tsp pink salt  
Optional: sprinkle with nutritional yeast.

Chop all veggies and put into a bowl. Drizzle with avocado oil and toss all veggies until lightly coated with oil. Lay on baking sheet and sprinkle pink salt and nutritional yeast for desired flavor. Bake 350 for about 45 minutes.



GET RAW. GET JUICY. *get balanced.*

## LUNCH

### VEGETABLE SOUP WITH A KICK OF CURRY

1/2 head broccoli, chopped  
1/2 head cauliflower, chopped  
1 sweet potato, peeled and cubed  
1 tomato, chopped  
1/2 sweet onion, chopped  
1 yellow bell pepper, chopped  
2 large carrots, chopped  
1 inch ginger root, minced  
2 cloves garlic, minced  
2 Tbsp coconut oil, melted  
salt and pepper  
2 cans of full fat coconut milk  
1 Tbsp cinnamon, 1 Tbsp cardamom, 1 Tbsp turmeric, 1 Tbsp curry, 1 tsp cayenne pepper

Garnish options:

fresh cilantro, fresh basil, coconut flakes, cashews

Directions:

\*Do not shake or mix the coconut milk. The cream and milk should already be separated when you open them, but if you refrigerate them first, it is more likely they will be.

Preheat oven to 400 degrees F. Throw prepared veggies into a bowl and add 1-2 T coconut oil, and season with salt and pepper. Mix until they are covered with oil, and place on a greased baking pan. Roast for 30-40 minutes or until soft. Remove veggies from oven and let cool for 10-20 minutes. Add a handful to the blender, blend until smooth, and add to a large pot on low-medium heat. Continue doing this until all the veggies have been pureed.

Add the white, thick, creamy part of the coconut milk from both cans. You can add the watery part of the milk until you have the consistency you desire. Stir in spices, simmer for at least 10 minutes, and serve hot with desired garnish.

### ARUGULA BEET BLISS SALAD

2 cups arugula  
2 beets (roasted or boiled, sliced)  
1 tablespoon hemp seeds  
1 tablespoon goji berries  
2 tablespoon slivered almonds  
1-2 tablespoon organic olive oil  
½ fresh squeezed lemon

Combine all ingredients in a large bowl. Dress with lemon juice, olive oil, salt and pepper.



GET RAW. GET JUICY. *get balanced.*

## LUNCH

### AVOCADO LIME CHICKEN SALAD OR WRAP

Makes 3-4 servings

2-3 cooked chicken breasts or rotisserie chicken  
1 large ripe avocado  
1/2 red onion, finely chopped  
Handful of chopped Cilantro  
Juice of 1 lime  
1 tsp sea salt  
pinch of red pepper flakes (optional)

\*\*Lettuce, collard greens, Siete or coconut wraps.

#### Instructions

Shred cooked organic chicken breast (or pull/shred from a rotisserie chicken) and place in a bowl.

Add Avocado to the bowl and begin to mash around with the chicken. Add chopped onions and cilantro, mashing these ingredients into the chicken and avocado.

Mix in lime juice, salt and red pepper flakes and mash all ingredients together mixing all flavors well.

Taste to make sure it's the flavor you're going for. You can always add more lime juice or even more avocado!

Garnish with cilantro. Wrap and enjoy!

### SUPERFOOD LEEK BISQUE

Serves 4

1 onion, chopped  
3 cloves garlic, crushed  
1 tsp ground cumin  
1 tsp ground turmeric  
1 tsp chili powder  
1 tsp thyme  
2 Tbsp coconut oil  
1-2 leeks, sliced (be sure to wash once they have been sliced.)  
4 cups organic chicken broth  
1 cup organic chicken bone broth (or regular chicken broth works too)  
2 large sweet potatoes, peeled and chopped  
2 cups coconut milk  
Sea salt and freshly ground black pepper to taste

#### Superfood Leek Bisque Instructions:

Sauté the onions with the coconut oil in a large sauce pan over a medium heat for a few minutes.

Add the garlic and leeks to the pan and cook until leeks are softened.

Sprinkle in the spices and combine well. Add the broth(s) and the sweet potatoes. Bring to a boil and then allow to simmer for approximately 10-15 minutes, or until the sweet potatoes are soft.

Remove the soup from the heat and slowly mix in the coconut milk. Season with salt and pepper to taste.



GET RAW. GET JUICY. *get balanced.*

### **CAULIFLOWER CHOWDER**

1 Large Head of Cauliflower, cut  
3 Cloves of Garlic, minced  
2 Large Carrots, chopped  
1 Medium White Onion, chopped  
1 tsp. Fresh Rosemary  
1 tsp. Fresh Thyme  
1 15 oz Can coconut milk  
1 Tbsp. Nutritional Yeast  
Avocado oil  
2 Cups Water- as needed for desired consistency.

### **EVERYDAY SUPERFOOD SALAD**

2 cups greens of choice  
1 handful chopped veggies  
1 tablespoon sunflower seeds  
1 handful cashews  
1 handful broccoli sprouts  
1-2 Tbsp organic olive oil  
1 tsp balsamic vinegar  
Toss all ingredients together and enjoy!

Instructions: 1) Roast Cauliflower: In a large bowl toss cauliflower florets with ½ of the diced onion, diced garlic, and 1 ½ Tbsp. avocado oil. Season with salt and pepper.

Roast in oven at 350 degrees for 20-30 minutes until soft. After approximately 15 minutes of roasting and cauliflower is fork tender. Set aside.

2) Saute vegetables: In a large pot heat 1 Tbsp. avocado oil over medium heat. Add carrots and second half of the onion. Season with salt and pepper to taste. Stir mixture frequently until vegetables are soft. Set aside.

3) Blend Cauliflower: In a food processor or blender add coconut milk, roasted cauliflower mixture, and nutritional yeast. Blend until smooth. At this point the mixture should be about the consistency of mashed potatoes. Slowly add water until mixture reaches desired consistency ( About 1.5 cups.)

4) Add the blended mixture to the sauted vegetables. On high heat, bring chowder to a boil, and reduce to a simmer. Let simmer for 5 minutes stirring frequently.

Note: This is delicious as a seafood chowder: Add some roasted wild caught alaskan salmon for a little protein!



GET RAW. GET JUICY. *get balanced.*

### SPICY COCONUT PUMPKIN SOUP

1-2 Tbsp unrefined coconut oil  
3 cloves of garlic minced or grated  
1 yellow onion, diced  
sliced red pepper (optional)  
1/8 tsp of ground ginger or 1 tbsp of fresh ginger root, grated  
1 tsp cinnamon  
1 tsp ground cumin  
1 tsp crushed red pepper (more or less for a kick!)  
1 14 oz can of full fat coconut milk  
3 cups of Vegetable broth or Organic Chicken Bone Broth  
15 oz Can of Organic Pumpkin puree  
Pink Salt and Pepper to taste

Option to add Chopped/shredded organic chicken or Chicken sausage

Optional: Top with Organic Siracha, Pepitas (pumpkin Seeds)

Extra Optional: add a dollop of coconut cream and a few drops of stevia bring out the sweet flavor

#### Instructions:

Dice Onion, mince garlic, and grate ginger. Add onion, garlic, and ginger to a pot (big enough for soup) with coconut oil, sautee over medium-low heat until ingredients are soft.

Add the cinnamon, cumin, and red pepper to the pot. Continue to stir until all spices are blended and toasted.

Add can of pumpkin puree and can of coconut milk. Stir and combine together. Add broth. Continue to blend ingredients together. Turn heat up to medium. Once heated, add pink salt and pepper to taste.

If you'd like soup to contain less chunks. Let cool, then blend, and reheat over stove again to serve. Or serve as is and top with siracha, dollop of coconut cream.

### FRESH TUNA OR CHICKEN SALAD

1 can wild tuna or 4 oz chopped chicken  
1/2 cup green apple chopped  
2 stalks celery, chopped  
1 carrot, chopped  
1 avocado  
1/8 cup olive oil  
Juice from 1 lemon  
1/8 cup pecans, chopped  
1 tsp pink salt, Fresh ground pepper to taste

Mix all ingredients together and serve over a bed of organic greens.



GET RAW. GET JUICY. *get balanced.*

## DINNER

### VEGGIE STIR FRY WITH CAULIFLOWER RICE

Serves 4

\*optional 1/4 lb grass fed beef steak, pastured chicken or 1lb of shrimp (cubing the steak or chicken is recommended)

- 1 red bell pepper, sliced
- 1 bunch broccoli florets, chopped
- 2 Stalks Celery, chopped
- 1-2 Carrot, chopped
- 1 white onion, chopped
- 4 cloves garlic, chopped
- 2 tsp ginger, grated
- 2-4 Tbsp Coconut oil
- ¼ cup chicken or vegetable broth
- coconut aminos (soy and gluten free) or tamari (gluten free soy sauce)
- toasted sesame oil
- 1 head of cauliflower

Heat coconut oil in a wok or skillet and sauté garlic, ginger and onions. Simmer for 1 min and add your protein of choice. Cook through. Add veggies. Saute 8-12 minutes until tender. (Add any other veggies that you love!)

#### **Tips for Cooking Meat:**

Steak: cut into strips and cook for 3-5 minutes

Chicken: cut into bite-sized pieces and cook for 8-10 minutes until no longer pink

Shrimp: use peeled and de-veined wild caught shrimp. Cook until pink all the way through about 5 minutes depending on how big your shrimp are.

#### **CAULIFLOWER RICE**

Finely chop cauliflower or pulse it in a food processor. Saute in a pan with 1 tablespoon coconut oil until heated through - 5 minutes. Season with salt and pepper.



GET RAW. GET JUICY. *get balanced.*

## PALEO MEATLOAF

Serves 4.

- 1 yellow onion diced
- 2 cloves garlic minced
- 1 stalk celery diced
- 2 carrots diced
- 1 tsp fresh or dried thyme
- 1 tsp turmeric root or powder
- 1 tsp red pepper flakes
- 1 lb of high quality grass fed ground beef or organic ground turkey
- ½ cup almond flour
- ¼ cup coconut flour (½ cup gluten-free flour- but we recommend going grain free for this!)
- 2 pastured eggs

Saute onions, celery and garlic. Add herbs and salt. Mix almond flour, coconut flour and meat with veggies and eggs. Form into a loaf and set in pan. Bake 350 degrees for 1 hour. We also love making this recipe into meat balls so you can have little pops of protein to snack on through out the week.

## SALMON CAKES

Makes 6 cakes, serves 2.

- 1 can wild Alaskan salmon
- 1 egg
- 1/2 cup ground almonds (or almond flour)
- 2 Tbsp coconut flour
- 1-2 cloves garlic, minced
- 1 salt and pepper to taste
- 1 onion, diced
- 3 tbsp coconut oil (to fry salmon cakes in)

Mix ingredients in bowl. Make into cakes with hands, and place in hot oil on skillet. Fry about 5 minutes per side until golden brown.





GET RAW. GET JUICY. *get balanced.*

### SMOKY PUMPKIN CHILI

Serves 4.

- 1 Tbsp avocado oil
- 1 medium white onion, chopped
- 4 cloves of garlic, minced
- 3 tsp s chili powder
- 2 Tbsp smoked paprika
- 1 tsp oregano
- 1 jalapeño, minced (see note below)
- 1 cup vegetable or chicken broth
- 1 15oz can of pumpkin puree
- 2 15oz cans of adzuki beans, drained and rinsed 1 28oz can of fire roasted tomatoes
- Small handful of parsley, chopped
- 2 green onions, thinly sliced
- Salt and pepper to taste

In a medium saucepan, heat the oil over medium heat. Add the onion and sauté until translucent, 3-5 minutes. Add the garlic, jalapeño, and spices and cook for a minute until fragrant. Add the broth, pumpkin, tomatoes and beans. Simmer for 30 – 45 minutes to let the flavors meld. Top with chopped parsley and onions.

### GRILLED FISH AND ASPARAGUS

Serves 2

- 2 Wild Caught Fish Fillets (You can always sub Chicken or another protein to any meal)
- 1 bunch Asparagus
- ½ cup Pineapple
- ½ tsp Himalayan pink salt, ½ tsp Ground Pepper (can add to taste)
- 1 lemon (squeezed) , Cayenne pepper to taste

Put fish fillets on sheet of tin foil with avocado oil or coconut oil on it. Sprinkle salt, peppers and lemon juice to taste. Put on grill (can use indoor grill as well). Grill until flakey. Massage Asparagus in Coconut Oil or Avocado oil, salt, pepper. Place on a separate sheet of tin foil. Wrap up asparagus and put it on grill, grill for 8-10 minutes. Slice pineapple and lay on grill for a couple minutes on each side. Option to bake/roast in oven as well.



GET RAW. GET JUICY. *get balanced.*

## **SPAGHETTI SQUASH SPAGHETTI**

Serves 4.

- 1 spaghetti squash, halved
- 2 Tbsp olive oil
- 1 lb organic ground turkey or grassfed ground beef
- 1 bottle of Muri Glen or Raos Spaghetti Sauce (Option to make your own sauce, see below!)
- Sea salt & black pepper to taste

Preheat oven to 375F. Slice the spaghetti squash in half lengthwise so that two shallow halves remain. Scoop out the seeds and inner portion of the squash, and then sprinkle with sea salt and black pepper. Place both halves face down on a baking sheet. Roast for 35-45 minutes—until the flesh of the squash becomes translucent in color.

Use fork to scoop the flesh out from the inside of the skin into a large serving bowl.

While the squash bakes: In a large skillet over medium-high heat, saute beef or turkey until cooked well. Add in bottle or marinara sauce until heated.

Add sea salt and black pepper to taste before removing the sauce from the heat. Serve over the roasted spaghetti squash.

## **HOMEMADE MARINARA RECIPE (OPTIONAL)**

- 1 – 32oz can of Tomatoes (Whole or Diced)
- 4 cloves of garlic finely chopped
- 1 pinch of red pepper flakes (add more for more heat)
- 3 Tbsp of olive oil
- 1 generous handful of basil

Heat the oil in a sauté pan over medium high heat and add the garlic. Cook for about 2-3 minutes until very fragrant but not brown. Add the red pepper flakes and cook for one minute. Add the can of tomatoes to the pan and reduce the heat to medium and cover. Let simmer for 20 minutes or until the sauce is slightly thick. Top with basil and season to taste with salt.



GET RAW. GET JUICY. *get balanced.*

\*We love this recipe as it is a great way for you to use up any leftover veggies from the cleanse. See our suggestions below, but feel free to improvise and add in other ingredients.

### **KITCHEN SINK CHICKEN SOUP**

Serves 4 with leftovers

2 chicken breasts, cut into bite-sized pieces (or grab a rotisserie chicken)  
4 cups chicken bone broth  
1 cup water  
Veggies (3-6 cups, chopped - see guide below)  
Herbs, 1 Tbsp of each herb that you choose (see guide below)  
2-3 cloves garlic, chopped  
Salt and Pepper to taste

Combine the broth and water in a large stock pot and bring to a boil over high heat. Once boiling, reduce heat to medium and add raw chicken. Cook all the way through - about 8-10 minutes.

Next, add your veggies and simmer 10 -15 minutes or until veggies are tender. Add herbs and season with salt and pepper.

Enjoy!

**Veggie suggestions:** Anything from your grocery list! We suggest Kale, Celery, Carrots, Onion, Fennel, Bell Pepper, Broccoli, Green Onions, Bok Choy

**Herb suggestions:** Parsley, Cilantro, Basil, Thyme, Oregano

**Note:** If you would like to make it a chicken 'noodle' soup, we suggest trying kelp noodles! You can find these in the cooler at the health food store. Kelp noodles are high in minerals and of course gluten free! Just add these to your soup while it simmers for about 10 minutes. They absorb flavors well and have a delightful crunch.



GET RAW. GET JUICY. *get balanced.*

## PALEO PIZZA

**THIS RECIPE CAN BE SIMPLIFIED BY USING A CAULIFLOWER PRE-MADE PIZZA CRUST, PIZZA SAUCE, FAVORITE TOPPINGS AND NUTRITIONAL YEAST (AS CHEESE)**

Recipe makes a full approx. 12 inch pizza.

### Crust Ingredients:

- 2 cups almond Meal
- 2 pastured eggs
- 3 Tbsp. avocado oil
- 1 tsp organic apple cider vinegar
- 1 Tbsp. organic Italian herbs
- 1/8 tsp of Himalayan pink salt
- 1/4 tsp. baking soda
- 1 tsp. garlic powder or fresh chopped garlic

### Topping Suggestions:

- Muir Glen Pizza Sauce \*Note see DIYcleanse marinara sauce recipe from the spaghetti squash recipe to make your own.
- Garlic, minced or whole cloves
- Olives
- Onions
- Tomatoes or sun dried tomatoes
- Peppers
- Mushrooms
- Broccoli
- Artichoke Hearts
- Pine Nuts
- Organic Diced Chicken, Organic Ground Turkey,

### Crust Directions:

Preheat oven to 350 degrees

Lightly grease a pizza pan with avocado oil.

Mix all crust ingredients together until dough begins to form and becomes thick.

Roll dough into a ball shape

Place the dough in the center of pizza pan or cookie sheet. (If using cookie sheet, parchment paper is recommended)

Using your hands shape your dough into a pizza shape, you will press and pat until it's thin.

Bake your crust for 20 minutes, you will add your toppings later.

After the crust is finished, have fun topping your pizza! Once sauce and toppings have been added, bake your pizza for 15-20 minutes.

If you've prepared your pizza crust ahead of time, just add toppings and bake!

Fun to make with the family or friends too!

\*note: you can even skip making a crust and use Eggplant or Portobello Mushroom



GET RAW. GET JUICY. *get balanced.*

## SNACKS

Handful of raw nuts  
Whole fruit  
Whole veggies  
Almond and other nut butters  
Hummus (\*not paleo but okay if you need some carbs + energy) and veggies or chicken (extra protein)  
Guacamole and veggies  
Acai bowl (unsweetened)  
Avocado + pink salt  
Bone broth (or organic broth)  
Pickles  
Olives  
Fermented vegetables  
Kombucha  
Green Apple with Almond Butter and Cinnamon  
Brown Rice Cakes with Coconut Oil and Almond Butter with a dash of cinnamon (not paleo)  
Kale Chips- sprinkle with salt/pepper and nutritional yeast (optional)  
Crispy Chickpeas (great in salads)

## HEALTHY CRISPY CHICKPEAS

1 can of chickpeas (garbanzo beans), drained and rinsed  
2 Tbsp avocado oil  
1 lime, juiced  
1 tablespoon cumin

Heat oven to 400°. Toss all the ingredients together and roast for 30 minutes until golden and crispy. Careful not to burn.



GET RAW. GET JUICY. *get balanced.*

## SNACKS

### SWEET SALSA

- 4 organic tomatoes, diced
- ¼ onion, diced
- ½ bunch cilantro, chopped
- ½ lemon, juiced
- ½ lime, juiced
- ½ tsp pink salt
- ¼ to ½ jalapeno pepper
- ½ of a peach or mango for sweetness

We suggest using veggie crudites to dip in this salsa. You can also use organic blue corn chips, or a gluten-free cracker such as 'Mary's gone crackers in moderation. You can also try adding this to a salad.

### TRUFFLED ALMONDS

Ingredients:

- 1 Cup of Raw Almonds
- 1 tsp Truffle Oil
- Pinch of Himalayan Pink Salt or even Truffle salt

Instructions:

Place Almonds in a bowl or in a bag  
Drizzle Truffle Oil and add salt  
Shake all ingredients together so all almonds are coated.

### SUPERPOWER COCO CHOCO PROTEIN SNACKS

- 1/3 cup almond butter
- 1/3 cup honey
- 1 tsp. salt
- 6 Tbsp collagen
- 1 tsp cinnamon
- 2 Tbsp melted coconut oil
- 1 cup hemp seeds
- 1/2 cup cacao powder - (This is the last step, don't add into the mix!)

Instructions:

In large bowl, mix together the almond butter, honey, salt, collagen, and cinnamon. Add melted oil and stir to incorporate thoroughly. Mix in hemp seeds until well blended. Place mixture in the fridge to set for 30 minutes. Roll into 1 inch balls. Then roll in cacao powder.

### AVOCADO CHOCOLATE MOUSSE

- 2 very ripe (8-ounce) avocados, peeled and pitted
- 1/3 maple syrup or raw organic honey
- 1/2 raw cacao powder
- 1/2 cup almond milk or full fat coconut milk
- 1 tsp pure vanilla extract
- 1/4 tsp fine salt

Blend until smooth. Garnish with fresh raspberries. Enjoy this super rich and guilt free treat!



GET RAW. GET JUICY. *get balanced.*

## STOCK THE PANTRY! GROCERY LIST :

**NOTE:** Because this is a DIY cleanse, you get to pick and choose what recipes you want to make, when you want to make them. We have not put any quantities on your shopping list for this reason. We recommend going through each day and deciding what recipes you will have, and when. From there, use this shopping guide to create your unique amounts for each ingredient on this list.

### Vegetables

Kale  
Spinach  
Mixed Greens  
Celery  
Cucumber  
Carrots  
Beets  
Cherry tomatoes  
Onion and Green Onions  
Bell Pepper  
Broccoli  
Spaghetti Squash  
Cauliflower  
Leek  
Sweet potato  
Collard Greens  
Asparagus  
Jalepeno  
Garlic  
Yellow Squash  
Zucchini  
Ginger Root

### Herbs and Spices

Fresh Mint  
Fresh Parsley  
Fresh Cilantro  
Fresh Basil  
Fresh Thyme  
Fresh Ginger root  
Cumin Seeds  
Fennel Seeds  
Coriander Seeds  
Cinnamon  
Turmeric (root or powder)  
Red pepper flakes  
Dried Oregano  
Chili powder  
Rosemary  
Pink Salt  
Pepper  
Nutmeg  
Curry  
Paprika  
Cayene  
Cardamom  
Thyme  
Sprouts

### Fruits

Lemons  
Limes  
Frozen blueberries  
Bananas  
Peaches  
Avocado  
Oranges  
Green Apple  
Pineapple  
Pomegranite

### Protein

Organic Ground Turkey  
Grass-fed Ground Beef  
Grass-fed Steak  
Organic Chicken  
Pastured Eggs  
Tempeh (Organic)  
Fish Fillet

### Liquids

Almond Milk  
Coconut milk (canned)  
Coconut water  
Chicken Bone Broth or  
Veg broth



GET RAW. GET JUICY. *get balanced.*

**NOTE:** Because this is a DIY cleanse, you get to pick and choose what recipes you want to make, when you want to make them. We have not put any quantities on your shopping list for this reason. We recommend going through each day and deciding what recipes you will have, and when. From there, use this shopping guide to create your unique amounts for each ingredient on this list.

## **STOCK THE PANTRY!**

### **GROCERY LIST (CONTINUED) :**

#### **Nuts, Oils and Seeds**

Raw Almonds  
Cashews  
Hazelnuts  
Coconut oil  
Hemp Seeds  
Olive oil  
Sesame Oil  
Avocado oil  
Walnuts

#### **Pantry Goods**

Baking Soda  
Apple Cider Vinegar  
Maple Syrup  
Vanilla extract  
Medjool Dates  
Tamari or Coconut Aminos  
Shredded coconut  
Almond flour (meal)  
Coconut flour

#### **Grains/Beans**

Quinoa  
Black Beans  
Garbanzo Beans

#### **Canned Goods:**

Canned Wild Salmon  
Spaghetti sauce  
Adzuki Beans  
Fire roasted tomatoes  
Muir Glen Pizza Sauce  
Pumpkin Puree

#### **Superfoods/Optional**

Protein Powder  
Maca Powder  
Chia Seeds  
Cacao Powder  
Coconut butter  
Spirulina powder  
Aloe Juice  
Collagen  
Truffle Oil  
Cacao nibs  
Peppermint Oil  
Honey  
Nutritional Yeast  
Stevia  
Siracha