



GET RAW. GET JUICY. *get balanced.*

**DIY CLEANSE
VEGETARIAN RECIPE BOOK**





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DIY CLEANSE

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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
Winter Wonderland Smoothie
Sweet and Free Vanilla Breeze
Orange Creamsicle Recovery
Golden Smoothie
Superpower Cacao

JUICE:

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

LUNCH

Goddess Bowl
Vegetable Soup with Kick of Curry
Superfood Leek Bisque
Cauliflower Chowder
Spicy Coconut Pumpkin Soup

DINNER

Vegetable Stir Fry
Smoky Pumpkin Chili
Paleo Pizza
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.



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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 tablespoon 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



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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, Warrior Food by Health Force, Tera's Whey, and Jay Robb. 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 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)

WINTER WONDERLAND SMOOTHIE

Makes 1 Smoothie

- 1/2 cup pomegranate or 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



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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 try this awesome tip to make it more like a milkshake rather than a smoothie: Strain into a cheesecloth (just like you do with almond milk) and then re-blend with a handful of ice. YUM!!

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

Blend and enjoy this sweet and tasty drink!

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

Blend and Enjoy!

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)



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JUICE-C

Juice recipes designed to make between 16-20oz.

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
- 1" piece of ginger

ORANGE ENERGIZER

- 6 Carrots
- 1 Orange
- 1/2 green apple
- 1/2 cucumber
- 1/2 cup fresh pineapple
- 1 Lemon
- 1" peeled pieces of fresh ginger
- 1" peeled pieces of fresh turmeric root, or stir in 1 tsp organic turmeric powder.

GREEN LEMONADE

- 1 cucumber
- 1 green apple
- 2 stocks celery
- 1 handful kale
- 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
- 2 Cucumbers
- 1 large Beet
- 1 Lemon

LOVE YOUR GI (4 oz shot)

*the purpose of this shot is to get things moving!

- 1/4 cucumber
- 1/2 lemon
- 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!

*Optional: Stir in 1 tbsp collagen before taking the shot



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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 temphe.

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

Ingredient 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.



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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 T coconut oil, melted
salt and pepper
2 cans of full fat coconut milk
1 T cinnamon
1 T cardamom
1 T turmeric
1 T curry
1 t 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.



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LUNCH

STIR FRY WITH CAULIFLOWER RICE

Serves 4

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

1/4 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.



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LUNCH

SMOKY PUMPKIN CHILI

Serves 4.

- 1 tablespoon avocado oil
- 1 medium white onion, chopped
- 4 cloves of garlic, minced
- 3 teaspoons chili powder
- 2 tablespoons smoked paprika
- 1 teaspoon 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 green onions.

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.



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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.

Instructions: 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, remove 1 Cup of cauliflower chop into ½ in. pieces
Saute vegetables: In a large pot heat 1 Tbsp. avocado oil over medium heat until hot, but not smoking. Add carrots and second half of the onion. Season with salt and pepper to taste. Stir mixture frequently until vegetables are soft. Add the 1 Cup cauliflower that has been set aside, rosemary and thyme and stir until fragrant. Approximately 1-2 minutes. Set aside.

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 (for me it was approximately 1 ½ C).

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

**Make it into a seafood chowder: Add some roasted wild caught alaskan salmon for a little protein! 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. Puree the soup in a blender and serve garnished



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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 server. Or serve as is and top with siracha, dollop of coconut cream.



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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.



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PALEO PIZZA

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, Or Organic Turkey Sausage
Try topping with kale chips or fresh arugula.

*skip the cheese on this cleanse. Instead, sprinkle with nutritional yeast (tastes like parmesan cheese.)

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



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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)

FORKIN' HEALTHY CRISPY CHICKPEAS

1 can of chickpeas (garbanzo beans), drained and rinsed
2 tablespoons 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.



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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 teaspoon fine salt

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



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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

Pastured Eggs
Tempeh (Organic)

Liquids

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



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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:

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