



**Whole
foods
nutrition &
lifestyle
program to
refresh &
renew**



**15 -
DAY**

R e s e t

s p r i n g
n o u r i s h u w e l l . o r g

15-Day Spring Reset Recipe Guide

Juices

Directions

Juice all of the ingredients through a juicer; add a dash of cinnamon or cayenne if you want to warm up your digestion.

A few reminders

- ✓ All juices are made for 1-2 servings.
- ✓ All juices must be made in a juicer unless you are using a high speed blender; if so, use a cheesecloth to strain the juice.
- ✓ If you have thyroid issues or sensitivity to foods that contain goitrogens, any of the greens can be substituted with parsley or lettuce. You can lightly steam the dark leafy greens before using (applicable for both juices and smoothies).

Cleanse

2 cucumbers
5 celery stalks
Handful parsley
½ green apple
Juice from one lemon
Dash cayenne

Green Goodness

1 green apple
Handful spinach
5 celery stalks
3 kale leaves
Juice from one lime

Digestion 101

4 celery stalks
1 cucumber
½ bunch dill
½ bunch parsley

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Juice from 2 lemons
2 ounces aloe vera juice

Beet Green

1 beet
1 cucumber
4 celery stalks
4 kale leaves
Juice from one lemon

Green Beauty

3 kale leaves
½ cup spinach
4 celery stalks
5 basil leaves
1 cucumber
Juice from 1 lemon
Juice from 1 lime

The Newbie

1 cup lettuce
1 cucumber
5 celery stalks
1 green apple
Juice from one lemon

Kale Magic

4 kale leaves
2 carrots
Handful parsley
Juice from 1 lemon
1 inch ginger

Cell Regeneration

1 cup sprouts of choice
3 kale leaves
1 cucumber
5 celery stalks
Juice from one lemon

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Detoxer

2 cucumbers
 Handful parsley
 Handful cilantro
 4 kale leaves
 4 Swiss chard leaves
 5 celery stalks
 1 inch ginger
 Juice from 2 lemons
 Dash cayenne (optional)

Immune Booster (The Shot)

Juice from 3 lemons
 2 inch piece of ginger
 Handful cilantro
 2 ounces water

Smoothies

ALL SMOOTHIES SERVE 1-2 PEOPLE

If you have a high speed blender, add all of the ingredients in the order they are listed. Blend until smooth.

If you DO NOT have a high speed blender, add the almond milk, banana, apples, and dates to the blender. Blend until smooth. Feel free to add a few more tablespoons of almond milk to get the mixture going, if needed. Then add pumpkin seeds, hemp protein, and spices to the mixture and blend well.

For each smoothie, simply blend all of the ingredients in a high-speed blender or normal standup blender. Feel free to add water to reach your desired thickness. Use organic produce whenever possible. Each smoothie recipe serves two people or may be used as a substitute for one large meal.

Protein is important in the morning. You can add extra protein to any smoothie by including a scoop of your favorite protein powder. Try hemp protein by Nutiva, Rockin' Wellness, Sunwarrior or pea protein. You can also use 3 tablespoons of hemp seeds.

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Looking for a few ideas to add to your smoothie? Add in a teaspoon of any one of the following ...

- hemp seeds
- flax seeds
- chia seeds
- spirulina
- bee pollen
- unsweetened shredded coconut
- raw cacao powder
- raw honey
- stevia
- superfoods (maca, wheatgrass powder)
- matcha powder
- detox greens: dandelion, parsley, cilantro, radish
- sprouts of any kind
- camu camu for vitamin C
- protein powder
- goji berries, currants, dates (limit if weight loss is desired)

Feel free to add fruit to any vegetable smoothie to add sweetness. Try 1/2 cup berries, 1/2 green apple, or 1/2 banana.

Raw Love

1 ½ cups dairy free milk
 ½ avocado
 1 cup kale
 1 cup frozen berries
 ¼ teaspoon cinnamon
 5 drops vanilla extract (optional)

The Cleanser

1 ½ cups dairy free milk
 1 cup mixed greens
 ½ cup berries, fresh or frozen
 ½ cup cilantro
 ¼ teaspoon turmeric
 Dash cinnamon
 Juice from one lemon

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Spicy Green Smoothie

1 ½ cup dairy free milk
 1 cup mixed greens
 ¼ cup berries
 ½ avocado
 1 tablespoon ginger root
 1 tablespoon raw honey or stevia (optional)
 1 tablespoon flax seeds
 Dash cayenne pepper
 Juice from 1 lemon

Berry Blast

1 ½ cups dairy free milk
 ½ cup frozen or fresh berries
 1 cup spinach
 1 tablespoon flax seeds
 1 teaspoon ginger root

Gut Health

½ cup dairy free milk
 ½ cup dairy free kefir or dairy free yogurt (unsweetened)
 1 cup spinach or any leafy green
 1 teaspoon cinnamon
 1 teaspoon vanilla extract
 1 ounce aloe vera juice

Immune Boost

1 ½ cups dairy free milk
 1 cup kale
 ½ cup parsley
 ½ red pepper
 1 tablespoon ginger root
 5 drops stevia or 1 teaspoon honey

Berry Beauty

1 ½ cups dairy free milk or coconut water
 1 cup romaine lettuce

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1 cup kale
 ½ cup berries
 ½ avocado

Liver Cleanse

1 ½ cups dairy free milk
 1 cup spinach
 ½ cup parsley
 3 dandelion leaves
 1 radish
 ½ grapefruit
 Dash cayenne

Raw Soups

Creamy Beet Soup - 2 servings

1 avocado
 1/2 medium beet, chopped
 2 carrots, chopped
 1 clove of garlic
 2 tablespoon raw apple cider vinegar
 Pinch cayenne
 ½ teaspoon sea salt
 1 cup of water or coconut water
 Juice of 1 lemon
 Pepper to taste

Place all ingredients into a high speed blender and blend to a smooth and creamy texture.

Creamy Spinach Soup – 2 servings

1 cup water
 1 ½ cups spinach
 1 avocado
 1 stalk celery
 1 clove garlic
 1 teaspoon ginger root
 ½ teaspoon sea salt
 ½ cup dairy free milk

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Dash cumin

Place all ingredients into a high speed blender and blend to a smooth and creamy texture.

Creamy Carrot Soup

1 Avocado
 2 Medium Carrots, chopped
 ¾ cup dairy free milk or coconut water
 1 teaspoon Ginger
 ½ teaspoon cinnamon
 3 tablespoons tahini or sunbutter
 ½ onion
 ¼ Lemon Juice
 Pinch cayenne pepper

Place all ingredients into a high speed blender and blend to a smooth and creamy texture.

Protein Balls

PROTEIN POWER BALLS – 6 balls

¼ cup plant based protein powder
 3 tablespoons cacao powder
 1 tablespoon chia seeds or flax seeds
 ¼ teaspoon liquid stevia
 ¼ teaspoon vanilla
 1 tablespoon coconut oil
 3 tablespoons tahini

Combine all of the ingredients in a large bowl. Stir until ingredients are combined and mixed well. Once ingredients are mixed well, roll into 6 even balls. Place on a wax paper lined dish and place in freezer for 10 minutes.

SUPERFOOD PROTEIN BALLS- makes 6 balls

4 tablespoons plant protein power
 ½ tablespoon stevia

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3 tablespoons coconut oil or coconut butter
 1 tablespoon raw cacao
 2 tablespoons hemp seeds
 2 tablespoons flax meal
 2 tablespoons shredded coconut
 ¼ teaspoon cinnamon
 ⅛ teaspoon Maca (optional)

Combine all of the ingredients in a large bowl. Stir until ingredients are combined and mixed well. Once ingredients are mixed well, roll into 6 even balls. Serve or store in refrigerator.

Vanilla Protein Balls – makes 8 balls

½ cup pumpkin seeds, soaked
 8 Medjool Dates, soaked
 1 teaspoon Vanilla Extract
 ⅓ cup protein powder
 ¼ teaspoon cinnamon
 ½ teaspoon nutmeg (optional)
 ⅛ cup water
 ¼ cup cocoa (optional)

Soak pumpkin seeds and dates in water for 15 minutes and drain.

Place pumpkin seeds and dates in the blender and blend until well combined. Add water slowly as needed. Place mixture into a bowl and add protein powder, vanilla extract, cinnamon and nutmeg. Once ingredients are mixed well, roll into 8 even balls. Serve or store in refrigerator.

Breakfast

Berry Parfait – 1 serving

1 cup unsweetened coconut milk or homemade yogurt
 2 tablespoons sunflower seeds
 2 tablespoons shredded coconut (optional)
 Dash cinnamon
 ¼ cup berries of choice

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In a bowl or glass add ½ cup coconut milk yogurt. Top with 1 tablespoon sunflower seeds, coconut, cinnamon and 1/8 cup berries. Top with ½ cup coconut milk yogurt, 1 tablespoon sunflower seeds, coconut, cinnamon and 1/8 cup berries.

Chia Breakfast – 1 serving

- 3 tablespoons chia seeds
- 1 cup dairy free milk
- Dash cinnamon
- ½ teaspoon vanilla
- 1 teaspoon stevia
- Warm or serve cold
- 1 tablespoon shredded coconut (optional)
- 1 tablespoon protein powder (optional)

The night before you want the pudding for breakfast, mix dairy free milk, chia seeds, vanilla and cinnamon in a container with a lid, shake well and let it sit overnight in the refrigerator.

The next morning eat pudding cold or transfer the pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

Add stevia (if desired) and optional shredded coconut or add an extra boost of protein with your choice of protein powder.

Oatless porridge

- ½ cup dairy free milk
- 2 tablespoons shredded coconut
- 2 tablespoons chia seeds or flax meal
- ½ banana, mashed
- ¼ cup berries of choice
- Dash cinnamon

Take out a bowl and mash ½ banana, top with dairy free milk, shredded coconut, chia seeds or flax meal, top with berries and a dash of cinnamon and serve.

Warm version: Add mashed banana and dairy free milk to a pot on the stove and warm for 2-3 minutes. Place in bowl and top with remaining ingredients.

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Snacks, Dips & Sides

Spicy Kale Chips

- 1 bunch kale, stems removed and leaves torn into 2-inch pieces
- 2 tablespoons extra virgin olive oil
- 1 tablespoon chili flakes
- Dash paprika or cayenne (optional)
- Sea salt

Preheat oven to 200 degrees. In a large bowl, drizzle kale with oil. Season with chili flakes, paprika or cayenne and sea salt. Toss until evenly coated. Transfer to a rimmed baking sheet and bake for 30 minutes. Remove from oven and, using a spatula, flip kale leaves over. Return to oven and continue cooking until kale is dry and crisp, 20 to 25 more minutes. Let cool completely. Store in an airtight container for up to 3 days.

Zucchini Chips

- 1 medium zucchini
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt

Preheat oven to 225. Line a baking sheet with parchment paper, and set aside. Using either a mandolin or a knife, thinly slice the zucchini. The thinner the slices, the better they'll crisp up in the oven. Once sliced, place the zucchini on sheets of paper towels and sprinkle the tops of each lightly with salt. Use no more than ¼ teaspoon total for all of the slices and allow the slices to sit for about 10 minutes. This will help draw out the liquid so they'll cook faster and help them become crisper.

Blot the slices dry with additional paper towels to remove the excess moisture. Place slices in a bowl and toss with olive oil to get an even coat and sprinkle with seasoning. Bake for about 2 hours or until they've reached your desired crispiness. Remove from the oven, let them cool, and then serve.

Spicy Guacamole

- 2 avocados, halved, pitted
- ½ red onion, diced
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper

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Juice from 1 lime
 1 tablespoon parsley, chopped
 Sea salt

In a large bowl mash avocado with a fork, and combine with red onion, garlic powder, cayenne, lime juice, and sea salt.

Sweet Pea Dip with Basil

2 cups green peas
 1 cup spinach
 1 to 2 tablespoons of extra virgin olive oil
 ¼ cup fresh basil leaves
 1 garlic clove
 1 teaspoon sea salt

BLEND. Place all your ingredients in a food processor or high speed blender. Blend until smooth. Taste and adjust seasonings accordingly.

Flax Crackers

2 cups ground flaxseed (you can buy pre-ground or grind whole seeds in a coffee grinder)
 ½ cup flaxseeds
 1 cup water (start with ¾ cup and add more as needed to make a workable dough)
 ½ teaspoon sea salt
 ½ teaspoon garlic powder
 ½ teaspoon onion powder
 1 tablespoon rosemary, chopped

Preheat oven to 400 degrees. In a large bowl, combine all of the ingredients and mix until an even dough forms. Spread evenly onto a parchment lined baking sheet - about ⅛-¼ inch thick.

Gently cut dough into squares on the baking sheet (you just need to score the dough so it snaps after it's baked). Bake for 20-30 minutes until crisp and edges are browned but not burnt.

Detox Pesto

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- ½ cup fresh mint
- ½ cup fresh parsley
- ½ cup fresh cilantro
- 2 cloves fresh garlic, peeled
- 1 lemon, juiced
- ¼ to ½ cup extra virgin olive oil, as needed
- 1 teaspoon sea salt

Combine fresh herbs and garlic in a food processor until it is finely chopped. Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste.

Add enough olive oil to keep it moist and spreadable. Season with sea salt. Cover tightly and chill in the refrigerator for at least 1 hour to saturate the flavors. If storing overnight, pour a thin layer of extra virgin olive oil over the top of the pesto to help keep it bright green.

Raw Entrees

Add your choice of protein to each meal

Collard or Lettuce Wrap – serves 2

- 2 large lettuce or collard green leaves
- ½ cup cabbage, shredded
- ½ cup carrots, shredded
- ½ cup cucumber, sliced into strips
- ½ cup jicama, sliced into strips (optional)
- ½ cup sprouts of choice (optional)
- ¼ cup radish (optional)
- Dash cayenne

Lay leaves of choice flat, cut off bottom of stem for easy rolling. Place an even amount of each ingredient onto each leaf. Roll and serve.

Optional – spread pea dip or detox pesto onto the greens before loading with vegetables

Gorgeous Glow - serves 2

- 2 cups mixed greens or spinach, chopped
- ½ cup carrot, chopped

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½ cup cucumber, chopped
 1 cup artichokes (BPA free, canned in water)
 1 avocado, cubed
 ¼ cup hemp seeds or seed of your choice
 Handful parsley, chopped
 Handful basil, chopped

Chop vegetables and mix in a large bowl. Top your salad with avocado and hemp seeds. Drizzle with dressing of choice.

Simple Detox Salad - serves 2

2 cups arugula or greens of your choice (dandelion, watercress and endive are great for spring detoxing)
 ½ cup red onions, sliced thin
 1 cucumber, chopped
 ½ cup carrot, chopped
 ¼ cup radish, sliced thin
 1 avocado, cubed
 Juice from one lemon
 Sea salt and pepper to taste
 ¼ cup of sunflower seeds

Chop vegetables and mix in a large bowl. Top salad with avocado and sunflower seeds. Drizzle with lemon juice and sprinkle with sea salt, pepper.

Cold Spaghetti Squash Salad – serves 2

1 spaghetti squash (2-3 pounds)
 1 cucumber, chopped
 Handful parsley, chopped
 1 scallion, chopped
 Handful dill, chopped
 ½ lemon, juiced
 Sea salt and pepper

Preheat oven to 400. Slice the squash in half and scoop out the seeds. Place the squash in a roasting pan cut side down. Cook the squash for 30-45 minutes. The squash is done when it is tender. Remove from oven and let cool.

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Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally — rake your fork in the same direction as the strands to make the longest "noodles."

In a large bowl place the spaghetti squash "noodles" and add remaining vegetables and herbs. Top with lemon juice, salt and pepper, toss and serve.

Gorgeous Greens Salad – serves 2

- 2 cups baby arugula, mixed greens, spinach or greens of your choice (dandelion, watercress and endive are great for spring detoxing)
- 2 small raw beets, chopped
- 4 celery stalks, diced
- 1 cucumber, seeded and chopped
- ½ cup red onions, diced
- ½ avocado, diced
- 2 tablespoons extra virgin olive oil or flax oil
- 2 tablespoons lemon juice
- Sea salt and freshly ground black pepper

In a large bowl, toss greens of choice with beets, celery, cucumber, onions and avocado. In a small bowl mix together lemon juice and oil and toss into salad. Season with salt and pepper and serve.

Warm Soups

Chunky Vegetable Soup - serves 2

- 1 large onion or leek, chopped
- 2 garlic cloves, chopped
- 2 inch ginger, peeled and chopped
- 2 large carrots, chopped
- 1 large zucchini, chopped
- 2 stalks of celery, chopped
- 2 tablespoons fresh parsley
- 1 cup kale, sliced into thin strips
- 1 cup of baby spinach
- 1 teaspoon sea salt
- 4 cups vegetable broth or water

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Sauté onion, ginger, garlic until fragrant, about 4 minutes. Put all ingredients in a pot and bring to a boil. Reduce heat and simmer until all veggies are cooked thoroughly, about 20 minutes. Spoon into bowls and serve.

Creamy Asparagus Soup – serves 2

- 1 large onion, chopped
- 2 tablespoons extra virgin olive oil
- 1 pound asparagus, cut into ½ inch pieces
- 1 cup cauliflower, chopped
- 3 cups vegetable broth or water
- Sea salt
- Juice from 1 lemon

Sauté onion with olive oil until fragrant, about 4 minutes. Add asparagus pieces and season with salt and pepper, then cook, stirring, 5 minutes.

Add cauliflower and broth and simmer, covered, until vegetables are tender, 15 to 20 minutes. Remove from heat. Place soup into a high speed blender and blend until smooth.

Carrot & Ginger Soup – serves 2

- 2 Tablespoons olive oil
- ½ yellow onion, chopped
- 2 inches ginger root, minced
- 1 garlic cloves, minced
- 3 cups vegetable or bone broth
- 1 apple, cubed
- ½ pounds carrots, peeled and chopped
- Sea Salt & ground pepper

In a large pot over medium heat add olive oil and sauté onion until translucent, about 3 minutes. Add garlic and ginger and sauté another minute until fragrant.

Add vegetable stock or broth, carrots and apple and cook for 20-30 minutes. Place soup into a high speed blender and blend until smooth or keep as a chunky soup.

Bone Broth

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1 whole chicken (free range, organic if possible)
 16 cups cold filtered water
 2 tablespoons apple cider vinegar
 1 large onion, roughly chopped
 2 carrots, peeled and roughly chopped
 3 celery sticks with leaves, roughly chopped
 2 zucchini
 5 cloves garlic, roughly chopped
 1 bunch parsley

Cut the chicken into several pieces. It is best to have chicken that has bones and skin.

Place chicken pieces into a large stainless steel stockpot. Cover with the cold water. Add vinegar and vegetables (except parsley), and let stand for 30 minutes.

Bring to a boil, remove scum that rises to the top, reduce heat and simmer for 6 to 24 hours. (If you are short on time, at least simmer for 3 hours.) The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before you're ready to turn it off. Add the parsley. (This adds more minerals to the broth.)

Remove chicken pieces with a slotted spoon and refrigerate. (When they're cool, take the meat off the bones and store in resealable bags in the freezer for other recipes, such as soups, salads, enchiladas, sandwiches and curries.) Strain the broth into a large bowl and place in the refrigerator until the fat rises to the top and can be skimmed off.

Miso Soup with Sea Vegetables – serves 2

5 cups water
 ½ inch ginger, diced
 1/2 cup sliced radish
 1 cup chopped chard, kale or other greens
 5 teaspoons miso of your choice
 2 scallions, thinly sliced

In a large pot add water, ginger and sliced radishes and bring to a boil. Once boiling lower to a simmer and let cook another 5 minutes.

Add a few tablespoons of the water broth from the pot to a small bowl. Add miso to the bowl and mix in the miso to form a puree. Place the miso puree in the soup pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Finally, add the greens and simmer for 2 more minutes and then remove from heat.

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Top the soup with sliced scallions and serve.

For a boost of adrenal and kidney health, add Maine Coast Sea Sprinkles or buy sea vegetables like wakame, nori, or dulse flakes from your local market.

Warm Entrees

Lemon Roasted Brussels Sprouts – serves 2

- 1 pound of Brussels sprouts
- 2 tablespoons olive oil
- 1 tablespoon lemon zest
- 1 lemon, juiced
- Salt and pepper

Preheat oven to 450°. Cut off the bottom ends of the Brussels sprouts and discard, cut remaining parts in half and place in a large bowl. Drizzle with olive oil, salt and pepper and mix.

Place Brussels sprouts on a baking sheet and roast for 30 minutes making sure to toss them at 15 minutes. During the last five minutes, top the sprouts with lemon juice. Finally remove sprouts from the oven, place in a bowl and top with lemon zest.

Steamed Creamy Broccoli —serves 2

- 1 bunch broccoli
- 1 avocado, mashed
- ½ cup chopped red onions
- 2 tablespoons Braggs raw apple cider vinegar
- ½ cup sunflower seeds

Steam the Broccoli: Cut the crowns away from the large stems of the broccoli. Break the crown up into bite sized florets. Place ¾ to 1 inch of water in a saucepan with a steamer and bring to a boil. (Note that is you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.) Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 5-6 minutes. The broccoli is done when you can pierce it with a fork. As soon as it can be pierced, remove from heat and place in large bowl.

Mix all ingredients: Add the onion and sunflower seeds to the broccoli. Next add the mashed avocado and apple cider vinegar. Make sure you massage the avocado into your veggies so the dish becomes creamy.

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Kale Sauté with Lemon and Sea Salt – serves 2

- 1 bunch kale, stems removed and leaves sliced into strips
- 1 garlic clove, thinly sliced
- 2 tablespoons olive oil
- 1 tablespoon lemon zest
- 1 lemon, juiced
- 1 teaspoon fresh ginger, minced
- Salt and pepper

Heat the olive oil in a large pan over medium heat. Add the thinly sliced garlic; sauté for 1 minute. Add the kale to the pan along with 2 tablespoons of water. Cook, stirring often for 2-3 minutes. Season with fresh ginger, lemon zest, sea salt, and pepper, to taste. Stir in the lemon juice and toss to coat evenly before spooning the kale into a serving dish.

Roasted Spring Vegetables – serves 2

- ½ pound assorted spring vegetables (such as fennel, carrots, cauliflower, asparagus, broccoli, radishes, spring onions), trimmed or peeled if needed, cut into same-size pieces
- 2 tablespoons olive oil
- Juice from one lime
- Sea salt

Preheat oven to 450°. Toss vegetables, with oil and season with salt and pepper; toss to coat. Spread out in a single layer on a rimmed baking sheet. Roast, stirring halfway through, until tender, golden brown, and charred in spots, about 20 minutes. Remove from oven and top with lime juice, toss to evenly coat vegetables and serve.

Spring Warm Tacos – serves 2

- 1 cup carrots, sliced into rounds
- 1 cup sugar snap peas, halved
- 5 asparagus spears cut into 2" pieces
- 1 yellow squash, sliced into rounds and quartered
- 1 avocado, diced
- 2 large lettuce leaves

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2 tablespoons olive oil
 Juice from one Lime
 Sea Salt

Bring a large pot of water to a boil. Add 1 tablespoon salt and carrots; cook 2 minutes. Add beans, asparagus, and sugar snap peas; cook until tender but still crisp, about 2 minutes. Drain and transfer vegetables to a large bowl of ice water to cool. Drain again.

Heat a large pan over medium-high heat. Add olive oil and squash and sauté for 3 minutes until soft. Add in remaining vegetables and cook for another 5 minutes. Turn off heat and add juice from one lime and season with salt and pepper.

Lay lettuce leaves flat and evenly divide vegetables. Top with diced avocado and serve.

Cauliflower Rice – serves 2

2 cups cauliflower, chopped
 3 beets, peeled and chopped
 3 scallions, chopped
 ¼ red onion, chopped
 1 teaspoon coconut oil or olive oil
 ⅛ cup parsley, chopped
 Sea salt and pepper, to taste

Steam the cauliflower until tender, about 10 minutes. Drain and process in a food processor until it reaches a rice-like consistency. You can also do this raw if raw cauliflower doesn't bother your stomach. Add all of your remaining chopped ingredients to a bowl. Toss everything together and enjoy!

Dressings

Lemon Dressing – 2 servings

2 teaspoons fresh lemon juice
 1 teaspoon finely grated lemon zest
 ½ teaspoon chopped basil
 2 tablespoon extra virgin olive oil or flax oil
 Sea Salt and pepper to taste

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In small bowl, whisk lemon juice with zest and basil. Whisk in extra-virgin olive oil and season with sea salt and pepper.

Oil and Vinegar with a Kick – 2 servings

2-3 tablespoon Bragg's raw apple cider vinegar or balsamic
 3 tablespoons grapefruit juice
 2 tablespoons cup extra virgin olive oil
 ½ teaspoon garlic powder
 Sea salt

Whisk all ingredients together in bowl except oil; incorporate oil slowly.

Dessert

Baked Apple – serves 2

2 apples, sliced thin
 1 tablespoon cinnamon
 1 teaspoon nutmeg
 1 tablespoon raw honey

Heat oven to 350 degrees. Slice apples into thin slices and place in a baking dish or pie dish. Sprinkle with cinnamon and nutmeg. Mix so that all apples are coated. Place a small amount of water in the dish (about ¼ in).

Bake apples uncovered for 30 minutes or until apples are soft and break apart easily. Remove from oven, top with honey and serve.

Raw Avocado Pudding- serves 2

1 avocado
 1 cup dairy free milk
 2 tablespoon raw cacao powder
 1 tablespoon raw honey or stevia to taste
 Dash cinnamon

Using a food processor or high power blender, combine all ingredients until smooth. Put in refrigerator until it is cold and then enjoy!

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Berries with Shredded Coconut – serves 2

- 1 cup mixed berries
- 1 teaspoon coconut oil
- 1 tablespoon shredded coconut
- ½ teaspoon cinnamon (optional)
- 1 teaspoon stevia honey (optional)

Place a pan over medium heat and add coconut oil and let melt. Add berries and sauté until warm, about 5 minutes. Remove from pan and place in bowl and top with shredded coconut, cinnamon and sweetener of choice (optional).

Warm Drink

Dairy Free - Caffeine Free

Warm Chai with Ginger and Stevia – Serves 2

- 1 cup dairy free milk
- 1 tea bag chai tea
- Dash ginger
- 1 teaspoon stevia or honey (optional)

In a small saucepan heat milk of choice, once simmering remove from heat and add teabag. Remove tea bag and stir in sweetener of choice if desired, top with a dash of ginger and serve.

Transition Meals

Grilled Tempeh – Serves 2-3

- 1 8-oz. package of tempeh
- 2 large lemons, juiced
- 1 teaspoon sea salt

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Pinch red pepper flakes
 ½ teaspoon dried oregano

Mix the lemon juice, sea salt, red pepper flakes, and oregano in a bowl to make a marinade. Thinly slice the tempeh and add it to the marinade. Marinate for at least 2 hours. Grill the tempeh slices in a frying pan in extra virgin olive oil for 3 to 4 minutes on each side until brown. Serve on top of salad.

Pan Seared Salmon – serves 2

½ pound salmon, cut into 2 fillets
 1-2 tablespoons olive oil
 ½ lemon, sliced
 Salt and pepper

Place a pan over medium-high heat and add oil. With a paper towel wipe oil to evenly coat pan.

Season fish with salt and pepper to taste. Once pan is hot place fish skin side down in the pan and let cook 4-5 minutes until skin is crispy. Flip fish over and let cook another 3-5 minutes until desired doneness.

The Perfect Grilled Chicken – Serves 2

2 boneless, skinless chicken breasts
 1 teaspoon olive oil
 ½ teaspoon garlic powder
 Salt and pepper

Place a pan over medium-high heat and add oil, with a paper towel wipe oil to evenly coat pan.

Season chicken with garlic powder, salt and pepper. Once pan is hot place the chicken in the pan. When it has a nice brown color, about 5-7 minutes flip chicken and cook on the other side for another 5-7 minutes until juice runs clear.

Cool Lentil Salad – serves 2

1 cups lentils

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2 cups water
 ½ teaspoon sea salt
 1 bay leaf
 1 cup cucumber, diced
 ⅓ cup red onion, diced
 1 handful parsley, chopped
 2 tablespoons apple cider vinegar
 1 tablespoon extra virgin olive oil

Measure the lentils into a strainer or colander and thoroughly rinse under running water. Transfer the rinsed lentils to a saucepan and pour in the water and add the bay leaf.

Bring the water to a rapid simmer over medium-high heat, then reduce the heat to maintain a very gentle simmer. Cook, uncovered, for 20-30 minutes. Add water as needed to make sure the lentils are just barely covered. Lentils are cooked as soon as they are tender and no longer crunchy. Strain the lentils and remove the bay leaf. Place the lentils in a bowl and add salt and let cool slightly.

Add cucumber, onions and parsley to lentils. Whisk together apple cider vinegar and olive oil and drizzle over lentils. Toss and serve.

Hard boiled eggs – serves 2

4 eggs
 Water

Cook the Eggs: Bring water to a boil in a saucepan. Place the eggs in a single layer at the bottom of the saucepan and turn off burner. Keep the pan on the hot burner, cover, and let sit for 10-12 minutes.

Strain out the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.

*Hard boiled eggs last 5 days refrigerated, they are great to make in advance to enjoy with a smoothie or over a salad.

Egg over easy – serves 1

2 eggs
 1 teaspoon coconut or olive oil
 Salt and pepper

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Place a pan over low heat and add oil of choice. With a paper towel wipe oil to evenly coat pan.

Crack eggs into a bowl. Pour eggs into pan and season with salt and pepper. Let eggs cook for 2 minutes until whites begin to cook through. With a spatula carefully flip the egg and cook another 2-3 minutes and serve.

Prefer your yolk well done? Before you flip the egg break the yolk to allow it to cook through.

Cultured Foods & Drinks

Coconut Yogurt

(ADAPTED FROM NOMNOPALEO.COM)

Makes 2 Servings

1 15-ounce can coconut milk (BPA-free can)

1 probiotic capsule (at least 50 billion)

REFRIGERATE YOUR CANNED COCONUT MILK. Refrigerate the coconut milk for about an hour while it is still in the can to create a thicker yogurt.

STORE YOUR COCONUT MILK. Remove the coconut milk from the can, and place it in a sterilized jar. Add the contents of the probiotic capsule. Mix the contents well, and tightly close the jar.

INCUBATE YOUR YOGURT. Place your jar of coconut milk in the oven with the light on and tightly close the door. Do not turn the oven on. A closed oven with the light on generates heat of about 105 to 110° Fahrenheit. Incubate your yogurt for up to 24 hours.

Homemade Coconut Water Kefir

Makes 1-4 Servings

ITEMS YOU WILL NEED:

4-cup glass jar with wide opening and strong screw cap or swing-away lid

1/2 cup water kefir grains [*available here*](#)

2 to 4 cups fresh young coconut water

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FILL JAR WITH YOUNG COCONUT WATER, and add your water kefir grains. Stir with a non-metal spatula as the metal will damage the grains. Make sure the jar is airtight and let it stand for 24 to 48 hours (the longer the brew, the more healthy bacteria you have cultured).

STRAIN THROUGH A PLASTIC SIEVE and fill bottles with the cultured coconut water. Make sure the bottles are airtight.

Refrigerate for 1-2 days, and serve chilled.

Variations

To make lemon or lime coconut water kefir, add ¼ cup lemon or lime juice to 1 quart of coconut water kefir.

To make cherry coconut water kefir, add ½ cup cherry concentrate to 1 quart of coconut water kefir.

Milks

Almond milk is acceptable in this cleansing program (during all phases) because in liquid form, the almond milk is easy to digest.

ALMOND MILK (makes 4 cups)

1 cup raw almonds, soaked for 8 hours

4 cups water

Liquid sweetener to taste (optional)

Take your soaked almonds (throw away the soaking water), and place them in a blender. Add the 4 cups of fresh water. Blend for 1 to 2 minutes until the almonds are ground down.

Pour your almond milk into a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The almond pulp should be left inside the bag.

Sweeten your milk if desired. Place your milk into a container, and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

***NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

HEMP SEED MILK (makes 2 cups)

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1/3 cup hemp seeds
2 cups water
1/4 teaspoon cinnamon
1/4 teaspoon pure vanilla

Take your hemp seeds, and place them in a blender. Add the 2 cups of water. Blend for 1 to 2 minutes.

Pour your hemp milk into a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The hemp seed pulp should be left inside the bag and discarded.

Sweeten your milk, if desired. Place your milk into a container and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

***NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

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