



Fall Plant-Based  
Cleanse  
Meal Plan, Shopping  
List & Recipes

# FALL PLANT-BASED CLEANSE MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Autumn Greens Smoothie	Black Bean Lettuce Cups (leftovers for Wed lunch)	Autumn Quinoa & Sautéed Greens (leftovers for Tues lunch)	Steamed Artichoke / Chocolate Banana Fro-Yo
TUE	Quinoa Morning Porridge (leftovers for Thurs breakfast)	Autumn Quinoa & Sautéed Greens	Sweet Potato Soup & Sweet and Savory Salad (leftovers for Thurs lunch)	Apple with Almond Butter / Pumpkin Pie Chia Pudding
WED	Protein Power Smoothie	Black Bean Lettuce Cups	Veggie "Curry" & Spinach Pomegranate Salad (leftovers for Fri dinner)	Guacamole & Veggies / Apples with Coconut Butter
THU	Quinoa Morning Porridge	Sweet Potato Soup & Sweet and Savory Salad	Fall Fresh Pasta Salad & Cucumber Salad (leftovers for Sun lunch)	Steamed Artichoke / Kale Chips
FRI	Non-Dairy Apple Parfait (leftovers for Sun breakfast)	Burrito Bowl & Raw Chopped Salad (leftovers for Sat dinner)	Veggie "Curry" & Spinach Pomegranate Salad	Kale Chips / Apples with Coconut Butter
SAT	Fall Fruit Smoothie	Sprouted Stir-Fry (leftovers for Sun dinner)	Burrito Bowl & Raw Chopped Salad	Apple with Almond Butter / Pumpkin Pie Chia Pudding
SUN	Non-Dairy Apple Parfait	Fall Fresh Pasta Salad & Cucumber Salad	Sprouted Stir-Fry	Guacamole & Veggies / Chocolate Banana Fro-Yo

# FALL VEGAN CLEANSE SHOPPING LIST

## Produce

- 5 bunches of kale
- 2 head of butter lettuce
- 1 bunch swiss chard
- 1 package spinach
- 1 bunch carrots
- 1 bag baby carrots
- 1 bunch celery
- 1 jicama
- 1 fennel
- 1 small broccoli
- 1 small butternut squash
- 1 lb brussel sprouts
- 1 bag mung bean sprouts
- 4 cucumbers
- 2 small package of shiitake mushrooms
- 2 shallots
- 2 red onions
- 2 white onions
- 3 baby leeks
- 1 bunch green onions
- 5 heads of garlic
- 6 sweet potatoes
- 1 medium head of cauliflower
- 7 avocados
- 2 beets
- 6 apples
- 1 pear
- 2 pomegranates
- 1 bunch bananas
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch basil
- 1 bunch sage
- 1 bunch tarragon
- 4 lemons
- 5 limes
- 1 ginger root
- 2 artichokes

## Grains, Beans and Canned Goods

- 1lb of quinoa
- 1lb of brown rice
- 1lb kelp noodles
- 1 package Gluten Free Oats (Bob's Red Mill)
- 3 cans of black beans (Eden Organics)
- 2 cans garbanzo beans
- 2 cans white beans
- 3 cans full fat coconut milk
- 3 cartons of vegetable broth (4 cup size)
- 1 can pumpkin puree
- Coconut water

## Condiments

- Raw Sunflower Seeds
- Sliced almonds
- Pistachios
- Pinenuts
- Pecans
- Olive Oil
- Coconut oil
- Coconut butter
- Whole grain mustard
- Ghee
- Apple Cider Vinegar
- Gluten Free Tamari
- Almond Butter
- Mirin
- Vanilla
- Sesame Seeds
- Cinnamon
- Turmeric
- Coriander
- Nutmeg
- Allspice
- Ground Ginger
- Cumin
- Dried oregano
- Dried basil
- Dried thyme
- Raw cashews

## Refrigerated Section

- 1 carton of unsweetened almond milk
- 1 bottle of unsweetened cranberry juice\*

## Frozen

- Blueberries

## Miscellaneous

- Bob's Red Mill Protein Powder
- Chia Seeds
- Hemp Seeds
- Raw Cacao Powder

# Breakfast

## Autumn Greens Smoothie

[Serves 1]

### INGREDIENTS

- 1 cup coconut water or water
- 1 large handful spinach
- ½ banana
- 1 pear, chopped
- dash of cinnamon

Blend and enjoy!

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## Fall Fruit Smoothie

[Serves 1]

### INGREDIENTS

- ½ cup unsweetened cranberry juice
- ½ cup fresh chopped apples
- ½ cucumber
- ½ cup ice

Blend and enjoy!

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## Protein Power Smoothie

[Serves 1]

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop plant protein powder
- ½ banana
- 1 teaspoon cinnamon
- ½ cup frozen blueberries

Blend and enjoy!

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## Quinoa Morning Porridge

[Serves 2]

### INGREDIENTS

- ½ cup rinsed quinoa
- 1 15oz can of coconut milk (Native Forest, full fat)
- 1 teaspoon cinnamon
- 1 teaspoon chia seeds
- 1 teaspoon hemp seeds

Combine all ingredients except hemp seeds and simmer for 10 – 15 minutes until liquid is absorbed. Sprinkle with hemp seeds. Enjoy!

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## Non-Dairy Apple Parfait

[Serves 2]

### INGREDIENTS

- ½ cup soaked raw cashews (soak at least 20 minutes – up to an hour)
- ½ cup unsweetened almond (or coconut) milk from a carton (not canned)
- ½ teaspoon vanilla
- 1 cup chopped apple
- 1/3 cup rolled gluten-free oats (no need to cook these!)
- 1 tablespoon hemp seeds

Combine cashews, milk and vanilla in a blender and blend until smooth. Layer ingredients in a small cup: Dollop of cream, spoonful of apples, top with oats and hemp seeds and enjoy!

# Lunch & Dinner

## Black Bean Butter Lettuce Cups

[Serves 2]

### INGREDIENTS

- 1 15oz can of black beans, drained and rinsed (Eden Organics is a great brand)
- ¼ cup minced red onion
- small handful of cilantro, chopped
- 8 butter lettuce leaves (these make really nice cups, romaine works as well)
- 1 avocado
- 1 lime
- Sea salt

Mash beans and red onion together in a bowl, stir in chopped cilantro. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt.

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## Raw Chopped Salad with Lemon Tarragon Dressing

[Serves 4]

### INGREDIENTS

- 1 head of kale, cut into small ribbons
- 2 stalks of celery, diced
- 1 cucumber, diced
- 2 carrots, diced
- 1 fennel, thinly sliced
- 1 beet, shredded
- 1 tablespoon sunflower seeds
- 1 can of garbanzo beans drained and rinsed

Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below.

### Dressing:

### INGREDIENTS

- ¼ cup fresh squeezed lemon juice
- 2 tablespoons apple cider vinegar
- 2/3 cup olive oil
- 1 small handful of tarragon leaves, chopped
- 1 teaspoon pepper
- sea salt

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.

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## Sautéed Greens with Garlic and Parsley

[Serves 2]

### INGREDIENTS

- 1 glug of coconut oil
- 3 cloves of finely chopped garlic
- juice and zest of one lemon
- 1 bunch dark, leafy greens such as kale or collard greens
- 1/2 cup vegetable broth
- handful of chopped parsley
- salt and pepper

Heat the oil, garlic and lemon zest in a sauté pan for about 2 minutes. Add the greens and sizzle for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in parsley just before serving.

# Spinach and Pomegranate Salad with Tarragon Mustard Dressing

[Serves 2]

## INGREDIENTS

- 4 cups baby spinach
- 1 pomegranate, seeded or 1/3 cup seeds
- 2 baby leek, thinly sliced
- 1 avocado, diced
- ½ cup white beans, drained and rinsed
- ¼ cup pine nuts or sliced almonds

Mix all ingredients in a bowl and dress.

### **Dressing:**

## INGREDIENTS

- 3 tablespoons apple cider vinegar
- ½ cup olive oil
- 2 cloves garlic, minced
- 1 tablespoon whole grain mustard
- 2 tablespoons chopped tarragon
- salt and pepper to taste

Whisk all ingredients together and dress your salad.

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# Fall Fresh Pasta Salad

[Serves 4]

## INGREDIENTS

- 1 small butternut squash, cut into small .5" cubes
- 1 tablespoon coconut oil
- 1 package of kelp noodles
- ¼ cup olive oil, plus additional for tossing at the end
- 1 leek, thinly sliced
- 3 cloves garlic, minced
- 1 cup of maitake or shiitake mushrooms
- 1 handful chopped sage
- 1 can garbanzo beans, optional
- Salt and pepper

Heat oven to 400°. Toss the squash in coconut oil, salt and pepper. Roast for 20 minutes until fork tender.

Drain and rinse the kelp noodles. Then chop the noodles coarsely, so they easily separate. Then, sauté the noodles with 2 tablespoons of olive oil over medium heat for 10 minutes.

While noodles and squash cook, heat 2 tablespoons of olive oil in a sauté pan and cook leek until melted, about 8 minutes. Add garlic and mushrooms and cook for another 7-8 minutes.

Combine the noodles, squash, mushroom and leek mixture in a bowl. Add sage, salt and pepper and toss with remaining olive oil.

For added protein you can add a can of garbanzo beans.

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# Coconut Sweet Potato Soup

[Serves 4]

## INGREDIENTS

- 1 tablespoon ghee
- 1 ½" piece of ginger, sliced and crushed
- 4 clove garlic, minced
- Zest and juice of one lime
- 3 sweet potatoes, peel removed, and cut into 1" pieces
- 1 15oz can of full fat coconut milk
- 2 cups water
- ½ bunch cilantro, chopped

Heat ghee in a large saucepan over medium heat. Add ginger and garlic, lime zest and cook until slightly browned, about 3-4 minutes. Add sweet potatoes, coconut milk and water. Bring to a boil, reduce to low and simmer, covered, for 25 minutes. Turn off heat and leave on stove for ½ hour to allow flavors to meld. Puree soup in blender or food processor. Garnish with chopped cilantro, lime juice and enjoy!

# Sprouts and Sprouted Stir-Fry

[Serves 4]

## INGREDIENTS

Rice:

- 1 1/2 cup brown rice
- 1 garlic clove minced
- 3 cups water or veggie stock
- Teriyaki Sauce:
- ½ cup Mirin (Eden Organic Brand or other brand without fructose)
- ½ cup gluten-free Tamari
- 1 clove minced garlic
- 1 teaspoon minced fresh ginger

Stir-Fry:

- 2 tablespoons coconut oil
- 2 cloves of garlic minced
- 2 teaspoons ginger minced
- 1 small white onion
- 1 bunch of broccolini or a small head of broccoli cut into bite size pieces
- 1 celery stalk cut into chunks
- 8 brussel sprouts, halved
- ½ bunch kale, cut into ribbons
- 1 bunch of Enoki or Shiitake Mushrooms
- 1 handful mung bean sprouts

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice about 45 minutes.

In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the sprouts). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how “al dente” you want your veggies.

Scoop a large spoonful of rice into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with sprouts

## Burrito Bowl

[Serves 4]

### INGREDIENTS

- 1 cup brown rice
- 2 15oz cans of black or adzuki beans (Eden Organics is a great brand)
- 4 green onions, sliced
- 2 limes, juiced
- 4 garlic cloves, minced
- 1 heaping teaspoon cumin
- 2 avocados, sliced
- small handful of cilantro, chopped

Cook brown rice by combining 2 cups of water with 1 cup of brown rice in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 45 minutes. (Do not stir. Simply set a timer and let the rice cook.) While rice is cooking, open the cans of beans and pour into a small saucepan over low heat. Stir in the onions, lime juice, garlic, and cumin and let flavors combine for 10-15 minutes.

When rice is done cooking, put rice into individual serving bowls. Top with beans, avocado, and cilantro.

## Cucumber Salad

[Serves 4]

### INGREDIENTS

- 1 cucumber sliced thinly
- 1 lemon
- 2 teaspoons apple cider vinegar
- Black or traditional sesame seeds

Mix all the ingredients in a bowl and enjoy!

# Sweet and Savory Salad

[Serves 4]

## INGREDIENTS

- 1 large head of butter lettuce
- ½ cucumber, sliced
- 1 pomegranate, seeded or 1/3 cup seeds
- 1 avocado, cubed
- ¼ cup shelled pistachios, chopped

## Dressing

### INGREDIENTS

- ¼ cup apple cider vinegar
- ½ cup olive oil
- 1 garlic clove, minced

Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.

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# Seasonal Vegetable “Curry”

[Serves 4]

## INGREDIENTS

- 2 tablespoons coconut oil
- 1 onion, peeled and diced
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon cinnamon
- 2 carrots, peeled and diced
- 1 medium cauliflower, cut into florets
- 2 medium sweet potatoes, diced
- Small handful of brussel sprouts, halved
- 2 cups garbanzo beans (cooked or canned)
- 1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
- 4 cups vegetable broth
- 2 bunches of kale
- Salt and pepper to taste
- Fresh basil strips for garnish

In a large pot heat coconut oil and sauté onions and spices until the onions are soft (about 6-8 minutes). Add the vegetables, beans, and coconut milk. Bring to simmer and add the vegetable broth. Simmer until the sweet potatoes are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with basil.

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# Autumn Quinoa

[Serves 4]

## INGREDIENTS

- 2 cups quinoa, rinsed and soaked for 20 minutes
- 4 cups vegetable broth
- 4 cloves of garlic minced
- 2 shallots, chopped
- ½ bunch swiss chard, cut into ribbons
- 1 15oz can of white beans (Eden Organics is a great brand)
- 1 sweet potato, grated
- 1 beet, grated
- 1 carrot, grated
- large bunch of sage, cut into ribbons
- ½ cup almond slivers
- zest and juice of one lemon
- ¼ cup olive oil

In a pot, combine quinoa, vegetable broth, garlic and shallots. Cook on medium heat for 15 – 20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.



## Snacks

### Steamed Artichoke with Lemon and Herbs

[Serves 2]

#### INGREDIENTS

- 2 artichokes
- 1 lemon
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- sea salt and pepper

Snip off sharp tips on the artichoke leaves and cut off stem. Place in a steam basket and steam for 30 – 40 minutes until tender. You will know it's done when a fork easily pierces the stem. Squeeze fresh lemon, sea salt and dried oregano, basil and thyme.

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### Green Apple with Almond Butter and Cinnamon

[Serves 1]

#### INGREDIENTS

- 1 green apple, sliced
- 1 tablespoon almond butter
- sprinkle of cinnamon

Sprinkle the cinnamon on the almond butter and dip the apple slices in it.

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### Guacamole and Veggies

Buy guacamole at the store or make your own.

#### INGREDIENTS

- 2 avocados
- ¼ red onion, chopped
- 2 cloves of garlic, minced
- 1 lime, juiced

Mash the avocados with ¼ chopped red onion, 2 cloves minced garlic and a squeeze of lime juice. Serve with baby carrots, cucumber and jicama

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### Toasted Kale Chips

[Serves 1]

#### INGREDIENTS

- 1 head of kale torn into large pieces
- 2 teaspoons extra virgin olive oil
- 1/4 teaspoon garlic powder(or seasoning of your choice)
- sea salt and pepper

Toss kale with oil and season with garlic powder and sea salt. Bake for 8-10 minutes at 375°. Careful not to burn.

## Treats

### Honeycrisp Apples with Warmed Coconut Butter and Cinnamon

[Serves 2]

#### INGREDIENTS

2 Honeycrisp apples cut into slices  
¼ cup coconut butter  
½ teaspoon cinnamon

Put the apples in 2 serving bowls. Warm the coconut oil by placing it in a steamer for 10 minutes. Stir and drizzle on the apples. Top with cinnamon.

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### Chocolate Banana Fro-Yo

[Serves 2]

#### INGREDIENTS

- 2 frozen bananas
- 3 tablespoons raw cacao
- ¼ cup unsweetened almond milk

Place bananas and cacao into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not use all ¼ cup of almond milk.

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### Pumpkin Pie Chia Pudding

[Serves 2]

#### INGREDIENTS

- 1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)
- ¼ cup chia seeds
- ½ cup pumpkin puree
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon nutmeg
- dash of allspice

Mix all ingredients in a bowl and refrigerate for 3-4 hours or overnight. Spoon the fruit into 2 bowls and top with oats, pecans and a little more cinnamon.