



FALL WHOLE FOOD
CLEANSE MEAL PLAN,
SHOPPING LIST &
RECIPES

PHASE ONE & THREE Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Autumn Greens Smoothie	Black Bean Butter Lettuce Cups (make extra filling for Wednesday)	Autumn Quinoa & Spinach & Pomegranate Salad	Green Apple with Almond Butter & Cinnamon / Honeycrisp Apple with Coconut Butter & Cinnamon
TUE	Greens, Eggs and No Ham!	Leftover Autumn Quinoa	Healthy Cauliflower Soup	Creamy Energy Boosting Shake
WED	Quinoa Morning Porridge (Save leftovers for Friday)	Chicken Tacos with ColeSlaw	Black Bean Butter Lettuce Cups	Green Apple with Almond Butter & Cinnamon / Honeycrisp Apple with Coconut Butter & Cinnamon
THU	Green and Gorgeous Breakfast Smoothie	Leftover Black Bean Butter Lettuce Cups and a large salad	Sprouts & Sprouted Stir Fry with Brown Rice & Cucumber Salad	Toasted Kale Chips / Chocolate Banana Fro-Yo
FRI	Quinoa Morning Porridge	Leftover Stir Fry & Brown Rice	Fall Fresh Pasta Salad with Sweet & Savory Salad	Carrots & Celery with Hummus / Spiced Pear & Apple Crumble Seasonal
SAT	Autumn Greens Smoothie	Tangy Salmon Salad	Burrito Bowl and Sweet & Savory Salad	Toasted Kale Chips / Chocolate Banana Fro-Yo
SUN	Savory Avocado Wrap	Sautéed Shrimp with Cilantro Avocado Sauce & Sautéed Greens	Vegetable Curry	Carrots & Celery with Hummus / Spiced Pear & Apple Crumble

Phase One & Three Shopping List

Produce

- 1lb pre-washed spinach
- 6 bunches of kale (mix and match)
- 3 heads of butter lettuce
- 1 bunch swiss chard
- 1 bunch carrots
- 1 bunch celery
- 1 head green cabbage
- 1 lb brussel sprouts
- 1 small broccoli or broccolini
- 2 medium cauliflower
- 1 large bok choy
- 1 bag mung bean sprouts
- 5 cucumbers
- 2 small packages of shiitake mushrooms
- 2 shallots
- 1 small celery root
- 3 white onions
- 1 red onion
- 3 leeks
- 2 parsnips
- 2 bunches green onions
- 4 heads of garlic
- 4 medium sweet potatoes
- 1 small butternut squash
- 8 avocados
- 2 beets
- 4 green apples
- 4 honey crisp apples
- 4 pears
- 2 pomegranates
- 1 bunch bananas
- 1 bunch mint
- 4 bunches cilantro
- 1 bunch basil
- 1 bunch oregano
- 2 bunches parsley
- 1 bunch chives
- 1 bunch tarragon
- 1 bunch sage
- 4 lemons
- 8 limes
- 1 ginger root

Grains, Beans and Canned Goods

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

Condiments

- Sliced Almonds
- Raw Sunflower Seeds
- Pistachios (bulk)
- Pecans (bulk)
- Pine nuts
- Sea Salt
- Pepper
- Cumin
- Onion Powder
- Sesame Seeds
- Cinnamon
- Nutmeg
- Ground Ginger
- Turmeric
- Coriander
- Unrefined Coconut Oil
- Coconut Butter
- Olive Oil
- Apple Cider Vinegar
- Mustard (pick one you like)
- Horseradish
- Mirin – (near Asian section; Eden Organics Brand or other brand without fructose)
- Gluten Free Tamari
- Almond Butter

Meat / Dairy / Eggs / Refrigerated Section

- Small container of ghee
- Rotisserie Chicken
- 1 ½ lb medium shrimp, peeled and deveined
- 1 dozen eggs
- 1 carton of unsweetened almond milk
- 1 bottle of unsweetened cranberry juice
- 1 coconut water – you may want to buy several to have as a drink
- Hummus

Frozen

- 4 frozen bananas – or freeze your own

Miscellaneous

- Raw Cacao Powder
- Maca Powder
- Chia Seeds (if you can buy in bulk only get 1 cup)
- Hemp Seeds (if you can buy in bulk only get ½ cup)
- Raw cashew
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PHASE TWO Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Protein Power Smoothie	Vegetable "Curry"	Curried Sweet Potato Soup with Raw Chopped Salad	Toasted Kale Chips / Green Apple with Almond Butter & Cinnamon
TUE	Non-Dairy Apple Parfait (makes 2 save one for breakfast on Thursday)	Leftover Sweet Potato Soup and Chopped Salad	Collard Green Banh Mi and Cucumber Salad	Steamed Artichoke (make 2)/ Creamy Energy Boosting Shake
WED	Fall Fruit Smoothie	Portobello Sandwich Cups	Black Bean Lettuce Cups (make extra for lunch tomorrow)	Guacamole & Veggies / Spiced Pear & Apple Crumble
THU	Non-Dairy Apple Parfait	Leftover Black Bean Lettuce Cups	Fall Fresh Pasta Salad with Sweet & Savory Salad	Steamed Artichoke Fall Fruit Salad
FRI	Fall Fruit Smoothie	Leftover Fall Fresh Pasta Salad	Sprouts and Sprouted Stir Fry with Brown Rice	Pumpkin Pie Chia Pudding
SAT	Protein Power Smoothie	Collard Green Banh Mi	Autumn Quinoa with Steamed Artichokes	Kale Chips / Pumpkin Pie Chia Pudding
SUN	Quinoa Morning Porridge	Leftover Autumn Quinoa	Burrito Bowl with Toasted Kale Chips	Fall Fruit Salad

Phase Two Shopping List

Produce

- 4 bunches of kale (mix and match)
- 2 head of butter lettuce
- 1 bunch collard greens
- 1 bunch swiss chard
- 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*
- 5 cucumbers
- 2 small package of shiitake mushrooms
- 2 large portobello mushrooms
- 2 shallots
- 2 red onions
- 2 white onions
- 1 leek
- 1 bunch green onions
- 2 heads of garlic*
- 7 sweet potatoes
- 1 medium head of cauliflower
- 6 avocados
- 2 beets
- 4 green apples*
- 6 pears
- 2 persimmons
- 2 pomegranates*
- 1 bunch bananas*
- 1 bunch mint
- 2 bunches cilantro
- 1 bunch parsley*
- 1 bunch basil*
- 1 bunch sage*
- 5 lemons
- 4 limes
- 1 ginger root*
- 4 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)*
- 4 cans of black beans (Eden Organics)
- 3 cans garbanzo beans
- 1 can white beans
- 2 cans full fat coconut milk
- 4 cartons of vegetable broth (4 cup size)
- 1 can pumpkin puree

Condiments

- Raw Sunflower Seeds*
- Sliced almonds*
- Pistachios*
- Pecans*
- Olive Oil*
- Apple Cider Vinegar*
- Gluten Free Tamari*
- Almond Butter*
- Horseradish*
- Mirin*
- Vanilla
- Sesame Seeds*
- Cinnamon*
- Nutmeg*
- Allspice*
- Ginger*
- Cumin*
- Dried oregano
- Dried basil
- Dried thyme
- Kalamata Olives – pitted
- 1 ½ cup raw cashews
- Stevia

Meat / Dairy / Eggs / Refrigerated Section

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

Frozen

- Blueberries

Miscellaneous

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

* These are items you may already have from week one. Do a quick inventory before shopping for week two.

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!

Fall Fruit Smoothie

[Serves 1]

INGREDIENTS

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

Blend and enjoy!

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!

Green and Glowing Breakfast Smoothie

[Serves 1]

INGREDIENTS

- ½ bunch kale
- 1 handful spinach
- ½ cucumber
- 1 pear, sliced
- ½ cup unsweetened cranberry juice

Blend and enjoy!

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!

Greens, Eggs and No Ham!

(For phase 1 and phase 3)

[Serves 1]

INGREDIENTS

- 1 tablespoon coconut oil
- 4-5 kale leaves shredded or cut into ribbons
- 2 eggs
- 2 sprigs of mint, minced (optional)
- Sea salt and pepper

Heat coconut oil in a pan until melted, add kale and sauté until bright green and a bit wilted. Crack eggs into the kale and mix to scramble the eggs. Top with mint and season with salt and pepper

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!

Savory Avocado Wrap

[Serves 1]

INGREDIENTS

- 1 butter lettuce or collard leaf
- ½ avocado
- 1 teaspoon chopped basil
- sea salt and pepper
- 1 egg scrambled
- small handful of spinach

Smear leaf with the avocado and sprinkle with basil, salt and pepper, add scrambled egg and spinach. Fold in half and enjoy!

Lunch

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.

Tangy and Tart Salmon Salad

(for phase 1 and phase 3)

[Serves 2]

INGREDIENTS

- 1 can of sustainably caught salmon, drained
- ½ celery, diced
- ¼ cucumber, diced
- ½ green apple, diced
- 1 tablespoon sunflower seeds
- 1 tablespoon olive oil
- salt and pepper to taste
- butter lettuce or other greens

Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens.

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.

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.

Chicken Tacos with Cole Slaw

(For phase 1 and phase 3)

[Serves 4]

INGREDIENTS

- 1 rotisserie chicken, shredded (not during phase 2)
- 2 teaspoons cumin
- 1 teaspoon garlic
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 avocado

Put the shredded chicken in a bowl and season with cumin, garlic, onion powder and salt. Mix and set aside.

Slaw Topping:

INGREDIENTS

- 1 head of green cabbage, finely sliced
- 4 green onions
- 1 cup of cilantro, chopped
- 4 limes, juiced
- 1/2 cup of olive oil
- Salt to taste

Mix cabbage, onion and cilantro in a bowl and dress with the lime, olive oil and salt. Assemble by filling a bowl with chicken and topping it with the slaw and avocado.

Sautéed Shrimp with Cleansing Cilantro Avocado Sauce

(For phase 1 and phase 3)

[Serves 4]

INGREDIENTS

- 1 ½ lbs medium to large shrimp. Buying them peeled and deveined will save you a lot of time
- 1 bunch cilantro
- 1 bunch oregano
- 1 avocado
- 1 tablespoon coconut oil
- Zest and juice of one lemon and one lime
- Salt and pepper

Season the shrimp with salt and pepper. Heat oil in a sauté pan over medium heat. Add the shrimp and cook, flipping periodically until pink all the way through – 8 minutes or so.

Mix the rest of the ingredients in a blender or food processor and serve as a dipping sauce for the shrimp. Serve alongside the Sautéed Greens.

Portobello Sandwich Cup

[Serves 1]

INGREDIENTS

- 1 large Portobello mushroom, brush with olive oil and grill or sauté until slightly charred. This can be done in advance
- 1 – 2 tablespoons hummus
- 4-5 cucumber slices
- sliced red onion
- chopped kalamata olives

Spread hummus on Portobello mushroom, top with rest of the ingredients and enjoy! Eat like an open faced sandwich or with a fork and knife

Dinner

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.

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.

Healthy Cauliflower Soup

[Serves 4]

INGREDIENTS

- 2 tablespoons clarified butter or ghee (can be bought at the store)
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 1 small head of cauliflower, chopped
- 1 small celery root, peeled and cubed
- 2 parsnips, peeled and cubed
- 4-6 cups of vegetable broth (or 2-4 cups broth + 2 cups water)
- 4 tablespoons freshly chopped parsley
- 4 tablespoons freshly chopped chives
- fresh horseradish, to taste
- Cashew Cream (optional, recipe to follow)
- Salt & pepper

Melt the clarified butter or ghee in a large pan, add the olive oil and once hot add the onion and garlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the cauliflower, celery root and parsnips and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the vegetables soften – 25 - 30 minutes. Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with salt, pepper horseradish and herbs. When serving, top each bowl of soup with a dollop of cashew cream (optional).

Cashew Cream

INGREDIENTS

- ½ cup raw cashews, soaked overnight
- ½ - ¾ cup water

Soak Cashews overnight, then drain and rinse them. Place in a high powered blender with enough water to cover a little over the top of the cashews. Puree until smooth. Add more water to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.

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.

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
- 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 Shitake Mushrooms
- 1 handful mung bean sprout

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.

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!

Collard Green Banh Mi

[Serves 1]

INGREDIENTS

- 1 large collard green with thick part of stem removed
- ½ cucumber, cut into matchsticks
- 1 carrot, cut into matchsticks
- ½ avocado, sliced
- small handful of sprouts – mung bean sprouts are most common and can be found in the produce section
- 2 sprigs of basil, chopped
- 3-4 sprigs of mint, chopped
- small handful of cilantro, chopped

Roll all the ingredients in the collard green like you would a burrito. Serve with dipping sauce.

Dipping Sauce:

INGREDIENTS

- 1 teaspoon ginger, minced (grating it with a zester is an easy way to do this)
- 1 garlic clove, minced
- 1 green onion, sliced
- ¼ cup gluten free tamari.

Mix all ingredients and serve with Collard Green Banh-Mi

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.

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.

Seasonal Vegetable “Curry”

[Serves 4]

INGREDIENTS

- 2 tablespoons coconut oil
- 1 onion, peeled and diced
- 1 teaspoon turmeric
- 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 any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)
- 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.

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.

Green Apple with Almond Butter and Cinnamon

[Serve 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.

Carrot and Celery Sticks with Hummus

[Serves 1]

INGREDIENTS

- 2 carrots, cut into sticks
- 2 celery stalks, cut into sticks
- 2 tablespoons hummus

Dip carrots and celery in hummus and enjoy!

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

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° or until crispy. 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

Creamy Energy Boosting Shake

[Serves 1]

INGREDIENTS

½ cup unsweetened almond milk

1 tablespoon almond butter

½ avocado

¼ cup raw cacao powder

2 teaspoons maca powder (optional)

2-3 drops of stevia

½ cup ice

Blend and Enjoy

Fall Fruit Salad

[Serves 2]

INGREDIENTS

1 persimmon, chopped

1 pomegranate, seeded

Zest and juice of one lemon

1 teaspoon mint, chopped

Mix all ingredients in a bowl and enjoy!

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.

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.

