

SPRING PLANT-BASED
CLEANSE
MEAL PLAN,
SHOPPING LIST
& RECIPES



SPRING PLANT-BASED CLEANSE MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Blueberry Muesli	Roasted Beet & Lentil Bowl (save leftovers for lunch Wednesday)	Spring Stir-Fry with Radish & Carrot Ribbon Salad (save leftovers for dinner Tuesday)	Fava Bean, Pea and Mint Mash / Blueberry & Apricot Crisp
TUE	Spring Green Smoothie	Red Lentil & Kale Soup with Springy Salad (save leftovers for lunch Friday)	Spring Stir-Fry with Radish & Carrot Ribbon Salad	Crispy Chickpeas / Mango Sticky Rice
WED	Creamy Rice Cereal	Roasted Beet & Lentil Bowl	Lemony Quinoa with Dandelion Greens (save leftovers for lunch Thursday)	Spring Peas with Green Goddess Dip / Chocolate Avocado Chia Pudding
THU	Red Velvet Protein Smoothie	Lemony Quinoa with Dandelion Greens	Seasonal Vegetable "Curry" (save leftovers for dinner Saturday)	Cheesy Kale Chips / Blueberry & Apricot Crisp
FRI	Tropical Fruit Smoothie	Red Lentil & Kale Soup with Springy Salad	Olive & Pine Nut Quinoa Salad with Spinach & Blueberry Salad (save leftovers for lunch Sunday)	Crispy Chickpeas / Strawberry Mango Mint Icee
SAT	Creamy Rice Cereal	Carrot Soup with Adzuki Bean & Asparagus Salad (save leftovers for dinner Sunday)	Seasonal Vegetable "Curry"	Fava Bean, Pea and Mint Mash / Chocolate Avocado Chia Pudding
SUN	Red Velvet Protein Smoothie	Olive & Pine Nut Quinoa Salad with Spinach & Blueberry Salad	Carrot Soup with Adzuki Bean & Asparagus Salad	Spring Peas with Green Goddess Dip / Mango Sticky Rice

SPRING VEGAN SHOPPING LIST

Produce

- 6 bunches of kale
- 2 bunches dandelion greens
- 2lbs pre-washed spinach
- 1.5lb pre-washed arugula
- 3 bunches carrots
- 1 bunch celery
- 4 bunches asparagus
- 2 cups snow peas
- 3 cup green peas
- 4 bunches radishes
- 1 bag mung bean sprouts
- 5 cucumbers
- 1 package of shiitake mushrooms
- 2 red onions
- 3 white onions
- 4 green onions
- 1 fennel bulb
- 1 stalk lemongrass
- 4 heads of garlic
- 3 avocados
- 6 beets
- 4 pints blueberries
- 2 mangoes
- 2 apricots
- 1 banana
- 1 kiwi
- 1 bunch cilantro
- 1 bunch basil
- 2 bunches mint
- 1 bunch parsley
- 1 bunch tarragon
- 7 lemons
- 5 limes
- 1 ginger root

Grains, Beans and Canned Goods

- 4c of quinoa
- 4c of brown rice
- 2c black lentils
- 1 package Gluten Free Oats (Bob's Red Mill)
- Brown Rice Farina Cereal
- 1 ½ cup red lentils
- 1 can of adzuki beans
- 5 cans garbanzo beans
- 6 cartons of vegetable broth (4 cup size)
- 3 cans full fat coconut milk

Condiments

- Extra Virgin Olive Oil
- Coconut oil
- Coconut Butter
- Apple Cider Vinegar
- Almond Butter
- Sliced almonds
- Pine nuts
- Pistachios
- Sea Salt
- Pepper
- Coriander
- Ground ginger
- Turmeric
- Cinnamon
- 1 jar kalamata olives, pitted
- Nutritional Yeast (Bragg's)
- Liquid Stevia
- Unsweetened coconut flakes

Refrigerated Section

- 1 carton of unsweetened almond milk
- 1 bottle of unsweetened cranberry juice
- Coconut Water – get extra to drink
- Hummus

Miscellaneous

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

Frozen

- Frozen Fava beans
- Frozen blueberries
- Frozen strawberries
- Frozen mango
- Frozen baby peas

Breakfast

Spring Greens Smoothie

[Serves 1]

INGREDIENTS

- 1 cup coconut water or water
- 1 large handful spinach
- ½ banana
- ½ cup frozen blueberries
- dash of cinnamon

Blend and enjoy!

Tropical Fruit Smoothie

[Serves 1]

INGREDIENTS

- ½ cup unsweetened cranberry juice
- ½ cup fresh chopped mango
- 1 kiwi, skin removed
- 2 sprigs of mint
- ½ cucumber
- ½ cup ice

Blend and enjoy!

Red Velvet Protein Smoothie

[Serves 1]

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop chocolate plant protein powder – Bob's Red Mill is a great brand
- 1 medium beet, shredded
- 1 cucumber

Blend and enjoy!

Blueberry Muesli

[Serves 1]

INGREDIENTS

- ½ cup gluten free rolled oats (Bob's Red Mill)
- 1 cup water or unsweetened coconut or almond milk (from a carton)
- 2 tbsp hemp seeds (optional)
- ½ cup blueberries (optional)
- Chopped mint

Soak all ingredients overnight and you'll have a delicious breakfast cereal in the morning. You can heat it up if you prefer it hot. *If you forget to soak the oats overnight, you can cook them on the stove and then add in your fruit and nuts.*

Creamy Rice Cereal

[Serves 2]

INGREDIENTS

- ½ cup Brown Rice Farina Cereal (Bob's Red Mill)
- 1 cup almond milk
- ¾ cup water
- 1 teaspoon cinnamon
- 1 teaspoon chia seeds
- 1 teaspoon sliced almonds

Combine all ingredients in a pot, except almonds, and simmer for 5-8 minutes until liquid is absorbed. Sprinkle with almonds. Enjoy!

Lunch & Dinner

Adzuki Bean and Asparagus Salad

[Serves 2]

INGREDIENTS

- 1 bunch thin asparagus, rough ends trimmed off
- ¼ cup extra virgin olive oil
- Zest and juice from 1 lemon
- ½ bunch parsley, chopped
- 1 15oz can of Adzuki Beans, drained and rinsed (Eden Organics is great)
- 2 cups baby arugula
- salt and pepper

Bring a pot of water to a boil. Blanch asparagus for 5-8 minutes until tender. Remove from water and pat dry with paper towels. Chop into 1-inch pieces. Whisk the olive oil, lemon and parsley together.

In a bowl add the beans, asparagus and arugula. Toss with the dressing and season with salt and pepper.

Spinach and Blueberry Salad with Lemon Basil Dressing

[Serves 4]

INGREDIENTS

- 8 cups baby spinach
- 2 pint organic blueberries
- 1 cup cooked quinoa or black lentils (Trader Joe's has cooked lentils and quinoa or you can cook your own, recipe below.)
- ½ cup sliced almonds

Right before serving, mix all ingredients in a bowl and dress.

Dressing:

INGREDIENTS

- 6 tablespoons apple cider vinegar
- 1 cup extra virgin olive oil
- 4 cloves garlic, minced
- Zest and juice of two lemons
- 3 tablespoons chopped basil
- salt and pepper to taste

Whisk all ingredients together and dress your salad.

Quick Quinoa or Black Lentils:

INGREDIENTS

- 2 cups quinoa or black lentils, rinsed and soaked in lemon water for 30 minutes
- 4 cups water or vegetable broth
- Dash of salt

Combine all the ingredients in a pot and bring to a boil over medium heat. Reduce to a simmer, cover and cook until water is absorbed, 15 – 20 minutes.

Spring Stir-Fry

[Serves 2]

INGREDIENTS

Rice:

- 1 1/2 cup brown rice
- 3 cups water or veggie broth
- 1 garlic clove minced

Spicy Lemongrass and Garlic Sauce:

- ½ cup vegetable broth
- ½ cup Gluten Free Tamari
- 2 clove minced garlic
- 1 teaspoon minced fresh lemongrass
- juice of 1 lime

Stir-Fry:

- 2 tablespoons coconut oil
- 1 small white onion
- 2 cloves of garlic minced
- 2 teaspoons ginger minced
- 1 package of Enoki or Shiitake Mushrooms
- ½ cup snow peas
- ½ bunch of asparagus, cut into 1/2" pieces
- 2 carrots, cut into ½" pieces
- ½ bunch kale, cut into ribbons
- 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 for about 45 minutes. In a small saucepan combine all the ingredients for the spicy lemongrass sauce and simmer for 5 minutes to let the flavors meld. 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 spicy lemongrass sauce and then top with sprouts.

Lemony Spring Quinoa

[Serves 4]

INGREDIENTS

- 1 cup quinoa, rinsed and soaked for 20 minutes
- 2 cups vegetable broth
- 4 cloves of garlic minced
- 1 small red onion, sliced
- 1lb baby arugula
- 1 15oz can of white or garbanzo beans (Eden Organics is a great brand)
- 1 small bunch of radishes, sliced
- ½ cup fresh peas (can also use frozen but defrost them first)
- 1 carrot, grated
- 1 bunch of mint, cut into ribbons
- ½ cup pistachios
- zest and juice of one lemon
- ¼ cup extra virgin olive oil

In a pot, combine quinoa, vegetable broth, garlic and red onion. 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.

Dandelion Greens

[Serves 4]

INGREDIENTS

- 2 bunches dandelion greens, cut into strips
- ¼ cup Extra Virgin Olive Oil
- ½ cup nutritional yeast
- salt and pepper

Cook dandelion greens in salted boiling water for 15 minutes, drain and squeeze out excess water. Coarsely chop and place in your serving dish. Drizzle olive oil on the greens and then toss with nutritional yeast, salt and pepper.

Olive and Pine Nut Quinoa Salad

[Serves 4]

INGREDIENTS

- 1 cup quinoa, rinsed and soaked for 20 minutes
- 2 cups vegetable broth
- ¼ cup pitted kalamata olives, chopped
- ½ cup toasted pine nuts
- 2 cups baby spinach
- 2 tablespoons lemon juice
- ¼ cup extra virgin olive oil
- salt and pepper to taste

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

Springy Salad with Citrus Dressing

[Serves 4]

INGREDIENTS

- 1 head of kale, cut into small ribbons
- 1 small bunch of red radishes, sliced
- 1 cup snow peas
- 2 carrots, diced
- 1/2 small red onion, sliced
- 1 avocado, chopped
- 2 tablespoons hemp 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 extra virgin olive oil
- 2 tablespoons garlic, chopped
- 1 teaspoon pepper
- sea salt

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

Curried Carrot Soup

[Serves 4]

INGREDIENTS

- 1 tablespoon coconut oil
- 1 ½" piece of ginger, sliced and crushed
- 4 cloves garlic, minced
- Zest and juice of one lime
- 1 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon cinnamon
- 3 cups carrots cut into 1" pieces
- 1 15oz can of full fat coconut milk (I recommend Native Forest brand)
- 2 cups water
- ½ bunch cilantro, chopped

Heat coconut oil in a large saucepan over medium heat. Add ginger, garlic, and lime zest and cook until slightly browned, about 3-4 minutes. Add cumin, coriander, ginger, cinnamon and turmeric and cook until fragrant - about 1 minute. Add carrots, coconut milk and water. Bring to a boil, reduce to low and simmer, covered, for 15 minutes. Turn off heat and leave on stove for ½ hour to allow flavors to meld.

Puree soup in a blender or food processor. Garnish with chopped cilantro, lime juice and enjoy!

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
- ½ cup snow peas
- 1 bunch asparagus
- 2 cups garbanzo beans
- 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 cilantro 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 veggies are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with cilantro.

Roasted Beet and Lentil Bowl with Avocado Cilantro Sauce

[Serves 4]

INGREDIENTS

- 1 cup black lentils, rinsed
- 2 cups water or vegetable broth
- 4 medium beets, roasted (see notes)
- 1 bunch asparagus, chopped into bite sized pieces
- 1 large avocado
- ½ cup cilantro leaves
- 1 garlic clove
- 2 teaspoons lime juice (1 lime)
- salt and pepper to taste
- 2 tablespoons water or unsweetened almond milk
- 2 teaspoons extra virgin olive oil

Pre-heat oven to 400°

Combine the lentils and water or broth in a pot over medium high heat and cook until water is absorbed and lentils are tender – about 15 minutes.

Wash and peel the beets. Wrap in foil and roast for 45 minutes until tender. Brush the asparagus with olive oil and add to the baking sheet with the beets for the last 10 minutes of cook time.

In a blender, combine the avocado, cilantro, garlic, lime juice, salt and pepper and blend. Add water slowly until you have a sauce consistency.

Divide the lentils into 2 bowls, top with chopped asparagus, beets and drizzle with avocado sauce.

Note: all of this can be made in advance and stored in the fridge for 4 days. I recommend making extra of everything to save time and energy.

Red Lentil and Kale Soup

[Serves 4]

INGREDIENTS

- 1 tablespoon coconut oil
- 1 medium onion, finely chopped
- 4 garlic cloves, minced
- 2 large carrots, chopped
- 2 stalks of celery, chopped
- 1 bunch of kale, cut into ribbons
- 6 cups of vegetable broth
- 1 ½ cup red lentils, rinsed
- salt and pepper to taste

Heat the oil in a large pot over medium heat. Add the onion and sauté until translucent – 3-5 minutes. Add the garlic, carrots, celery and kale and sauté for 2-3 minutes. Add the broth, lentils, salt and pepper. Cook on medium-low heat until lentils are tender, 20 minutes.

Radish and Carrot Ribbon Salad

[Serves 4]

INGREDIENTS

- 2 bunches radishes, thinly sliced
- 6 carrots, thinly sliced into ribbons (a vegetable peeler works great)
- 1 fennel, thinly sliced
- Small handful chopped parsley

Dressing

INGREDIENTS

- 3 tablespoons apple cider vinegar
- 1 tablespoon lime juice
- ½ cup extra virgin olive oil
- 1 garlic clove, minced

Mix ingredients and toss with the salad dressing.

Fava Bean, Pea and Mint Mash

[Serves 4]

INGREDIENTS

- 1 cup fava beans (buy frozen and thaw)
- 1 cup baby peas (buy frozen and thaw)
- Zest and juice from one lemon
- ¼ cup extra virgin olive oil
- 2 tablespoons mint, chopped
- Salt and pepper to taste
- Carrots or celery to eat the mash with

Add all the ingredients to a food processor and process until mashed but still a few whole pieces in it.

Spring Peas with Green Goddess Dip

[Serves 1]

INGREDIENTS

- 1 cup spring pea pods
- 1 cucumber, sliced
- ½ cup hummus
- 2 green onions
- 1 heaping tablespoon fresh tarragon
- salt and pepper

In a blender or food processor blend the hummus, green onions and tarragon until smooth. Season with salt and pepper and use as a dipping sauce for the peas and cucumber

Crispy Chickpeas

[Serves 3-4]

INGREDIENTS

- 1 can of chickpeas (garbanzo beans), drained and rinsed
- 2 tablespoons extra virgin olive oil
- ½ teaspoon sea salt

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

Cheesy Kale Chips

[Serves 2]

INGREDIENTS

- 2 heads of kale torn into large pieces
- 4 teaspoons extra virgin olive oil
- 2 tablespoon nutritional yeast
- sea salt and pepper

Toss kale with oil and season with nutritional yeast and sea salt. Bake for 15 - 20 minutes at 300° or until crispy – being careful not to burn.

Treats

Mango Sticky Rice

[Serves 2]

INGREDIENTS

- 3/4 cup brown rice
- 1 15oz can of full fat coconut milk (I recommend Native Forest brand)
- 2-3 drops stevia
- 1 mango, cut into slices

Cook rice and coconut milk together in a pan over medium low heat until liquid is absorbed, about 15 – 20 minutes. Stir in stevia and top with mango.

Strawberry Mango Mint Icee

[Serves 1]

INGREDIENTS

- 1/2 cup frozen strawberries
- 1/2 cup frozen mango
- 1 tablespoon chopped mint
- 1 teaspoon lime juice
- 1 tablespoon unsweetened coconut

Blend strawberries, mint and lime juice. Top with coconut.

Blueberry & Apricot Crisp

[Serves 2]

INGREDIENTS

- 2 tablespoons melted coconut butter
- 1 pint blueberries
- 2 fresh apricots, pits removed and chopped
- 1 cup gluten free oats (Bob's Red Mill is great)
- 1/4 sliced almonds
- 2 teaspoons cinnamon

1 tablespoon coconut oil, melted

Heat oven to 375°.

Coat 2 ramekins or small oven proof bowls with coconut butter. Mix blueberries and apricots together and divide into ramekins. Mix oatmeal, almonds, cinnamon and coconut oil together and top the fruit.

Cook crisps for 15 – 20 minutes until slightly brown and bubbly.

Chocolate Avocado Chia Pudding

[Serves 2]

INGREDIENTS

- 1 cup unsweetened almond milk (in a carton, not canned)
- 1/4 cup chia seeds
- 2 avocados
- 1/2 cup cacao powder
- 2-3 drops of stevia

Mix all ingredients in a blender and refrigerate for 3-4 hours or overnight.