

SPRING WHOLE  
FOOD CLEANSE  
MEAL PLAN,  
SHOPPING  
LIST &  
RECIPES



**BREAKFAST**  
**LUNCH**  
**DINNER**  
**SNACKS & TREATS**

MON

Tropical Fruit Smoothie  
Adzuki Bean & Asparagus Salad  
Lemony Spring Quinoa & Spinach Blueberry Salad  
Crispy Chickpeas / Chopped Berries with Mint & Coconut Butter

TUES

Easy Breakfast Burrito  
Shrimp and Avocado Salad  
Leftover Lemony Spring Quinoa  
Strawberry Mango  
Mint Icee /  
Mango Sticky Rice

WED

Creamy Rice Cereal – save leftovers for Friday  
  
Leftover Spinach & Blueberry Salad  
“Curried” Carrot Soup & Dandelion Greens with Ghee  
Mango Sticky Rice/  
Chopped Berries with Mint & Coconut Butter

THU

Red Velvet Protein Smoothie  
  
Leftover “Curried” Carrot Soup & Dandelion Greens with Ghee  
Spring Stir Fry  
Crispy Chickpeas / Strawberries N Cream  
Fro-Yo

FRI

Creamy Rice Cereal  
Leftover Spring  
Stir Fry  
Artichoke & Caper “Risotto” with Radish & Carrot Salad  
Cheesy Kale Chips / Strawberries N Cream  
Fro-Yo

SAT

Pancakes with Rhubarb Compote  
Leftover Artichoke & Caper “Risotto”  
Roasted Beet and Lentil Bowl  
Peas with Green Goddess Dip / Strawberry Mango Mint Icee

SUN

Spring Scramble  
Salmon & Endive Salad  
Seasonal  
Vegetable “Curry”  
Peas with Green Goddess Dip / Cheesy Kale Chips

# SPRING WHOLE FOOD CLEANSE

## MEAL PLAN- PHASE ONE & THREE

|     | BREAKFAST                                      | LUNCH   | DINNER   | SNACKS  |
|-----|--|---|--|---|
| MON | Tropical Fruit Smoothie                        | Adzuki Bean & Asparagus Salad                               | Lemony Spring Quinoa & Spinach Blueberry Salad         | Crispy Chickpeas / Chopped Berries with Mint & Coconut Butter |
| TUE | Easy Breakfast Burrito                         | Shrimp and Avocado Salad                                    | Leftover Lemony Spring Quinoa                          | Strawberry Mango Mint Icee / Mango Sticky Rice                |
| WED | Creamy Rice Cereal – save leftovers for Friday | Leftover Spinach & Blueberry Salad                          | “Curried” Carrot Soup & Dandelion Greens with Ghee     | Mango Sticky Rice/ Chopped Berries with Mint & Coconut Butter |
| THU | Red Velvet Protein Smoothie                    | Leftover “Curried” Carrot Soup & Dandelion Greens with Ghee | Spring Stir Fry  | Crispy Chickpeas / Strawberries N Cream Fro-Yo                |
| FRI | Creamy Rice Cereal                             | Leftover Spring Stir Fry                                    | Artichoke & Caper “Risotto” with Radish & Carrot Salad | Cheesy Kale Chips / Strawberries N Cream Fro-Yo               |
| SAT | Pancakes with Rhubarb Compote                  | Leftover Artichoke & Caper “Risotto”                        | Roasted Beet and Lentil Bowl                           | Peas with Green Goddess Dip / Strawberry Mango Mint Icee      |
| SUN | Spring Scramble                                | Salmon & Endive Salad                                       | Seasonal Vegetable “Curry”                             | Peas with Green Goddess Dip / Cheesy Kale Chips               |

# SPRING WHOLE FOOD CLEANSE

## SHOPPING LIST

### Produce

- 2lb pre-washed spinach
- 2lb pre-washed arugula
- 6 bunches of kale
- 1 head endive lettuce
- 1 bunch Swiss chard
- 2 bunches dandelion greens
- 1 head red cabbage
- 4 bunches carrots
- 1 bunch celery
- 4 bunches asparagus
- 3 bunches radishes
- 2 cups snow peas
- 2 cups green peas
- 2 cups green pea pods
- 1 bag mung bean sprouts
- 4 cucumbers
- 1 packages of shiitake mushrooms
- 1 shallot
- 1 white onion
- 2 red onions
- 1 bunch green onions
- 3 heads of garlic
- 1 fennel bulb
- 1 stalk lemongrass
- 3 avocados
- 5 beets
- 1 green apple
- 2 mangos
- 1 kiwi
- 1 bunch bananas
- 2 pints strawberries
- 3 pints blueberries
- 2 stalks rhubarb
- 1 bunch basil
- 1 bunch parsley
- 2 bunches cilantro
- 2 bunch mint
- 1 bunch tarragon
- 4 lemons
- 4 limes
- 1 ginger root

### Grains, Beans and Canned Goods

- 2lb of quinoa
- 2 cups black lentils
- 2lb of brown rice
- 1 cans of adzuki beans (Eden Organics)
- 1 cans of white beans (Eden Organics)
- Brown Rice Farina Cereal (Bob's Red Mill)
- 3 cans garbanzo beans
- 3 cans full fat coconut milk
- 4 cartons of vegetable broth (4 cup size)

### Condiments

- Sliced Almonds
- Pistachios (Shelled)
- Sea Salt
- Pepper
- Turmeric
- Ground Ginger
- Coriander
- Cumin
- Cinnamon
- Vanilla
- Unrefined Coconut Oil
- Coconut Butter
- Extra Virgin Olive Oil
- Apple Cider Vinegar
- Gluten Free Tamari
- Almond Butter
- Liquid Stevia
- 1 jar capers – Non-Pareil
- 1 jar artichoke hearts packed in water
- Nutritional Yeast (Bragg's)
- Unsweetened coconut flakes

### Meat / Dairy / Eggs / Refrigerated Section

- ¼ lb cooked shrimp
- 1 can sustainably caught salmon
- 1/2 dozen eggs
- ghee
- 1 carton of unsweetened almond milk
- 1 bottle of unsweetened cranberry juice
- Coconut Water – to have on hand to drink
- Hummus

### Frozen

- Frozen Peas
- Frozen strawberries
- Frozen mango

### Miscellaneous

- VEGA Chocolate Protein Powder
- Chia Seeds (if you can buy in bulk get 1 cup)
- Hemp Seeds (if you can buy in bulk get ½)

# SPRING WHOLE FOOD MEAL PLAN

## PHASE TWO

|     | BREAKFAST                   | LUNCH                                | DINNER  | SNACKS   |
|-----|-----------------------------|--------------------------------------|---|--|
| MON | Spring Greens Smoothie      | Adzuki Bean & Asparagus Salad        | Red Lentil & Kale Soup with Radish & Carrot Salad     | Fava Bean & Pea Mash / Strawberries N Cream Fro-Yo |
| TUE | Red Velvet Protein Smoothie | Leftover Red Lentil & Kale Soup      | Seasonal Vegetable "Curry"                            | Crispy Chickpeas/ Strawberry Mango Mint Icee       |
| WED | Creamy Rice Cereal          | Leftover Vegetable "Curry"           | Artichoke & Caper "Risotto" with Springy Citrus Salad | Crispy Chickpeas / Mango Sticky Rice               |
| THU | Creamy Rice Cereal          | Leftover Artichoke & Caper "Risotto" | Spring Stir Fry                                       | Fava Bean and Pea Mash/ Blueberry & Apricot Crisp  |
| FRI | Blueberry Muesli            | Leftover Spring Stir Fry             | Roasted Beet & Lentil Bowl with Springy Citrus Salad  | Cheesy Kale Chips/ Chocolate Avocado Chia Pudding  |
| SAT | Berry Glowing Smoothie      | Leftover Roasted Beet & Lentil Bowl  | Olive and Pine Nut Quinoa Salad                       | Cheesy Kale Chips/ Chocolate Avocado Chia Pudding  |
| SUN | Berry Glowing Smoothie      | Leftover Olive and Pine Nut Quinoa   | Curried Carrot Soup with Spinach & Blueberry Salad    | Fava Bean and Pea Mash/ Blueberry & Apricot Crisp  |

# SPRING WHOLE FOOD CLEANSE

## SHOPPING LIST

### Produce

- 6 bunches of kale
- 2 bunches Swiss chard
- 2lbs pre-washed spinach
- 1lb pre-washed arugula
- 2 bunch carrots
- 1 bunch celery\*
- 4 bunches asparagus
- 3 cups snow peas
- 1 cup green peas
- 1 bunch radishes
- 1 bag mung bean sprouts\*
- 2 cucumbers
- 1 package of shiitake mushrooms
- 2 shallots
- 2 red onions
- 2 white onions
- 1 stalk lemongrass
- 3 heads of garlic\*
- 4 avocados
- 5 beets
- 4 pints blueberries
- 1 mango
- 2 apricots
- 1 bunch bananas\*
- 1 bunch cilantro
- 1 bunch basil\*
- 2 bunches mint
- 1 bunch parsley
- 6 lemons
- 4 limes
- 1 ginger root\*

### Grains, Beans and Canned Goods

- 1lb of quinoa\*
- 2.5lbs of brown rice
- 1lb 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
- 5 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\*
- Gluten Free Tamari\*
- Almond Butter\*
- Sliced almonds\*
- Pine nuts
- Sea Salt\*
- Pepper\*
- Coriander\*
- Cumin\*
- Ground ginger\*
- Turmeric\*
- Cinnamon\*
- 1 jar kalamata olives, pitted
- 1 jar artichoke hearts
- 1 jar capers\*
- Nutritional Yeast (Bragg's)\*
- Liquid Stevia\*
- Unsweetened coconut flakes\*

### Meat / Dairy / Eggs / Refrigerated Section

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

### Miscellaneous

- VEGA chocolate protein powder\*
- Raw Cacao Powder
- Chia Seeds\*
- Hemp Seeds\*

### Frozen

- Frozen Fava beans
- Frozen blueberries
- Frozen strawberries\*
- Frozen mango\*

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

# 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!

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## 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!

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## Red Velvet Protein Smoothie

[Serves 1]

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop chocolate plant protein powder – VEGA is a great brand
- 1 medium beet, shredded
- 1 cucumber

Blend and enjoy!

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## Berry Glowing Breakfast Smoothie

[Serves 1]

### INGREDIENTS

- 1 large handful kale
- 1 handful spinach
- ½ cucumber
- ½ cup frozen berries – strawberry, blueberry & raspberry
- ½ cup unsweetened cranberry juice

Blend and enjoy!

## Pancakes with Rhubarb Compote

(for phase 1 and phase 3)

[Serves 2]

### INGREDIENTS

- 3 bananas
- 2 eggs
- ½ cup almond butter
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- dash of sea salt
- 1 tablespoon coconut oil

Combine all ingredients except oil in a blender and blend until smooth. Heat coconut oil on a skillet over medium heat. Pour ¼ cup of pancake mix on skillet and cook until lightly browned, flip over and cook until other side is lightly browned. Serve with Rhubarb compote, recipe below.

## Rhubarb Compote

[Serves 2]

### INGREDIENTS

- 2 stalks of rhubarb, chopped
- 1 pint of strawberries, chopped
- Zest and juice of 1 lemon

Cook all ingredients over medium low heat until fruit is soft and jam like consistency about 15 minutes. Add a little water if necessary.

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## Easy Breakfast Burrito

(for phase 1 and phase 3)

[Serves 1]

### INGREDIENTS

- 1 tablespoon coconut oil
- 4-5 kale leaves shredded or cut into ribbons
- 2 eggs
- Lettuce leaf
- 4-5 basil leaves, chopped
- Half an avocado
- Sea salt and pepper

Heat 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. Wrap in a lettuce leaf and top with basil and avocado. Season with salt and pepper

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## Spring Scramble

(for phase 1 and phase 3)

[Serves 1]

### INGREDIENTS

- 1 tablespoon ghee
- small handful of spinach
- 3 asparagus stalks, chopped into 1/4 inch coins
- 2 eggs, beaten
- ½ avocado
- sea salt and pepper

Heat ghee in a skillet, add spinach, asparagus and sauté for 3-5 minutes. Stir in eggs and cook for 3 more minutes until cooked through. Top with avocado and season with salt and pepper.



## 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.

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## 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.

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## Salmon & Endive Salad

(for phase 1 and phase 3)

[Serves 2]

### INGREDIENTS

- 1 can of sustainably caught salmon, drained
- ½ stalk celery, diced
- ½ green apple, diced
- 1 teaspoon capers
- 1 tablespoon hemp seeds
- 2 tablespoons parsley, chopped
- 1 tablespoon extra virgin olive oil
- salt and pepper to taste
- 4 -6 Endive leaves

Mix all the ingredients, except endive together. Serve in endive leaves.

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## 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.

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## 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.

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## 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 with Ghee

[Serves 4]

### INGREDIENTS

- 2 bunches dandelion greens, cut into strips
- ¼ cup ghee, melted
- 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. Drizzled melted ghee on the greens and then toss with nutritional yeast, salt and pepper.

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## 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.

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## 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.

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## Shrimp and Avocado Salad

(for phase 1 and phase 3)

[Serves 1]

### INGREDIENTS

- ¼ lb cooked shrimp (save time by buying fresh or frozen cooked shrimp)
- 2 cups spinach or arugula
- ¼ cup shredded red cabbage
- 1/2 avocado, sliced
- Juice from one lime
- 2 tablespoons olive oil

Serve shrimp on the bed of greens, avocado, cabbage and dress with olive oil and lime juice.

# Artichoke and Caper "Risotto"

[Serves 4]

## INGREDIENTS

- 2 cups vegetable broth
- 1 cup short grain brown rice
- 2 tablespoons ghee
- 1 shallot, thinly sliced
- 3 cloves garlic, minced
- 1 bunch Swiss chard, cut into ribbons
- 1 jar of artichoke hearts, drained
- 2 tablespoon capers
- 1 handful chopped parsley
- salt and pepper

Combine the vegetable broth and rice in a small 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. While rice cooks, heat 2 tablespoons of ghee in a sauté pan and cook shallots until melted, about 8 minutes. Add garlic and swiss chard and cook for 5 more minutes. Add artichokes and capers and cook for 2 more minutes. Combine the rice, Swiss chard mixture and parsley in a bowl. Season with salt and pepper. For added protein you can add a can of garbanzo beans.

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# 'Curried' Carrot Soup

[Serves 4]

## INGREDIENTS

- 1 tablespoon ghee
- 1 ½" piece of ginger, sliced and crushed
- 4 cloves garlic, minced
- Zest and juice of one lime
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon cinnamon
- 1 teaspoon turmeric
- 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 ghee 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!

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# 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, 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 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.*

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# 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.

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# 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.

# Snacks

## 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.

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## Chopped Berries with Mint and Coconut Butter

[Serves 1]

### INGREDIENTS

- 1 cup of mixed berries – blueberries, strawberries and raspberries
- 2 tablespoons coconut butter, melted
- 1 tablespoon chopped mint

Drizzle the melted coconut butter on the berries and sprinkle with mint.

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## 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

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## 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.

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## 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.

## 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.

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## Strawberry Mango Mint Icee

[Serves 1]

### INGREDIENTS

1/2 cup frozen strawberries

½ cup frozen mango

1 tablespoon chopped mint

1 teaspoon lime juice

1 tablespoon unsweetened coconut

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

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## 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)

¼ 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.

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## Strawberries and Cream Fro-Yo

[Serves 2]

### INGREDIENTS

2 frozen bananas

1 cup frozen strawberries

¼ cup unsweetened almond milk

1 tablespoon hemp seeds

Place bananas and strawberries into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not need to use all ¼ cup of almond milk. Top with hemp seeds.

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## Chocolate Avocado Chia Pudding

[Serves 2]

### INGREDIENTS

1 cup unsweetened almond milk (in a carton, not canned)

¼ cup chia seeds

2 avocados

½ cup cacao powder

2-3 drops of stevia

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