



SUMMER PLANT-  
BASED CLEANSE  
MEAL PLANS,  
SHOPPING LIST &  
RECIPES

# SUMMER PLANT-BASED MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Creamy Cashew Smoothie	Collard Green Banh Mi	Zucchini and Basil Soup with Pineapple Summer Salad (save leftovers for Tuesday)	Almond Butter and Banana Bites
TUE	Non-Dairy Berry Parfait – (save one for Wednesday)	Leftover Zucchini Soup and Pineapple Summer Salad	Summer Stir Fry with Brown Rice	Creamy Roasted Broccoli / Creamy Energy Boosting Shake
WED	Non-Dairy Berry Parfait Leftover	Summer Stir Fry with Brown Rice	Super Easy Summer Soup – (save leftovers for Thursday)	Avocado Boats / Grilled Pineapple with Coconut Shavings
THU	Berry Cleansing Smoothie	Leftover Summer Soup	Farm Fresh Pasta Salad with Cucumber Salad (save leftovers for Friday)	Avocado Boat / Mixed Summer Fruit Salad
FRI	Ginger Toasted Millet (save leftovers for Saturday)	Leftover Farm Fresh Pasta Salad	“Curry” with Summer Veggies (Save leftovers for Sunday)	Creamy Energy Boosting Shake / Blueberry Lemon Chia Pudding
SAT	Ginger Toasted Millet	Collard Green Banh Mi and Cucumber Salad	Summer Quinoa with Creamy Roasted Broccoli	Beet Chips / Blueberry Lemon Chia Pudding
SUN	Creamy Cashew Smoothie	Leftover Summer Quinoa	Leftover “Curry” with Summer Veggies	Almond Butter and Banana Bites / Mixed Summer Fruit Salad

# SUMMER PLANT-BASED SHOPPING LIST

## **Produce**

- 4 bunches of kale
- 1 head romaine lettuce
- 1 small bunch collard greens
- 1 small bunch Swiss chard
- 1 bunch carrots
- 1 large head of broccoli
- 2 small heads of bok choy
- 4 cucumbers
- 1 small package of shiitake mushrooms
- 2 shallots
- 1 red onion
- 3 white onions
- 1 bunch green onions
- 2 heads of garlic
- 8 medium zucchini
- 2 medium yellow squash
- 2 medium summer squash
- ½ cup sugar snap peas
- ½ cup snow peas
- 1 small bunch asparagus
- 6 avocados
- 5 beets
- 1 nectarine
- 1 peach
- ½ lb cherries
- 1 pineapple
- 2 pints of blueberries
- 2 bananas
- 1 bunch mint
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch basil
- 8 lemons
- 1 lime
- 1 ginger root
- 1 package mung bean sprouts

## **Grains, Beans and Canned Goods**

- ½ lb of quinoa
- 1lb of brown rice
- 1lb millet
- 2 packages kelp noodles
- 1 package Gluten Free Oats (Bob's Red Mill)
- 5 cans garbanzo beans
- 1 can white beans
- 5 cartons of vegetable broth (4 cup size)
- 1 can unsweetened coconut milk

## **Condiments**

- Sliced Almonds
- Raw Cashews
- Sunflower Seeds
- Sea Salt
- Pepper
- Sesame Seeds
- Cumin
- Garlic Powder
- Nutmeg
- Turmeric
- Coriander
- Ground Ginger
- Chipotle seasoning
- Cinnamon
- Unrefined Coconut Oil
- Extra Virgin Olive Oil
- Sesame Oil
- White Miso
- Gluten Free Tamari
- Coconut shavings
- Almond Butter
- Cashew Butter
- Stevia (liquid)
- Vanilla

## **Refrigerated Section**

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

## **Frozen**

- Raspberries
- Mixed berries

## **Miscellaneous**

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

# Breakfast

## Berry Cleansing Smoothie

[Serves 1]

### INGREDIENTS

- ½ cup unsweetened cranberry juice
- ½ cup mixed fresh or frozen berries – strawberries, blueberries & raspberries
- ½ cucumber
- ½ cup ice (not needed if using frozen berries)

Blend and enjoy!

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## Creamy Cashew Smoothie

[Serves 1]

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon cashew butter
- 1 scoop plant protein powder – Bob's Red Mill is a great brand
- ½ avocado
- ½ cup frozen raspberries

Blend and enjoy!

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## Non-Dairy Berry 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 frozen berries
- 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 to make cashew cream. Layer ingredients in a small cup: Dollop of cashew cream, spoonful of berries, top with oats and hemp seeds and enjoy!

## Ginger Toasted Millet with Blackberry Chia Sauce

[Serves 4]

### INGREDIENTS

- 3/4 cup millet
- ½ cups unsweetened almond milk
- 2 teaspoons coconut oil
- ¼ teaspoon nutmeg
- ¼ teaspoon ground ginger
- ¼ teaspoon cinnamon
- dash of salt

In a saucepan, heat the coconut oil on medium heat. Add the millet and spices and stir to coat. Cook for 5 – 10 minutes until toasted and popping a bit. Add the almond milk and simmer for 15-20 minutes until liquid is absorbed and millet is tender. While cooking make the Blackberry Sauce

### Blackberry Chia Sauce

#### INGREDIENTS

- 2 cups blackberries (if you can't find blackberries, blueberries or raspberries also work well!)
- ¼ cup chia seeds
- zest and juice of 1 lemon

Simmer the blackberries in a saucepan over medium-low heat until juices start to release. Mash them on the side of the pan with a wooden spoon. Stir in chia seeds and lemon juice and remove from heat. Let sit for 5 minutes so that the chia seeds can absorb the blackberries.

If you need more liquid, add a tablespoon of water a little at a time.

Note that sauce can be made ahead of time and stored in the refrigerator.

# Lunch & Dinner

## Pineapple Summer Salad with Mint Dressing

[Serves 4]

### INGREDIENTS

1 head of kale, cut into small ribbons  
1 cucumber chopped  
1 beet, shredded  
2 tablespoons sunflower seeds  
2 tablespoons hemp seeds  
1 cup chopped fresh pineapple

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  
2/3 cup olive oil  
1 teaspoon pepper  
1 tablespoon fresh mint

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

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## 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

¼ cup extra virgin olive oil  
1 teaspoon ginger, minced (grating it with a zester is an easy way to do this)  
1 garlic clove, minced  
1 green onion, sliced

Mix all ingredients and serve with Collard Green Bah-Mi

# Curry with Summer Veggies

[Serves 4]

## INGREDIENTS

- 1 onion, peeled and diced
- 3 cloves garlic, minced
- 1 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon cinnamon
- 1 medium summer squash, diced
- 1 zucchini
- 2 baby bok choy, chopped
- 1/2 cup sugar snap peas
- 2 cups garbanzo beans, cooked or canned
- 1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
- 1 cup 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 and cilantro for garnish
- 2 tablespoons coconut oil

In a large pot heat coconut oil and sauté onions until they are soft (about 6-8 minutes). Add the garlic and spices. Add the vegetables, beans (or chicken), and coconut milk. Bring to simmer and add the vegetable stock. Simmer until the veggies are tender (about 10 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with basil and cilantro

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# Super Easy Summer Soup

[Serves 4]

## INGREDIENTS

- 4 cups vegetable broth (make sure it's sugar-free)
- 2 cups cooked brown rice
- 2 cans of garbanzo beans
- 1 heaping teaspoon chipotle seasoning (or any Mexican spice)
- 2 avocados, diced
- 1 summer squash, chopped
- 1 zucchini, chopped
- 1 small handful cilantro, chopped
- 2 green onions chopped
- salt to taste
- lime wedges for garnish

If you don't have pre-cooked rice on hand you can either purchase some in the frozen section or make a batch 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.)

Heat the broth in a pot over medium heat, Add rice and garbanzo beans, and chipotle spice and heat through for 10 minutes. Add zucchini and squash and cook for 5 more minutes.

Ladle into bowls and top with cilantro, green onions and avocado

## Summer Quinoa

[Serves 4]

### INGREDIENTS

- 2 cups quinoa, rinsed and soaked for 20 minutes
- 4 cups vegetable broth (make sure it's sugar-free)
- 4 cloves of garlic minced
- 2 shallots, chopped
- ½ bunch swiss chard, cut into ribbons
- 1 15oz can of white or garbanzo beans (Eden Organics is a great brand)
- 1 zucchini, grated
- 1 yellow squash, grated
- 1 carrot, grated
- large bunch of basil, 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.

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## Cucumber Salad

[Serves 4]

### INGREDIENTS

- 1 English Cucumber sliced thinly
- 1 lemon
- Black or Traditional Sesame Seeds

Mix all the ingredients in a bowl and enjoy!

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## Farm Fresh Pasta Salad

[Serves 4]

### INGREDIENTS

- 2 packages of kelp noodles
- 2 cups chickpeas
- 3 cloves garlic, minced
- ½ red onion, thinly sliced
- 1 zucchini, thinly sliced
- 1 yellow squash, sliced thinly
- zest and juice of one lemon
- 1 handful chopped parsley
- ½ cup olive oil
- salt

Sauté onion and garlic in a pan with ¼ cup olive oil for 5 minutes. While the onion and garlic are cooking, drain and rinse the kelp noodles. Then chop the noodles coarsely, so they easily separate. Add kelp noodles to the pan with the garlic and onion, along with the zucchini and yellow squash and sauté for 10 minutes. Add the lemon, remaining ¼ cup olive oil, and parsley. Add in chickpeas. Continue cooking until the kelp noodles have softened. Salt to taste



# Zucchini and Basil Soup

[Serves 4]

## INGREDIENTS

- ¼ cup extra virgin olive oil
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 4 zucchini sliced with skin on
- 6 cups of vegetable broth (make sure it's sugar-free)
- Cashew Cream (optional, recipe to follow)
- Small handful of fresh basil
- Salt & pepper

Add the olive oil to a large pan over medium heat. 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 zucchini and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the zucchini soften – 15 – 20 minutes.

Puree mixture and then strain through a fine mesh strainer back into your pot. Stir in the cream and basil and then season with salt and pepper.

## 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 ½ cup water. Puree until smooth. Add a little more water as needed to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.

# Summer Stir-Fry with Ginger Sesame Miso

[Serves 4]

## INGREDIENTS

### Rice:

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

### Ginger Sesame Miso:

- 2 tablespoons white miso
- ½ cup Gluten Free Tamari
- 2 cloves minced garlic
- 1 inch fresh ginger, minced
- 1 teaspoon toasted sesame oil

### Stir-Fry:

- 2 tablespoons coconut oil
- 1 small white onion
- 2 cloves of garlic minced
- 2 teaspoons ginger minced
- 1 package of Enoki or Shitake 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 ginger sesame miso 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 ginger miso sauce and then top with sprouts.

## Creamy Roasted Broccoli

[Serves 2-4]

### INGREDIENTS

- 2 cups broccoli, chopped
- 1 tablespoon extra virgin olive oil
- ¼ cup hummus
- salt and pepper to taste

Heat oven to 400°. Place the broccoli on a baking sheet and toss in the olive oil and season with salt and pepper. Roast for 25 minutes.

Place roasted broccoli in a bowl and stir in hummus until broccoli is coated.

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## Avocado Boats

[Serves 2]

### INGREDIENTS

- 1 large avocado
- 2 romaine lettuce leaves
- 4 large basil leaves, chopped
- 1 tablespoon lemon juice
- salt and pepper to taste

Smear avocado into romaine leaves, top with basil, lemon juice and season with salt and pepper

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## Almond Butter and Banana Bites

[Serves 1]

### INGREDIENTS

- 1 banana
- 2 tablespoons almond butter
- 1 tablespoon hemp seeds (optional)

Spread the almond butter on the banana, sprinkle with hemp seeds and cut into bite-sized pieces.

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## Beet Chips

[Serves 2]

### INGREDIENTS

- 4 medium beets, thinly sliced
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 2 tablespoons extra virgin olive oil
- salt to taste

Heat oven to 375°. Place the beet chips on a baking sheet and toss with the olive oil and spices. Roast for 30 minutes until crispy. Check periodically and turn over with a spatula and continue cooking – careful not to burn.

## Blueberry Lemon Chia Pudding

[Serves 2]

### INGREDIENTS

- 1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)
- ¼ cup chia seeds
- Zest of 2 lemons
- 1 pint of blueberries

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

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## Creamy Energy Boosting Shake

[Serves 1]

### INGREDIENTS

- ½ cup unsweetened almond milk
- 1 tablespoon cashew butter
- ½ avocado
- ¼ cup raw cacao powder
- 2 teaspoons maca powder (optional)
- 2-3 drops of stevia
- ½ cup ice

Blend and Enjoy!

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## Mixed Summer Fruit Salad

[Serves 2]

### INGREDIENTS

- 1 peach, chopped
- 1 nectarine, chopped
- ½ cup cherries, pits and stems removed
- ½ cup or one pint of blueberries
- Zest and juice of one lemon
- 1 teaspoon mint, chopped

Mix all ingredients in a bowl and enjoy!