

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



WINTER PLANT-BASED CLEANSE MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Carrot Cake Protein Smoothie	Green Goddess "Curry" (save Leftovers for Wednesday)	Butternut Squash Soup with Persimmon Salad (save leftovers for Tuesday lunch)	Toasted Kale Chips / Roasted Cinnamon Sweet Potatoes
TUE	Breakfast Quinoa Bowls (save leftovers for Thursday)	Butternut Squash Soup with Persimmon Salad	Avocado Kale Salad with Toasted Kale Chips (save leftovers for Thurs lunch)	Roasted Cauliflower Crunchies / Roasted Cinnamon Sweet Potatoes
WED	Cranberry Oatmeal Smoothie	Green Goddess "Curry"	Hearty Veggie Soup- save leftovers for Saturday lunches	Crispy Chickpeas / Dairy Free Mayan Hot Chocolate
THU	Breakfast Quinoa Bowls	Leftover Avocado Kale Salad with Toasted Kale Chips	Cozy Winter Pasta with Fennel Salad (save leftovers for Friday lunch)	Crispy Chickpeas / Dairy Free Mayan Hot Chocolate
FRI	Cranberry Oatmeal Smoothie	Leftover Cozy Winter Pasta and Fennel Salad	Stir Fry with Coconut Lime Quinoa – save leftovers for Sat	Roasted Cauliflower Crunchies / Apple Cinnamon Chia Pudding
SAT	Carrot Cake Protein Smoothie	Hearty Vegetable Soup with Sautéed Greens	Coconut Lime Quinoa with Brussels Sprouts	Toasted Kale Chips / Apple Cinnamon Chia Pudding
SUN	Breakfast Quinoa Bowls	Adzuki Refried Bean Lettuce Cups	Apple and Cabbage Salad with Winter Quinoa	Brussels Sprouts/ Sweet Potato Dream Shake

WINTER VEGAN CLEANSE SHOPPING LIST

Produce

- 4 cups baby spinach
- 9 bunches of kale
- 3 heads butter lettuce
- 1 head of radicchio
- 1 cup savoy cabbage
- 1 cup purple cabbage
- 1 bunch Swiss chard
- 4 baby bok choy
- 1 celery stalks
- 11 carrots
- 6 white onions
- 6 leeks
- 4 sweet potatoes
- 1 butternut squash
- 1 bunch of radishes
- 3 fennel bulbs
- 3 medium heads of broccoli
- 2 medium heads of cauliflower
- 2 cups green beans
- 2 cups snow peas
- 4-5 Sunchokes, chopped
- 32 large brussels sprouts
- 2 packages of shiitake mushrooms
- 5 avocados
- 5 limes
- 3 lemons
- 1 banana
- 3 red apples
- 1 green apple
- 1 blood orange
- 2 persimmons
- 1 cup strawberries (frozen)
- 2 heads of garlic
- 8 shallots
- 2 bunches of cilantro
- 1 sprig of mint
- 2 bunches of parsley
- 3 sprigs rosemary
- 1 ginger root

Grains, Beans and Canned Goods

- 16oz of quinoa
- 1 package kelp noodles
- 1 15oz can of adzuki beans (Eden Organics)
- 5 15oz cans of garbanzo beans (Eden Organics)
- 2 15oz cans of white beans (Eden Organics)
- 2 15oz cans full fat coconut milk
- 4 cartons vegetable broth
- 1 package gluten-free oats (Bob's Red Mill)
- 1 gluten free vegetable stock cube

Condiments

- Sliced almonds
- Chopped walnuts or pecans
- Shelled pistachios
- Pumpkin seeds
- Sunflower seeds
- Coconut oil
- Apple cider vinegar
- Extra virgin olive oil
- Whole grain mustard
- Sea salt
- Pepper
- Turmeric
- Coriander
- Cumin
- Ground ginger
- Garlic powder
- Cinnamon
- Cashew butter
- Almond butter
- Coconut aminos
- Gluten-free Tamari
- Mirin (Eden Organic Brand)
- Liquid stevia

Refrigerated Section

- 2 cartons of unsweetened almond milk
- 1 small container unsweetened cranberry juice
- small container of ghee

Miscellaneous

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

Cranberry Oatmeal Smoothie

[Serves 1]

INGREDIENTS

- ½ cup unsweetened cranberry juice
- ½ cup frozen strawberries
- ½ cup almond milk
- ¼ cup rolled oats (GF)
- squirt of stevia
- dash of cinnamon

Blend and enjoy!

Carrot Cake Protein Smoothie

[Serves 1]

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop plant protein powder –Bob’s Red Mill is a great brand
- ½ banana
- 1 teaspoon cinnamon
- 3 carrots, shredded

Blend and enjoy!

Breakfast Quinoa Bowls

[Serves 2]

INGREDIENTS

1/2 cup quinoa
1 apple, chopped
1 persimmon, chopped
2 tablespoons mint, chopped
Zest and Juice of 1 lime
1 tablespoon sliced almonds or hemp seeds

Combine quinoa with 1 cup water in a small pot. Bring to a boil and then cover and simmer for 20 minutes. When quinoa is done cooking, mix with all the remaining ingredients and enjoy!

Sautéed Greens with Garlic and Parsley

[Serves 2]

INGREDIENTS

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

Heat the ghee, 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.

Adzuki Refried Bean Butter Lettuce Cups

[Serves 2]

INGREDIENTS

- 1 15oz can of Adzuki Beans, drained and rinsed (Eden Organics are great)
- ½ chopped onion
- small handful of cilantro, chopped
- 1 teaspoon cumin
- 8 butter lettuce leaves (these make really nice cups, romaine works as well)
- 1 avocado
- 1 lime
- Sea salt and red pepper flakes (optional)

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

Apple and Cabbage Salad

[Serves 4]

INGREDIENTS

- 1 head of butter lettuce
- 1 lb. canned wild salmon (optional – for phases 1 & 3)
- 1 green apple, chopped
- 1 cup chopped purple cabbage
- 2 tablespoons hemp seeds
- 2 tablespoons sunflower seeds

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
- ¼ cup cilantro, chopped
- 1 teaspoon pepper
- sea salt

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

Butternut Squash and Sweet Potato Soup

[Serves 4]

INGREDIENTS

- 1 butternut squash, peeled, deseeded and diced
- 1 sweet potato, peeled and diced
- 2 carrots, trimmed, peeled and sliced
- 1 fennel bulb, trimmed and chopped
- 6 shallots, peeled and finely sliced
- 1 gluten-free vegetable stock cube
- 1 garlic clove, peeled and chopped
- 4 tbsp chopped fresh parsley
- 1 bunch of radishes, trimmed and chopped
- 4-6 tbsp pumpkin seeds

Bring a large pan half-filled with water to the boil. Add the squash, sweet potato, carrots, fennel, shallots and stock cube. Bring to the boil, then lower the heat and simmer for 10-12 minutes. Remove from heat and add the garlic. Allow to cool, and then strain the vegetables into a large bowl to keep the stock. Add half the stock to the vegetables and blend in a food processor or with a hand-held blend to desired consistency. Reheat the soup gently, adding more reserved stock if necessary. Divide between warmed soup bowls and serve garnished with the parsley, radishes and pumpkin seeds if desired.

Winter Quinoa

[Serves 4]

INGREDIENTS

- 1 cup quinoa, rinsed and soaked for 20 minutes
- 2 cups vegetable broth
- 4 cloves of garlic minced
- 2 shallots, chopped
- ½ bunch Swiss chard, cut into ribbons
- 1 15oz can of garbanzo beans (Eden Organics is a great brand)
- 1 medium head of broccoli, grated
- 1 medium head of cauliflower, grated
- 1 carrot, grated
- large bunch of parsley, chopped
- ½ cup chopped walnuts or pecans
- zest and juice of one blood orange
- ¼ cup extra virgin olive oil
- salt and pepper to taste

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 Persimmon Salad with Parsley Mustard Dressing

[Serves 2]

INGREDIENTS

- 4 cups baby spinach
- 1 persimmon, cut into cubes
- 2 baby leeks, thinly sliced
- 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 extra virgin olive oil
- 2 cloves garlic, minced
- 1 tablespoon whole grain mustard
- 2 tablespoons chopped parsley
- salt and pepper to taste

Whisk all ingredients together and dress your salad.

Hearty, Veggie Winter Soup

[Serves 4 with leftovers]

INGREDIENTS

- 3 tablespoons extra virgin olive oil
- 3 leeks, green parts removed and thinly sliced
- 2 carrots
- 1 fennel bulb, thinly sliced
- 4 cloves of garlic, minced
- 2 fresh rosemary sprigs, leaves removed and chopped
- 1 cup of thinly sliced savoy cabbage
- 6 cups of vegetable stock
- 1 15oz can of white beans, drained and rinsed
- Handful of parsley (flat leaf), chopped
- Sea salt and pepper

In a large soup pot, heat the oil over medium low heat, add leeks, carrots, and fennel and cook until leeks are soft and slightly browned, about 5-8 minutes. Add the garlic, rosemary and cook for another minute. Add the cabbage and sauté another minute. Add stock and bring to a boil. Add the beans and cook on low for 10 – 15 minutes, until veggies are tender. Stir in the parsley and season with salt and pepper.

Radicchio and Fennel Salad

[Serves 4]

INGREDIENTS

- 1 large bulb of fennel, thinly sliced
- 2 heads of radicchio, thinly sliced
- 1 can of garbanzo beans, drained and rinsed

Dressing

INGREDIENTS

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

Mix ingredients and toss with the salad dressing.

Lentil Soup

[Serves 6]

INGREDIENTS

- 1 tablespoon ghee
- 1 medium onion, finely chopped
- 4 garlic cloves, minced
- 2 large carrots, chopped
- 2 stalks of celery, chopped
- 6 cups of vegetable broth
- 1 ½ cup brown lentils, rinsed
- 1 bay leaf
- 1 teaspoon thyme
- Small handful of parsley, chopped
- Salt and pepper to taste

Heat the ghee in a large pot over medium heat. Add the onion and sauté until translucent – 3-5 minutes. Add the garlic, carrots and celery and sauté for 2-3 minutes. Add the broth, lentils, bay leaf, thyme, salt and pepper. Cook on medium-low heat until lentils are tender, 30 – 40 minutes. Stir in chopped parsley and enjoy.

Avocado Kale Salad

[Serves 4]

INGREDIENTS

- 2 large bunches of kale
- 2 tbsp coconut oil
- 3 tsp coconut aminos or gluten free tamari
- 4 avocados, chopped
- ¼ cup pumpkin seeds
- Wash and chop kale.

Melt coconut oil in a large pan over medium-high heat. Add kale and stir fry for 5 minutes. The kale should be tender and bright green. When the kale is done cooking, toss with the coconut aminos. Serve with avocado and pumpkin seeds on top.

Cozy Winter Pasta

[Serves 4]

INGREDIENTS

1 lb cooked shrimp* (optional – for phases 1 & 3)
1 medium head of broccoli
½ cup extra virgin olive oil
3 cloves garlic, minced
1 package of kelp noodles
1 leek, thinly sliced
1 cup of maitake or shitake mushrooms
1 handful chopped parsley
1 spring of chopped rosemary
1 can of garbanzo beans, drained and rinsed (optional)
salt and pepper

Heat oven to 400°. Toss the broccoli in 3 tablespoons of olive oil, garlic, salt and red pepper flakes. Roast for 20 minutes until fork tender.

Drain and rinse the kelp noodles. 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 broccoli cooks, heat 2 tablespoons of oil in a sauté pan and cook leeks until melted, about 8 minutes. Add the kelp noodles and mushrooms to the leeks. Cook for another 7-8 minutes.

Combine the broccoli and optional shrimp to the pan. Add parsley and rosemary, salt and pepper.

If you're not adding shrimp, for added protein you can add a can of garbanzo beans.

*To make life easy, I prefer to buy shrimp that is already cooked. You can find cooked shrimp at your grocery store, sold for shrimp cocktail or in the freezer section.

Green Goddess “Curry”

[Serves 4]

INGREDIENTS

2 tablespoons coconut oil
1 onion, peeled and diced
1 teaspoon turmeric
½ teaspoon cumin
½ teaspoon coriander
½ teaspoon ginger
1/8 teaspoon cinnamon
1 cup green beans
1 medium broccoli, cut into florets
½ cup snow peas
Small handful of brussels 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 cilantro for garnish

In a large pot heat coconut oil and sauté onions and curry 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 vegetables are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with cilantro.

Brussels Sprouts with Pistachios and Lemon

[Serves 4]

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- ¾ cup shelled pistachios
- Zest and juice from one lemon
- 16 large brussels sprouts, leaves separated from the core. Cut the end of the sprout off and peel leaves off.
- Salt and pepper to taste

Heat oil in a large wok or skillet over medium – high heat. Add pistachios and lemon zest and sauté for one minute. Add brussels leaves and toss until bright green but still crisp, about 5 minutes. Squeeze lemon juice over the leaves and season with salt and pepper.

Stir-Fry with Coconut Lime Quinoa

[Serves 4]

INGREDIENTS

Quinoa:

- 1 1/2 cup quinoa
- 1 lime, zested
- 1 15oz can of coconut milk
- 1 cup water or veggie broth
- 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:

- 1 lb. diced boneless chicken breast (optional – for phases 1 & 3)
- 2 tablespoons coconut oil
- 2 cloves of garlic minced
- 2 teaspoons minced fresh ginger
- 1 small white onion
- 4-5 Sunchokes, chopped
- 1 celery stalk cut into chunks
- 1 cup green beans
- 4 baby bok choy, chopped
- 1 cup of enoki or shitake mushrooms
- ½ cup snow peas
- ½ bunch cilantro, chopped

Mix the quinoa, lime zest, coconut milk 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 quinoa, about 30 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. If you are including chicken in the stir fry, add the diced chicken to the pan and cook for 4-5 minutes, until lightly brown – turning once. Toss in all of your veggies (except cilantro). 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 quinoa into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top cilantro.

Roasted Cauliflower Crunchies

[Serves 2]

INGREDIENTS

- 1 head of cauliflower, chopped into bite-sized pieces.
- ½ teaspoon cumin
- 1/2 teaspoon garlic powder
- 1 tablespoon extra virgin olive oil
- ¼ cup pumpkin seeds

Preheat oven to 400°. Toss all the ingredients together on a baking sheet. Roast for 25 – 30 minutes until browned and crispy.

Crispy Chickpeas

INGREDIENTS

- 1 can of chickpeas (garbanzo beans), drained and rinsed
- 2 tablespoons extra virgin olive oil
- 1 lime, juiced
- 1 tablespoon cumin

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

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 olive oil and season with garlic powder and sea salt. Bake for 8-10 minutes at 375° or until crispy. Careful not to burn.

Apple Cinnamon Chia Pudding

[Serves 2]

INGREDIENTS

- 2 cups unsweetened coconut milk or almond milk
- ½ cup chia seeds
- Dash of vanilla
- 2-4 dashes of cinnamon
- Liquid stevia to taste (start with 10 drops and add more if needed)
- 1 apple, peeled and diced

Combine all ingredients except the apple in a glass jar or container and shake or stir with a whisk. Place in refrigerator and shake or whisk again after 30 minutes and be sure to break up any clumps. After a couple of hours, the chia seeds will have soaked up most of the milk and your pudding will be ready to eat. Top with chopped apple.

Sweet Potato Dream Shake

[Serves 1]

INGREDIENTS

- ½ cup unsweetened almond milk
- 1 tablespoon cashew butter
- ½ cooked sweet potato
- ¼ cup raw cacao powder
- 2 teaspoons cinnamon
- ½ cup ice

Blend and Enjoy!

Roasted Cinnamon Sweet Potatoes

[Serves 2]

INGREDIENTS

- 2 sweet potatoes, chopped
- 2 tablespoons coconut oil
- 1 heaping teaspoon cinnamon

Heat oven to 400°, toss sweet potatoes in the coconut oil and cinnamon and roast for 25 – 30 minutes.

Dairy Free Mayan Hot Chocolate

[Serves 2]

INGREDIENTS

- 2 cups almond milk
- ¼ cup raw cacao
- 1 heaping teaspoon of cinnamon

Puree everything in a blender and then warm it on the stove.