CLEAN

CLEANSE RECIPES
Clean shakes mix and match guide

Shakes are a huge part of the Clean Cleanse. Having a shake a day is also a good practice to maintain after your Cleanse. Use this guide to explore the world of healthy shakes and find out what you enjoy. Feel free to use any combination of the ingredients below. Don’t forget to add your Cleanse Shake packets.

**Base Ingredients:**
- coconut water
- brewed herbal tea or yerba mate
- nut milks (almond, hazelnut, walnut, cashew, brazil, pine nut, chestnut)
- seed milks (pumpkin, hemp, sunflower, sesame)
- teccino
- water

**Sweeteners:**
- stevia
- yacon
- coconut nectar
- fruit: fresh or frozen berries (except for strawberries)
- dates (use sparingly)

**Fats and Protein:**
- whole nuts (almond, hazelnut, walnut, pecan, macadamia, cashew, brazil, pine nut, chestnut)
- nut milk
- nut butter
- seeds (hemp, flax, sunflower, sesame, pumpkin)
- seed milk
- seed butter
- rice milk
- coconut milk
- shredded coconut
- coconut oil
- avocado
- flax oil
- hemp or brown rice protein powder (Vega, Living Harvest, Sun Warrior, Life Basics)

**Superfoods:**
- green powders (Clean Greens)
- spirulina
- chlorophyll
- camu camu berry
- maca
- acai powder
- mangosteen (berries or powder)
- mesquite
- chlorella tablets
- bee pollen

**Fruits and Vegetables:**
- handfuls of greens (kale, spinach, swiss chard, dandelion, nettles, watercress, sprouts, etc.)
- apples
- plums
- mangoes
- papaya
- pineapple
- fresh or frozen berries (except strawberries)

**Extras:**
- carob
- cinnamon
- vanilla (powder or extract)
- nutmeg
- ginger (minced root or powder)
- fresh vegetable juice
- mangosteen
- mulberries
- gooseberries
**Shakes**

**Becky’s Morning Shake**
- 8 oz. of water
- 3 - 4 oz. of nut, hemp seed, or rice milk (unsweetened)
- 1/2 of an avocado, pitted
- 2 teaspoons organic almond butter
- a pinch of sea salt
- 1 packet Cleanse Shakes
- sweetener to taste (stevia, coconut nectar)
- 1 tablespoon carob or raw cacao powder (optional)

Directions: Blend all ingredients until smooth.

**Favorite Green Shake**
- 3 cups spinach
- 1 cup fresh or frozen fruit (blueberries, raspberries, blackberries, mangoes, etc.)
- 1 tablespoon flax oil
- 1 tablespoon maca powder (optional)
- 1 tablespoon spirulina powder and/or 1 scoop Clean Greens
- 1 cup almond milk
- 1 packet Cleanse Shakes
- 2 dates or a few drops of stevia to taste

Directions: Blend until creamy.

**Purple Haze Shake**
- 1 cup coconut water OR almond or coconut milk
- 1 packet Cleanse Shakes
- 6 oz. blueberries (or blackberries) fresh or frozen

Directions: Put all ingredients in the blender and mix until smooth

**Mango Cardamom Blast**
- 2 ripe mangoes, peeled and cut into pieces
- 1 cup coconut water
- 2 tablespoons dried and shredded coconut flakes
- zest and juice of 1 lime
- 1 packet Cleanse Shakes - Vanilla
- 1/2 teaspoon cardamom powder
- add additional water while blending if it’s too thick

Directions: Blend it up till smooth and creamy. Garnish with lime zest and freshly ground black pepper.

**Homemade Almond Milk**
- 1/2 cup almonds, skins removed and soaked overnight
- 3 cups water
- 1 tablespoon vanilla
- pinch of salt
- 1 teaspoon coconut oil (optional)
- coconut nectar or stevia to taste (optional)

Directions: Place the nuts, vanilla, water, sweetener, salt, and oil in a blender and blend until smooth. Most people find they like it thick but if you’d prefer a thinner milk, strain the liquid through cheesecloth or a fine mesh strainer, then store in glass jars in the fridge for up to a week.
Soups

Spring Pea Soup
- 10 oz. fresh or frozen raw peas
- 1 medium avocado, halved and pitted, flesh scooped out
- 1 cup filtered water
- 1 cup almond milk (unsweetened)
- 2 tablespoons lime juice
- pinch of sea salt
- 1/2 teaspoon chili powder (optional)

Directions: In a blender or food processor, puree all ingredients until smooth.
To serve, drizzle with olive oil and freshly ground black pepper.

Cool as a Cucumber Soup with Dill
- 3 cucumbers, peeled and seeds removed
- Juice of one lemon
- 1/2 cup raw cashews or macadamia nuts
- 4 cups fresh water
- 1/4 cup fresh dill (or 1/8 cup dried dill)
- 1 teaspoon sea salt
- 2 tablespoons olive oil

Directions: Mix all ingredients, except the dill, together in a blender or food processor for 3 minutes or until smooth. Add dill and pulse or blend for a few extra seconds. Serve chilled with fresh dill garnishes and freshly ground black pepper. Note: Use Celtic salt or pink Himalayan salt if possible.

Creamy Leek And Carrot Soup (Serves 2-3)
- 1 leek
- 2 tablespoons coconut oil
- 4 cups of chopped carrots
- 1 cup of cauliflower, cut into florets
- 1-1/2 quarts chicken or vegetable stock
- fresh thyme

Directions: Melt the coconut oil in a large soup pot over medium-high heat. Slice the leek into rounds, and add it to the pot. Stir and cook for 3-4 minutes or until lightly browned. Stir in the chopped carrots and cook, stirring, for another 3-4 minutes. Pour in the stock to cover the veggies. Cover and gently simmer for 15 minutes. Let the contents cool a bit and then pour into a blender or food processor. Puree with the additional tablespoon of coconut oil until smooth and creamy. Pour back into pot and gently reheat, so you can serve it warm. (Or in summer months, you can skip this step and put it in the fridge to cool instead)
Dressings & Dips

**Homemade Guacamole**
- 2 avocados
- 1/2 of a red onion, peeled and finely diced
- 1 clove garlic, peeled and minced
- grated lemon/lime peel
- fresh cilantro (optional)
- sea salt

Directions: Mash all ingredients together in a bowl to desired consistency. Throw a couple of sprigs of cilantro on top for presentation. Store covered in plastic wrap with the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it’s perfectly fine to use.

**Pesto**
- 2 cups fresh basil
- 1 cup cashews
- 1/2 cup sunflower seeds
- 1/2 cup nutritional yeast
- 2 cloves garlic, peeled and chopped
- 2 tablespoons olive oil, to drizzle in slowly as it’s processing
- 1 teaspoon sea salt
- 1/2 cup water (Add slowly only as needed to thin)

Directions: Blend all ingredients in a high speed blender or food processor, adding the olive oil and water just enough to thin to desired consistency. Store in an airtight container in the fridge and keep in mind that it will thicken as it sits.

**Lemon Miso Tahini Dressing** (2 servings)
- 3 tablespoons sesame tahini
- 1 tablespoon lemon juice
- 2 tablespoons miso

Directions: Mix all ingredients either by hand or in a blender. Remember that these measurements are guidelines, so feel free to season to your individual taste.

**Green Lentil Hummus**
- 3 cups vegetable or organic chicken stock/broth
- 1 cup green lentils
- 1 bay leaf
- 3 garlic cloves, chopped
- 1/2 cup tahini
- juice of one lemon
- 1/2 teaspoon cumin
• 1/2 teaspoon paprika
• sea salt to taste
• vegetable and apple slices for dipping

Directions: In a medium saucepan, combine chicken stock, green lentils, and bay leaf. Bring to a boil and then cover and simmer until lentils are tender, roughly 40 minutes. Then boil uncovered until most of the liquid is gone. Remove the bay leaf and set aside to cool. When it’s cooled off, transfer to food processor and blend with garlic, tahini, and lemon juice until smooth, adding sea salt and other spices (cumin and paprika) to taste. Serve warm or at room temperature with the vegetables, or you can store in the fridge to use as needed throughout the week.

Salads & Sides

Mango Avocado Salad

• 2 ripe mangoes, peeled and chopped
• 1 large avocado, peeled, pitted, and chopped
• 1 tablespoon lime juice
• 2 teaspoons olive oil
• 1 tablespoon cilantro leaves
• 1 tablespoon black sesame seeds

Directions: After you have the mangoes and avocado chopped, simply mix all the ingredients together in a bowl and serve.

Root Vegetable Salad

• 1 red onion
• 1 butternut squash, sliced in half or in sections for easy roasting and peeling after it’s cooked
• 1 carrot, cut into pieces
• 1 parsnip cut into pieces
• 1 celery root, peeled and cut into pieces
• 1 large beet, cut into pieces
• enough olive, coconut, or flax oil to coat
• sea salt to taste
• 1/4 cup raw walnuts
• 1 teaspoon apple cider vinegar
• juice of one lemon
• 1 teaspoon mustard powder or organic stoneground mustard (without sugar or additives and preferably made with apple cider vinegar; the brand Eden has one that fits these criteria)
• 1 handful parsley leaves

Directions: Preheat oven to 425 °F. Toss the vegetables with the oil and sea salt. Roast until tender (roughly 45 minutes). Spread walnuts in a skillet and toast until golden, then coarsely chop. Whisk the vinegar, lemon juice, and mustard in a large bowl with extra olive or flax oil and season with sea salt and pepper if you like. Toss with vegetables and walnuts, with any additional seasonings you want. Serve warm.
Roasted Parsnip Fries

- 6 medium parsnips, scrubbed, dried and quartered into long wedges (like rough-cut thick french fries)
- 3 - 4 tablespoons olive oil
- 1 - 2 tablespoons sea salt
- fresh ground pepper

Directions: Preheat oven to 375 °F. In a baking pan or sheet, toss the wedges with enough olive oil to coat, sea salt, and a dash (or several, depending on your taste preference!) of freshly ground pepper. Roast for 45 minutes until tender and golden brown, and a bit crispy on the edges.

Turmeric Roasted Cauliflower

- 1 teaspoon coriander seeds
- 1/2 teaspoon white peppercorns
- 1/4 cup olive oil
- 1 tablespoon minced garlic
- 2 teaspoons turmeric (ground)
- one head of cauliflower, cored and broken into small florets
- sea salt
- 1 medium shallot, sliced and separated into rings
- 4 kumquats, seeded and chopped
- 1/4 cup chopped cilantro

Directions: Preheat oven to 400 °F. In a small skillet toast coriander seeds and peppercorns over mid to high heat until fragrant, about 30 seconds. Put in a spice grinder when cool and grind to a powder. Put in a small bowl, stir in olive oil, garlic, turmeric. On a large baking sheet, drizzle the cauliflower with olive oil and toss to coat. Season with salt and roast for 25 minutes until tender. Put in a serving bowl, add shallot rings, kumquats, and cilantro and toss well. Serve hot or warm.

Quinoa Salad With Roasted Vegetables (Serves 1-2)

- 1 cup quinoa
- 2 cups water
- 2 small zucchinis, chopped
- 1 medium carrot, chopped
- 1 small red onion, chopped
- enough oil to lightly cover vegetables
- sea salt to taste
- 2 small yellow (summer) squash, chopped
- juice of one fresh lemon

Directions: Roast chopped vegetables in the oven at 300°F until tender. Bring the quinoa and water to a boil in a medium pot and then reduce the heat to a simmer and let cook for 10-12 minutes, or until water is absorbed and quinoa is fluffy. Toss everything together in a large serving dish. Serve warm or at room temperature with fresh lemon juice and sea salt to taste.
Clean Salmon Salade Niçoise (Serves 2)

- 2 cups green beans, chopped into halves or thirds
- 1 salmon fillet, broiled
- 3 tablespoons capers
- 1/4 cup green olives (well rinsed)
- 1 tablespoon dijon mustard (additive and sugar free)
- 1 lemon
- 1 garlic clove, finely chopped
- 2 giant handfuls of mixed organic greens per serving (this recipe makes two servings)
- 3 anchovies per serving (garnished on top)

Directions: Bring a pot of salted water to a boil, add the green beans and cook until bright green and tender - do not overcook. Plunge into a bowl of cold water and drain. Combine green beans in a bowl with capers, chopped garlic, mixed organic greens and pieces of salmon fillet. Lightly toss with the mustard and freshly squeezed lemon juice.

Meals

Vegetarian Nori Rolls With Nut “Rice” (Serves 2-4)

- 1 cup soaked sunflower seeds
- 1 cup walnuts, soaked in pure water for 2 hours
- 1/4 red onion
- chopped fresh herbs
- 1 packet of nori wraps
- 1 carrot, cut into very thin strips
- 1 cucumber, peeled, seeded, and cut into thin strips
- 1/2 avocado, cut into strips
- 1/4 red cabbage, finely shredded
- sprouts
- wheat-free tamari
- wasabi
- fresh ginger
- 1 tablespoon apple cider vinegar
- 1 tablespoon water

Directions: To make the “rice,” place the sunflower seeds, walnuts, onion, and herbs in a food processor. Process for 2 minutes, or until nut mixture has the consistency of rice. Set aside. Thinly slice the ginger and marinate in vinegar and water. Take a sheet of nori and spread one-fourth of the rice mixture onto it. Lay carrot, cucumber, red cabbage, avocado, and sprouts over it. Roll the nori up tightly, using a sushi mat if you have one. Cut the roll into about six pieces, using a sharp knife. Repeat for three more nori sheets. Serve wraps on a platter with ginger, wasabi, and wheat-free tamari.
Roasted Delicata Squash Over Millet (Serves 2)

- 2 delicata squash, halved and seeds scooped out
- 1 tablespoon extra virgin olive oil
- sea salt and ground pepper
- 3/4 cup millet
- 2 cups water
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 tablespoon fresh or dried rosemary, finely chopped
- balsamic vinegar (a few drizzles to finish)

Directions: Roast the delicata in the oven at 350 °F or 400 °F until tender when pierced with a fork. Heat the oil on the bottom of a medium pot and add the garlic and onion, sauteing over medium heat until translucent and lightly browned. Add the rosemary and stir for another 2 minutes, then add the millet and the water and bring the heat to high until it boils. Reduce heat to a simmer and cover for about 10-15 minutes. Check and turn off heat when millet is light and fluffy (and all water is absorbed). Give it some fluffs with a fork and season with sea salt and black pepper. Place the squash halves on plates and add spoonfuls of millet over them. Drizzle with a splash of balsamic vinegar. Serve warm.

Salty/Spicy/Sweet Noodles (Serves 2)

- 2 large summer squash (zucchini or yellow), made into long thin strips with a vegetable peeler (if organic, there’s no need to discard the skins and you can use the seeds, going right down as far as you can still get strips from it)
- 2 tablespoons almond butter
- 2 tablespoons raw coconut amino acids (or wheat-free tamari sauce)
- 1 small package of anchovy fillets (packed in olive oil only, make sure there are no additives)
- 1 small handful basil leaves, minced (should roughly equal 1 tablespoon, but you can adjust to taste)
- Secret ingredient that makes it so incredible: 2 teaspoons curry powder
- 1 tablespoon minced rosemary (fresh) or 1 teaspoon dried
- optional: A pinch of sea salt to taste

Directions: Combine all ingredients together in a large bowl and serve immediately, or keep in airtight container in the fridge for several days - the flavors will keep mingling together!

Grilled Chicken And Garlic Mashed Turnips (Serves 4)

- 3 lbs. of chicken (breasts, legs, or thighs)
- 2 tablespoons chopped fresh basil
- 1/4 cup fresh lemon juice
- 2 tablespoons olive oil
- 3 cups diced turnips
- 2 cloves garlic, minced
- 3 teaspoons olive oil
- sea salt
Directions: Combine chicken, basil, lemon juice, and olive oil in a large bowl and toss together. Refrigerate and let marinate 2 hours (preferred, but you can also just let it sit for ten minutes if you're short on time). Bake the chicken for about 50 to 60 minutes at 425 °F, or until cooked through. Cook turnip cubes and garlic cloves in boiling water for 15 minutes or until soft. Mash turnips as you would potatoes (can also use a food processor). Add olive oil and sea salt to consistency and taste. Serve together.

**Pesto Baked Salmon** (Serves 2)

- 2 salmon fillets (wild caught)
- Pesto (see Dresings & Dips, page 39)

Directions: Preheat oven to 400. Place the salmon fillets skin side down on an oversized piece of foil on a baking tray. Spoon 2 tablespoons of pesto over each salmon fillet and pull up the foil on either side, closing to make a “container”. Roast in the oven for 15-20 minutes.

**Slow Simmered Chicken With Chard, Mushrooms, And Onions With Cherries** (Serves 2)

- 1 lb free range, grass fed, boneless chicken breast
- 1 yellow onion, peeled and sliced into 1 inch slivers
- 6 medium white mushrooms (or any kind you want: wild, shiitake, crimini)
- 1 bunch swiss chard, chopped into small pieces
- 1 handful cherries, pitted and sliced

Directions: Steam the chard until tender and remove from heat, setting aside - save the water at the bottom of the steaming pot. Slice the chicken breast into small pieces, roughly 2 inches, saving any juices in the package. Place (along with any juices) into a large cast iron pan and begin to cook over medium heat. Add the onion slivers and mushroom pieces along with 1/4 cup of the water the chard was steamed over (it will be infused with minerals, vitamins and flavor from the chard!) Cook over medium heat, stirring occasionally until everything is cooked, but retains the juiciness, about 20-30 minutes. Serve warm over plated swiss chard and garnish with sliced and pitted cherries (a small handful for each plate).

**Millet Risotto With Artichoke Hearts** (Makes 4 servings)

- 3 tablespoons coconut oil or olive oil
- 2 large shallots, finely chopped
- 1 cup coarsely chopped fresh mushrooms (any kind)
- 1 cup millet
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 1/2 cups artichoke hearts. Make sure they’re sugar and additive free.
- sea salt and fresh pepper
- 4-6 cups french onion soup or organic vegetable broth

Directions: In a large pot over medium-high heat, heat the oil with the shallots and mushrooms, and cook, stirring frequently until softened (about 5 minutes). Add cup of water, bring the heat to high, and add the millet. Then lower heat to medium and start to add the stock 1/2 cup at a
time, stirring after each addition, every few minutes. When the stock has been almost completely absorbed after each addition, keep adding more, so the mixture isn’t quite soup but stays very moist. Keep doing this until millet is tender and has at least doubled in size (about 20 minutes). Add herbs and artichoke hearts at the last few minutes of cooking and taste for texture. Season with salt and pepper and serve warm.

**Fish Tacos** (Serves 2)

**Fish**
- 8-12 ounces firm white fish (hake, halibut, cod)
- ½ cup coconut milk
- ¾ cup shredded coconut
- 1 tablespoon curry powder
- 1 teaspoon sea salt

**Pickled Red Onions**
- 1 small red onion
- 2 tablespoons brown rice vinegar
- 1 tablespoon coconut nectar
- pinch sea salt

Directions: Prepare this ahead of time if possible, by thinly slicing the red onion to mix in a bowl with the vinegar, coconut nectar and sea salt. Allow to marinate or “pickle” for up to 24 hours if you can. If you’re short on time, an hour is fine too, it just won’t have the same zing to it!

**Mango Salsa**
- 1 ripe mango, peeled and diced into ½ inch cubes
- 1/8 cup cilantro, roughly chopped
- 2 teaspoons grated ginger root (peeled)
- fresh squeezed juice and zest of 1 lime

**Tacos**
- 4 large lettuce leaves (as shells), any kind works, we like romaine best!

Directions: Skin the fish and cut into ½-inch thick slices. Dunk each piece in the coconut milk, then into the curry-coconut mixture. Coat all the sides of the fish with the mixture until they’re well covered. Cook each mixture in coconut oil over medium heat until both sides brown up (flipping in the middle of the cooking), the crumbs are golden and fish is cooked through. You could also bake in the oven at 350°F for 10-15 minutes if you prefer. Make the mango salsa by blending the mango pieces, cilantro, ginger and fresh lime juice and zest together in a blender, leaving a few of the mango chunks out if you want some extra texture. To serve, lay out 4 large lettuce leaves. Fill each leaf with the cooked fish. Apply generous dollops of the mango salsa, then top with the pickled red onions. If you’re a fan of extra spice, sprinkle with chipotle or chili powder for added kick.
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