



# BASIC CLEANSE DAILY PLAN

Welcome to the Basic Cleanse! Here you'll find delicious and satisfying recipes to start your New Year on a sparkling clean note! On this cleanse, you will enjoy one satisfying Blast for breakfast, one for lunch, and a choice of one of four delicious, light, healthy Clean Meals for dinner. Look over the daily menus, print out the proceeding shopping list, and let's get Blasting!

## Take a look

### General Outline:

- 1) NutriBlast #1 (7-9am)
- 2) NutriBlast #2 (12-2pm)
- 3) Whole Foods Dinner (5-7pm)

### Tip:

Some NutriBlasts ask you to soak nut ingredients before blasting. Please read over each day's menu the night before, so you can prepare accordingly!

(Bonus Recipe)

**Fresh Almond Milk** to add to NutriBlasts  
Makes a one-cup serving

### Ingredients:

- ¼ cup raw almonds, soaked overnight
- 1 cup filtered water
- ½ tsp vanilla (optional)
- 1 date (pit removed)

### Directions:

- Place soaked nuts, water, dates into the NutriBullet and blast until smooth – no more than 60 seconds at one time allowing the NutriBullet to rest in between.
- Strain the liquid through cheesecloth or other fine mesh.
- Add vanilla if desired and mix
- Add to your NutriBlast or store in an airtight container in the fridge for no more than 2-3 days.



# BASIC CLEANSE DAILY PLAN

## Day 1

### Revitalizing NutriBlast

- 50% kale
- ½ cup blueberries (fresh or frozen)
- ½ banana
- ¼ avocado
- 1 Tbsp raw almond butter
- 1 Tbsp chia seeds
- Handful of ice
- Almond milk to the max line and extract

### Today's Just Peachy NutriBlast

- 50% spinach
- 1 handful parsley
- ½ avocado
- ½ lemon, peeled
- 1 fresh peach or 1 cup frozen peaches, pit removed
- 1 Tbsp pumpkin seeds (removed from shell)
- Coconut water to the max line and extract

**Dinner:** Your choice from the following 4 meals (see recipes on the last page)

- Green Goddess Gumbo
- Kale-Cabbage Slaw with Lentil Salad
- Roasted Peppers, Cauliflower, Almond Quinoa Salad
- Roasted Sweet Potato and Kale Quinoa





## BASIC CLEANSE DAILY PLAN

### Day 2

#### Power Punch Blast

- 50% spinach
- 1 fresh peach or 1 cup frozen peaches, pit removed
- ½ cup fresh or frozen cherries (pit removed)
- 12 raw almonds (soaked overnight)
- ½ small cucumber
- 2 Tbsp aloe vera gel (optional)
- Coconut water to the max line and extract

#### Creamy Banana Nut Blast

- 25% spinach
- 25% kale
- 1 Tbsp pumpkin seeds
- 1 banana
- ½ small cucumber
- 1 carrot
- 10 raw cashews (soaked overnight)
- Water to the max line and extract

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## BASIC CLEANSE DAILY PLAN

### Day 3

#### Hunger Attack

- 25% spinach
- 25% kale
- ½ banana (peeled)
- ½ cup mango (fresh or frozen)
- ½ cup pineapple
- 1 Tbsp chia seeds
- 10 raw almonds (soaked overnight)
- Almond milk to the max line and extract

#### Kick It Up A Few Notches

- 50% kale
- 1 cup blueberries
- Juice of one lemon
- ¼ avocado
- ¼ tsp cayenne pepper
- 1 Tbsp chia seeds
- Coconut water or filtered water to the max line

**Dinner:** Your choice from the following 4 recipes (see recipes on the last page)

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## Day 4

### Oatmeal in a Cup NutriBlast

- 1 banana (peeled)
- ¼ cup old-fashioned gluten-free rolled oats (uncooked, soaked overnight, or cooked)
- 1 cup blueberries
- 1 Tbsp chia seeds
- 1 heaping Tbsp raw cacao (optional)
- Almond milk to the MAX line and extract

### Citrus Sipper

- 50% kale
- 1 orange (peeled)
- ½ lime (peeled)
- ½ lemon (peeled)
- ¾ cup blueberries
- Pinch of fresh ginger (optional)
- Water to the max line

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## BASIC CLEANSE DAILY PLAN

### Day 5

#### Berry-Banana Blast

- 50% spinach
- 1 Tbsp chia seeds
- 1 cup berries of choice
- ½ banana
- 1 Tbsp raw almond butter
- Juice of one lemon
- Water or almond milk to the max line and extract

#### Pineapple DeLite

- 50% kale
- 1 banana
- ½ cup pineapple chunks
- 10 almonds (soaked overnight)
- 1 Tbsp chia seeds
- Dash of cinnamon
- Almond milk to the max line

**Dinner:** Your choice from the following 4 recipes  
(see recipes on the last page)

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## Day 6

### Mint Chocolate Delight

- 50% spinach
- 1 tsp chlorella powder (optional)
- 1/8 cup fresh mint leaves (or 1/8 tsp organic peppermint extract)
- 1 Tbsp raw cacao powder
- 1/4 small avocado
- 1/2 frozen banana
- 1 tsp raw honey or stevia (optional)
- Handful of ice
- Almond milk to the max line

### Tropical Thunder

- 25% spinach
- 1 celery rod
- 1 small carrot
- 1/2 cup mango
- 1/2 cup pineapple
- 1/2 banana
- 1 Tbsp chia seeds
- Water to the max line

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## BASIC CLEANSE DAILY PLAN

### Day 7

#### Alkalize Me NutriBlast

- 25% kale
- 25% spinach
- 1 celery rod
- 1 banana
- 1 apple (core and seeds removed)
- 1 lemon (peeled)
- Water to the max line and extract

#### Mojito Blast

- 50% kale
- 5-10 fresh mint leaves
- ½ avocado
- 1 apple or pear (core and seeds removed)
- 1 Tbsp chia seed
- Handful of ice
- Coconut water to the MAX line and extract

**Dinner:** Your choice from the following 4 recipes (see recipes on the last page)

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# BASIC CLEANSE CLEAN MEAL RECIPES

## Green Goddess Gumbo

Makes 8 Servings

### Ingredients:

- 3 ribs celery
- 2 medium carrots
- 1 medium yellow onion
- 1 medium green bell pepper, seeds and ribs removed
- 2 cloves garlic
- 1 Tbsp virgin, cold-pressed coconut oil
- 4 cups no salt added vegetable broth
- 1 can (20oz) peeled whole tomatoes, crushed
- 1 bunch collard greens, chopped
- 1 bunch mustard greens, chopped
- (Optional) 1 can (15oz) kidney beans, rinsed and drained
- 1 bunch spinach, chopped
- 1 small head green cabbaged, chopped
- 1 pkg fresh or frozen okra, chopped
- 1 bunch flat leaf parsley, finely chopped
- 2 Tbsp dried parsley
- 2 bay leaves
- 1 Tbsp dried oregano
- 1 tsp dried thyme
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1/8 tsp cayenne pepper
- (Optional) 2 cups uncooked long-grain brown rice
- 4 green onions, trimmed and chopped

### Directions:

- Place the cut celery, carrots, onion, bell pepper, and garlic in NutriBullet. Working in batches, pulse to chop the vegetables, but do not puree.
- Heat oil in large pot over medium-high heat. Add the onion mixture and sauté for 10 minutes until tender, stirring occasionally.
- Add vegetable broth, tomatoes (with juice), collards, mustard greens, optional beans, spinach, cabbage, okra, parsley, bay leaves, oregano, thyme, salt, black and cayenne pepper.
- Reduce heat to medium-low, cover and cook for 20 to 30 minutes, stirring occasionally. Remove and discard bay leaves.
- If using rice, prepare according to package directions. Serve the gumbo over the rice if using (or eat gumbo as is!) and top with green onions.



# BASIC CLEANSE CLEAN MEAL RECIPES

## Kale - Cabbage Slaw with Lentil Salad

Makes 2 meal-size servings or 4 side-salad servings

### Ingredients:

- ½ Tbsp extra virgin olive oil
- 1 Tbsp Dijon mustard
- 1 tsp apple cider vinegar
- Sea salt and black pepper
- 3 cups mixed shredded kale and red cabbage
- 1 carrot, peeled and julienned
- ¼ cup fresh parsley leaves
- 2 Tbsp diced red onion
- 2 Tbsp sunflower seeds
- 2 Tbsp pepitas (pumpkin seeds)
- 2 Tbsp hemp seeds
- 1 cup cooked lentils

### Directions:

- In a small bowl, whisk olive oil, mustard, and apple-cider vinegar. Season with salt and pepper.
- In another bowl, combine kale, cabbage, carrot, parsley, and red onion with sunflower, pumpkin, and hemp seeds.
- Drizzle with dressing and toss to coat.
- Add ½ cup cooked lentils (per serving) for more protein/fiber. Lentils are easier to digest than beans.



# BASIC CLEANSE CLEAN MEAL RECIPES

## Roasted Peppers, Cauliflower, Almond Quinoa Salad

Makes 2 Servings

### Ingredients:

- 4 cups mixed salad greens
- 1 red bell pepper, quartered and seeds removed
- ½ head cauliflower, cut into florets
- 2 Tbsp extra-virgin olive oil
- Freshly ground pepper and sea salt
- 1 Tbsp fresh lemon juice
- ¼ cup Kalamata olives
- ¼ cup toasted slivered almonds
- ¼ cup fresh parsley leaves
- 1 cup cooked quinoa

### Directions:

- Heat oven to 425 degrees
- Place red pepper and cauliflower florets on rimmed baking sheet. Drizzle with 1 Tbsp olive oil and season with salt and pepper. Roast until golden and tender, 18-20 minutes.
- In a bowl, whisk together 1 Tbsp olive oil and lemon juice. Season with pepper.
- For each serving, place 2 cups mixed salad greens on a plate. Scoop half of the pepper and cauliflower mixture over it and top with half of the olives, almonds, and parsley.
- Drizzle with dressing and Enjoy!
- Add ½ cup cooked quinoa (per serving) if you would like to add more protein. Quinoa is a great gluten-free grain.



# BASIC CLEANSE CLEAN MEAL RECIPES

## Roasted Sweet Potato and Kale Quinoa

Makes 2 Servings

### Ingredients:

- 2 medium sweet potatoes
- 1 cup uncooked quinoa
- 2 cups filtered water
- 1 bay leaf
- 1 Tbsp olive oil
- 3 cups chopped kale, ribs removed
- 2 garlic cloves, minced
- 1 tsp paprika
- Salt and pepper to taste

### Directions:

- Preheat oven to 400 degrees
- Pierce each sweet potato several times with a fork and place on a baking sheet. Bake for about 45 minutes until tender.
- While sweet potato is in the oven, boil 2 cups of water and a bay leaf. Add dry quinoa and stir. Simmer on low and covered for about 15 minutes until water is absorbed.
- In a separate large pan, heat the chopped kale, oil, and garlic on low heat for about 10 minutes til tender. Add spices to taste.
- Once potatoes are cooked, set aside to cool, then chop into small cubes. Toss the sweet potatoes and quinoa into the kale mixture and serve warm.

