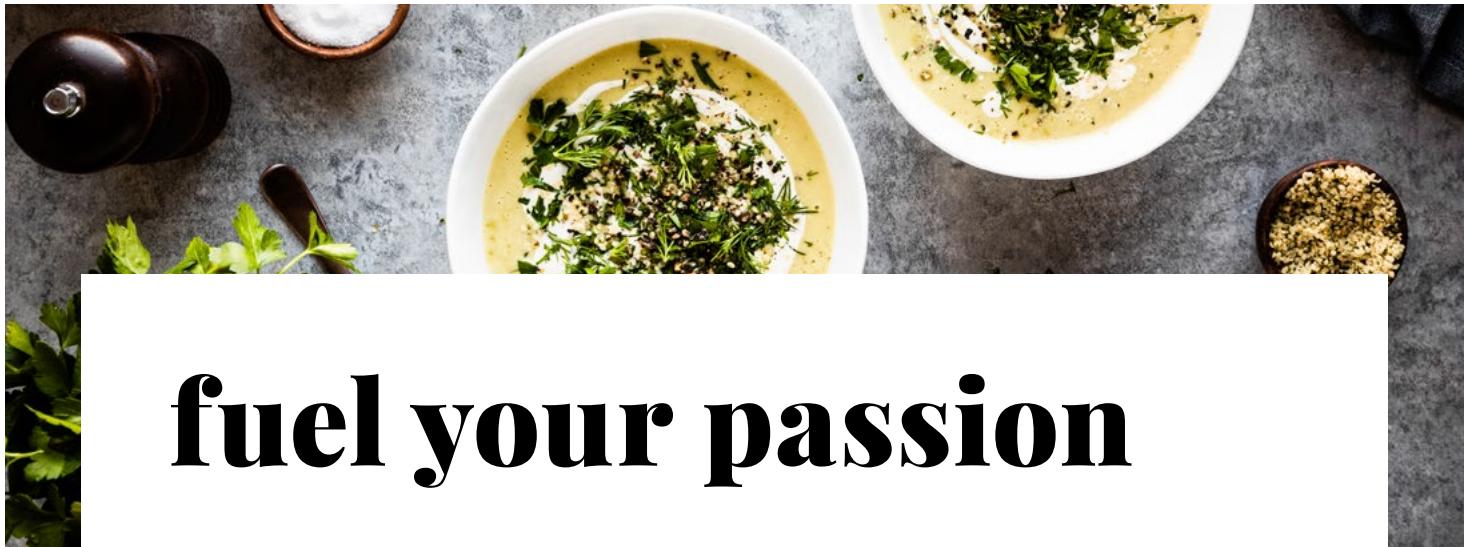


THE 10-DAY
Soup
CHALLENGE



SIMPLE GREEN
smoothies



fuel your passion

I know firsthand the impact food can have on your body, your health, and your dreams. Before switching to a plant-based diet, I felt exhausted, stressed-out, and frustrated with my body. That's when I made a commitment to fuel myself with foods that would help me go after the things that mattered most.

I wanted to be an active mom, a passionate wife, and an adventurous friend. So I chose to prioritize my health—without sacrificing my sanity. By embracing quick, nutrient-dense, plant-powered recipes, I gained the vitality to stop just surviving each day and start living out dreams I had buried for years:

- Started a [backyard family farm](#) with raised beds, compost bins, chickens + rabbits
- Running across the [Grand Canyon](#) twice in a single day (49 miles!)
- Hiking with my kids to the top of the tallest waterfall in North America

Through this journey, I discovered my mission: to help others "fuel their passion."

By embracing delicious [plant-powered recipes](#), we can unlock the energy and strength inside.

When we choose delicious, whole-food recipes, we unlock the energy and strength inside ourselves to chase what matters most. I've celebrated alongside hundreds of thousands of people who've joined our challenges, fueled their bodies, and reignited their dreams.

The transformation doesn't happen overnight—but it also doesn't have to be painfully difficult. Think of it as a journey: one that asks you to listen to your body, push yourself toward new milestones, and strive to become the best version of yourself.

As you begin this 10-day challenge, my hope is that you'll fall in love with plant-based recipes and discover what they allow you to do. Together, let's fuel your passion!

*xoxo
Jen Hansard*

THE 10-DAY Soup Challenge

There's nothing quite like a cozy bowl of soup to bring comfort, nourishment, and ease into your busy days. The 10-Day Soup Challenge is all about making healthy eating simple, affordable, and seriously delicious. Together, we'll explore plant-based recipes that fuel your body, delight your taste buds, and fit seamlessly into real life.

Here are a few things to keep in mind:

RECIPES MAKE FOUR SERVINGS

Each soup recipe makes four servings to get the best outcome. You can freeze leftovers or share, it's up to you. You can also attempt to modify the recipe to make less if you prefer.

SHOPPING LIST IS SPLIT INTO TWO

To prevent your produce from going bad, purchase only what you need for the first five days. Investing in our health has been one of the most empowering things I've ever done and I want to make sure you can use everything you buy. If you decide to prep ahead, you could buy everything for all ten days, make the soups and freeze until ready to enjoy.

RECIPES ARE MEANT TO INSPIRE YOU

All recipes use plant-based ingredients, yet that doesn't mean you can't add cheese, meat or sour cream. That's up to you. If you have food sensitivities or trouble finding certain ingredients, feel free to get creative and tweak the recipes to work best for you. I'm here to give you a solid plant foundation to build your diet upon and experience the health benefits. There's no right or wrong way to do this challenge. You have to modify and make it work for you.

KITCHEN TOOLS TO HELP

All soup recipes can be modified to use a crockpot, instant pot, mandolin, blender or immersion blender. Have fun and experiment as you go! I've tried to include a variety of soup-making techniques and flavor combinations to push us all in the kitchen.

Let's Rawk!

WEEK 1



DAY 1

Creamy Vegetable Soup



DAY 2

Carrot Ginger Soup



DAY 3

Spicy Black Bean Soup



DAY 4

Weight Loss Cabbage
Soup



DAY 5

Broccoli Potato Soup

Shopping List: Days 1-5

FRESH PRODUCE

- baby red potatoes: 16 oz
- carrots: 13
- celery rib: 5
- fresh cilantro: ¾ cup
- garlic clove: 10 (1 bulb)
- ginger root: 4 inch
- gold potato: 3
- lemon: 1
- lime: 2
- napa cabbage: 1 head
- spinach: 2 cups
- yellow onion: 3

FROZEN PRODUCE

- broccoli florets: 4 cups
- mixed vegetables: 3 cups

PANTRY ITEMS

- avocado oil: ½ cup
- bay leaf: 2
- black pepper, ground
- cayenne pepper
- chili powder, ground
- cumin, ground
- garlic powder
- hemp hearts: 2 tbsp
- Italian seasoning
- nutritional yeast
- oregano, dried
- raw cashews: 2 cups
- raw pepitas: 2 tbsp
- raw sunflower seeds: 2 tbsp
- sea salt
- sesame seeds: 2 tbsp
- smoked paprika
- vanilla extract: 1 tsp
- vegetable stock: 28 cups

CANNED + JARRED GOODS

- black beans: 2- 15oz cans
- cannellini beans: 2- 15oz cans
- coconut milk: 1- 15oz can
- fire-roasted tomatoes: 1-15oz can
- salsa: ¾ cup

REFRIGERATED ITEMS

- dairy-free sour cream: ½ cup
- kimchi: ½ cup
- Pico de Gallo: ½ cup

SOUPS MAKE FOUR SERVINGS

Each soup recipe makes four servings, and the shopping list is calculated based on this. Feel free to share with a loved one, freeze for later or eat as leftovers.

Let's Rawk!

WEEK 2



DAY 6
Red Lentil Soup



DAY 7
Creamy Celery Soup



DAY 8
Creamy Wild Rice Soup



DAY 9
Fire-Roasted Tomato
Soup



DAY 10
Jalapeño Corn Chowder

Shopping List: Days 6-10

FRESH PRODUCE

- avocado: ½
- baby bella mushrooms: 2 cups
- basil leaves: 8
- carrots: 3
- celery rib: 13
- fresh cilantro: ¼ cup
- fresh dill: ¼ cup
- fresh parsley: ½ cup
- garlic clove: 23
- ginger root: ½ inch
- gold potato: 6
- jalapeno pepper: 1
- kale: 2 cups
- lemon: 2
- russet potato: 2
- shredded carrots: 1 cup
- spinach: 3 cups
- yellow onion: 5

FROZEN PRODUCE

- corn: 3 cups

PANTRY ITEMS

- avocado oil: ½ cup
- bay leaves: 2
- black pepper, ground
- cannellini beans: 1 can (15oz)
- cayenne pepper
- crushed red pepper
- cumin, ground
- fire-roasted tomatoes: 3 cans (15oz)
- hemp hearts: ¼ cup
- honey: 2 tsp
- raw cashews: 2 ½ cups
- red lentils, uncooked - 1 ½ cups
- sea salt
- smoked paprika
- thyme, dried
- tomato paste: 3 tbsp
- turmeric, ground
- vegetable stock: 21 cups
- wild rice, uncooked: 1 cup

REFRIGERATED ITEMS

- dairy-free sour cream: ¼ cup

SOUPS MAKE FOUR SERVINGS

Each soup recipe makes four servings, and the shopping list is calculated based on this. Feel free to share with a loved one, freeze for later or eat as leftovers.



DAY 1



PLEASE RATE IT!

SERVES 4

Creamy Vegetable Soup

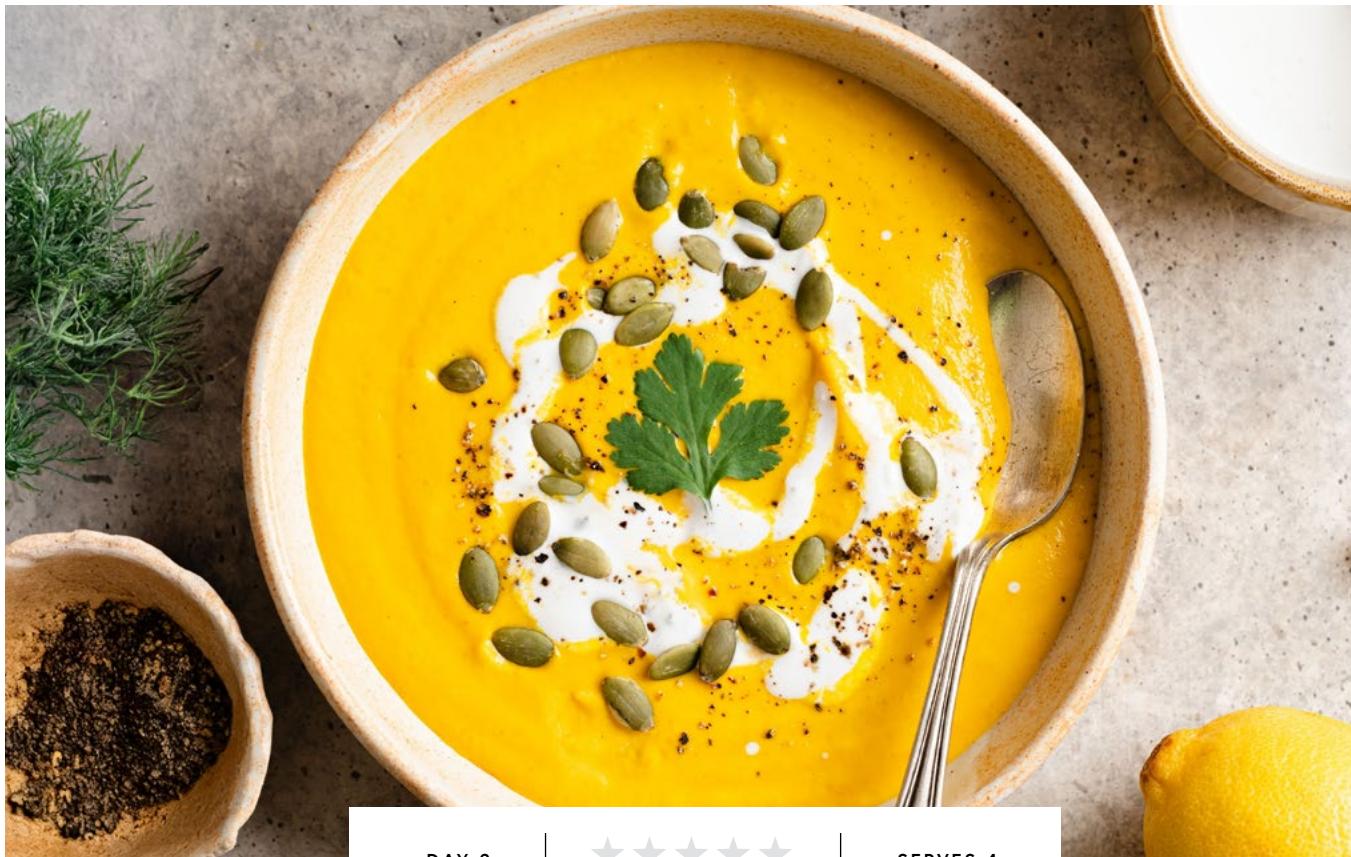
INGREDIENTS

1 cup raw cashews
2 tbsp avocado oil
1 cup yellow onion, diced
1 cup celery rib, diced
16 oz baby red potatoes, quartered
1 tsp garlic powder
1 tbsp Italian seasoning
1 tsp black pepper, ground
3 cups mixed vegetables, frozen
1 can cannellini beans, drained
8 cups vegetable stock, divided

DIRECTIONS

1. Place cashews in a bowl and cover with hot water. Set aside to soften while you prepare the rest of the recipe.
2. Heat the oil in a large soup pot over medium heat. Add the onion and celery and cook for 5 minutes, stirring occasionally, until softened.
3. Stir in the potatoes, garlic powder, Italian seasoning, frozen vegetables, beans, and black pepper.
4. Add vegetable broth (set aside 2 cups to use in step 5) and bring to a boil. Reduce heat to medium-low, cover, and simmer for 20 minutes, or until the potatoes are tender.
5. Drain the cashews and transfer to a blender with the remaining 2 cups of vegetable broth. Blend on high until completely smooth.
6. Pour the cashew cream into the pot and simmer, uncovered, for 5 minutes, stirring occasionally, until the soup thickens slightly.
7. Adjust seasonings as needed. Ladle into bowls and serve warm.

Notes: Frozen vegetables: Can use a variety of carrots, peas, green beans, corn, broccoli, etc. Swap baby red potatoes for baby gold potatoes (or use full-size potatoes and dice).



DAY 2



PLEASE RATE IT!

SERVES 4

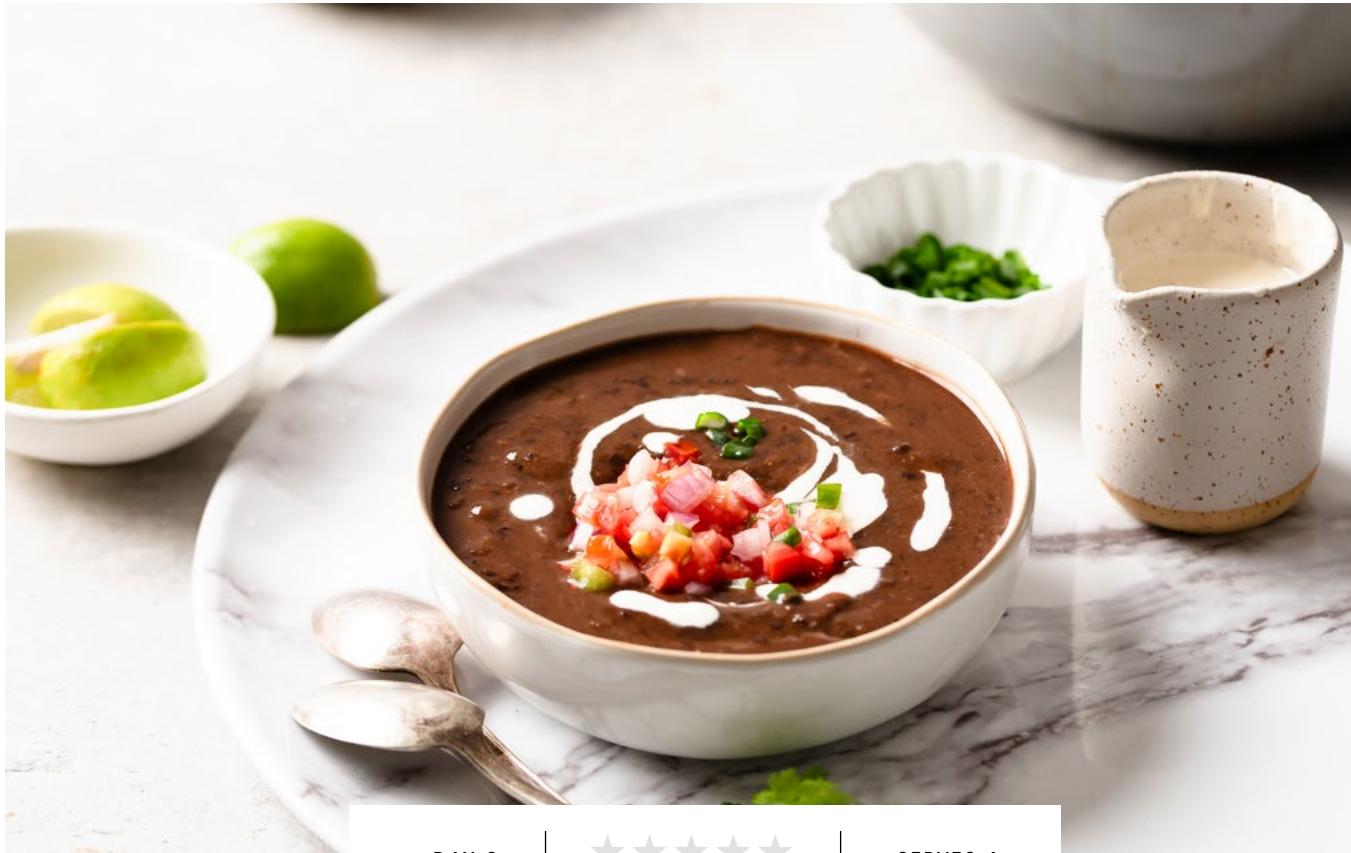
Carrot Ginger Soup

INGREDIENTS

2 tbsp avocado oil
1 yellow onion, chopped
1/4 cup ginger root, peeled and chopped
4 garlic clove, minced
2 tsp cumin, ground
10 carrots, washed and chopped into 1/2" pieces
1 1/2 cups coconut milk
4 cups vegetable stock
1 cup raw cashews
1 lemon, juiced
dash of black pepper, ground
dash of sea salt

DIRECTIONS

1. Heat avocado oil in a large saucepan over medium-high heat. Add the onions and ginger and sauté until onions are translucent.
2. Add the garlic and cumin, and sauté for another minute, stirring constantly.
3. Add the chopped carrots, vegetable broth, coconut milk and raw cashews. Lower heat to a simmer and cook for 20 minutes, or until the carrots are tender.
4. Let soup cool slightly and then puree in a standard blender or immersion blender. (Use caution when using a standard blender. The soup will be hot!). If soup is too thick, add a little water.
5. When ready to serve, add a squeeze of lemon juice and pepper, to taste. Pile on the toppings and serve immediately.



DAY 3



PLEASE RATE IT!

SERVES 4

Spicy Black Bean Soup

INGREDIENTS

2 cans (15oz) black beans, undrained
¾ cup salsa, very hot
1 ½ tbsp chili powder, ground
1 ½ tbsp smoked paprika
1 ½ tbsp cumin, ground
1 tsp black pepper, ground
1 ½ tbsp oregano, dried
6 cups vegetable stock
2 bay leaf

DIRECTIONS

1. Warm black beans (and their liquid) and salsa in a pot on stovetop over medium heat.
2. Stir in cumin, chili powder, smoked paprika, pepper and oregano.
3. Pour vegetable stock on top and stir. Bring the soup to a simmer and add in the bay leaves. Let it cook for 20 minutes to allow the flavors to meld together, stirring occasionally.
4. Blend the soup using an immersion blender or a standard blender. If you prefer a chunkier texture, feel free to skip this step.
5. Serve in bowls and top with suggested toppings.

SUGGESTED TOPPINGS

½ cup fresh cilantro
1 lime, juiced
½ cup Pico de Gallo

Notes: If you don't like spice, use mild salsa. Add jalapeños or a dash of cayenne pepper for more heat! Top with pumpkin seeds, sunflower seeds, or a sprinkle of vegan cheese for added protein. | Add a chipotle pepper for extra smoky flavor.

This soup stores well in the fridge for up to 4 days and freezes beautifully.



DAY 4



SERVES 4

PLEASE RATE IT!

Weight Loss Cabbage Soup

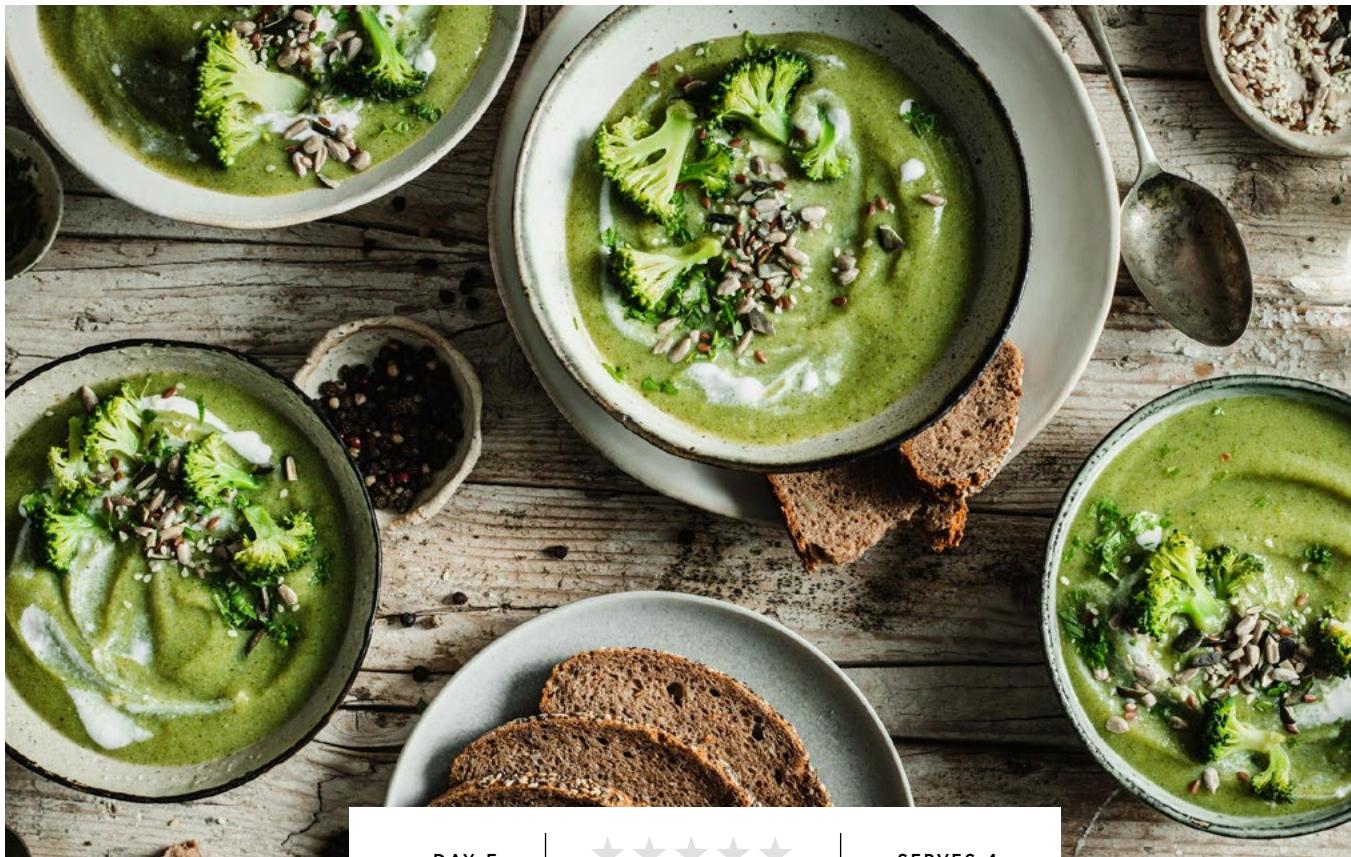
INGREDIENTS

- 1 tbsp avocado oil
- 2 carrots, diced
- ½ yellow onion, diced
- 1 celery rib, diced
- 1 can fire-roasted tomatoes
- 2 garlic clove, minced
- 1 napa cabbage, cored and chopped
- ½ cup kimchi, optional
- 1 tsp cumin, ground
- 4 cups vegetable stock
- 1 can cannellini beans, drained and rinsed
- ¼ cup fresh cilantro, chopped
- dash of cayenne pepper
- 1 lime, juice only

DIRECTIONS

1. Heat oil in a large soup pot over medium heat. Add onions, carrot, celery, cook, stirring frequently, until softened, 10 to 12 minutes.
2. Add cabbage; cook, stirring occasionally until slightly softened, about 10 minutes more.
3. Add tomatoes, garlic, cumin, broth, and beans. Cover and bring to a boil over high heat.
4. Reduce heat and simmer, partially covered, until the vegetables are tender, about 10 minutes.
5. Remove from heat and stir in cilantro and lime juice.

Notes: Use low-sodium vegetable broth if you're watching salt intake. For added depth, stir in a spoonful of white miso or a dash of tamari. | Napa cabbage cooks down quickly and adds a mild flavor, but green cabbage or savoy are great substitutes if that's what you have on hand. | Stir in baby spinach, kale, or chopped zucchini at the end of cooking for extra greens.



DAY 5



PLEASE RATE IT!

SERVES 4

Broccoli Potato Soup

INGREDIENTS

2 tbsp avocado oil
½ yellow onion, diced
1 carrots, diced
1 celery rib, diced
4 garlic clove, minced
3 gold potato, cubed
4 cups broccoli florets, frozen
6 cups vegetable stock
2 cups spinach
cup nutritional yeast
dash of sea salt
dash of black pepper, ground

TOPPINGS

2 tbsp raw sunflower seeds
2 tbsp sesame seeds
2 tbsp raw pepitas
2 tbsp hemp hearts
½ cup dairy-free sour cream, optional

DIRECTIONS

1. Heat the avocado oil in a saucepan over medium-high heat. Add the onion, carrot, and celery, and sauté for about 5 minutes, or until softened. Stir in the garlic and cook for an additional 30 seconds, until fragrant.
2. Add the potatoes, broccoli, and vegetable stock. Bring to a gentle simmer, then cover and reduce the heat. Cook for 15 minutes, or until the potatoes are very tender.
3. Remove about half of the soup's chunky vegetables and set aside in a bowl. Add the spinach to the pot, then blend the remaining soup with an immersion blender until smooth and creamy.
4. Return the reserved vegetables to the pot and stir in the nutritional yeast, salt, and pepper. Adjust seasoning to taste.
5. Ladle the soup into bowls. Swirl with vegan sour cream and garnish with seeds and extra broccoli florets, if desired.

Notes: For a creamier soup, add ¼ cup coconut milk. Feel free to use whatever seeds you have on hand. | Save time by using mirepoix instead of carrots, onion and celery. | If the soup is too thick, add extra broth or water until the desired texture is reached. Swap sour cream for [cashew cream](#).



DAY 6



PLEASE RATE IT!

SERVES 4

Red Lentil Soup

INGREDIENTS

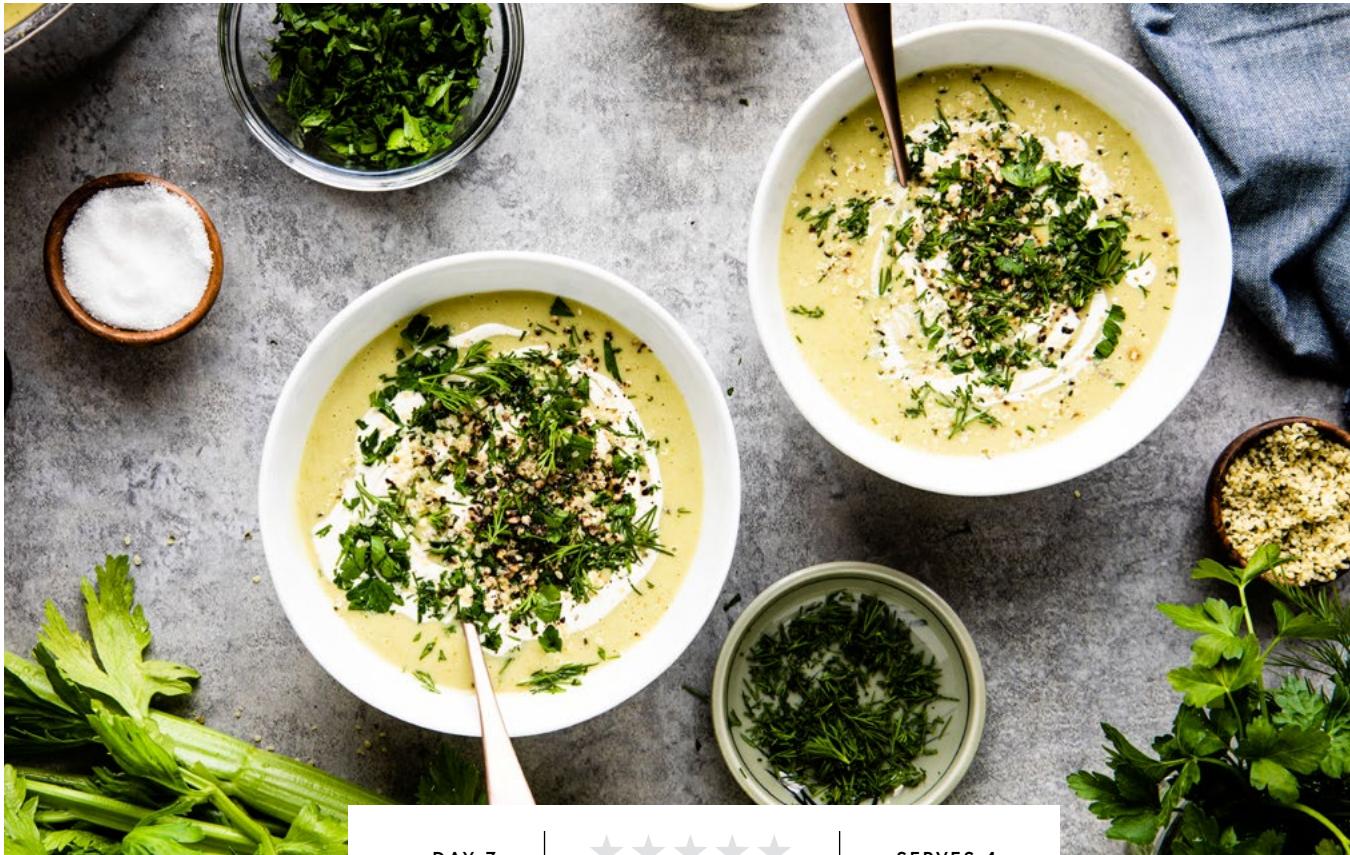
- 1 tbsp avocado oil
- 1 yellow onion, diced
- 2 celery rib, diced
- 8 garlic clove, minced
- 2 tsp ginger root, peeled and minced
- 1 tbsp cumin, ground
- 1 tsp turmeric, ground
- 1 ½ cups fire-roasted tomatoes, canned
- 4 cups vegetable stock
- 1 ½ cups red lentils, uncooked
- 2 cups spinach, chopped
- 2 tbsp lemon, juiced

TOPPINGS

- ¼ cup fresh cilantro, stems removed and chopped
- dash of crushed red pepper, optional
- ½ avocado, diced

DIRECTIONS

1. Heat coconut oil in a large saucepan over medium-high heat. Sauté onion and celery for 5 minutes, or until onion is translucent. Add garlic and ginger, and cook for another minute, stirring constantly.
2. Add cumin and turmeric. Stir for 30 seconds, or until fragrant. Add tomatoes and stir again.
3. Add vegetable broth and lentils and lower heat to a simmer and partially cover the pan. Cook for 25 minutes, or until lentils are soft.
4. Stir in the spinach and lemon juice. Add salt and pepper, to taste.
5. To serve, ladle into bowls and top with cilantro, crushed red pepper (if using) and avocado.



DAY 7

★★★★★

SERVES 4

PLEASE RATE IT!

Creamy Celery Soup

INGREDIENTS

- 2 tbsp avocado oil
- 1 yellow onion, diced
- 4 garlic clove, roughly chopped
- 6 celery rib, sliced
- 2 russet potato, peeled and chopped
- 4 cups vegetable stock
- 2 bay leaves
- ½ cup raw cashews
- 1 tsp black pepper, ground
- dash of cayenne pepper
- ¼ cup fresh dill
- ¼ cup fresh parsley
- 1 cup spinach
- 1 tbsp lemon, juiced
- 1 tsp sea salt

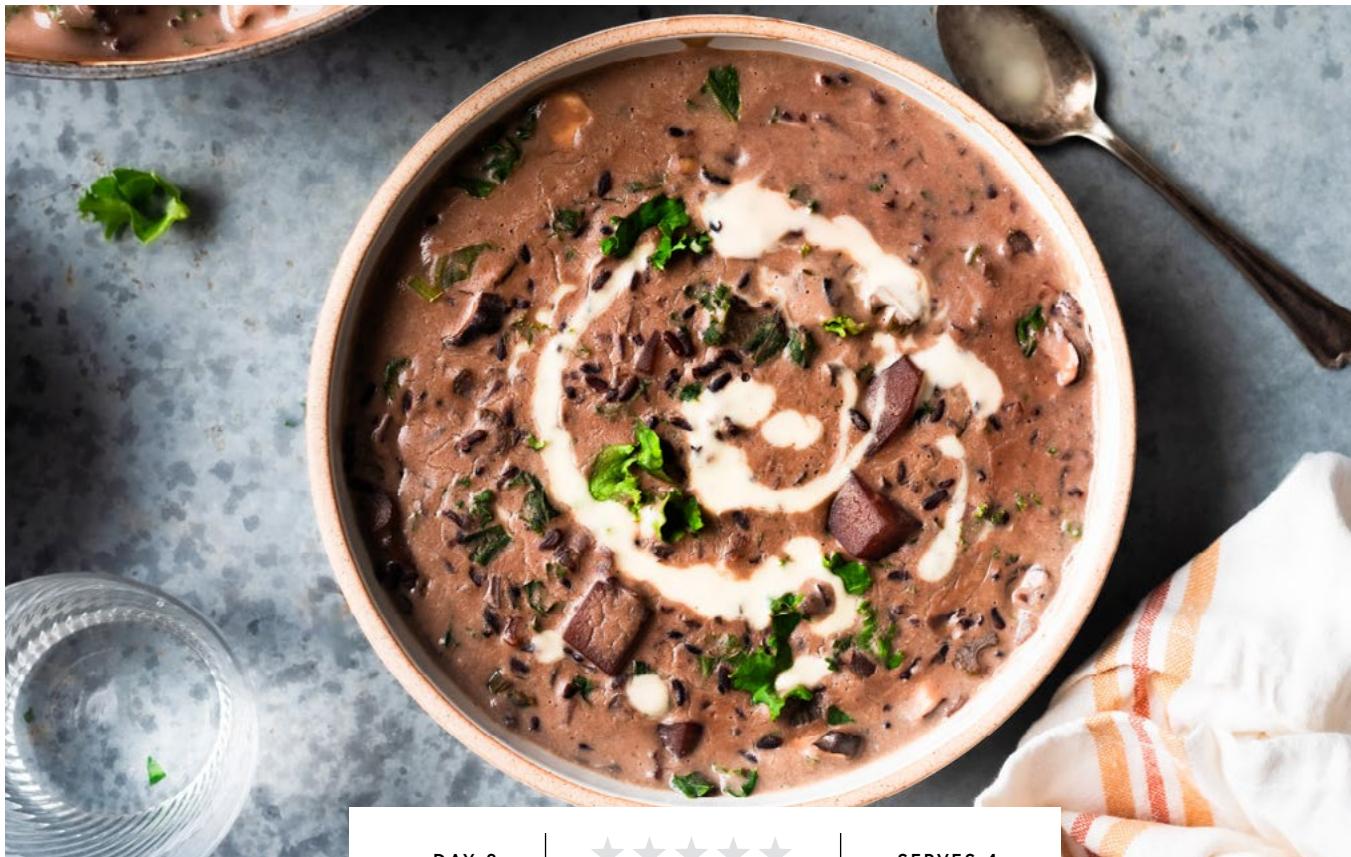
DIRECTIONS

- In a large saucepan, heat oil over medium-high heat. Add the onion, and cook, stirring often, until it starts to soften and turn a little golden on the edges.
- Add the garlic and stir 1 minute, until fragrant.
- Add the celery, potatoes, vegetable stock, bay leaf, salt, pepper, cashews and cayenne. The liquid should just cover the veggies (if not, add up to 1 cup of water until covered).
- Bring to a rolling boil, turn heat down and cover. Allow to simmer gently until potatoes are tender, about 10 minutes.
- Turn heat off, remove bay leaf, and add fresh herbs, spinach and lemon juice.
- Using an immersion blender, blend until very silky smooth. Season with salt, to taste.
- Ladle into bowls and add toppings.

TOPPINGS

- ¼ cup hemp hearts
- 1 tsp black pepper, ground
- 2 tbsp fresh parsley
- ¼ cup dairy-free sour cream

Notes: Swap sour cream for cashew cream. Slicing the celery thinly will prevent the annoying fibers texture. Adding herbs and spinach once heat is off prevents them from cooking and losing their vibrant color.



DAY 8



PLEASE RATE IT!

SERVES 4

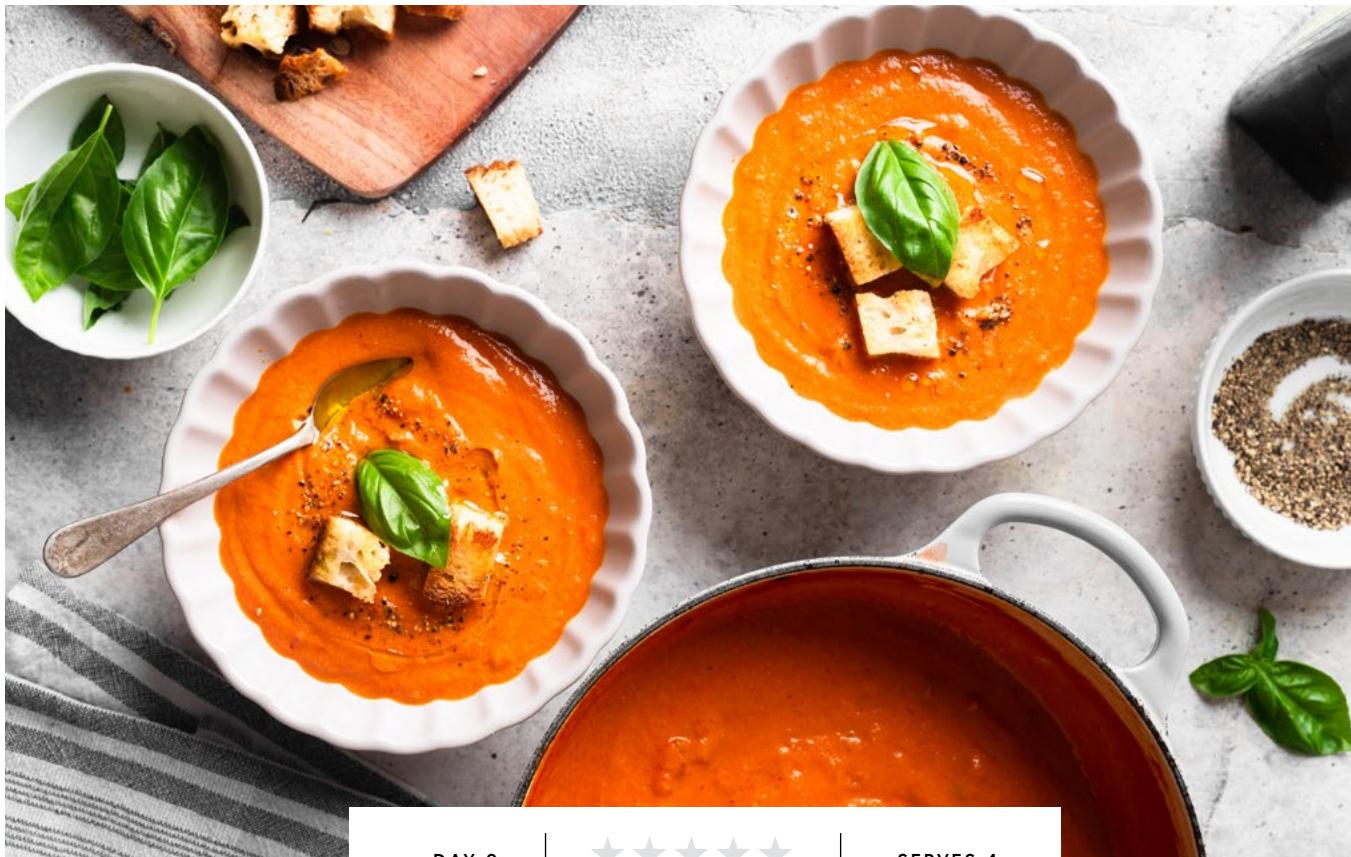
Creamy Wild Rice Soup

INGREDIENTS

½ cup raw cashews
1 ½ cups cannellini beans, drained and rinsed
2 cups vegetable stock
1 tbsp avocado oil
2 celery rib, sliced
2 carrots, sliced
1 yellow onion, diced
5 garlic clove, minced
1 tsp black pepper, ground
2 tsp thyme, dried
1 cup wild rice, uncooked
2 gold potato, chopped
2 bay leaves
3 cups vegetable stock
2 cups baby bella mushrooms, finely chopped
2 cups kale, finely chopped

DIRECTIONS

1. Soak cashews for at least 10 minutes in water, the longer the better.
2. Drain cashews and add to blender with cannellini beans and vegetable broth. Puree on high speed until super creamy. Set aside to use in step 7.
3. Heat avocado oil in a large pot over medium heat. Add celery, carrots and yellow onion. Sauté until softened, about 10 minutes.
4. Stir in the garlic, black pepper, thyme and rice. Sauté for a minute, stirring constantly.
5. Add potato, bay leaves and 3 cups vegetable broth. Bring the soup to a boil, then lower heat, cover with lid and simmer for 30 minutes, or until rice is cooked.
6. Once rice is cooked, remove the bay leaves.
7. Add the cashew puree, mushrooms and kale to the rice mixture and stir well.
8. Increase heat to medium and stir occasionally for 5 minutes.
9. Ladle the soup into bowls and serve warm.



DAY 9



PLEASE RATE IT!

SERVES 4

Fire-Roasted Tomato Soup

INGREDIENTS

½ cup raw cashews
2 tbsp avocado oil
1 yellow onion, finely chopped
1 carrots, finely chopped
1 celery rib, finely chopped
2 garlic clove, minced
4 cups vegetable stock
3 cups fire-roasted tomatoes, drained
3 tbsp tomato paste
2 tsp honey
dash of sea salt
dash of black pepper, ground
8 basil leaves

DIRECTIONS

1. Soak cashews in water for at least 10 minutes, the longer the better.
2. In a medium saucepan, sauté chopped onion, carrot and celery in avocado oil; cover and cook over moderately high heat, stirring occasionally, until the vegetables are just beginning to brown, about 5 minutes.
3. Add garlic and sauté an additional minute.
4. Add the vegetable stock, tomatoes, tomato paste, honey and bring to a boil. Cover partially and cook the soup over moderate heat, stirring occasionally, until the vegetables are tender, 15 minutes.
5. Transfer half of the soup to a blender, add in the cashews and basil leaves. Carefully puree until smooth.
6. Return the puree to the saucepan and stir. Season the soup with salt and pepper.
7. Ladle the soup into bowls, garnish with basil leaves (and croutons if you want), and serve.



DAY 10



PLEASE RATE IT!

SERVES 4

Jalapeño Corn Chowder

INGREDIENTS

- 1 cup raw cashews
- 1 tbsp avocado oil
- 1 yellow onion, diced
- 2 celery rib, diced
- 1 cup shredded carrots
- 1 tsp sea salt
- 1 tsp black pepper, ground
- 1 tsp smoked paprika
- 1 tsp cumin, ground
- 4 garlic clove, minced
- 3 cups corn, frozen
- 2 cups gold potato, diced
- 4 cups vegetable stock
- 1 jalapeno pepper, seeded and diced

DIRECTIONS

1. Soak cashews in water for at least 10 minutes.
2. Heat avocado oil in a large pot over medium heat. Saute the onion, celery and carrots until soft, about 10 minutes. Season with salt and pepper.
3. Add paprika, cumin and garlic to the pot. Stir until fragrant, about 1 minute.
4. Add corn, potatoes, and half the vegetable stock. Stir and increase heat to a boil, then reduce to a simmer and cover until the potatoes are tender (break apart when you put a fork in them, about 25 minutes.)
5. Meanwhile, drain cashews and add to blender with remaining vegetable stock. Blend on high until smooth.
6. When potatoes are tender, add cashew puree and jalapeños to soup and heat for 5 minutes, stirring occasionally.
7. Taste and add more salt and pepper, if needed.
8. Ladle the soup into bowls and serve warm.

Notes: If the chowder is too thick, add more vegetable stock to loosen it up.



PLANT-BASED MADE SIMPLE

Weekly Meal Planner

Rawk the Year is a customizable meal planner to support your wellness journey. Along with the **650+** tasty plant-based recipes, automated shopping list tool, and fully **customizable meal plans**, you'll have 24/7 support group access and live community challenges to keep it fun!

[FREE TRIAL](#)

