

A kitchen scene featuring a brass faucet, a vase of green flowers, and fresh herbs on a countertop.

# Week One

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## CLEAN YOUR PLATE

We don't mean that in the sense of licking every last morsel from your plate. We mean sweeping out all your old ingrained ideas about what a kitchen should be stocked with, how your meals should look and most importantly, how it should make you feel.

Take time to clean out the pantry, fridge and counter tops the week before you plan to go on this incredible journey. Discard any expired foods, donate items you no longer need (or are tempted by!) and wipe everything down. You wouldn't believe how helpful having a clean and spacious kitchen can be when trying to become a healthier you.

The first seven days of the cleanse meal plan are designed to give your body a break from caffeine, sugars and processed foods while still loading up on satisfying, nutrient-rich meals. This is a gentle transition to jump-start the cleanse. You'll still have a healthy love affair with legumes and gluten-free grains before the true detox party begins in week two.

# Spring Cleanse Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
RISE	Detox Tea (18)						
BREAKFAST	Cilantro Smoothie (20)	Peach Mango Cream Smoothie (21)	Strawberry Coconut Smoothie (22)	Cilantro Smoothie (20)	Peach Mango Cream Smoothie (21)	Strawberry Coconut Smoothie (22)	Cilantro Smoothie (20)
AM SNACK	Garlic Baked Chickpeas (23)	Key Lime Popsicles (24)	Garlic Baked Chickpeas (23)	Key Lime Popsicles (24)	Garlic Baked Chickpeas (23)	Key Lime Popsicles (24)	Garlic Baked Chickpeas (23)
LUNCH	Hearty Chard Skillet (26)	Mixed Greens Salad (27)	Asparagus Stir Fry (28)	Black Bean Tacos (29)	Celery Soup (30)	BBQ Potato Rounds (31)	Plant Power Wraps (32)
PM SNACK	Carrot Cake Warrior Bars* (25)						
DINNER	Mixed Greens Salad (27)	Asparagus Stir Fry (28)	Black Bean Tacos (29)	Celery Soup (30)	BBQ Potato Rounds (31)	Plant Power Wraps (32)	Hearty Chard Skillet (26)
EVENING	Spiced Almond Milk* (19)						

**\*THESE RECIPES ARE OPTIONAL, YET RECOMMENDED IF YOU FEEL HUNGRY.**



This is an interactive PDF. Click on recipes above to go directly to the content.

# Grocery List

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## FRESH PRODUCE

- asparagus: 12
- avocado: 3
- bananas: 5 ½
- basil leaves: 6
- celery stalks: 4
- cherry tomatoes: ½ cup
- cilantro: 1 ½ cups
- cucumbers: 1 ½
- dill: ⅔ cup
- garlic cloves: 10
- ginger root: ⅔ cup
- green apples: 4 ½
- green onion stalks: 2
- kale: 2 cups
- lemons: 7
- limes: 8
- mixed greens: 4 cups
- parsley: 1 ¼ cups
- romaine lettuce leaves: 12
- russet potato: 1
- shredded carrots: 2 cups
- snow peas: ½ cup
- spinach: 10 ½ cups
- strawberries: 1 cup
- sweet potato: 1
- Swiss chard: 2 cups
- yellow onions: 2
- zucchini: ½

## FROZEN FOODS

- mango: 1 cup
- peaches: 2 cups
- strawberries: 2 cups

## REFRIGERATED GOODS

- almond milk, unsweetened: 7 cups

## DRIED GOODS

- almonds, sliced: 1 cup
- cashews, raw: 2 ½ cups
- chia seeds: ¾ cup
- coconut flakes: ½ cup
- hemp hearts: 2 tbsp
- pepitas, raw: ⅔ cup
- sunflower seeds, raw: ⅓ cup

## CANNED GOODS

- almond butter: ⅔ cup
- black beans: 1 ½ cups
- cannellini beans: 1 ½ cups
- chickpeas: 4 cups
- coconut milk: 4 ¼ cups
- diced tomatoes: 1 ½ cups
- tomato paste: ¼ cup

## CONDIMENTS + OILS

- coconut oil
- Dijon mustard
- maple syrup
- olive oil
- tahini
- tamari

## PANTRY ITEMS

- brown rice: 1 cup
- green lentils: ¼ cup
- rolled oats: 1 cup
- vegetable stock: 3 ½ cups

## SEASONING + BAKING

- almond flour: 1 cup
- bay leaves: 1
- black pepper, ground
- cayenne pepper
- chili powder
- cinnamon, ground
- crushed red pepper
- cumin, ground
- garlic powder
- ginger, ground
- nutmeg, ground
- nutritional yeast
- sea salt
- smoked paprika
- vanilla extract

# Prep Guide

We're big fans of prepping before you start week one of the cleanse. Set aside at least three hours the afternoon before you plan to start the cleanse to prep. You don't have to complete everything below to rawk this week, yet the more you do the better.

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## ○ Cashew Cream

You'll need to make one large batch of Cashew Cream to use throughout the cleanse. This recipe will guarantee you get the creamiest result, too.

- 2 cups raw cashews (480mL)
  - 2 tbsps lemon, juiced (30mL)
  - 1 cup water, plus more as needed (240mL)
  - dash of sea salt
1. Add cashews and lemon juice to a bowl with enough water to cover completely. Allow to soak for at least 2 hours.
  2. Drain and rinse cashews.
  3. Blend cashews in a high-speed blender with ½ cup (240mL) water until creamy. If blender is struggling to blend, slowly add more water until consistency is like sour cream. You can also use a tamper to help the blending process.
  4. Divide into small containers and refrigerate half to use this week and freeze the rest.

*Short on time? Flash soak cashews in boiling water for 20 minutes.*

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## ○ Smoothie Packs

Measure and freeze smoothie ingredients to make it easier to blend all smoothies this week.

1. Measure greens, fruit and veggies for each recipe and put into freezer-safe containers. Don't add liquid, oils, or superfoods yet, you'll do that right before blending.
2. Label with smoothie recipe name and measurements for the liquid and superfoods you'll need to add before blending.
3. Freeze until ready to blend.

Allow frozen smoothie packs to defrost slightly before blending. Store in fridge overnight or set on counter top for 30 minutes.



## ○ Detox Tea Cubes

1. Prepare the following:

- ½ cup ginger root, peeled and sliced (120mL)
- ½ cup lemon juice (120mL)
- ¾ tsp cayenne pepper (3.75mL)

2. Even distribute between 7 ice cube tray slots and freeze.

3. Once frozen, transfer to a freezer-safe bag. When ready to use, add one cube to glass of hot water and stir until dissolved.

## ○ Brown Rice

Two recipes use brown rice this week. By making ahead, you can save lots of time. This rice-to-water ratio also works in a rice cooker using the brown rice setting.

1. Rinse 1 cup (240mL) brown rice in a fine-mesh sieve under cold water for 30 seconds.
2. Bring 2 cups (480mL) of water to boil in a medium pot. Add rice, cover and reduce heat to low. Allow to simmer until all liquid is absorbed, about 35 minutes
3. Remove from heat and let sit for 10 minutes. Fluff with fork. Store in air-tight container in fridge. Warm before serving.

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## ○ Sauces + Dressings

The following can be made ahead:

- Strawberry Basil Dressing (p. 27)
- Savory Almond Sauce (p. 28)
- Herbalicious Hummus (p. 32)

## ○ Snacks

The following can be made ahead:

- Garlic Baked Chickpeas (p. 23)
- Key Lime Popsicles (p. 24)
- Carrot Cake Warrior Bars (p. 25)

## ○ Make-Ahead Meals

The following can be made ahead:

- Hearty Chard Skillet (p. 26)
- Black Bean Tacos: Bean filling (p. 29)
- Celery Soup (p. 30)
- BBQ Potato Rounds: BBQ lentils (p. 31)

EACH MORNING | SERVES 1

# Detox Tea

One of the best things you can do for your digestive system is start your morning with hot water and lemon. The lemon promotes alkalinity in the body, and also kick starts the liver for the day. This encourages the release of digestive fluids. Add in the cayenne and ginger to bring warmth to the tummy, and boost your metabolism and circulation.

## INGREDIENTS

1 cup hot water (240mL)  
1 tbsp ginger root, peeled and sliced (15mL)  
1 tbsp lemon, juiced (15mL)  
dash of cayenne pepper

## DIRECTIONS

1. Add ginger and lemon juice to a mug.
2. Add a dash of cayenne.
3. Pour hot water into mug.



Using Detox Tea cubes? Add one Detox Tea cube to one cup hot water and stir until thawed.





EACH EVENING | SERVES 1

# Spiced Almond Milk

This is the perfect little treat for the end of the day. The combination of almond milk and warming digestive spices balances your blood sugar and stabilizes your metabolism. The combination of protein and healthy fats help curb hunger pangs and cravings.

## INGREDIENTS

1 cup almond milk, warmed (240mL)  
1 tsp almond butter (5mL)  
1 tsp maple syrup (5mL)  
dash of cinnamon, ground  
dash of ginger, ground  
dash of cayenne pepper

## DIRECTIONS

1. Carefully blend all ingredients in a blender.
2. Pour into a mug.



Another way to prepare this drink is to combine all ingredients in a small sauce pan on the stove and heat on medium low heat until warm. Remove from heat and froth with an immersion blender.

SMOOTHIE | SERVES 1

# Cilantro Smoothie

This bright n' spicy cilantro smoothie is a fun morning treat that can help detox your body. Naturally sweetened by banana, you can sip to your health with a tropical beverage made from 100% plant-based ingredients.

## INGREDIENTS

1 cup spinach (240mL)  
¼ cup fresh cilantro (60mL)  
1 lime, peeled  
¾ cup water (180mL)  
1 banana  
1 tsp ginger root, peeled  
2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Blend spinach, cilantro, lime and water until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Homemade Protein Powder**: [sgs.to/protein](https://sgs.to/protein)



SMOOTHIE | SERVES 1

# Peach Mango Cream Smoothie

This creamy tropical smoothie has all the bases covered— healthy fats, protein, vitamins and minerals, and it tastes great! The peaches add flavor while keeping the sugar levels down.

## INGREDIENTS

- 1 ½ cups spinach (360mL)
- 1 cup water (240mL)
- 2 tbsp raw cashews (30mL)
- 1 cup peaches, frozen (240mL)
- ½ cup mango, frozen (120mL)
- ½ tsp vanilla extract (2.5mL)

## DIRECTIONS

1. Place spinach, water and cashews in blender. Blend until smooth.
2. Add remaining ingredients and blend again.



Soak cashews in water for 1+ hour to get a creamier result.

SMOOTHIE | SERVES 1

# Strawberry Coconut Smoothie

Strawberries are one of the best sources of vitamin C around, and a low GI fruit, which will help prevent blood sugar spikes. Bananas are rich in potassium and add natural sweetness. The healthy fat in the coconut milk, coupled with the vitamin C in the berries, helps the body absorb the iron from the spinach.

## INGREDIENTS

- 1 ½ cups spinach (360mL)
- 1 cup coconut milk (240mL)
- 1 cup strawberries, frozen (240mL)
- ½ banana
- 2 tbsp chia seeds (30mL)
- ½ tsp vanilla extract (2.5mL)

## DIRECTIONS

1. Blend spinach and coconut milk until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Homemade Protein Powder**: [sgs.to/protein](https://sgs.to/protein)



SNACK | SERVES 4 (SERVING SIZE: 3/4 CUP)

# Garlic Baked Chickpeas

Garlic baked chickpeas are my new favorite snack. They are spicy, crunchy and full of flavorful energy... it's hard to stop eating at a handful!

## INGREDIENTS

3 cups chickpeas, canned (720mL)  
1 tbsp olive oil (15mL)  
1 tsp cayenne pepper (5mL)  
1 tbsp garlic powder (15mL)  
2 tbsp nutritional yeast (30mL)  
¼ tsp sea salt (1.25mL)  
¼ tsp cumin, ground (1.25mL)

## DIRECTIONS

1. Preheat oven to 425°F (220°C). Line a rimmed baking sheet with parchment paper.
2. Drain and rinse chickpeas. Pat dry and toss with olive oil.
3. Place chickpeas on a baking sheet and bake 15 minutes.
4. Remove from oven and sprinkle with spices. Return to oven for 10 minutes, or until desired crispiness is reached.
5. Remove from oven and allow to cool slightly before eating.



Enjoy this snack cold or reheat in the toaster oven until desired crispiness is reached.



This recipe is not compatible for Week 2 of the cleanse.



SNACK | SERVES 6 (SERVING SIZE: 1 POPSICLE)

# Key Lime Popsicles

These creamy pops feel extra decadent. Slightly sweet with loads of tangy fresh lime juice and plenty of creaminess from the avocado and coconut milk, it's hard to believe these are cleanse-approved...but they totally are!

## INGREDIENTS

- 1 avocado
- 1 cup spinach (240mL)
- 2 cups coconut milk (480mL)
- ¼ cup lime, juiced (60mL)
- 2 tbsp maple syrup (30mL)
- 1 tsp vanilla extract (5mL)

## DIRECTIONS

1. Puree the ingredients in a blender until very smooth.
2. Pour into six popsicles molds or paper cups with wooden popsicle sticks.
3. Freeze until firm, at least 4-5 hours, preferably overnight.



The cleanse plan suggests three popsicles this week, yet this recipe makes six servings because it blends best. Have the extra popsicles at any point of the cleanse or share with a loved one.



Avocado not ripe? Swap for ¼ cup raw cashews.

SNACK | SERVES 8 (SERVING SIZE: 1 BAR)

# Carrot Cake Warrior Bars

Our recipe testers told us they loved these hearty bars and they do, in fact, taste very much like carrot cake. Sweet! This carrot cake version is a variation of one of our community's all-time favorite autumn cleanse snacks, Vegan Protein Bars.

## INGREDIENTS

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 ½ bananas, mashed (240mL)      | ½ cup coconut flakes (120mL)     |
| 3 green apples, peeled and cored | ⅓ cup raw pepitas (80mL)         |
| 2 tbsp chia seeds (30mL)         | ⅓ cup raw sunflower seeds (80mL) |
| ⅓ cup water (80mL)               | ⅓ cup sliced almonds (80mL)      |
| 1 tsp vanilla extract (5mL)      | 2 tsp cinnamon, ground (10mL)    |
| ½ cup shredded carrots (120mL)   | ½ tsp ginger, ground (120mL)     |
| 1 cup almond flour (240mL)       | ¼ tsp nutmeg, ground (60mL)      |
| 1 cup rolled oats (240mL)        | ½ tsp sea salt (2.5mL)           |

## DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a small baking sheet (9" x 13") with parchment paper. Use a larger baking sheet (13" x 18") if you prefer thin and crispy bars.
2. Blend bananas, apples, chia seeds, water and vanilla extract until pureed.
3. In a large bowl, combine the fruit puree with the remaining ingredients and mix well.
4. Transfer to prepared baking sheet and press down evenly to fill the entire pan.
5. Bake for 25 minutes, or until golden on top. Remove from oven and let cool.
6. Cut into eight equal-sized bars.



Store in an air-tight container in fridge or freezer. For a warm treat, reheat in toaster oven and top with almond butter, cashew cream and/or maple syrup.



This recipe is not compatible for Week 2 of the cleanse.



MEAL | 45 MINUTES | SERVES 2

# Hearty Chard Skillet

This recipe is here thanks to rawkstar photographer + recipe developer Lindsey Johnson. As it turns out, it's also a wonderful cleanse recipe. Beans contain plenty of B vitamins, iron, minerals and dietary fiber. Chard is one of our favorite leafy greens. It's full of vitamins K, E, A and C, as well as significant amounts of magnesium, manganese, potassium and iron.

## INGREDIENTS

- |   |                               |
|---|-------------------------------|
| ½ cup brown rice, uncooked (120mL) or                 | ½ cup vegetable stock (120mL) |
| 1 ½ cups of cooked brown rice (360mL)                 | ½ tsp smoked paprika (2.5mL)  |
| 1 ½ cups cannellini beans, canned (360mL)             | dash of sea salt              |
| 1 tbsp olive oil (15mL)                               | dash of black pepper, ground  |
| ½ yellow onion, diced                                 | ¼ cup sliced almonds (60mL)   |
| 2 garlic cloves, minced                               | ¼ cup raw pepitas (60mL)      |
| 1 ½ cups diced tomatoes, undrained (360mL)            | dash of crushed red pepper    |
| 2 cups Swiss chard, stems removed and chopped (480mL) |                               |

## DIRECTIONS

1. Prepare rice according to package instructions.
2. While rice is cooking, heat olive oil in a large skillet over medium-high heat. Add the onion, and cook, stirring often, until it starts to soften and turn a little golden on the edges.
3. Add the garlic and cook, stirring constantly, for 30-60 seconds. Add the cannellini beans (drain and rinse first) and tomatoes. Stir until combined.
4. Lower heat and cook for 10 minutes. Add chard and a little vegetable stock if too much of the liquid has cooked off. It should be thick like stew, but still have plenty of sauce.
5. Stir in paprika and season with sea salt and black pepper.
6. To serve, divide brown rice into bowls. Ladle stew on top and sprinkle with almonds, pepitas and crushed red pepper.



Store in an air-tight container in fridge or freezer. Enjoy the second serving for your Day 7 dinner.



This recipe is not compatible for Week 2 of the cleanse.



MEAL | 15 MINUTES | SERVES 2

# Mixed Greens Salad

A hearty salad is a great way to load up on several servings worth of fiber-rich veggies and fruit. This salad is full of flavors and textures that will delight your taste buds as you enter your first day of the cleanse.

## INGREDIENTS

4 cups mixed greens (960mL)  
1 cucumber, peeled and sliced (240mL)  
1 green apple, cored and diced  
1 avocado, sliced  
¼ cup sliced almonds (60mL)

## STRAWBERRY BASIL DRESSING

1 cup strawberries (240mL)  
6 basil leaves  
1 tbsp lemon, juiced (20mL)  
2 tsp maple syrup (10mL)  
¼ tsp sea salt (1.25mL)  
¼ tsp black pepper, ground (1.25mL)

## DIRECTIONS

1. Puree the Strawberry Basil Dressing ingredients in a small food processor.
2. When ready to serve, arrange salad on a plate and drizzle with dressing.

MEAL | 45 MINUTES | SERVES 2

# Asparagus Stir Fry

A favorite spring veggie, asparagus, is high in iron and dietary fiber. It also contains a potent antioxidant and detoxifier, glutathione. Besides its other known effects... ahem, asparagus also acts as a natural diuretic.

## INGREDIENTS

- ½ cup brown rice, uncooked (120mL) or  
1 ½ cups of cooked brown rice (360mL)
- 1 tbsp coconut oil (150mL)
- 12 asparagus, trimmed and cut into 1" pieces
- ½ cup shredded carrots (120mL)
- ½ cup snow peas (120mL)

## SAVORY ALMOND SAUCE

- 2 tbsp coconut milk (30mL)
- 2 tbsp almond butter (30mL)
- 1 tbsp tamari (15mL)
- 1 tsp maple syrup (5mL)
- 1 tsp ginger root, minced (5mL)
- ½ garlic clove, minced
- ¼ tsp crushed red pepper (1.25mL)

## DIRECTIONS

1. Prepare rice according to package instructions.
2. While rice is cooking, heat coconut oil in a large skillet over medium-high heat. Add the vegetables and stir-fry for 8 minutes, or until veggies are tender.
3. Prepare the sauce by mixing coconut milk, almond butter, tamari, maple syrup, ginger, garlic and crushed red pepper together. If sauce is too thick to drizzle, add a little water to thin it out.
4. Scoop brown rice onto plates. Top with veggies and drizzle sauce on top.



Swap brown rice for quinoa or cauliflower rice. Sliced carrots are pictured, but to simplify the shopping list and recipe, we changed to shredded carrots.



Remove rice to make this recipe compatible for Week 2 of the cleanse.



MEAL | 20 MINUTES | SERVES 2

# Black Bean Tacos

One serving of zucchini contains a third of the daily recommended value of vitamin C, as well as a significant amount of potassium, which is essential for heart health. Plus, zucchini is low in calories and carbohydrates and makes a great combo with fiber-rich black beans.

## BEAN FILLING

- 1 tbsp coconut oil (15mL)
- ½ yellow onion, diced
- 1 cup zucchini, diced (240mL)
- 1 garlic clove, minced
- 2 tsp chili powder (10mL)
- ½ tsp cumin, ground (2.5mL)
- 1 ½ cups black beans, canned (360mL)
- 1 lime, juiced
- ¼ tsp sea salt (1.25mL)
- ¼ tsp black pepper, ground (1.25mL)

## FOR SERVING

- 6 romaine lettuce leaves
- 2 tbsp cashew cream (30mL) (p. 16)
- ½ avocado, diced
- 2 tbsp fresh cilantro, stems removed and chopped (30mL)

## DIRECTIONS

1. Heat coconut oil in a large skillet over medium-high heat. Add the onion and saute for 5 minutes. Add the zucchini and cook until just barely tender.
2. Add the garlic and spices and cook for 1 minute, stirring constantly.
3. Drain and rinse black beans. Add beans, lime juice, salt and pepper to skillet and cook for 5 minutes, stirring occasionally.
4. Scoop 2 tablespoons bean filling on top of lettuce leaf. Repeat until all leaves are used. Top with cashew cream, avocado and cilantro.

! This recipe is not compatible for Week 2 of the cleanse.



MEAL | 30 MINUTES | SERVES 2

# Celery Soup

This comforting soup recipe is full of fresh spring flavors and creamy warmth. It's a lovely way to enjoy a nourishing meal while getting optimal cleansing benefits.

## INGREDIENTS

1 tbsp olive oil (15mL)  
 ½ yellow onion, diced  
 2 garlic cloves, roughly chopped  
 3 celery stalks, sliced  
 1 russet potato, peeled and chopped  
 2 cups vegetable stock (480mL)  
 1 bay leaf  
 ¼ cup raw cashews (60mL)  
 ¼ tsp black pepper, ground (1.25mL)  
 dash of cayenne pepper  
 2 tbsp fresh dill (30mL)

2 tbsp fresh parsley (30mL)  
 ½ cup spinach (120mL)  
 1 ½ tsp lemon, juiced (7.5mL)  
 ¼ tsp sea salt (1.25mL)

## TOPPINGS

2 tbsp hemp hearts (30mL)  
 ½ tsp black pepper, ground (1.25mL)  
 1 tbsp fresh parsley (15mL)  
 2 tbsp cashew cream (30mL) (p. 16)

## DIRECTIONS

1. In a large sauce pan, heat olive 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.
2. Add the garlic and stir 1 minute, until fragrant.
3. 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).
4. Bring to a rolling boil, turn heat down and cover. Allow to simmer gently until potatoes are tender, about 10 minutes.
5. Turn heat off, remove bay leaf and add fresh herbs, spinach and lemon juice.
6. Using an immersion blender, blend until very silky smooth. Season with salt, to taste.
7. Add toppings just before serving.



Slice the celery thin to prevent the annoying fibers texture.

MEAL | 45 MINUTES | SERVES 2

# BBQ Potato Rounds

Sweet potatoes are one of the healthiest things you can eat— full of fiber, vitamins and minerals. Add sweet, BBQ lentils and fiber-packed slaw and you've got a healthy meal fit for a queen.

## POTATO ROUNDS

- 1 tbsp coconut oil, melted (15mL)
- 1 sweet potato, thinly sliced

## CASHEW KALE SLAW

- ¼ cup cashew cream (60mL) (p. 16)
- 1 tsp Dijon mustard (5mL)
- ½ tsp maple syrup (2.5mL)
- ¼ tsp sea salt (1.25mL)
- dash of black pepper, ground
- 2 cups kale (480mL)
- ½ cup shredded carrots (120mL)
- ½ green apple, peeled and cored (120mL)
- 1 green onion

## BBQ LENTILS

- 1 tbsp coconut oil (15mL)
- ¼ yellow onion, diced
- ¼ cup shredded carrots (60mL)
- 1 celery stalk, diced
- 2 garlic cloves, minced
- ¼ cup green lentils (60mL)
- 1 cup vegetable stock (240mL)
- ¼ cup tomato paste (60mL)
- 1 tbsp maple syrup (15mL)
- 1 tsp chili powder (5mL)
- ½ tsp cumin, ground (2.5mL)

## DIRECTIONS

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper. Toss sweet potato slices with coconut oil. Layer on baking sheet and bake for 20 minutes, or until desired crispiness.
2. BBQ Lentils: Heat coconut oil in a medium saucepan over medium-high heat. Add the onion, carrots and celery. Cook, stirring often, until veggies start to soften. Add the garlic and cook for 30 seconds. Lower heat to a simmer and add the lentils and vegetable broth. Cover pot and cook for 25 minutes, or until lentils are softened, but not falling apart. Stir in the remaining BBQ lentil ingredients. Simmer uncovered for 5 minutes to allow flavors to blend. Add more water if sauce is too thick.
3. While lentils are cooking, add the following ingredients to a food processor: kale, carrots, apple and green onion. Pulse until at desired consistency. Transfer to a bowl and mix with cashew cream, Dijon mustard, maple syrup, salt and pepper.
4. To serve, top sweet potato slices with BBQ Lentils and Cashew Kale Slaw.



Air fry sweet potato rounds at 350°F (180°C) for 10-15 minutes.



Remove the lentils to make compatible with Week 2 of the cleanse.

MEAL | 15 MINUTES | SERVES 2

# Plant Power Wraps

This recipe is simple to put together and has that definite "yum" factor thanks to a hearty helping of the Herbalicious Hummus in there. Feel free to add some extra spice to ramp up the flavor profile even more. It's one of the meals that is great to take on-the-go too.

## INGREDIENTS

6 romaine lettuce leaves

## HERBALICIOUS HUMMUS

1 cup chickpeas, canned (360mL)  
 1 cup fresh parsley, chopped (240mL)  
 ½ cup fresh cilantro, chopped (120mL)  
 ½ cup fresh dill, chopped (120mL)  
 2 garlic cloves, minced  
 1 lemon, juiced  
 2 tbsp olive oil (30mL)  
 2 tbsp water (30mL)  
 2 tbsp tahini (30mL)  
 ½ tsp sea salt (2.5mL)

## TOPPINGS

½ avocado, sliced  
 ½ cup cherry tomatoes, quartered (120mL)  
 ½ cup shredded carrots (120mL)  
 ½ cucumber, julienned  
 1 green onion, sliced  
 ¼ tsp cumin, ground (1.25mL)  
 ¼ tsp chili powder (1.25mL)  
 dash of sea salt

## DIRECTIONS

1. Drain and rinse chickpeas. Place chickpeas and remaining hummus ingredients in a food processor or blender and puree until smooth. Stop and scrape down the sides as needed.
2. Spread 2 tablespoons (30mL) hummus onto each lettuce leaf. Repeat until all leaves are used.
3. Top with avocado, tomatoes, carrots, cucumber, green onions and spices.



This recipe is not compatible for Week 2 of the cleanse.  
 Short in time? Use store-bought hummus.