



# Week Two

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## DETOX WITH LOVE

During week two, you'll be replacing legumes and grains with even more vegetables to ramp up the cleanse. Recipes are loaded with easy-to-digest plants and detoxifying herbs.

This is a very important week. This is the heart and soul of the cleanse. This is where the magic happens.

Detox symptoms may surface during this time (headaches, body aches, nausea and skin breakouts). This could require you to slow down for a few days while your body works hard at pushing toxins out of your body. Keep drinking tons of water! This will help with any detoxing or withdrawal symptoms. A happy bonus is your energy levels will begin to rise during this week and your skin will begin to really glow. Woohoo!

*NOTE: This is the only week of the cleanse when legumes and gluten-free grains are off limits.*

# Spring Cleanse Plan

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
↑ RISING	Detox Tea (38)						
↑ BREAKFAST	Anti Inflammatory Smoothie (40)	Apple Celery Smoothie (41)	Detox Smoothie (42)	Anti Inflammatory Smoothie (40)	Apple Celery Smoothie (41)	Detox Smoothie (42)	Anti Inflammatory Smoothie (40)
↑ AM SNACK	Strawberry Lemon Pudding (43)	Banana and Almond Butter (44)	Strawberry Lemon Pudding (43)	Banana and Almond Butter (44)	Strawberry Lemon Pudding (43)	Banana and Almond Butter (44)	Strawberry Lemon Pudding (43)
↑ LUNCH	Broccoli Potato Soup (46)	Loaded Veggie Bowl (47)	Zoodles in a Jar (48)	Thai Stuffed Potatoes (49)	Lemon Pepper Zoodles (50)	Roasted Veggie Medley (51)	Sweet Potato Noodles (52)
↑ PM SNACK	Roasted Mixed Nuts* (45)						
↑ DINNER	Loaded Veggie Bowl (47)	Zoodles in a Jar (48)	Thai Stuffed Potatoes (49)	Lemon Pepper Zoodles (50)	Roasted Veggie Medley (51)	Sweet Potato Noodles (52)	Broccoli Potato Soup (46)
↑ EVENING	Spiced Almond Milk* (39)						

**\*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

## FRESH PRODUCE

- asparagus: 10
- avocado: ½
- bananas: 3
- basil leaves: 1 cup
- beets: 1 ½ cups
- broccoli florets: 3 cups
- celery stalks: 5
- cherry tomatoes: 1 cup
- cilantro: 2 tbsp
- coleslaw: 1 cup
- fennel bulb: ½
- garlic cloves: 9
- ginger root: ⅔ cup
- gold potatoes: 2
- green apples: 2
- green beans: 1 ½ cups
- green onion stalks: 2
- kale: 5 ½ cups
- lemons: 8
- lime: 1
- oranges: 2
- portobello mushrooms: 2
- red bell peppers: 2
- red onion: 1
- rosemary: 1 tsp
- shredded carrots: ¾ cup
- spinach: 4 cups
- strawberries: 1 cup
- sweet potatoes: 5
- yellow onion: 1
- zucchini: 4

## FROZEN FOODS

- mango: 2 cups
- mixed berries: 3 cups
- pineapple: 2 ½ cups

## REFRIGERATED GOODS

- almond milk, unsweetened: 7 cups
- homemade cashew cream ½ cup (see p. 16)

## DRIED GOODS

- almonds, raw: ½ cup
- cashews, raw: ¾ cups
- chia seeds: 1 ½ cup
- hemp hearts: ¼ cup
- pecans, raw: ½ cup
- pepitas, raw: ¼ cup
- sunflower seeds, raw: ½ cup
- walnuts, raw: ¾ cup

## CANNED GOODS

- almond butter: 1 cup
- coconut milk: 2 ½ cups
- red curry paste: 1 tbsp

## CONDIMENTS & OILS

- apple cider vinegar, raw
- balsamic vinegar
- coconut oil
- Dijon mustard
- honey
- maple syrup
- olive oil
- sesame oil
- tamari

## PANTRY ITEMS

- vegetable stock: 6 cups

## SEASONING + BAKING

- black pepper, ground
- cayenne pepper
- cinnamon, ground
- coconut sugar
- crushed red pepper
- garlic powder
- ginger, ground
- nutritional yeast
- onion powder
- sea salt
- smoked paprika
- vanilla extract

# Prep Guide

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



## ○ 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.

## ○ Cashew Cream

You'll need ½ cup (120mL) Cashew Cream this week of the cleanse. If you haven't made it yet, follow our recipe from week one's prep guide.

## ○ Sauces + Dressings

The following can be made ahead:

- Hemp Sauce (p. 47)
- Basil Pesto (p. 51)
- Almond Butter Sauce (p. 52)

## ○ Snacks

The following can be made ahead:

- Strawberry Lemon Pudding (p. 43)
- Roasted Mixed Nuts (p. 45)

## ○ Make-Ahead Meals

The following can be made ahead:

- Broccoli Potato Soup (p. 46)
- Loaded Veggie Bowl (p. 47)
- Bake Sweet Potatoes (p. 49)
- Roasted Veggie Medley (p. 51)
- Prepare Coleslaw (p. 52)





## ○ 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. Add liquid and superfoods before blending.

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 kickstarts 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

# Anti-Inflammatory Smoothie

This antioxidant-rich smoothie contains ginger, beets and greens to help reduce inflammation in your body. Let food be thy medicine!

## INGREDIENTS

- ½ cup kale, stems removed (120mL)
- ½ cup beets, peeled and chopped (120mL)
- 1 cup water (240mL)
- ½ orange, peeled
- 1 cup mixed berries, frozen (240mL)
- ½ cup pineapple, frozen (120mL)
- 1 tsp ginger root, peeled (5mL)
- 2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Place kale, beets, water and orange into a blender. Blend 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

# Apple Celery Smoothie

Refreshing apple celery smoothie recipe that's packed with fiber, vitamin C and phytonutrients to heal your body from the inside out.

## INGREDIENTS

- 1 cup spinach (240mL)
- 1 cup water (240mL)
- 1 lemon, peeled
- 1 green apple, cored
- ¼ fennel bulb
- 2 celery stalks
- 1 tsp ginger root, peeled (5mL)
- 2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Blend spinach, water and lemon juice (or whole lemon) together until juice-like consistency is reached.
2. Add remaining ingredients and blend until smooth.



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

SMOOTHIE | SERVES 1

# Detox Smoothie

This tropical smoothie will brighten your day. Loaded with vitamins A, C, K and calcium, you'll be filling your body with goodness that tastes great.

## INGREDIENTS

1 cup spinach (240mL)  
½ cup kale, stems removed (120mL)  
1 cup water (240mL)  
1 cup mango, frozen (240mL)  
½ cup pineapple, frozen (120mL)  
2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Blend spinach, kale and water together 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

# Strawberry Lemon Pudding

The bright flavors of strawberry and lemon are perfect with the creaminess of coconut milk in this pudding. It tastes like sunshine and is an uber healthy snack loaded with vitamins, minerals, protein and healthy fats.

## INGREDIENTS

2 cups coconut milk (480mL)  
½ cup chia seeds (120mL)  
½ lemon, juiced  
1 tbsp maple syrup (15mL)  
2 tsp vanilla extract (10mL)

## TOPPINGS

1 cup strawberries, sliced (240mL)

## DIRECTIONS

1. Stir together coconut milk, chia seeds, lemon juice, maple syrup and vanilla extract.
2. Portion into single-serving containers (like half-pint mason jars with lids).
3. Refrigerate for at least 2 hours to allow pudding to thicken.
4. Before serving, add fresh strawberries on top.



Pudding can be made ahead of time and kept refrigerated for the week.



SNACK | SERVES 1

# Banana & Almond Butter

In addition to being packed with natural sweetness, bananas are loaded with potassium, healthy fibers and carbs, and are great paired with protein-rich sunflower seeds and almond butter, which help keep blood sugar stable and your tummy happy!

## INGREDIENTS

- 1 banana, sliced
- 1 tbsp almond butter (15mL)
- 1 tbsp raw sunflower seeds (15mL)

## DIRECTIONS

1. Dip slices of banana in almond butter.
2. Next, dip in the sunflower seeds to create a sprinkle.



SNACK | SERVES 8 (SERVING SIZE: ¼ CUP)

# Roasted Mixed Nuts

I totally understand those afternoon or morning (or everyday) munchies that hit, and you've just gotta have something salty to satisfy the craving. Loaded with vitamin E, minerals and fiber, this snack will nourish and satisfy those cravings!

## INGREDIENTS

- ½ cup raw pecans (120mL)
- ½ cup raw walnuts (120mL)
- ½ cup raw almonds (120mL)
- ½ cup raw cashews (120mL)
- 2 tbsp tamari (30mL)
- ½ tsp garlic powder (2.5mL)
- ½ tsp onion powder (2.5mL)
- ½ tsp smoked paprika (2.5mL)

## DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. In a medium bowl, toss nuts with tamari and spices. Place nuts in an even layer on the prepared baking sheet.
3. Bake for 10 minutes, or until nuts are dry to the touch and golden brown. Remove from oven and let cool completely.



Store in airtight container in dry, cool place for the week.



MEAL | 15 MINUTES | SERVES 2

# Broccoli Potato Soup

Soups definitely fall into the comfort category. When your body is rawkin' some hard core cleansing, it's nice to sit down to a warm bowl of thick and creamy soup. Pssst! You won't miss the cheese even one little bit, especially with the nutritional yeast magic.

## INGREDIENTS

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1 tbsp coconut oil (30mL)     | 2 cups broccoli florets (480mL) |
| ¼ yellow onion, diced         | 3 cups vegetable stock (720mL)  |
| ¼ cup shredded carrots (60mL) | ¼ cup coconut milk (60mL)       |
| ½ celery stalk, chopped       | 2 tbsp nutritional yeast (30mL) |
| 2 garlic cloves, minced       | dash of sea salt                |
| 2 gold potatoes, cubed        | dash of black pepper, ground    |

## DIRECTIONS

1. Heat coconut oil in a saucepan over medium-high heat. Add onion, carrot and celery. Sauté for 5 minutes, or until softened. Add garlic and cook for another 30 seconds.
2. Add the potatoes, broccoli and vegetable broth. Bring to a simmer, then cover and lower heat. Cook for 15 minutes, or until potatoes are very tender.
3. Carefully puree soup until smooth in a blender or immersion blender. If soup is too thick, add extra broth or water, until desired texture is reached.
4. Stir in the coconut milk, nutritional yeast, salt and black pepper.



Save the leftovers for your dinner on day 14.



MEAL | 45 MINUTES | SERVES 2

# Loaded Veggie Bowl

Our cleanse recipe testers all agreed — the hemp sauce makes this dish and brings roasted veggies to whole other level! Feel free to swap in other veggies, to match your preferences, but this combo of onions, bell peppers, sweet potatoes and kale is a real winner.

## INGREDIENTS

1 tbsp coconut oil (15mL)  
 ½ red onion, diced  
 2 sweet potatoes, diced  
 2 red bell peppers, diced  
 2 cups kale, stems removed and chopped (480mL)  
 ¼ tsp sea salt (1.25mL)  
 ¼ tsp black pepper, ground (1.25mL)

## HEMP SAUCE

¼ cup hemp hearts (60mL)  
 ¼ cup cashew cream (60mL) (p. 16)  
 1 tbsp nutritional yeast (15mL)  
 ½ lemon, juiced  
 1 garlic clove, minced  
 ¼ tsp sea salt (1.25mL)  
 ¼ tsp black pepper, ground (1.25mL)

## DIRECTIONS

1. Preheat oven to 400° F. Line a baking sheet with parchment paper.
2. In a medium bowl, toss red onion, sweet potatoes and bell pepper with melted coconut oil. Season with salt and pepper.
3. Spread veggies in an even layer on the prepared baking sheet and roast for 25 minutes, or until tender and golden on the edges.
4. Add the kale to the empty veggie bowl and toss with any remaining melted coconut oil and season with sea salt and pepper. Set aside.
5. Prepare Hemp Sauce by placing all ingredients in a small blender or food processor. Puree until smooth. Stop and scrape down as needed. The sauce should not be too thick or too thin. Add a little water, a few teaspoons at a time, if the blender is having trouble blending.
6. When veggies are golden, remove from oven and sprinkle the kale on top. Return to oven and roast for 3 minutes, or until kale has wilted.
7. Remove from oven and place veggies in bowls and drizzle with Hemp Sauce.



Store leftover veggies separate from dressing until ready to eat.

MEAL | 15 MINUTES | SERVES 2

# Zoodles in a Jar

Instant Noodles, meet instant zoodles. This healthy melange of veggies may just become your new favorite easy meal. It's great for work or a quick dinner. You can prep a bunch of these in advance if you want. It's also crazy delicious in addition to being nourishing.

## INGREDIENTS

- |   |                                  |
|---|----------------------------------|
| 2 zucchini, spiralized                    | 2 tsp sesame oil (10mL)          |
| 1 cup kale, cut into thin ribbons (240mL) | 1 tbsp tamari (15mL)             |
| ½ cup shredded carrots (120mL)            | ¼ cup raw pepitas (60mL)         |
| 1 green onion, sliced (30mL)              | ¼ cup raw sunflower seeds (60mL) |
| 2 tsp ginger root, minced (10mL)          | dash of black pepper, ground     |
| 2 garlic cloves, minced                   | dash of crushed red pepper       |
| 3 cups vegetable stock, divided (720mL)   |                                  |

## DIRECTIONS

1. Divide the spiralized zucchini into quart-size mason jars.
2. Divide the kale, carrots, green onions, ginger and garlic between the jars. Top with lid and refrigerate until ready to serve.
3. When ready to eat, heat vegetable broth, sesame oil and tamari.
4. Pour broth over the veggies in the jar and let sit for 5 minutes. Mix in pepitas, sunflower seeds and red pepper flakes.



Don't have a spiralizer? Use a vegetable peeler to make into strips OR look for spiralized zucchini noodle in your produce section.

MEAL | 60 MINUTES | SERVES 2

# Thai Stuffed Potatoes

I'm a major fan of stuffed sweet potatoes, and this is one I think you'll love so much you'll add it to your regular rotation post-cleanse. The flavors of Thai cuisine are brought together in a fantastic party-in-your-mouth kind of way. Feel free to make this as mild or spicy as you can handle.

## INGREDIENTS

2 sweet potatoes  
1 tsp coconut oil (10mL)  
1 green onion, sliced (30mL)  
1 cup broccoli florets (240mL)  
¼ cup coconut milk (60mL)  
1 tbsp red curry paste (15mL)  
dash of sea salt

## TOPPINGS

2 tbsp raw cashews, chopped (30mL)  
½ avocado, diced  
2 tbsp fresh cilantro, stems removed and chopped (30mL)  
½ lime, cut into wedges  
dash of crushed red pepper

## DIRECTIONS

1. Preheat oven to 400°F (205°C). Prick sweet potatoes with a fork and bake for 45 minutes, or until tender.
2. In a small skillet, heat coconut oil over medium-high heat. Add green onions and broccoli and cook for 3 minutes, until broccoli is bright green and tender.
3. Once the sweet potatoes are cooked, let them cool for a few minutes. Cut the potatoes in half lengthwise. Carefully scoop out the orange flesh leaving the skin intact. Place the flesh into a mixing bowl and mash with a fork. Add the coconut milk, red curry paste and salt. Stir in the broccoli mixture.
4. Divide the mixture between the sweet potato halves and place on a baking sheet. Return to oven and bake for 15 minutes.
5. Add toppings when ready to serve.



Swap red curry paste for green or yellow, depending on your preference.





MEAL | 20 MINUTES | SERVES 2

# Lemon Pepper Zoodles

This recipe is Spring in a bowl! Fresh ground black pepper and bright lemon pairs perfectly with gorgeous green zucchini and asparagus; a bowl you'll be excited to enjoy over and over again!

## INGREDIENTS

- 2 tsp olive oil, divided (10mL)
- 10 asparagus, cut into 2-inch pieces
- dash of sea salt
- ½ tsp black pepper, ground (2.5mL)
- 1 garlic clove, minced
- 2 zucchini, spiralized
- ½ lemon, juiced and zested

## DIRECTIONS

1. In a large skillet, heat olive oil over medium-high heat. Add the asparagus and season with sea salt and pepper. Saute on medium-high heat for 5 minutes, or until tender. Turn off heat.
2. Add garlic, zucchini and lemon to the skillet and toss well. Serve immediately.



Don't have a spiralizer? Use a vegetable peeler to make into strips OR look for spiralized zucchini noodle in your produce section.

MEAL | 30 MINUTES | SERVES 2

# Roasted Veggie Medley

Prepare yourself for a flavor explosion. Tossing the veggies in a delicious rosemary balsamic vinaigrette prior to roasting makes the flavors pop! And with a hint of maple and Dijon, it pairs perfectly with the earthiness of the mushrooms and the tangy cherry tomatoes.

## INGREDIENTS

2 tbsp balsamic vinegar (30mL)  
 1 tbsp olive oil (15mL)  
 1 tsp Dijon mustard (5mL)  
 1 tsp maple syrup (5mL)  
 1 tsp fresh rosemary, finely chopped (5mL)  
 1 garlic clove, minced  
 ½ red onion, quartered and sliced  
 1 ½ cups green beans, ends trimmed (360mL)  
 2 portobello mushrooms, cut into strips  
 1 cup cherry tomatoes (240mL)  
 ¼ tsp sea salt (1.25mL)  
 ¼ tsp black pepper, ground (1.25mL)

## BASIL PESTO

1 cup basil leaves (240mL)  
 ⅓ cup raw walnuts (80mL)  
 1 garlic clove, peeled  
 1 tsp lemon, juiced (5mL)  
 2 tbsp olive oil (30mL)

## DIRECTIONS

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a small bowl, combine balsamic vinegar, olive oil, mustard, maple syrup, rosemary and garlic.
3. Place veggies on the baking sheet. Pour the sauce over the top and gently toss to coat. Season well with salt and pepper. Roast for 15-20 minutes, or until veggies are tender.
4. Prepare basil pesto by adding all ingredients to a small food processor and pulse until desired consistency is reached
5. Place veggies on a plate and serve with pesto.



MEAL | 30 MINUTES | SERVES 2

# Sweet Potato Noodles

Looking for some Thai fusion flavors for your taste buds with plant-based ingredients for your stomach? Try this sweet potato noodle dish.

## INGREDIENTS

- 1 sweet potato, spiralized
- 1 tbsp coconut oil, melted (30mL)

## SIMPLE CASHEW SLAW

- ¼ cup cashew cream (60mL) (p. 16)
- 1 garlic clove
- ½ tsp Dijon mustard (1.25mL)
- dash of sea salt
- ½ lemon, juiced
- 1 tsp raw apple cider vinegar (7.5mL)
- 1 tsp coconut sugar (5mL)
- 1 cup coleslaw (240mL)

## ALMOND BUTTER SAUCE

- 2 tbsp yellow onion (30mL)
- 1 ½ tsp ginger root, peeled (7.5mL)
- ½ garlic clove
- ⅓ cup almond butter (80mL)
- 1 ½ tsp tamari (7.5mL)
- 1 ½ tsp lemon, juiced (7.5mL)
- 1 ½ tsp honey (7.5mL)
- ½ tsp smoked paprika (2.5mL)
- dash of cayenne pepper
- 2 tbsp water (30mL)

## DIRECTIONS

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a medium bowl, toss the spiralized sweet potato with oil and place on baking sheet. Season with salt and black pepper. Bake for 20 minutes, or until golden.
3. Almond Butter Sauce: In a small food processor, puree all ingredients together until smooth and creamy. Set aside.
4. Simple Cashew Slaw: Puree cashew cream, garlic, Dijon mustard, salt, lemon juice, vinegar, coconut sugar and salt in a food processor. Transfer to a bowl and mix in the coleslaw.
5. To serve: Place sweet potato noodles on plates. Top with Almond Butter Sauce and Simple Cashew Slaw.



Use a vegetable peeler to spiralize OR look for "spiralized sweet potatoes" in produce section.