



# 3 DAY HIGH RAW CHALLENGE



Young and Raw

[www.youngandraw.com](http://www.youngandraw.com)

v1.0





# 3 day high raw

website [www.youngandraw.com](http://www.youngandraw.com)

## Introduction

Welcome to the 3 Day High Raw Challenge by Young and Raw. We're glad you're here!

The Young and Raw team has put this challenge together for you to have an opportunity to experience the benefits of a whole food diet, or as we like to call it a "real food diet", without going to extremes.

Often times the body has endured years of mistreatment through processed, fried, sugary foods, alcohol and even stress. If you've come from this type of lifestyle, going immediately into a cleanse or a detox program may be a bit too much for your body to deal with. Slowly transitioning yourself into a real food diet is a gentle way to prepare your body for a cleanse, increase your energy, shed excess weight and reduce your stress levels!

There is no one size fits all diet so feel free to put your own spin on the meal plans we've provided, with the help of your N.D or holistic practitioner. Our mission with this 3 day plan is to support you in discovering what it's like simply to only eat real food for a short period of time and perhaps you will then choose to go further. Our goal is not to tell you what to eat or what diet style to adopt, but to support you in finding the balance that feels best for your body as an individual. Your body is constantly giving you messages and we want to help you receive them.

If you're using this to reach a specific goal such as weight loss, cleansing, or battling sugar cravings, know that you're not alone on this journey and that no one expects you to be perfect. Love yourself for who you are and where you're at now, and have empowered thoughts about your ability to transform your own life. Change comes over time, not overnight, so be patient with your body and remember that it is always working to protect you. Get on the same side as your body and think positive thoughts because stress can be the worst road block for healing. Once your thoughts align with your actions in a positive way, you will notice doors begin to open up for you.

*Happy Cleansing!*



# preparation

## Preparation tips for raw food & smoothies

You can save time in the kitchen by prepping your fruits and veggies beforehand. Wash, slice and store your salad makings.

Peel and freeze your bananas in a large tupperware or glass container in the freezer so that they are always available to you for making smoothies. Freezing the bananas helps break down the starches making them easier to digest in a smoothie and also creates a very nice texture. If you don't want to freeze them, or cannot freeze them for some reason, use them fresh.

## Storage and food preparation

Most raw food dishes don't store very well. With a few exceptions, you should prepare and eat your meal within the same 24 hours. Smoothies and juices can store in the fridge for up to 24 hours in an airtight, sealed glass jar.

Salad dressings can be pre-made and stored in a sealed jar in the fridge for 3-4 days. Prepare your caesar dressing at the start of your week so you have it on hand when you want to use it, otherwise you will find following the meal plans very challenging.

## How to cook rice/quinoa

Take the amount of rice or quinoa called for in the recipe and divide that number by two. This is the amount of raw grain you will need. Next, take that amount of raw grain and double it, and that is the amount of water or vegetable stock you will need.

Example - If the recipe calls for 2 cups of cooked rice you will take 1 cup of raw grain and 2 cups of liquid to make 2 cups of cooked rice.

Next, take your grain and your liquid, put it in a pot and bring it to a boil. Once it reaches a boil, turn the heat down to medium low and allow it to simmer until all of the liquid is absorbed and the grain is tender. Stir occasionally. If the grain is still slightly crunchy at this point, add another 1/2 cup of liquid until your grain is soft enough to eat.

You may also take the time to soak your grain overnight, drain it and rinse the grain before cooking.

# 3 day high raw

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	DAY 1	DAY 2	DAY 3
<b>WAKE UP</b>	Water with Lemon	Water with Lemon	Water with Lemon
<b>COFFEE SUBSTITUTE (*optional)</b>	Yerba Mate' or Guayusa Tea	Yerba Mate' or Guayusa Tea	Yerba Mate' or Guayusa Tea
<b>BREAKFAST</b>	Healing Cleanse Green Smoothie & Berry Hemp Breakfast Bowl	Pineapple Cleanse Smoothie & Fruit Meal	Pear Basil Anti-inflammatory Smoothie & Chia Cinnamon Pudding
<b>SNACK</b>	Berryfull Protein Smoothie	Protein Smoothie	Blueberry Hempster Protein Smoothie
<b>LUNCH</b>	Greek Green Salad with Dressing	Roots & Sprouts Wraps with Apple Cumin Green Soup	Veggies & Oil Free Lentil Hummus
<b>DINNER</b>	Big Green Salad with Wild Rice or Quinoa & Steamed Veggies	Pizza Salad	Green Cabbage Tacos with optional Cooked Quinoa



# shopping list

by Young and Raw

## veggies

3 small sweet potatoes  
1 cup sun-dried tomatoes  
1 small head cabbage or iceberg lettuce  
4 roma tomatoes  
3 head romaine lettuce  
4 bell peppers (red, orange or yellow - not green)  
1/2 cup mushrooms  
1 glass jar Kalamata olives  
3 avocados  
7 ribs celery  
2 carrots  
1 beet  
2 handfuls or 1 small pack of sprouts  
1 zucchini  
1 large cucumber  
2-3 cups kale or mixed green of choice  
1 small purple onion  
1 small head broccoli

\*optional: 1 cup spinach for creating your own protein smoothie

## fruits

4 limes  
6 lemons  
5 bananas  
1 cup frozen blueberries  
1 apple  
2-4 oranges (depending on dressing choice)  
2-3 Medjool dates  
2 cups fresh or frozen berries of choice  
2 pears  
3-4 servings fruit of choice for fruit meal and make your own smoothie  
1 1/4 cup pineapple

## herbs

1 head garlic  
4-7 inches ginger (depending on dressing choice)  
1 bunch basil  
1 bunch parsley  
1 bunch cilantro  
1 small bunch dill

## grains, nuts, seeds, legumes

1 1/2 cups dry lentils  
1 small jar tahini  
4-7 tbsp chia seeds or hemp seeds  
1 box almond/coconut/sesame milk  
1 handful raw nuts and seeds of choice

3 cups dry quinoa or wild rice

Note: These are interchangeable. You may use one or the other.

## seasoning/spices/misc.

These ingredients will last you a very long time. Purchase your seasonings organic and in bulk if possible to save on costs. You will be able to use these for longer than one week so consider this when making your purchase.

1 small container pink Himalayan salt  
1 small container black pepper  
1 small container chipotle powder  
1 small container cinnamon  
2 tbsp raisins  
1 small container oregano  
1 small container cumin  
1 small container chili powder  
1 box (not canned) low sodium organic vegetable broth  
1 small container chickpea miso  
1 small bag dulse flakes \*optional

## optional items

1 small container protein powder of choice (see choices below)

## protein, superfoods and herbs

These products will last longer than one week and you will only need to stock up every month or two depending on how many people in your home use the products.

### protein powder

Vega Sport Performance, Sunwarrior Protein or Warrior Blend, Nutiva or Manitoba Harvest Hemp Protein, Garden of Life RAW Protein, Amazing Meal Raw Protein.

### young and raw vote

Sunwarrior, Vega & Nutiva Hemp Protein.





# recipes

by Young and Raw

Below are all of the recipes you will need for the next 3 days. If there are any ingredients you cannot find, don't like or have an allergy to and you would like to choose a substitute, go for it! Empower yourself to make healthy choices that nourish you on not only a physical level but a mental level as well. You are meant to enjoy the food you eat.



## water with lemon

### ingredients

1 litre of room temperature water  
1/2 - 1 lemon

### instructions

Squeeze the juice of 1/2 to 1 lemon into 1 litre of water. Drink as much as you can right away. If you cannot finish it all you may consume the rest throughout the morning.

### coffee substitute

Yerba Mate' or Guayusa Tea.

Note: This is optional if you're weaning yourself off caffeine.



## healing cleanse green smoothie

### ingredients

1 rib of celery  
1/4 cup of cucumber  
1 frozen banana  
1 handful of parsley  
1 handful of cilantro  
1 inch thumb sized piece of ginger  
(or less if you're new to ginger)  
1 cup of water  
1 tbsp chia or hemp seeds

### instructions

Place all ingredients in a blender and blend.



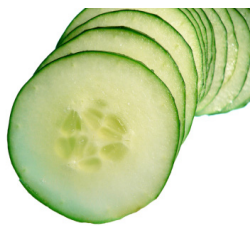
## pineapple cleanse smoothie

### ingredients

1 cup of pineapple (fresh or frozen)  
1 handful of cilantro  
1 rib of celery  
1 cup of water  
1 tbsp chia or hemp seeds

### instructions

Place all ingredients in a blender and blend.



# recipes

by Young and Raw

Smoothies are different than juices. Smoothies still have the fiber intact and are blended using a blender such as a Vitamix, Blendtec or Ninja. We recommend using a quality blender but any will suffice. If you're using a lower powered blender or if you're in a cold climate, simply swap out the frozen items for fresh to make it easier for your blender to handle and to warm your body up! We suggest the following add ons to any smoothie for warming properties: small thumbnail sized piece of ginger root, 1 tsp. cinnamon or a pinch of cayenne pepper.



## protein smoothie - create your own

### ingredients

Base of frozen or fresh fruit of your choice from :

- 1 frozen banana
- 1 cup blueberries
- 1 cup strawberries
- 1 cup cherries

### add greens

1 cup lettuce, kale, spinach  
and/or 1 rib of celery

### add protein powder

1 scoop of:  
Nutiva, Manitoba Harvest Hemp Protein, Vega Sport Performance Protein, Garden of Life RAW Protein or Sunwarrior Protein.

### instructions

Place all ingredients in a blender and blend.



## pear basil anti-inflammatory smoothie

### ingredients

- 1-2 pears, cored
- 1 handful of basil
- 1 rib of celery
- 1 cup of water or coconut water

### instructions

Place all ingredients in a blender and blend.



## blueberry hempster protein smoothie

### ingredients

- 1 frozen banana
- 1 cup frozen blueberries
- 1 tbsp chia or hemp seeds
- 1 scoop hemp protein  
or protein powder of choice
- 1-2 cups almond milk or water

### instructions

Place all ingredients in a blender and blend.



# recipes

by Young and Raw

Our Resident N.D, Dr. Quinn, suggests increasing your intake of cruciferous vegetables as an overall strategy to promote longevity, health and well being. Cruciferous vegetables are a very important component of healthy diets, for studies have shown that they may reduce the risk of cancer and are loaded with important nutrients that support the bodies natural detox abilities. You'll notice we recommend using broccoli sprouts, but they can be swapped out for something you have at home if you can't find them.



## roots & sprout wraps

### ingredients

1 carrot, grated  
1/2 small beet, grated  
Handful of sprouts  
(broccoli or sunflower)  
3-4 pieces of romaine, green  
cabbage or iceberg lettuce  
1/4 avocado

### instructions

Grate your carrot and your beet.  
Lay your romaine lettuce leaves on a plate. Fill with your beets, carrots and sprouts. Serve with the sauce inside the wraps or as a dipping sauce.

Serve with either Orange Miso Dressing or Sweet Ginger Tahini dressing  
(dressing instructions on the right)



## greek green salad - orange miso dressing

### ingredients

1 head of romaine lettuce  
(small sized)  
1/2 cup cucumber, sliced  
1/2 red bell pepper, diced  
1/4 cup of black Kalamata olives,  
pitted  
1/4 cup of purple onion, sliced  
\*optional

### orange miso dressing

2 oranges, juiced  
1 tbsp chickpea miso  
2 Medjool dates, pitted (or any  
other type of date)  
1 tsp dulse flakes

### dressing instructions

Blend together until smooth and use as a salad dressing.



## greek green salad - sweet ginger tahini

### ingredients

1 head of romaine Lettuce  
(small sized)  
1/2 cup cucumber, sliced  
1/2 red bell pepper, diced  
1/4 cup of black kalamata olives,  
pitted  
1/4 cup of purple onion, sliced  
\*optional

### sweet ginger tahini

1 cup tahini  
4 oranges, peeled and juiced  
3 lemons, peeled and juiced  
3 Medjool dates  
4 thumbprint sized pieces of ginger  
root  
1/4 cup coconut water

### dressing instructions

Blend together until smooth and use as a salad dressing.





# recipes

by Young and Raw

The wonderful thing about eating whole foods is that your body is able to assimilate all of the nutrients and put them to work to create energy and promote healing. Calories from whole foods and plant based foods are lighter for the body, so you'll need to eat more to stay nourished. Calorie restriction will be harmful for your progress, so don't limit yourself. Be empowered to tune into your own body and eat when you're hungry. If you have a specific craving, as long as it's a real, whole food, honor that. Use these meal plans 100% or just as a guideline. It's up to you how you'd like to use them to support you in your journey.



## berryfull protein smoothie

### ingredients

1 frozen banana  
1-2 cups of berries (your choice, blueberries are nice, so are cherries)  
1 scoop hemp protein  
1-2 cups coconut water or regular water

### instructions

Place all ingredients in a blender and blend.



## berry hemp breakfast bowl

### ingredients

2 cups of berries  
(blueberries or mixed berries)  
1 tbsp hemp seeds

Add a few slices of banana \*optional

### instructions

Slice your banana if using one.  
Place your berries, hemp seeds and sliced bananas in a bowl. Toss and enjoy.



## apple cumin green soup

### ingredients

1/2 avocado  
1/2 apple \*sweet  
1 rib of celery  
1 tsp. cumin  
Pinch of pink Himalayan salt \*optional

### instructions

Blend until smooth and enjoy.



# recipes

by Young and Raw

Quinoa and chia seeds both store quite well. You can prepare extra of these two recipes and store them in the fridge for 2-3 days if you'd like to continue on with this eating plan beyond the 3 days we've laid out for you. We like to prepare batches of meals like these and store them in glass jars or containers for easy access and healthy food on the go.



## pizza salad

### ingredients

4-5 cups romaine lettuce  
¼ cup diced pineapple  
½ bell pepper, diced  
½ cup mushrooms, sliced  
3-4 black Kalamata olives, chopped  
2 tbsp marinara sauce (see below)  
½ tsp dried oregano

### marinara sauce

1 red pepper  
2 roma tomatoes  
¼ cup of soaked sundried tomatoes  
1 clove of garlic  
¼ tsp oregano  
½ cup basil  
¼ tsp pink Himalayan salt  
7 cracks of black pepper

### instructions

Blend marinara sauce ingredients in a high speed blender and set aside. Chop romaine lettuce into bite size pieces. Chop pineapple, bell pepper, mushrooms and olives. Combine all ingredients in a bowl, toss and enjoy.

Optional: Gently heat your marinara sauce on the stove and pour over the top for a warm pizza salad.



## quinoa & steamed veggies

### ingredients

1 cup of quinoa  
(white, red or rainbow is fine)  
2 cups of water or low sodium vegetable broth  
2 ribs of celery, diced  
¼ cup of sundried tomatoes  
1 handful of parsley, chopped

### steamed veggies

1 head of broccoli, chopped  
1 zucchini, chopped

### instructions

Place your chopped, washed veggies into a steamer and let soften for 2-5 minutes. Serve over the top of your quinoa.



## chia cinnamon pudding

### ingredients

2 tbsp chia seeds  
¼ cup of almond, coconut or sesame milk  
1 tsp cinnamon  
2 tbsp fresh blueberries or raisins

### instructions

Soak your chia seeds in your milk for 30-60 minutes or overnight. When the chia seeds have absorbed the liquid, stir in your cinnamon and blueberries. Enjoy!





# recipes

by Young and Raw

Your dip recipe below will leave you with left overs for the following 2-3 days. It can be stored in the fridge and served over again with veggie chips. Cucumber, red bell pepper, celery & carrots are all delicious with lentil dip. Be mindful that some find it difficult to digest raw starches like carrots, so if you're suffering from digestive issues, it's best to steer away from raw starches and eat veggies like the ones listed before carrots.



## veggies & oil free lentil hummus

### ingredients

3 small sweet potatoes  
1 1/2 cups raw lentils  
(use any kind you like)  
3 cloves garlic  
2 inch piece ginger  
3 limes - zest and juice  
1 tbsp chipotle powder  
2 tbsp tahini  
Pink Himalayan salt to taste

### instructions

1. For the lentils - Pour your lentils into a medium pot with 3 cups of water. Bring to a boil and reduce to medium low. Allow to simmer for 25-35 minutes or until your lentils are tender.
2. For your sweet potato - Chop your sweet potatoes into small cubes. Pour three inches of water into the bottom of a medium pot and place a steaming basket inside. Place your sweet potatoes in the steaming basket and cover with a



the water to a boil, reduce the heat to low and allow to steam for about 30 minutes or until your sweet potatoes are fork tender. The smaller you cut your potatoes the shorter the steam time will be.

*\*Note: You may peel sweet potatoes if you wish but the skin is full of nutrients so it's great to leave it on.*

3. Drain any excess liquid from your lentils.
  4. Place your lentils and sweet potatoes in a food processor.
  5. Using a microplane, grate in your ginger, garlic and lime zest. Cut your limes in half and juice them into the food processor. Add your tahini, chipotle and salt.
  6. Process your hummus until smooth. You can stir in some finely chopped green onion and cilantro for some extra flavor as well.
- Enjoy your hummus on some fresh raw veggies like carrot sticks, celery ribs, cucumber slices, sliced



## big green salad with wild rice

### ingredients

2-3 cups of mixed greens or romaine lettuce  
1 handful of your choice of sprouts (sunflower, pea, broccoli sprouts)  
1/2 avocado, mashed in  
1/2 cup cucumber, diced  
1/4 cup of dill, diced *\*optional*

1 cup of cooked quinoa or wild rice

### instructions

Cook your quinoa or wild rice according to the directions given at the top of the meal plans. Chop your cucumber and dill. Cut your avocado in half. Scoop out the flesh from one half, and place in a small bowl. Mash with a fork. When your quinoa or rice is finished cooking, place all ingredients in a bowl. Toss and enjoy!



# recipes

by Young and Raw

For green cabbage tacos, feel free to be creative and add to the recipe if you like! If you want to add a live salsa recipe (not canned), or if you've got some other favorite veggies to add as toppings you can. Broccoli sprouts always make a wonderful addition to these types of recipes and power up the nutrient profile as well!



## green cabbage tacos

### ingredients

2 green cabbage leaves  
OR iceberg lettuce leaves  
2 red peppers, chopped  
1 carrot, grated  
2 roma tomatoes, chopped

Add 1 cup of cooked quinoa \*optional

### guacamole

1 avocado, mashed with a pinch of pink Himalayan salt  
1 pinch of chili powder  
1 tsp cumin powder  
1 lime, juiced  
1 handful of parsley/cilantro, chopped

### instructions

Cook quinoa according to earlier directions.



To make your guacamole, slice your avocado in half, remove the pit and scoop out the flesh into a bowl. Add your pink Himalayan salt, chili powder and cumin. Slice your lime in half and juice over your avocado. Chop your parsley and cilantro and add to your avocado. Use a fork to mash the avocado while stirring in the rest of the ingredients. Set aside.

Chop your red peppers and tomatoes. Grate your carrot.

When your quinoa is cooked, take your cabbage or lettuce leaves, and fill with your quinoa. Layer on your veggies. Place a dollop of guacamole on top and enjoy!



## fruit meal

### ingredients

2-3 pieces whole fruit OR  
2-3 cups berries or grapes

### instructions

If you feel you are sensitive to sugar or have insulin spikes you can add a handful of mixed nuts and/or seeds to your fruit meal or have a small glass of protein smoothie with your fruit meal.





# 3 day high raw

Now that you have completed this 3 day high raw challenge, we hope you are feeling empowered and confident in your journey ahead.

The Young and Raw Team and all of our contributors would like to acknowledge you for making the time to honor your body by partaking in this program.

Let this experience drive you to expand your understanding of the deep connection between the food we choose to eat, and how we express ourselves in the world around us.

Feedback and comments are always welcome. If you would like to share your personal testimonial or experience with our team, please send us an email at [Info@youngandraw.com](mailto:Info@youngandraw.com).

Remember to visit our website for more recipes & health tips daily here:

<http://www.youngandraw.com>

## Inspire others....

If you'd like to share your Before & After photos or videos with the Young and Raw community to lead as a source of inspiration for those around you, please send them to [Info@youngandraw.com](mailto:Info@youngandraw.com) with the subject line "Feature Me".

Keep this program saved in your files for future use. You can use your Young and Raw 3 Day High Raw plan as a tool whenever you need some encouragement or feel like it's time for another cleanse.

To learn more about our 21 Day Raw Food Reset Program you can visit the page here:

<http://www.21dayrawfoodreset.com>

Our mission is to re-unite people all over the globe with real food.

Join the Real Food Movement with Young and Raw!

Love Young and Raw

*Happy Cleansing!*



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## medical disclaimer

This program is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet or nutrition program. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this program. The purpose of this program is to help healthy people reach their cosmetic fitness goals by educating them in proper nutrition and exercise guidelines.

No health claims are made for this program. This nutrition and exercise program will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist; the author is a fitness and nutrition consultant.

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional for health advice.

Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results. If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning an exercise program.

The American College of Sports Medicine (ACSM) recommends that (apparently) healthy individuals who are male and over 40 or female and over 50 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program. A diagnostic exercise test and physical examination is also recommended in individuals of any age who exhibit two or more of the major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes). Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation including a graded exercise test before engaging in strenuous physical activity.

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## meal plan

### day 1

**Wake up** - (001) Water with Lemon

**Coffee Substitute** (002)

**Breakfast** - (003) Healing Cleanse Green Smoothie & (004) Berry Hemp Breakfast Bowl

**Snack** - (005) BerryFull Protein smoothie

**Lunch** - (006) Greek Green Salad with dressing

**Dinner** - (007) Big Green Salad with Wild Rice or (008) Quinoa & Steamed Veggies

### day 2

**Wake up** - (001) Water with Lemon

**Coffee Substitute** (002)

**Breakfast** - (009) Pineapple Cleanse Smoothie & (019) Fruit Meal

**Snack** - (010) Protein Smoothie

**Lunch** - (012) Roots & Sprouts Wraps with (011) Apple Cumin Green Soup

**Dinner** - (013) Pizza Salad

### day 3

**Wake up** - (001) Water with lemon

**Coffee Substitute** (002)

**Breakfast** - (014) Pear Basil Anti-inflammatory Smoothie & (015) Chia Cinnamon Pudding

**Snack** - (016) Blueberry Hempster Protein Smoothie

**Lunch** - (017) Veggies & Oil Free Lentil Hummus

**Dinner** - (018) Green Cabbage Tacos & Optional add on of Cooked Quinoa

## shopping list

### veggies

3 small sweet potatoes  
1 cup sun-dried tomatoes  
1 small head cabbage or iceberg lettuce  
4 roma tomatoes  
3 head romaine lettuce  
4 bell peppers (red, orange or yellow - not green)  
1/2 cup mushrooms  
1 glass jar Kalamata olives  
3 avocados  
7 ribs celery  
2 carrots  
1 beet  
2 handfuls or 1 small pack of sprouts  
1 zucchini  
1 large cucumber  
2-3 cups kale or mixed green of choice  
1 small purple onion  
1 small head broccoli

*\*optional:* 1 cup spinach for creating your own protein smoothie

### fruits

4 limes  
6 lemons  
5 bananas  
1 cup frozen blueberries  
1 apple  
2-4 oranges (depending on dressing choice)  
2-3 Medjool dates  
2 cups fresh or frozen berries of choice  
2 pears  
3-4 servings fruit of choice for fruit meal and make your own smoothie  
1 1/4 cup pineapple

### herbs

1 head garlic  
4-7 inches ginger (depending on dressing choice)  
1 bunch basil  
1 bunch parsley  
1 bunch cilantro  
1 small bunch dill

### grains, nuts, seeds, legumes

1 1/2 cups dry lentils  
1 small jar tahini  
4-7 tbsp chia seeds or hemp seeds  
1 box almond/coconut/sesame milk  
1 handful raw nuts and seeds of choice  
3 cups dry quinoa or wild rice. *Note: These are interchangeable. You may use one or the other.*

### seasoning/spices/misc.

These ingredients will last you a very long time, purchase your seasonings organic and in bulk if possible to save on costs. You will be able to use these for longer than one week so consider this when making your purchase.

1 small container pink Himalayan salt  
1 small container black pepper  
1 small container chipotle powder  
1 small container cinnamon  
2 tbsp raisins  
1 small container oregano  
1 small container cumin  
1 small container chili Powder  
1 box (not canned) low sodium organic vegetable broth  
1 small container chickpea miso  
1 small bag dulse flakes *\*optional*

### optional items

1 small container protein powder of choice  
Vega, Hemp or Sunwarrior



## recipes page 1

### (001) Water with Lemon

1 litre of Water

1/2 - 1 lemon

Squeeze the juice of 1/2 to 1 lemon into 1 litre of room temperature water. Drink as much as you can right away. If you cannot finish it all you may consume the rest throughout the morning.

### (002) Coffee Substitute

Yerba mate' or Guayusa Tea

Note: This is optional if you're weaning yourself off caffeine.

### (003) Healing Cleanse Smoothie

1 rib of celery

1/4 cup of cucumber

1 frozen banana

1 handful of parsley

1 handful of cilantro

1 inch thumb size piece of ginger (or less if you're new to ginger)

1 cup of water

1 tbsp chia or hemp seeds

Place all ingredients in a blender and blend.

### (004) Berry Hemp Breakfast Bowl

2 cups of berries

(blueberries or mixed berries)

1 tbsp hemp seeds

Add a few slices of banana \*optional

Slice your banana if using one. Place your berries, hemp seeds and sliced bananas in a bowl, toss and enjoy

### (005) Berryfull Protein Smoothie

1 frozen banana

1-2 cups of berries (your choice, blueberries are nice, so are cherries)

1 scoop hemp protein

1-2 cups coconut water or regular water

Place all ingredients in a blender and blend.

### (006) Greek Green Salad with Dressing

1 head of romaine lettuce

(small sized)

1/2 cup cucumber, sliced

1/2 red bell pepper, diced

1/4 cup of black Kalamata olives, pitted

1/4 cup of purple onion, sliced \*optional

orange miso dressing

2 oranges, juiced

1 tbsp chickpea miso

2 Medjool dates, pitted (or any other type of date)

1 tsp dulse flakes

or

sweet ginger tahini dressing

1 cup tahini

4 oranges, peeled and juiced

3 lemons, peeled and juiced

3 Medjool dates

4 thumbprint sized pieces of ginger root

1/4 cup coconut water

Blend together until smooth and use as a salad dressing.

### (007) Big Green Salad with Wild Rice

2-3 cups of mixed greens or romaine lettuce

1 handful of your choice of sprouts (sunflower, pea, broccoli sprouts)

1/2 avocado, mashed in

1/2 cup cucumber, diced

1/4 cup of dill, diced \*optional

1 cup of cooked quinoa or wild rice

Cook your quinoa or wild rice according to the directions given at the top of the meal plans.

Chop your cucumber and dill. Cut your avocado in half. Scoop out the flesh from one half, and place in a small bowl. Mash with a fork. When your quinoa or rice is finished cooking, place all ingredients in a bowl. Toss and enjoy!

### (008) Quinoa and steamed veggies

1 cup of quinoa (white, red or rainbow is fine)

2 cups of water or low sodium vegetable broth

2 ribs of celery, diced

1/4 cup of sundried tomatoes

1 handful of parsley, chopped

steamed veggies

1 head of broccoli, chopped

1 zucchini, chopped

Place your chopped, washed veggies into a steamer and let soften for 2-5 minutes. Serve over the top of your quinoa.

### (009) Pineapple Cleanse Smoothie

1 cup of pineapple (fresh or frozen)

1 handful of cilantro

1 rib of celery

1 cup of water

1 tbsp chia or hemp seeds

Place all ingredients in blender and blend

### (010) Protein smoothie. Create your own:

Base of frozen or fresh fruit of your choice from :

1 frozen banana

1 cup blueberries

1 cup strawberries

1 cup cherries

add greens

1 cup lettuce, kale, spinach

and/or 1 rib of celery

add protein powder

1 scoop of:

Nutiva, Manitoba Harvest Hemp Protein,

Vega Sport Performance protein,

Garden of Life RAW Protein or

Sunwarrior Protein.

Place all ingredients in a blender and blend.

### (011) Apple Cumin Green soup

1/2 avocado

1/2 apple \*sweet

1 rib of celery

1 tsp cumin

pinch of pink Himalayan salt \*optional

Blend until smooth and enjoy.

### (012) Roots & Sprouts Wraps

1 carrot, grated

1/2 small beet, grated

Handful of sprouts (broccoli or sunflower)

3-4 pieces of romaine, green cabbage or iceberg lettuce

Grate your carrot and your beet. Lay your romaine lettuce leaves on a plate. Fill with your beets, carrots and sprouts. Serve with the sauce inside the wraps or as a dipping sauce.

Serve with either Orange Miso Dressing or Sweet Ginger Tahini Dressing (see 006)

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### (013) Pizza Salad

4-5 cups romaine lettuce  
¼ cup diced pineapple  
½ bell pepper, diced  
½ cup mushrooms, sliced  
3-4 black Kalamata olives, chopped  
½ tbsp dried oregano  
2 tbsp marinara sauce (Recipe Below)

#### Marinara Sauce

1 red pepper  
2 roma tomatoes  
¼ cup of soaked sundried tomatoes  
1 clove of garlic  
¼ tsp oregano  
½ cup basil  
¼ tsp pink Himalayan salt  
7 cracks of black pepper

Blend marinara sauce ingredients in a high speed blender and set aside. Chop romaine lettuce into bite size pieces. Chop pineapple, bell pepper, mushrooms and olives. Combine all ingredients in a bowl, toss and enjoy.

Optional: Gently heat your marinara sauce on the stove and pour over the top for a warm pizza salad.

### (014) Pear Basil Anti-inflammatory Smoothie

1-2 pears, cored  
1 handful of basil  
1 rib of celery  
1 cup of water or coconut water

Place all ingredients in a blender and blend.

### (015) Chia Cinnamon Pudding

2 tbsp chia seeds  
¼ cup of almond, coconut or sesame milk  
1 tsp cinnamon  
2 tbsp fresh blueberries or raisins

Soak your chia seeds in your milk for 30-60 minutes or overnight. When the chia seeds have absorbed the liquid, stir in your cinnamon and blueberries. Enjoy!

### (016) Blueberry Hempster Protein Smoothie

1 frozen banana  
1 cup frozen blueberries  
1 tbsp chia or hemp seeds  
1 scoop hemp protein or protein powder of choice  
1-2 cups almond milk or water  
Place all ingredients in a blender and blend.

### (017) Veggies & Oil Free Lentil Hummus

3 small sweet potatoes  
1 ½ cups raw lentils (use any kind you like)  
3 cloves garlic  
2 inch piece ginger  
3 limes - zest and juice  
1 tbsp chipotle powder  
2 tbsp tahini  
Pink Himalayan salt to taste.

1. **For the lentils** - Pour your lentils into a medium pot with 3 cups of water. Bring to a boil and reduce to medium low. Allow to simmer for 25-35 minutes, or until your lentils are tender.
2. **For your sweet potato** - Chop your sweet potatoes into small cubes. Pour three inches of water into the bottom of a medium pot and place a steaming basket inside. Place your sweet potatoes in the steaming basket and cover with a lid. Bring the water to a boil,

reduce the heat to low, and allow to steam for about 30 minutes or until your sweet potatoes are fork tender. The smaller you cut your potatoes the shorter the steam time will be. Note: You may peel sweet potatoes if you wish but the skin is full of nutrients so it's great to leave it on.

3. Drain any excess liquid from your lentils.
4. Place your lentils and sweet potatoes in a food processor.
5. Using a microplane, grate in your ginger, garlic and lime zest. Cut your limes in half and juice them into the food processor. Add your tahini, chipotle and salt.
6. Process your hummus until smooth. You can stir in some finely chopped green onion and cilantro for some extra flavor as well.

Enjoy your hummus on some fresh raw veggies like carrot sticks, celery ribs, cucumber slices, sliced bell pepper or broccoli spears

### (018) Green Cabbage Tacos with Optional add on of Cooked Quinoa

2 green cabbage leaves or iceberg lettuce leaves  
2 red peppers, chopped  
1 carrot, grated  
2 roma tomatoes, chopped

Add in: 1 cup of cooked quinoa \*optional

#### Guacamole

1 avocado, mashed with a pinch of pink Himalayan salt  
1 pinch of chili powder  
1 tsp cumin powder  
1 lime, juiced  
1 handful of parsley/cilantro, chopped

Cook quinoa according to earlier directions. To make your guacamole, slice your avocado in half, remove the pit and scoop out the flesh into a bowl. Add your pink himalayan salt, chili powder and cumin. Slice your lime in half and juice over your avocado. Chop your parsley and cilantro and add to your avocado. Use a fork to mash the avocado while stirring in the rest of the ingredients. Set aside.

Chop your red peppers and tomatoes. Grate your carrot.

When your quinoa is cooked, take your cabbage or lettuce leaves, and fill with your quinoa. Layer on your veggies. Place a dollop of guacamole on top and enjoy!

### (019) Fruit Meal

2-3 pieces whole fruit OR  
2-3 cups berries or grapes

If you feel you are sensitive to sugar or have insulin spikes you can add a handful of mixed nuts and/or seeds to your fruit meal or have a small glass of protein smoothie with your fruit meal.