

gluten-free vegan grain-free

A wooden cutting board is the central focus, featuring several cucumber rolls. Each roll is a thick slice of cucumber, hollowed out and filled with a mixture of avocado, cucumber, and other vegetables, topped with a red spice powder. In the background, there are small white bowls containing spices and a larger bowl with a yellow dressing. The scene is brightly lit, emphasizing the freshness of the ingredients.

the DECADENT DETOX

4 seasonal 14-day meal plans
for vibrant health

BY TESS MASTERS AND KAREN KIPP

The Decadent Detox

by Tess Masters and Karen Kipp

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4th Century B.C.

"Everyone has a doctor in him; we just have to help him in his work. The natural healing force within each one of us is the greatest force in getting well....to eat when you are sick, is to feed your sickness." — Hippocrates

15th Century

"Fasting is the greatest remedy—the physician within."

— Philippus Paracelsus

18th Century

"The best of all medicines is resting and fasting."

— Benjamin Franklin

21st Century

"Fasting is the single greatest natural healing therapy. It is nature's ancient universal 'remedy' for many problems.

Animals instinctively fast when ill." — Elson Haas, M.D. in *Staying Healthy with Nutrition*



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welcome!

Are you ready to feel better, have more energy, sleep more deeply, breathe more freely, think more clearly, and feel more vibrant and healthier overall?

From the dawn of medicine, millennia ago, ancient and modern civilizations have recognized fasting as a tool for healing and renewing the body, mind, and spirit. Giving the body a rest from solid food and nurturing it briefly with easily digested, nutrient-dense juices can improve health.

For us, no wellness tool stands out more for its ability to repair and renew the body in a short timeframe than cleansing and fasting. Karen has been facilitating cleanses and fasts for over 20 years, working with thousands of clients. Tess, who's been juice fasting one day each week for 10-plus years, and doing a more sustained juice fast at the beginning of each season, can attest first hand to the power and benefits of this practice.

We met through our work, and after discovering many common elements to our wellness philosophies, teamed up to bring our version of cleansing and juice fasting to a larger community. Karen's experience in [coaching](#) and Tess's arsenal of [easy healthy recipes](#) came together initially in a set of [3-day juice fasts](#), one for each season, offered free online. As these fasts gained popularity, we were inundated with requests for a [comprehensive seasonal cleanse program](#).

Cleansing and fasting (juice fasting in particular) have rapidly become hot topics. The array of programs available can make it difficult to decide what's the right one for you at any given time. To cleanse in the healthiest way, and harvest the fullest results, juice fasting is a great asset. Many programs omit information supporting a careful and responsible fast, or overlook a fast altogether. The result is an incomplete detox or an uncomfortable detox experience. A successful and responsible fast calls for adequate transitions, both going in and coming out. The foods you eat directly before and after a fast are especially important.

Our 14-day program puts every resource you need at your fingertips, and makes transitioning into and out of a juice fast safe and easy, and helps you get the full, amazing benefits from this practice. Our step-by-step guide includes a complete 14-day menu—for breakfast, lunch, dinner, snacks, and drinks—a full 7 days of delicious, clean eating that eases the body from cleansing to fasting and back to clean eating. All of the recipes are gluten-free, vegan (dairy-free and egg-free), grain-free (paleo-friendly), and low in natural sugar. The plan continues with 3 days of juice fasting, and then 4 days post-fast guidance and recipes to transition

your body back to solid food. We've created accessible, effective, and enjoyable detox experiences. Living and eating should be decadent and fun, even when you're cleansing!

We recommend a cleanse at the change of each season, so we've developed four specific programs, for summer, fall, winter, and spring. Eating in harmony with nature and in keeping with the seasons supports the body's built-in health and cleansing processes. Foods harvested in the spring, like asparagus and greens, promote detoxification after winter, while foods grown in the summer, like berries, melon and cucumber, help to cool our bodies and keep us hydrated. In the colder months, warming root vegetables help to strengthen and sustain the body. By eating local, seasonal produce we support our communities, reduce our carbon footprints, and get fresher, better-tasting food that's easily available.

The differences between cleansing and fasting can be confusing. As we use the terms in this book, the "cleanse" is the entire 14-day program of clean eating, and the "fast" is the 3-day period of juices only, coming in the middle of the cleanse (Days 8 to 10). Though the recipes vary from one seasonal cleanse to another, the program's structure and schedule remain the same all year. Ideally, you'll begin each program on a Friday morning (or whatever day leads into your weekend or the period in which you have a regular break), so you'll come to the juice fast 8 days later, and will have the opportunity to rest.

Season by season, you have the option to participate in the cleanse during a specific time period with our online cleanse group. Fasting with others, in a community, makes the practice more enjoyable and offers the opportunity to support each other and share resources. If this collaborative aspect appeals to you, you may want to [subscribe to the guided experience](#), in which we'll connect with you on each of the 14 days with daily emails and videos, weekly calls, bonus books and charts, a progress journal, guided meditations, a private facebook support group, and other resources to enhance your results. [Our website](#) provides further information on how personal, hands-on guidance helps participants get the most out of our seasonal cleanses.

This may be your first time cleansing, or you may have fasted with us before, or tried juice fasting or cleansing elsewhere. Whether you're here to initiate or expand on your cleansing practice, we welcome your participation in our 14-day program.

Let's get healthy!

As part of our commitment to spreading wellness, we'll donate 5% of the profits of this book to a charitable organization working to improve wellness for children. For more information about our chosen charity for this year, please visit our [website](#).

juices vs. smoothies

We often get asked to weigh in on “juicing versus blending,” like it’s a contest or a prize fight. We both drink juices and smoothies, with different benefits in mind, and recommend both. Green smoothies and whole blended juices retain the nutrients in skins, piths, and seeds, along with fiber, which slows down the assimilation of sugars and pushes food through the digestive system, binding and bulking toxins to assist the body in expelling them. Fresh juices, either with their pulp or strained, provide a more concentrated, nutrient dense food, and facilitate a less vigorous digestive process, reserving energy for detoxification and regeneration. That’s especially helpful in periods of illness or during a cleanse. Specifically for fasting, we recommend drinking fresh juices strained to remove as much of the pulp as possible.

why is cleansing beneficial?

To achieve optimal wellness we need to cleanse our bodies actively. Critics and skeptics tend to argue that nature designed our bodies to do this for themselves, continuously. True. But we’ve given nature no chance to prepare for and adjust to the myriad of changes we’ve wrought on our environments and brought about in our habits. A barrage of toxins comes at us non-stop from pollutants, processed foods and additives, stress, prescription drugs, insufficient exercise, sedentary occupations, and other sources. Since our bodies have not had time to evolve to stand up to this onslaught, they need help, even with the major organs of elimination—the liver, skin, intestinal tract, and kidneys—all on line and at work. By freeing our bodies from overloads of toxins and waste products we get these organs functioning as efficiently as they can. (For symptoms of toxicity, see the next section.)

In addition to clearing toxicity, the body needs a rest from digestion. On average, the human body expends 50-70% of its daily energy ration on digesting food. When cleansing and fasting, we give our bodies a bit of R&R, a brief furlough from this non-stop labor, and our systems can devote a greater share of energy to detoxification, healing, and repair. Fasting and cleansing certainly aren’t modern inventions, yet today we need them more than ever.

are you toxic?

“Problems with detoxification form one root of illness. If you feel lousy, it’s likely you’re toxic.” — Dr. Mark Hyman, in Is There Toxic Waste in Your Body?

Before you begin a cleanse, it’s important to gauge your state of wellness. This will get you started on a good footing, and enable you to track your progress. Take note of how you feel before the detox process, and then compare that to how you feel during and after the cleanse.

This checklist of common symptoms of toxicity—many and varied—can serve you as a guide:

- feeling “yucky,” sluggish, or lacking energy, for no apparent reason
- food cravings
- sore muscles/aches and pains
- indigestion/reflux
- digestion problems such as diarrhea/constipation and/or bloating and gas
- arthritis
- unexplained weight gain or inability to lose weight/cellulite/water retention
- restlessness/irritability
- sinus infection/congestion
- problems sleeping/insomnia
- unsteadiness/dizziness
- eczema, psoriasis, acne, rashes and other skin problems
- hormone imbalances/PMS/menstrual problems
- premature aging
- headaches
- difficulty concentrating
- puffy skin and/or dark circles under the eyes
- bad breath
- excessive or harsh body odor

If you experience any of these symptoms, a cleanse may help.

sources of toxins

Other than by living in a bubble, it's virtually impossible to avoid toxins in our world. But there are things we can do to minimize our exposure. (See "[Keep Clean Between Cleanses](#)" on page 34.)

Common toxins you may be exposed to:

- body care products (soaps and antibacterial cleansers, skin- and hair-care products, makeup, make-up and nail-polish removers, deodorants and antiperspirants, perfumes and cologne)
- drugs—prescription, over-the-counter and illicit
- refined and processed foods containing additives and preservatives
- heavy metals like mercury (commonly from amalgam fillings) and lead
- environmental toxins, industrial waste, petrochemicals, residues, pesticides and fertilizers, and by-products such as exhaust fumes, agricultural run-off, and excess CO2
- cleaning products including detergents, bathroom cleansers, air fresheners, oven cleaners, and furniture polish
- other chemicals: dry-cleaning products, as well as compounds used in paint, carpet, and furniture
- allergens: in food, environmental sources, and mold.
- mental, emotional, and spiritual toxins — isolation, loneliness, anger, jealousy, and hostility, all of which have toxic effects in our systems
- internal toxins: bacteria, yeasts and other kinds of fungus inside our guts, plus hormonal and metabolic toxins

the decadent detox—day by day

Our two-week cleanse program operates in four phases, plus a pre-cleanse phase designed to reduce your intake of toxins, clear them from your system, and expel them.

prior to the cleanse

If you smoke or consume caffeine, alcohol or artificial sweeteners, slowly reduce your intake, by 25% every 1 to 2 days, until you've eliminated the consumption completely before starting the cleanse. Going cold turkey will likely bring on avoidable detox symptoms like headaches. If you can't completely quit your consumption prior to the cleanse, see the note below under Days 1-5.

days 1-5

"Clean eating" with a balance of raw and cooked recipes. If you haven't eliminated caffeine or nicotine prior to the cleanse, keep cutting back slowly, reducing by 25% every day, so you're done with them by Day 4. On Day 1, eliminate all sweeteners. If your body has high levels of toxicity, you'll likely start to experience some of the detox symptoms described in "[What to Expect During the Cleanse](#)" on page 22.

days 6 & 7

To transition and prepare the body for juice fasting, shift to raw high-water content foods.

days 8-10

Juice Fasting - including vegetable broth, herbal teas, water, and juice popsicles. If you prefer not to fast, repeat the raw recipes featured on day 6 and 7 of the season's menu to continue clean eating.

days 11-14

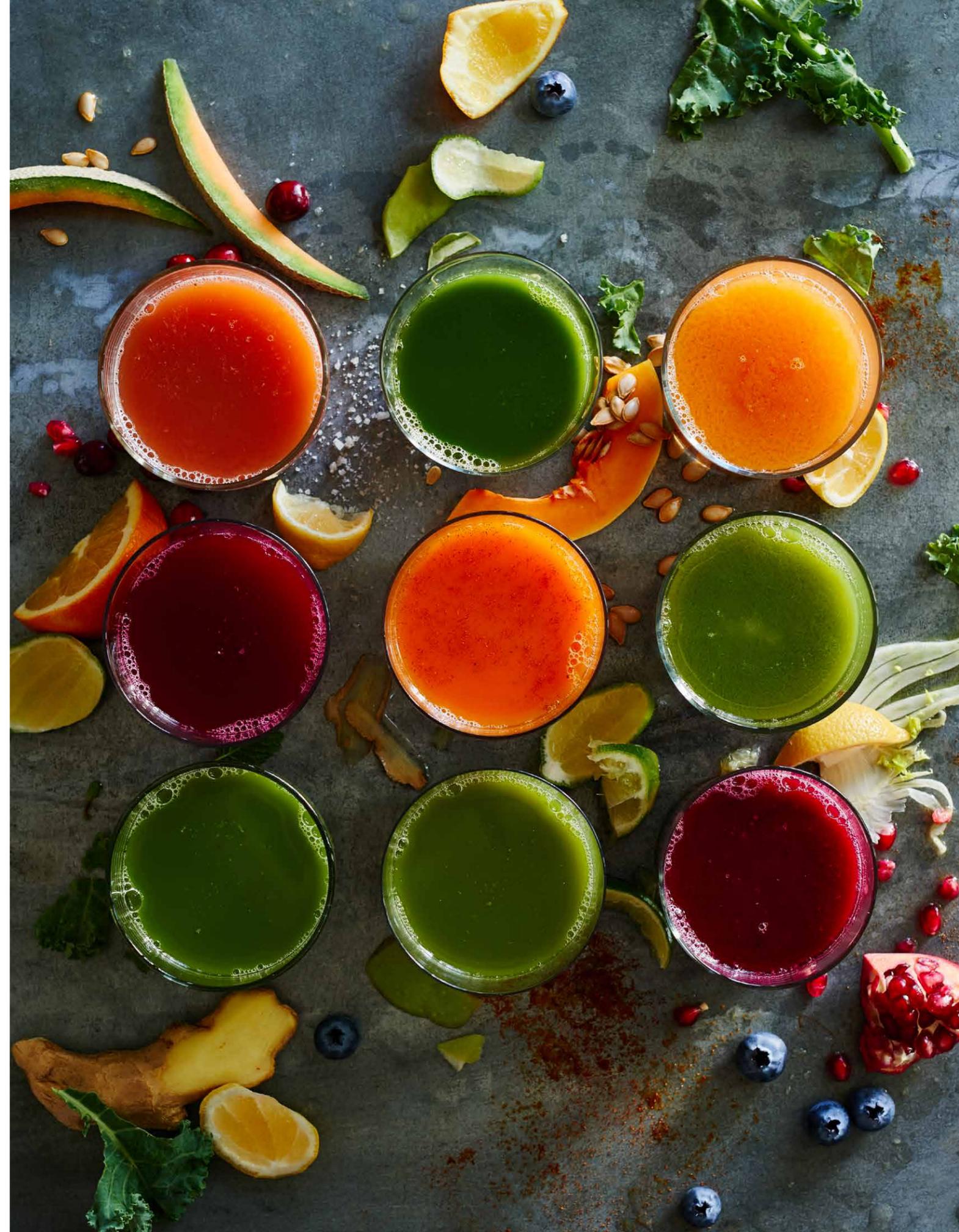
A gentle transition back to clean eating, with post-fast recipes. Celebrate and enjoy the renewed you. Note the changes in your body and in your daily experience. Common benefits include better sleep, clearer and softer skin, mental clarity, increased energy, and more pep in your step.

cleansing vs. fasting

“Cleansing” can refer to any process for assisting the body in ridding itself of toxins. These can include eating “cleaner,” fasting, or various therapies and tools that aid those beneficial shifts, such as body work and saunas. While fasting is a form of cleansing, not all cleansing involves fasting. To take an example: Eliminating dairy products and sugar from your diet for a period will initiate specific, limited detoxification. Cleanses vary greatly, depending on the program and intensity chosen. Cleansing ranges from simple aerobic exercise that sweats out toxins, to water-only fasting, probably the most intense. Water fasting (with our high toxicity levels and demanding schedules) is just too extreme for most people. Cleansing without adequate transitions will yield detox effects that can be very uncomfortable.

In our experience, the ideal middle ground for most of us is juice fasting. It offers all the benefits of fasting (the intense healing process in the body) while slowing down the detox process so that it’s comfortable. A well-programed juice fast delivers significant, easily absorbable, concentrated nutrients (to aid the cleansing process) with sufficient calories to fuel detox. Juice fasting is not only easy and safe, it’s extraordinarily effective, and we’ve seen thousands of people experience its benefits. What they report ranges from simply feeling better to significantly improving health, alleviating a variety of health conditions, including headaches, high blood pressure, sugar imbalances, sinus problems, skin conditions, and digestive issues. Fasting and cleansing contributes to wellness, and can—with proper guidance—be safely practiced for periods of up to 120 days. (If you’re interested in extending your fast beyond 3 days, refer to [“Breaking The Fast Responsibly and Safely”](#) on page 18 for modifications.)

Still, not everyone’s a yogi. After just three days of juice fasting—a good, basic cleanse—many people find they’ve got a tremendous increase in energy, better sleep patterns, improved digestion, significantly greater clarity of mind, fewer aches and pains, and greater overall wellness. People of diverse beliefs say they experience a spiritual reconnection or increased clarity of purpose and intention.



While juice fasting is a safe and healthy practice for the majority of people, we don't recommend it for those with critical heart conditions, diabetes, or chronic conditions such as cancer (especially those actively undergoing oncology treatments). Fasting is unsafe for pregnant or lactating women, too. Cleansing in combination with clean eating (not fasting) is beneficial for almost everyone. Please consult your healthcare professional before participating in this program, particularly if you have existing medical conditions or concerns.

medically observed effects of fasting

Though fasting has been employed successfully for thousands of years, much of Western society has abandoned the practice. Leading wellness experts are part of a movement to reestablish this valuable tool in our medical tradition:

Dr. Joel Furhman, in his book *Fasting and Eating for Health* (St. Martin's Griffin): *Therapeutic fasting is not a mystical or magical cure. It works because the body has within it the capacity to heal when the obstacles to healing are removed. Health is the normal state. Most chronic disease is the inevitable consequence of living a lifestyle that places disease-causing stressors on the human organism. Fasting gives the body an interlude without those stressors so that it can speedily repair or accomplish healing that could not otherwise occur in the feeding state.*

Dr. Andrew Weil, in his article, "Intermittent Fasting: A Healthy Choice" (HuffingtonPost): *The positive effects of intermittent fasting have been chronicled in a variety of animal and human studies, starting with a seminal experiment in 1946, when University of Chicago researchers discovered that denying food every third day boosted rats' lifespans by 20 percent in males, 15 percent in females. A 2007 review by University of California, Berkeley, researchers concluded that alternate-day fasting may: decrease cardiovascular disease risk, decrease cancer risk, lower diabetes risk (at least in animals, data on humans were less clear, possibly because the trial periods in the studies were not long enough to show an effect), improve cognitive function, protect against some effects of Alzheimer's and Parkinson's diseases.*

In *The Detox Prescription* (Rodale), Woodson Merrell, MD, chairman of the Department of Integrative Medicine, Beth Israel Medical Center, notes that benefits of a 3-day juice fast include: *breaking the cycle of cravings for foods that undermine health; resting the stomach, the gut and the liver, enabling repairs if needed; reducing appetite; eliminating harmful foods; flooding the body with super nutrition; weight loss; improved energy; rehydration; alleviating physical ailments; promoting maximum detoxification.*

With fasting enjoying a resurgence thanks to integrative medicine, and increasing awareness of global practices, further benefits are being observed and documented. Participating in this cleanse, you're part of that movement, and can share your experience.



what happens inside your body during fasting

"The body's wondrous ability to autolyze (or self-digest) and destroy needless tissue such as fat, tumors, blood vessel plaque, and other nonessential and diseased tissues, while conserving essential tissues, gives the fast the ability to restore physiologic youth to the system. By removing or lessening the burden of diseased tissue, including the fatty tissue narrowing the blood vessels, fasting increases the blood flow and subsequent oxygenation and nutrient delivery to vital organs throughout the body."

— Joel Fuhrman, M.D., *Fasting and Eating for Health* (St. Martin's Griffin)

While it's wonderful to feel the benefits, we want you to know what actually happens in the body during and after a cleanse. During a fast, your body taps into energy by burning excess fats, along with sugars and other carbohydrates. The liver is the star in this process - converting fats into water-soluble compounds that deliver energy throughout the body for use.

Our bodies store toxins chiefly in fats, to keep those damaging chemicals away from vital tissues. During a fast the liver breaks down fats more rapidly, promoting the release of those toxins. Fasting boosts the body's built-in detox processes.

In addition to the detox benefits, fasting aids digestion, nutrient absorption, and healing. Fasting reduces the energy and resources normally devoted to the digestive system, and diverts it to the immune system and metabolic processes, allowing the body to rest and rebuild. During fasting, your core body temperature decreases as your metabolism slows down, along with other bodily functions. Your base metabolic rate (BMR) is reduced to conserve energy, and your blood sugar levels drop as the body utilizes reservoirs of glycogen in the liver. The stomach and intestines get a break from constant digestion, and instead, have supplemental energy to restore glands and muscle in their lining. At the same time, these organs become more efficient at removing waste matter. Hormone production, particularly that of anti-aging growth hormones, increases during fasting as well.

Fasting enables the body to become a more efficient self-healer, allowing it to use its resources more fully. This heightened power results in more efficient regeneration at a microscopic level. DNA and RNA genetic production become highly efficient during a fast, synthesizing vital proteins the body needs for healthier cells, tissues and organs. Medical studies have shown that fasting cuts off the supply of nutrients to tumors, helping the body's natural defenses break down abnormal growths and expel them.

breaking the fast responsibly and safely

“Every fool can fast, but only the wise man knows how to break a fast.”

— George Bernard Shaw

After experimenting with many ways of breaking a fast, we’ve found that this simple method works the best. Our program’s transition back to eating, in stages, is easy to follow, gentle, and safe. Essentially, you’re moving through three meal plans: from all-liquid to high-liquid; to high-water-content raw foods; to clean, whole-foods. Following the meal plan and eating the recipes in the specific order provided for Days 11 to 14 will assist you with breaking your fast seamlessly.

The transition out of your fast works in three stages as well, each half the length of your fast. So, for a 3-day fast: 1 1/2 days per stage; 4 1/2 days in all for your transition. (If you choose to extend your fast beyond the 3 days, each phase of transition should be extended to half the duration of your fast.)

stage 1 — Half as long as your fast (*after a 3-day juice fast; 1 1/2 days*)

Your body is not ready to digest concentrated foods like animal proteins, other heavy proteins, and fats. At this stage, we also recommend against consuming fibrous leafy greens. Eating any of these foods would greatly compromise the benefits of the juice fast, and likely make you feel sick. The best way to break a fast is with a very simple high-water-content fruit, like an apple or some melon. Consume a small quantity at first, to allow your body to start digestion again. Other good options: grapefruit, pear, papaya, grapes and mango. Go slowly, eating a bit at a time, and see how your body reacts. You can also keep drinking fresh juices, and now there’s no need to strain them.

Once you’ve broken the fast with these simple fruits, in addition to the foods noted above, choose:

- Other high-water-content fruits: watermelon, orange, peach, pineapple, berries, cucumber, tomato.
- Smoothies: berries, banana, apple, chia, spirulina, chlorella, maca
- Soups: miso, vegetable broth
- Sprouts: alfalfa, clover, sunflower, chia. (Other than sprouts, avoid greens for now.)

To help stimulate digestion, sip on a solution of 1 to 2 tablespoons raw, unfiltered, organic apple cider vinegar in sixteen ounces of filtered water. (We recommend Bragg’s ACV.)

stage 2 — Also half as long as the fast (*after a 3-day juice fast and Stage 1; 1 1/2 days*)

To your eating plan from Stage 1, add whatever of the following you feel like eating, monitoring your body’s responses as you reintroduce solid foods:

- leafy greens (kale, spinach, chard, romaine)
- berries
- avocado
- raw seeds (sunflower, pumpkin, sesame, hemp, chia, flax)
- olives and olive oil
- raw nuts and nut butters (almonds, pecans, walnuts)
- vegetable soups
- kelp and other sea vegetables

stage 3 — Also half as long as the fast (*after a 3-day juice fast and phases 1 and 2; 1 1/2 days*)

Same as Stage 2, but slowly add steamed and baked vegetables, and more fats, nuts, and seeds. Avoid heavy or greasy foods. You will likely find that much more modest portions than you’ve been accustomed to will fill you up. So, start with small quantities. Avoid dairy, sweeteners (except stevia), refined and processed foods, and high-fat foods. They’re all sources of toxicity and difficult to digest.

WE RECOMMEND: Sunlighten

Research shows that infrared saunas can be beneficial for detoxification, relaxation, regulating blood pressure, anti-aging, skin purification, cell health, weight loss, pain relief, and improved circulation. Infrared saunas use specific heating elements (not the stove coils traditional saunas employ), and their infrared rays penetrate through the skin and into the body's tissues, provoking a more detoxifying sweat (extracting less water) at lower temperatures. Sitting in an infrared sauna feels balancing and relaxing, too, like the gentle warmth of the sun. We both use saunas made by Sunlighten. This company makes the best far and full spectrum infrared saunas, accessible to all budgets. You can access Sunlighten saunas at many wellness centers and day spas.

learn more



check for food sensitivities

If you suspect you've got food sensitivities or allergies, the period after Stage 3, beginning on Day 14 of the cleanse and beyond, is an ideal time to check for sensitivities as you reintroduce these foods. The most common sensitivities/allergens include: dairy, gluten/wheat, soy, corn, citrus, nightshades (tomato/peppers/potato/eggplant), melons. Reactions to look out for: sudden indigestion, headaches, sinus congestion, nausea, dizziness and heart palpitations. The best way to test suspect foods is to add them back to your diet one at a time. Each time you reintroduce a food, observe how your body reacts over at least 48 hours before reintroducing another suspect food. Add each food in its most whole form. To test dairy products, for example, add whole milk (not skim); to test wheat, try cream of wheat, not bread. We've seen many people discover food sensitivities or allergies after fasting, even if they've eaten a given food without symptoms all their lives. Don't confuse this informal test, though, with self-diagnosis. If you suspect sensitivities or allergies, consult your healthcare practitioner.

extending your fast

You may decide to extend your juice fast beyond the 3 days detailed in our 14-day cleanse. A benefit of extending a 3-day juice fast is that from the fifth to the tenth day of the extended fast, the body begins to work on deep-tissue repair, addressing old injuries and chronic, long-term conditions. You can extend our 3-day juice fast up to a total of 15 days, simply repeating the cycle of juices as outlined, so you go through each cycle five times. If you choose to extend the juice fast beyond 3 days, you'll want to extend each stage in transitioning out of your fast so it's half as long as your fast, all in. If you fast for 10 days, make each stage of transition 5 days, so you're back to a whole foods diet 15 days after your fast ends. You'll need to modify the meal plan accordingly.

Extend a juice fast, including our 3-day fast, only with professional guidance and [coaching](#). Some people extend a juice fast up to 120 days. For those new to this practice, we recommend fasting no longer than 15 days.

what to expect during a cleanse

“I often observe in the fasting participants that (after) days of fasting, concentration seems to improve, creative thinking expands, depression lifts, insomnia stops, anxieties fade, the mind becomes more tranquil and a natural joy begins to appear. It is my hypothesis that when the physical toxins are cleared from the brain cells, mind-brain function automatically and significantly improves and spiritual capacities expands.”— Gabriel Cousins, M.D., (Founder Tree of Life Rejuvenation Center), in his book, *There is a Cure For Diabetes* (North Atlantic Books).

Each person’s cleanse is unique. Experiences vary due to physical and mental health (emotions, stress, and toxicity levels). Even an individual’s cleanses over time (especially season to season) can change. This is no less true of people following the same program. In a cleanse, some people experience aches, headaches, or a huge variance in energy levels. Others feel great the whole way through. Emotionally, you may experience dramatic shifts, or feel consistently balanced and calm. Some people feel ready to break their fasts in 3 days, while others want to continue.

During the pre-fast period of “clean” eating, symptoms can also present, depending on toxicity levels. They’ll generally disappear in 12 to 48 hours. The more you prepare your body for juice fasting by eating clean and raw foods (as in our cleanse program) the gentler the transition, and the fewer symptoms you’re likely to experience during the juice fast. Since you’re following our 7-day menu plan prior to the juice fast, you may experience minimal detox symptoms, or none at all. Bear in mind that the body has to shed whatever it has stored, and some conditions have to get worse briefly before they get better. For example, skin conditions like eczema often flare up initially, then may clear or show dramatic improvement.

On the first day of juice fasting, you may feel slightly hungry, but that should subside quickly. Typically, the midday juice on Day 1 eliminates any hunger pangs. If you’re still feeling hungry, drink herbal teas. (We particularly recommend peppermint, rose hip and chamomile.) If you need more sustenance after the lunchtime juice, make a second batch of that juice. You may feel a little spacey by afternoon, or have some nasal drainage or a slight headache. (Most people experience only one or two of these symptoms, or none.)

If you experience more severe physical symptoms, or extreme discomfort, you can slow the detox process by breaking the fast at any time with a piece of fruit or any other food from Day 11 of the cleanse program. Whenever you choose to break the fast, it is important that you follow the post-fast guidelines to properly transition back to clean eating.

practice self care

Detoxification uses a lot of energy, and your body goes through quite a number of changes, so it needs rest. Nurture yourself as much as possible, physically, mentally, and emotionally. Allow extra time during the cleanse for rest, retreat, reflection and rejuvenation. We advise against intense exercise, particular during the juice fast, but encourage moderate walking, stretching, rebounding, yoga, and tai chi. Take a break from running, cycling, lifting weights, or other strenuous activity. (You’ll find more specifics on exercise below in Detox Tips.) In short: Listen to your body. Rest when it wants to rest, move when it wants to move. We recommend pro-wellness practices all the time, not just during a cleanse: meditation, deep breathing, journaling, and a bath before bed. For specifics on detox baths, [see page 31](#).

potential detox symptoms

- **headaches** – Typically from sinus congestion as it clears; however, these can be from caffeine withdrawal if you don't wean yourself gradually. Make sure you're hydrated.
- **sinus congestion/drainage** – Use nasal rinsing to facilitate clearing.
- **achy, flu-like symptoms, without fever** – This will usually subside quickly on its own.
- **deep aches in areas of injuries in the body** – These injuries often feel better after a cleanse.
- **hunger during the fast** – This is usually relieved with a juice or more liquids, and passes quickly.
- **gas and bloating, usually during the first part of eating clean** – Try fennel seed tea for relief.
- **fluctuations in energy levels** – Energy can vary greatly during a fast. One minute you're ready to go out and dig a ditch, the next you need a nap. Tune into your body's signals.
- **foggy brain** – Usually during the first day of fasting and sometimes during the clean eating period, due to lower blood sugar and the body's work clearing toxins. Make sure you're hydrated and this should pass quickly.
- **sticky mouth** – This means your body is clearing, and toxins are coming up from your esophagus, especially during sleep. To alleviate this, brush and floss more often, and scrape your tongue with a tongue-scraper or a spoon with a good edge.
- **fluctuating sleep patterns** – One night you may be restless, and have vivid dreams, another you may experience an extraordinarily deep sleep. These changes tend to level out after the juice fast, and most people notice improved sleep by the end of the fast.
- **deep emotions** – Don't be surprised by sudden waves of grief, happiness, anger, or giddiness. Breathe, ride the wave, and resist the urge to suppress those feelings (particularly if your coping strategy is to gobble something).
- **worsening of skin conditions such as eczema, acne, hives, etc. during the cleanse** – Our skin is our largest detoxifying organ, and a flare-up of these is a strong indication that the body is clearing toxins. These symptoms usually clear up quickly and can improve long term.

juicing for cleansing vs. juicing for fasting

When cleansing, it's always best to consume juices on an empty stomach, as that maximizes absorption and benefits. Fresh juice anytime, though, is better than no juice! It's preferable to have slightly more fruit-based juices during the day to help break down toxins in the body. Vegetable-based juices are generally more alkaline and contain more minerals, so they're better in the afternoons and evenings to help rebuild the body and prepare it for rest. Juicing is not a strict science, so you may fare well drinking sweet or savory juices any time of the day, but these are good general guidelines.

Our juice recipes are loaded with enzymes, vitamins, minerals, and antioxidants. When fasting, it's necessary to strain all juices to ensure that you're not asking your system to deal with solid food (including fibrous pulp). Solid food will encourage the digestive process to begin again and bring on hunger—not desirable during a fast. For cleansing without juice fasting, straining isn't necessary. If you feel you need more juice, more calories, or have low blood sugar, you can repeat any of these juices during the same time period of any given day in the program. If it's still morning, for example, go ahead and make yourself another batch of that day's morning juice.

detox tips

if organic is available, use it

We recommend organic foods whenever possible, especially during a cleanse. If you're working with budget restrictions, or live in an area with limited accessibility to organic produce, you can rely on the guidelines provided by the [Environmental Working Group](#). See EWG's Dirty Dozen Plus™ and Clean 15™ lists on [page 265](#); combined, they're a great resource for determining where to put the emphasis in choosing clean produce.

foods to include

We've created four seasonal meal plans with recipes based on nutrient-dense, easily digestible, low-sugar, alkaline, healthy foods. All of the recipes are plant-based (vegan-vegetarian, dairy-free, egg-free), and rely primarily on non-starchy vegetables and fruit, with small amounts of raw nuts and seeds for balanced nutrition. As noted earlier, the recipes are also gluten-free, grain-free, paleo-friendly, and use no sweeteners except stevia (a herb that does not affect blood glucose levels).

use probiotics and fermented foods

Probiotic replenishment is vital for a balanced internal ecosystem that supports health. Probiotic-rich foods are cleansing and improve digestion (and are essential for the assimilation of protein and all nutrients). To get your daily dose: drink water kefir or coconut water kefir and other probiotic-rich beverages, such as kombucha; eat 1/4 cup of fermented vegetables, such as sauerkraut or fermented pickles, with every meal during the cleanse (excepting fasting days), and beyond; add 1/2 teaspoon of probiotic powder to your smoothies; drink a glass of water with 1/2 teaspoon of probiotic powder in solution. (If you use probiotic capsules, break them open to release the powder, because gel caps are not easily digestible.) We also like the probiotic-rich beverages made by [Kevita](#). These drinks are available from health food stores and grocers in the United States.

foods to exclude

During the cleanse, the meal plan excludes all animal products (red meat, chicken, fish, dairy, eggs), gluten, grains, legumes, refined sugar, natural and artificial sweeteners except stevia, caffeine, alcohol, recreational drugs, and refined and processed foods. Though some of these excluded foods may have great nutritional value, they're harder to digest than fruits and vegetables, and eliminating them temporarily frees the energy in the body normally spent on digesting them for cleansing and repairing. We also recommend eliminating supplements, including natural supplements, during the 3-day juice fast, as pills and capsules tend to stimulate hunger.

portions

Outside the fast, have as much as you like of foods within your day's meal plan (the recipes, snack lists, and drinks). You don't want to feel consistently hungry, and that's not beneficial to your cleanse, but do try to eat only when you experience hunger. Double or increase the recipes as necessary, or add snacks from the [Tasty Snack List](#) on page 218. (Adjust shopping lists accordingly.) Our experience has been that most people feel little or no hunger after the first couple of days of the cleanse. But every body is unique—yours will tell you what it wants.

lemon water

At least twice a day drink filtered water with fresh lemon juice to alkalize the body. This is particularly beneficial on rising, after a night's rest, to alkalize the body, stimulate the digestive tract and prepare the body for food. Drink your lemon water warm or at room temperature, not iced.

extra juices

During the entire cleanse, prepare and enjoy raw fresh fruit and vegetable juices as often as you like. To prevent sugar spikes, go with low-sugar vegetable-based juices containing leafy greens, much like those listed in Days 8 to 10 of the program. The ideal time to consume juices is on an empty stomach between meals, particularly if you've got food-combining sensitivities. All these points noted, juicing anytime is great to promote cleansing. If you purchase extra juices at a juice bar, make sure they're freshly made, organic, cold-pressed, additive-free and low in sugar (low in fruit). We don't recommend pre-packaged, pasteurized juices. During the 3-day juice fast, it's important to make the recipes as written and drink them at the times noted, as they've been designed to follow the body's natural rhythms, including sleep patterns.

attitude

Have fun! Try something new, embrace unfamiliar concepts, and nourish yourself with delicious foods that are good for you. You can enhance your experience and the cleanse's effectiveness by being open to new foods, and to new ways of preparing familiar foods. Experiment with raw foods, fresh juices, and less familiar fruits and vegetables. Approach this healthy culinary adventure with optimism and enthusiasm. Many people find that they enjoy the recipes so much they prepare and eat these foods regularly after the cleanse.

focus on wellness, not on weight

Weight loss is commonly a natural result of a cleanse. We focus on gaining health and exploring new ideas, rather than on losing weight or giving up favorite foods. To gauge the effectiveness of your cleanse as it's going forward, look for subtle shifts in your body, like more energy, deeper sleep, more regular digestion, clearer/softer skin, mental clarity.

nurture yourself

This cleanse process is intense (both physically and emotionally) as you clear toxins and make temporary changes to your lifestyle. Take time for rest, extra sleep, reflection, and renewal, for doing nothing, or engaging in the activities you find restoring. For extra support and motivation, invite friends to join you in the cleanse, or consider joining one of our guided cleanses throughout the year. (See our [website](#) for details.) Transforming the experience into a social one helps you stay accountable to yourself and others, and makes it more fun, too.

colon cleansing

This practice can hugely benefit your health, and is a part of our own self-care. Still, who wants to talk about colonics, fecal matter, or voluntarily having tubes stuck up the backside? We get it. Any ill-at-ease feeling that comes in reading this next section may be far outweighed by the discomfort you'll feel if you skip this part of the program.

Colonics before the juice fast will make you more comfortable and help you get more out of the cleanse. Before beginning a juice fast, it is essential to clean out the colon as fully as possible. Once the colon is cleared of solid foods its processes of digestion slow down significantly, but if the colon is not cleared, toxins will remain trapped in the body and can cause discomfort.

The ideal time for a colonic is the evening before the first full day of the juice fast, or the morning you begin. After a colonic, enemas during the fast are optional. Having extensive experience with both open- and closed-system colonics, we recommend the closed system, which enables the therapist to perform body work—lymphatic-drainage massage, acupuncture, aromatherapy, etc.—during your session.

By clearing the colon regularly during the cleanse, and especially before the juice fast portion, you encourage the body to establish healthy bowel habits and retrain the colon as one of the main detoxification passages. A colonic in particular minimizes the symptoms of detoxification, and reduces hunger during the fast. We suggest having a colonic during Days 3 to 5, on Day 8 (beginning of the juice fast), and during Days 11 to 13. At the least, consider daily enemas, or enemas on these specified days. If you choose not to do daily enemas, it really is best to have a colonic on Day 8, when you begin your fast, to stay comfortable.

Our colleague [Cathy Basse](#), professional colon hydrotherapist, explains the benefits of colonics during a juice fast or cleanse:

"A fasting program of juices and liquid nutrition is a sure way for you to soak, loosen, and even dissolve toxins found in your five organs of detoxification and elimination; your liver, kidneys, gall bladder, the large intestine, and even the skin. Here's how that works: when you stop chewing and digesting solid foods you free up a tremendous amount of energy and that energy can be used by your five organs of elimination so they can effectively get rid of toxic waste. This cleansing process is accelerated by colon hydrotherapy (called a colonic). Colonics are a safe, effective way of softening, dislodging, and releasing the debris that has been dumped into your colon. After a juice fast,

it's good to dump those toxins that have been eliminating via your blood, liver and kidneys via your colon out so that you don't reabsorb them back into your tissues. After all that work and intention, who wants to do that?"

Without colon therapy of some kind (even an at-home delivered enema) you can experience some adverse reactions due to toxic overload. Some side effects that can be experienced when not cleansed prior to a full-fast are: flu-like symptoms particularly-body/head/joint aches, nausea, abdominal discomfort, fever, bloating, constipation, dizziness, fatigue, sinus congestion, skin rash/welts and bad breath or increased body odor from sweating the toxins out the pores of your skin. Not pretty...so do your body a favor and facilitate your results and include colon hydrotherapy as part of your program."

If you experience a lot of detox symptoms, we recommend an additional colonic right after the 3-day juice fast, or a sequence of daily enemas. If you choose to extend a juice fast beyond 3 days, a colonic is ideal on Day 4 or 5 of the fast, and possibly once more. Follow the recommendations of a colon hydrotherapist.

To find a good colon hydrotherapist, ask a trusted doctor, chiropractor, massage therapist, reflexologist, or acupuncturist. If you live in the United States, consult [The International Association for Colon Hydrotherapy](#). Make sure the therapist uses a closed system, and remains in the room doing bodywork throughout the session.

If you choose not to have professional colonics, you'll want to self-administer enemas to clear toxins from your bowels. You should begin daily enemas at least 3 to 4 days in advance of the juice fast, and continue daily through the rest of the cleanse. Enemas can be effective if done daily through Days 5 to 14. That said, colonics are easier and more effective. We've observed that people who have colonics right before a fast experience fewer detox symptoms, less hunger, and are generally more comfortable.

To administer a double enema, fill the colon with the contents of one enema bag filled with warm water only, and expel immediately, then do a second enema, with the bag 2/3 full, this time adding 3 or 4 drops of fresh lemon juice and 1 cup of chamomile tea, holding for 5 to 15 minutes before expelling. You can purchase enema kits at most pharmacies. Look first in the feminine hygiene section, not the enema section, as there you'll generally find only prepared enema solutions, not just the bag and tube, and we recommend against those chemicals. In the feminine hygiene section, you'll usually find a ["douche/enema/hot water bottle"](#) combo. This contains everything you need. Administering your first enema will likely be awkward. Relax, breathe, and you'll quickly get the hang of it. Enemas soon become an easy 20-minute routine. Allow time for this practice, as you don't want to be rushed.

other bodywork

Many holistic therapies can enhance and facilitate the cleansing process. During a cleanse, your senses are heightened, and not only will therapies feel different, they'll be more effective. We encourage you to receive any type of bodywork, including: massage therapy, lymphatic drainage, reflexology, acupuncture, shiatsu, Thai massage, chiropractic care, energy work, and Mayan abdominal massage. For referrals, consult a holistic professional or other healthcare practitioner.

rebounding and other exercise

Movement is vital during cleansing, to assist the lymphatic system as it works hard to expel toxins. Unlike the circulatory system (which the heart serves as a pump) the lymphatic system relies on our movement to conduct its fluids through our systems. During the cleanse, we recommend at least 30 minutes of gentle, low-impact movement such as walking, stretching, or yoga everyday. During the non-fasting days, you can stick to your regular exercise routine. During the juice fast, however, we recommend that you avoid intense workouts, such as running and lifting weights.

During a cleanse, our go-to exercise is rebounding. Jumping on a [mini trampoline](#) actively moves the entire body and stimulates the lymphatic system. Specific benefits of rebounding include improved lymphatic drainage and immune function, increased bone mass, low-impact movement with reduced stress on the ankles and knees, increased endurance at the cellular level by stimulation of mitochondrial production (mitochondria being responsible for cell energy), improved balance, and increased energy and oxygenation. If you have access to a mini-trampoline, bounce for 5 to 15 minutes everyday. As detoxing can affect your balance, take special care to steady yourself to prevent injuries.

dry skin brushing

Brushing your body encourages detoxification by boosting circulation, stimulating the lymphatic system, exfoliating the skin, relieving stress and energizing the body. For best results (especially during an intense cleanse) brush once or twice daily. One of the best times to brush is in the morning, right before a shower. Always use a brush with natural bristles, like cactus fiber. [Dry brushes](#) are available at most health food stores and online.

To brush your whole body (except your face—there are special brushes for that), use a firm but not painful pressure (avoid “scrubbing”). Karen prefers circular

strokes; Tess favors long strokes. Either way, start at your feet and work up your legs to your arms, chest, back, and stomach. Avoid brushing your genitals, or any areas with irritations or abrasions (including varicose veins). Your skin should be slightly pink after a brushing (not red or irritated). Whichever kind of stroke you go with, always make the overall movement of brushing toward your heart; that's best for circulation and your lymphatic system. For optimal results, brush from 5 to 20 minutes.

detox baths

A soak for 20 to 30 minutes before bedtime opens the pores, draws out toxins, lowers the stress-related hormones, balances your pH levels, and aids restful sleep. For a simple detox bath: add to a full tub 1 cup of [Epsom salts](#), 1/2 cup of baking soda and 5 to 10 drops of [lavender essential oil](#).

clay baths

For a deeper cleanse try adding bentonite clay or calcium montmorillonite clay to your bath. A clay bath stimulates the lymphatic system, and detoxifies the body through the skin. Clay can be highly effective in treating skin conditions like eczema. Clay baths can also help remove heavy metals, such as mercury, lead, arsenic, aluminum, and cadmium. To distribute the clay thoroughly, add 3 to 4 ounces of the clay to your bath, directly into the running water, as you're filling the tub. We like the montmorillonite clay from [Miracle Clay](#).

nasal rinsing/irrigation

The practice of rinsing the nasal cavity with a specific saline solution is a tradition that's seeing a much deserved renaissance. For those with sinus conditions, nasal rinsing is a great, simple way to ease congestion, promote drainage and alleviate sinus headaches that may occur during cleansing. The traditional method uses a Neti pot, available at most health food stores, and modern methods use a plastic container with pre-measured buffered salt packets, available at most pharmacies.

Karen likes the [NeilMed](#) system as it's easy to use, is made of lightweight plastic, and travels well. Using this system regularly, many of Karen's clients have freed themselves of chronic sinus infections and other sinus conditions. Tess prefers a [ceramic Neti pot](#).

oil pulling

Ayurvedic medicine has used oil pulling as a form of dental care and general detoxification for centuries. Oil pulling can help with oral health (tooth decay, loose teeth, bleeding gums, bad breath, whitening of your teeth), eczema, acne and other skin conditions, respiratory disorders like bronchitis and sinus congestion, headaches and migraines, insomnia, thrombosis, inflammation, and arthritis. It will also regulate your metabolism and improve overall health. Many of Karen's clients report amazing results, documented by their dentists, after regular oil pulling, with less plaque, reduced gum loss, and improved periodontal condition. Some even avoided gum surgery.

To oil pull: in the morning, on an empty stomach (oil pulling on a full stomach is not advised, as the toxins pulled may provoke nausea), take 1 tablespoon of organic, raw sesame oil (we get ours from [Miracle Clay](#)) or raw, organic, extra-virgin coconut oil into your mouth. Swish it around, remembering to pull it through the teeth, not just pass it side to side. Move your chin up and down (as if you're chewing) to stimulate salivation. This process draws the poisons from the blood through the mucous membranes in the mouth. For the best results, swish the oil in your mouth continuously for 15 to 20 minutes. At first this seems like an unbearably long time, so if you find the taste or sensation unpleasant, start with less time and build up. We oil pull in the shower, while we're getting ready in the morning, or while we're preparing breakfast or answering emails, so the time goes quickly. When the oil has become saturated with the toxins it's pulled, it will become whitish and develop a thinner, milky consistency. Spit the oil out in a paper towel (don't swallow the oil, as it's toxic at this point, and don't spit it into the sink, because it can clog your pipes). Rinse your mouth several times with warm salt water. We dissolve 1/2 teaspoon of Celtic sea salt in 1 cup of water.

Following the rinse, brush your teeth with natural toothpaste (we like [clay toothpaste](#)) or a solution of equal parts baking soda and coconut oil. We keep separate toothbrushes for oil pulling because toxins and bacteria will build up on a brush. Always run the brush under hot water and then allow the bristles to air-dry completely. You can oil pull every day, and some people swish three times a day.

tongue scraping

During a cleanse, you may notice that your tongue and teeth become coated with a white, sticky, film, particularly evident after sleep. This is an indication that your body is purging toxins up from or through the esophagus into the mouth. It's perfectly normal. We recommend tongue scraping. You can purchase copper tongue scrapers [online](#) or from health food stores. You can also use the inverted bowl of a spoon. Scrape from the back of the tongue to the front, in one continuous movement. Rinse the tongue scraper, and brush your tongue and teeth afterward.

infrared saunas

Research shows that infrared saunas can be beneficial for detoxification, relaxation, regulating blood pressure, anti-aging & skin purification, cell health, weight loss, pain relief, and improved circulation. Infrared saunas use infrared elements (not the stove coils traditional dry saunas employ), and their infrared rays penetrate through the skin and into the body's tissues, provoking a more detoxifying sweat (extracting less water) at lower temperatures. (They also use less energy.) Sitting in an infrared sauna feels balancing and relaxing, too, like sunshine on the skin—the absorption of the infrared rays is in fact like lying in the sun. We both use infrared saunas made by [Sunlighten](#). This company makes the best infrared saunas, accessible to all budgets. You can access infrared saunas at many wellness centers and day spas.

keep clean between cleanses

keep hydrated

Drink plenty of filtered water. Ideally, each day, drink one liquid ounce for every two pounds you weigh.

eat organic

Get 9 to 13 servings of fruits and vegetables every day. You can purchase organic fruits, vegetables, nuts and seeds exclusively, or go organic selectively choosing the most agROTOXIN-susceptible produce, using [EWG's The Dirty Dozen Plus™ List](#) as a reference. When buying conventionally grown produce, maximize the least toxic fruits and vegetables by relying on [EWG's Clean Fifteen™ list](#). (The lists appear at the back of the book, ready to print for easy reference.) Reduce or eliminate refined and processed foods, dairy, and other animal products. If you consume animal products, organic and hormone-free are your best bet.

drink juices and smoothies

Consume freshly made vegetable or fruit juices and green smoothies daily.

probiotic-rich foods

Include fermented foods and beverages, such as cultured vegetables, pickles, sauerkraut, and kefir, in your daily diet. Make sure these are properly fermented—they should not contain vinegar and must be sold and purchased refrigerated. These foods encourage absorption of other nutrients, enhance immune function, and reduce cravings for sugar.

minimize sugar

Avoid the use of sweeteners (except stevia), especially refined sugars. It's best to limit sugar to 25 grams/day from all sources, including natural ones. Count fruit in that sugar quota—a medium apple can have up to 15 grams of sugar.

go raw

Continue eating 50 to 70% raw foods daily—raw fruit or a green smoothie for breakfast, for example, salad or one of our raw recipes with lunch and dinner, and raw veggies or smoothies for a snack. Alternatively, go all raw one day of each week.

intermittent fasting

This is a healthy option for experiencing regular fasting on a weekly basis, in addition to seasonal cleanses. For optimal results, we recommend one or two 24-

hour periods each week. You can fast beginning after dinner one night until having dinner the next night, or consume just juices and/or smoothies during a 24-hour period.

exercise

In addition to toning and strengthening your muscles, and oxygenating your cells, movement keeps your lymphatic system working at optimal performance. Choose physical activities you enjoy. Walking, hiking, running, swimming, biking, dancing, aerobic classes, yoga, tai chi, Pilates and weight training are all good.

meditation

This daily practice can help you stay balanced, calm, and connected to yourself. It also gives you time to focus on your dreams, and set intentions for how you want to move through the world. Deep breathing also oxygenates the cells, and is alkalizing and cleansing. Our [guided experience](#) includes daily meditations.

enjoy your life

Laughing, having fun, being positive, and relaxing are enormously beneficial to wellness.

reduce exposure to toxins

Remove as many dietary and environmental toxins as possible, particularly those listed in ["Are You Toxic?"](#) on page 9. Use natural household products (filter the air, use no VOC paints, etc.) and body products (especially antiperspirants, toothpastes and lotions/perfumes).

earthing

Also known as "grounding," connecting to the Earth's natural energy is something we both practice. Just as the sun gives us warmth and enables our bodies to make vitamin D, the Earth's surface gives us a natural energy. Earthing, safe for all ages, also reduces the effects of technology (computers, cell phones, television, radio) on the natural rhythms of the body. Standing, sitting, or walking barefoot outdoors or lying with some bare part of your skin touching the dirt, grass, sand, or even concrete is a great habit to embrace, and practice whenever possible. These are all conductive surfaces from which your body can draw the Earth's energy. (Wood, asphalt, plastic and vinyl don't conduct that energy, so they don't serve the purpose.) To enhance the connection, you can use conductive sheets or mats that transfer the Earth's energy to your body. Learn more on those at [earthing.com](#).

drink edible clay

Don't just walk on the Earth, put it into your body. [Calcium montmorillonite clay](#) is edible clay you can drink as well as bathe in. The Egyptians and Aztecs, along with native peoples throughout the Americas, used this clay therapeutically. NASA scientists conducted extensive research on it, and astronauts ingested the clay to strengthen their bodies and reverse the osteoporosis caused by weightlessness during space missions. When eaten, calcium montmorillonite clay balances pH levels and absorbs toxins trapped in the stomach and colon, as well as delivering 57 types of pure trace minerals that are easily absorbed by the body. Clay also stimulates the immune system, oxygenates cells, aids digestion, helps calm inflammation, relieves heartburn, reduces acid reflux, relieves diarrhea and constipation, and alleviates rashes and skins conditions including eczema and psoriasis. We drink clay, but feel we should warn you: It's an acquired taste. At first, it's like drinking ground concrete. The benefits far outweigh the 30-second aftertaste.

Start drinking clay after the cleanse, and never during a juice fast, as that would trigger the digestive process and induce hunger. It's best to consume clay on an empty stomach, at least one hour before breakfast. You can also take it on an empty stomach right before you go to bed. Use a non-metallic spoon to measure out the powder. (The clay's strong negative charge magnetically attracts metal particles from the spoon, and we don't want those metals entering our bodies.) In a 16-ounce glass of water, dissolve 1/2 teaspoon of the powder for every 50 lbs of body weight. For most people, the right dose is 1 to 2 teaspoons. For the best results, stay hydrated and consume clay every day (so the minerals accumulate in your system). The more water you drink, the better the minerals will work. Before ingesting clay, consult your healthcare professional. We use the [edible clay](#) from Miracle Clay.



WE RECOMMEND: Miracle Clay

We use the Miracle Clay calcium montmorillonite edible clay as a health and detox supplement, and use the natural skincare products to keep clean between cleanses.

[learn more](#)



menu plans

The quantities provided in our four seasonal 14-day meal plans provide three meals per day for one person. For other foods to enjoy between meals, see the [Tasty Snack and drink lists](#) on page 218. Eat when you feel hungry, but stick to the guidelines. The shopping lists will tell you the meals' essential ingredients; they don't include the ingredients for snacks, drinks, and extra juices. If you're allergic to a food included in a menu, make a substitution as suggested in the headnote, the ingredients list, or the [substitution list](#) on page 57. Alternatively, make a recipe from a comparable day in the same phase of the cleanse. (Refer to the guidelines, and adjust the shopping list accordingly.) Before starting a cleanse, we clear out our fridges as much as possible to make room for all of the fresh produce.

summer

week one	day 1	day 2	day 3	day 4	day 5	day 6 all raw	day 7 all raw
breakfast	Kale Colada (p.127)	Strawberry Banana Breakfast Bowl (p.139)	Move to the Beet (p.129)	Dark Chocolate Chia Pudding (p.142)	Salty Kale (p.138)	Avocado Ice Cream (p.122)	Strawberry Minty Melonade (p.123)
lunch	Raw Cauliflower Tabouli (p.144) 1 medium avocado, peeled, pitted and sliced	Veggie Kebabs with Chimichurri Sauce (p.203) 1 medium avocado, peeled, pitted and sliced	Coconut Curry with Cauliflower Rice <i>(leftovers)</i>	Stuffed to Perfection Peppers <i>(leftovers)</i> (p.197) 1 medium avocado, peeled, pitted and sliced	Rustic Italian Soup <i>(leftovers)</i> Raw Hummus with Veggies <i>(leftovers)</i>	Red Cabbage Rave <i>(leftovers)</i> (p.147) 1 medium avocado, peeled, pitted and sliced	Raw Basil Pesto <i>(leftovers)</i> (p.177) any raw leftovers or veggies
dinner	Veggie Kebabs with Chimichurri Sauce (p.203) Raw Cauliflower Tabouli <i>(leftovers)</i>	Coconut Curry with Cauliflower Rice (p.194)	Stuffed to Perfection Peppers (p.197) Tomato Avocado Cucumber Salad (p.156)	Rustic Italian Soup (p.167) Raw Hummus with Veggies (p.184)	Red Cabbage Rave (p.147) 1 baked sweet potato	Raw Basil Pesto (p.177) Tomato Avocado Cucumber Salad (p.156)	Avocado Cucumber Sushi (p.180) any raw leftovers or veggies
dessert	Raw Chocolates (p.204)	Raw Chocolates (p.204)	Raw Chocolates (p.204)	Raw Chocolates (p.204)	Raw Chocolates (p.204)	Raw Chocolates (p.204)	
prep/notes			Make Dark Chocolate Chia Pudding for breakfast (p.142)	Bake sweet potato for dinner	Shop for Days 6 to 10		Make broth (p.106) and popsicles (p.107) for juice fasting

summer

week two	day 8 juice fasting	day 9 juice fasting	day 10 juice fasting	day 11 break-fast stage 1	day 12 stage 1 (am) & 2 (pm)	day 13 break-fast stage 2	day 14 break-fast stage 3
breakfast	Basil Melon Mojo (p.59)	Citrus Serenade (p.62)	Blueberry Thrill (p.67)	Watermelon Break-Fast Salad (p.112)	Cherry Ginger Zinger Smoothie (p.124)	Tropical Trip (p.130)	Watermelon Break-Fast Salad (p.112)
lunch	Bangkok Boogie (p.60)	Beet Booster (p.64)	Squish Squash (p.68)	Cucumber Delight (p.148)	Beet Carrot Cleanser (p.158)	Beet Carrot Cleanser (p.158) 1 medium avocado, peeled, pitted and sliced	Creamy Green Soup <i>(leftovers)</i> 1 baked sweet potato
dinner	Summer Slumber (p.61)	Dream de Menthe (p.65)	Gentle Jive (p.69)	Miso Soup (p.160) fermented sauerkraut <i>(on shopping list)</i> Cucumber Delight <i>(leftovers)</i>	Avocado Gazpacho (p.170) Fermented Sauerkraut <i>(on shopping list)</i> any raw veggies	Creamy Green Soup (p.164) Kale Guacamole with Veggies (p.183)	Summer Steamed Veggies with Cheeze Sauce (p.188)
dessert							Banana Walnut Ice Dream (p.207)
prep/notes			Shop for Days 11 to 14	Make Beet Carrot Cleanser for lunch (p.158)		Bake sweet potato for lunch Peel, slice, and freeze 2 bananas for banana walnut ice dream	

fall

week one	day 1	day 2	day 3	day 4	day 5	day 6 all raw	day 7 all raw
breakfast	Citrus Fennel Flurry (p.131)	Peach Cardamom Abundance Bowl (p.137)	Green Bananarama (p.134)	Banana Coconut Chia Pudding (p.140)	Blueberry Pear Passion (p.126)	Kale Colada (p.127)	Tomato Gazpacho (p.135)
lunch	Raw Cauliflower Tabouli (p.144) 1 medium avocado, peeled, pitted and sliced	Roasted Vegetables with Lemon Tahini Sauce <i>(leftovers)</i>	Zesty Green Bean Salad (p.151) Cream of Asparagus Soup <i>(leftovers)</i>	Stuffed Butternut Squash <i>(leftovers)</i> raw veggies	Ginger Shiitake Fried Rice <i>(leftovers)</i>	Green Goddess (p.153) any raw veggies	Raw Marinara <i>(leftovers)</i> (p.178) any raw veggies
dinner	Roasted Vegetables with Lemon Tahini Sauce (p.200)	Cream of Asparagus Soup (p.173) Raw Cauliflower Tabouli <i>(leftovers)</i>	Stuffed Butternut Squash (p.198) Zesty Green Bean Salad <i>(leftovers)</i>	Ginger Shiitake Fried Rice (p.191)	Fall Steamed Veggies with Cheeze Sauce (p.189)	Raw Marinara (p.178) any raw leftovers or veggies	Raw Tacos (p.185) any raw leftovers or veggies
dessert	Raw Chocolates (p.204)	Raw Chocolates (p.204)	Raw Chocolates (p.204)	Raw Chocolates (p.204)	Raw Chocolates (p.204)	Raw Chocolates (p.204)	
prep/notes		Peel, slice, and freeze two bananas for smoothie tomorrow	Make Banana Coconut Chia Pudding for breakfast (p.140)		Shop for Days 6 to 10 Make Green Goddess for lunch (p.153)		Make broth (p.106) and popsicles (p.108) for juice fasting

fall

week two	day 8 juice fasting	day 9 juice fasting	day 10 juice fasting	day 11 break-fast stage 1	day 12 stage 1 (am) & 2 (pm)	day 13 break-fast stage 2	day 14 break-fast stage 3
breakfast	Cranberry Crave (p.70)	Kale Yes! (p.75)	Cantaloupety Loop (p.78)	Cantaloupe Mint Break-Fast Salad (p.113)	Cherry Ginger Zinger (p.124)	Basil Melonade (p.121)	Fall Fruit Salad (p.117)
lunch	Beet the Toxins (p.72)	Pumpkin Ple (p.76)	Antioxidant Ace (p.80)	Cucumber Delight (p.148)	Kale Guacamole with Veggies (p.183)	Red Cabbage Rave (p.147) 1 medium avocado, peeled, pitted and sliced	Ginger Squash Miso Magic <i>(leftovers)</i> Red Cabbage Rave <i>(if any leftovers, or other leftovers)</i>
dinner	I Dream of Greenies (p.73)	Field of Dreams (p.77)	Tranquility Trance (p.81)	Miso Soup (p.160) fermented sauerkraut <i>(on shopping list)</i> Cucumber Delight <i>(leftovers)</i>	Divine Detox (p.152) fermented sauerkraut <i>(on shopping list)</i> any raw veggies	Ginger Squash Miso Magic (p.165) Red Cabbage Rave <i>(leftovers)</i>	Stuffed to Perfection Peppers (p.197) Tomato Avocado Cucumber Salad (p.156)
dessert							Raw Chocolates <i>(leftovers)</i>
prep/notes	Shop for Days 11 to 14				Make Red Cabbage Rave for lunch (p.147)		

winter

week one	day 1	day 2	day 3	day 4	day 5	day 6 all raw	day 7 all raw
breakfast	Blueberry Pear Passion (p.126)	Tropical Trip (p.130)	Peach Cardamom Abundance Bowl (p.137)	Citrus Fennel Flurry (p.131)	Dark Chocolate Chia Pudding (p.142)	Avocado Ice Cream (p.122)	Tomato Gazpacho (p.135)
lunch	Beet Carrot Cleanser (p.158) 1 medium avocado, peeled, pitted and sliced	Ginger Shiitake Fried Rice <i>(leftovers)</i>	Rustic Italian Soup <i>(leftovers)</i> Raw Cauliflower Tabouli (p.144)	Roasted Vegetables with Lemon Tahini Sauce <i>(leftovers)</i>	Coconut Carrot Soup <i>(leftovers)</i> Classic Sautéed Cabbage <i>(leftovers)</i>	Grapefruit, Fennel, and Arugula Salad (p.155)	Raw Alfredo <i>(leftovers)</i> 1 medium avocado, peeled, pitted and sliced
dinner	Ginger Shiitake Fried Rice (p.191)	Beet Carrot Cleanser <i>(leftovers)</i> Rustic Italian Soup (p.167)	Roasted Vegetables with Lemon Tahini Sauce (p.200) Raw Cauliflower Tabouli <i>(leftovers)</i>	Coconut Carrot Soup (p.163) Classic Sautéed Cabbage (p.199)	African Stew (p.174)	Raw Alfredo (p.179) Grapefruit, Fennel, and Arugula Salad <i>(leftovers)</i>	Raw Tacos (p.185)
dessert	Ginger Cinnamon Spiced Truffles (p.208)	Ginger Cinnamon Spiced Truffles (p.208)	Ginger Cinnamon Spiced Truffles (p.208)	Ginger Cinnamon Spiced Truffles (p.208)	Ginger Cinnamon Spiced Truffles (p.208)	Ginger Cinnamon Spiced Truffles (p.208)	
prep/notes				Make Dark Chocolate Chia Pudding for breakfast (p.142)	Make Grapefruit Salad, freeze African Stew leftovers, shop for Days 6 to 10		Make broth (p.106) and popsicles (p.109) for juice fasting

winter

week two	day 8 juice fasting	day 9 juice fasting	day 10 juice fasting	day 11 break-fast stage 1	day 12 stage 1 (am) & 2 (pm)	day 13 break-fast stage 2	day 14 break-fast stage 3
breakfast	Lean, Clean & Green (p.83)	Oh My Darling Clementine (p.86)	Morning Melonade (p.91)	Honeydew Basil Break-Fast Salad (p.116)	Basil Berry Blitz (p.132)	Basil Melonade (p.121)	Winter Fruit Salad (p.118)
lunch	Ruby Rush (p.84)	Ravishing Radish (p.88)	Carrot Cake (p.92)	Cucumber Delight (p.148) Miso Soup (p.160)	Cucumber Delight <i>(leftovers)</i> Kale Guacamole with Veggies (p.183) Miso Soup (p.160)	Red Cabbage Rave (p.147) 1 medium avocado, peeled, pitted and sliced	Souper Broccoli and Almond Soup <i>(leftovers)</i> 1 baked sweet potato
dinner	Peaceful Potion (p.85)	Serene Greens (p.89)	Probiotic Pickle (p.93)	Miso Soup (p.160) fermented sauerkraut <i>(on shopping list)</i> any raw veggies	Divine Detox (p.152) fermented sauerkraut <i>(on shopping list)</i>	Souper Broccoli and Almond Soup (p.171) 1 baked sweet potato	African Stew <i>(leftovers)</i> 1 medium avocado, peeled, pitted and sliced
dessert							Ginger Cinnamon Spiced Truffles <i>(leftovers)</i>
prep/notes			Shop for Days 11 to 14		Make Red Cabbage Rave for lunch (p.147) and bake sweet potato for dinner	Defrost African Stew for dinner and bake sweet potato for lunch	

spring

week one	day 1	day 2	day 3	day 4	day 5	day 6 all raw	day 7 all raw
breakfast	Basil Berry Blitz (p.132)	Peach Cardamom Abundance Bowl (p.137)	Green Bananarama (p.134)	Banana Coconut Chia Pudding (p.140)	Move to the Beet (p.129)	Strawberry Banana Breakfast Bowl (p.139)	Salty Kale (p.138)
lunch	Zesty Green Bean Salad (p.151)	Green Goddess (p.153) Creamy Celeriac Soup <i>(leftovers)</i>	Steamed Artichoke and Roasted Vegetables with Aioli <i>(leftovers)</i> Green Goddess <i>(leftovers)</i>	Creamy Green Soup <i>(leftovers)</i> Raw Cauliflower Tabouli <i>(leftovers)</i>	Pistou Perfection <i>(leftovers)</i> Red Cabbage Rave <i>(leftovers)</i>	Beet Carrot Cleanser <i>(leftovers)</i> 1 medium avocado, peeled, pitted and sliced	Raw Marinara <i>(leftovers)</i> any raw veggies
dinner	Creamy Celeriac Soup (p.168) Zesty Green Bean Salad <i>(leftovers)</i>	Steamed Artichokes and Roasted Vegetables with Aioli (p.192)	Creamy Green Soup (p.164) Raw Cauliflower Tabouli (p.144)	Pistou Perfection (p.161) Red Cabbage Rave (p.147)	Beet Carrot Cleanser (p.158) 1 baked sweet potato	Raw Marinara (p.178) Avocado Gazpacho (p.170)	Avocado Cucumber Sushi (p.180) any raw leftovers
dessert	Chocolate Fruit Balls (p.206)	Chocolate Fruit Balls (p.206)	Chocolate Fruit Balls (p.206)	Chocolate Fruit Balls (p.206)	Chocolate Fruit Balls (p.206)	Chocolate Fruit Balls (p.206)	
prep/notes		Peel, slice, and freeze 2 bananas for breakfast	Make Banana Coconut Chia Pudding for breakfast (p.140)	Bake sweet potato for dinner	Shop for Days 6 to 10 Peel, slice, and freeze 2 bananas for breakfast bowl		Make broth (p.106) and popsicles (p.110) for juice fasting

spring

week two	Day 8 juice fasting	Day 9 juice fasting	Day 10 juice fasting	Day 11 break-fast stage 1	Day 12 stage 1 (am) & 2 (pm)	Day 13 break-fast stage 2	Day 14 break-fast stage 3
Breakfast	Berry Blast (p.94)	Breakfast of Champions (p.99)	Tropical Punch (p.102)	Berry Basil Break-Fast Salad (p.114)	Cherry Ginger Zinger (p.124)	Kale Colada (p.127)	Spring Fruit Salad (p.119)
Lunch	Carrot Salad (p.96)	Basil Beeter (p.100)	Lean Greens (p.104)	Cucumber Delight (p.148)	Divine Detox (p.152) 1 medium avocado, peeled, pitted and sliced	Spinach, Walnut, and Apple Balsamic Blast <i>(leftovers)</i>	Stir-Fry with Cauliflower Rice <i>(leftovers)</i>
Dinner	Princess and Some Peas (p.97)	Brilliant Brassica (p.101)	Happy Ending (p.105)	Miso Soup (p.160) fermented sauerkraut <i>(on shopping list)</i> Cucumber Delight <i>(leftovers)</i>	Miso Soup (p.160) Spinach, Walnut, and Apple Balsamic Blast (p.157)	Stir-Fry with Cauliflower Rice (p.186)	Spring Steamed Veggies with Lemon Tahini Sauce (p.195)
Dessert							Chocolate Fruit Balls <i>(leftovers)</i>
Prep/Notes	Shop for Days 11 to 14						

recipes

The cleanse recipes, outside the juice fast, deliberately yield generous portions to satisfy even the most hungry of cleansers. The smoothies for the cleanse all yield two 16-ounce glasses. Tess drinks both glasses herself, at breakfast, as she eats a lot. Karen shares hers with Bobby. If you have leftovers during the cleanse (not the fast), use them for snacks or spread the love and share with a friend!

dilute all juices

All juice fast recipes are designed to yield one serving. During the fast, we dilute all juices, as this helps to slow down sugar absorption. In general, we dilute by adding 1/2 cup filtered water to the recipe. For green drinks, and primarily low-sugar juices, go with half as much water as juice. For fruit-based juices with a higher sugar content we recommend equal parts water and juice. Most of the juice recipes, as written, will yield 9 to 11 ounces, depending on your produce and the type of juicer you're using. Once the juice is diluted, you should have 12 to 16 ounces per recipe. (To learn more about the benefits of the individual ingredients contained in these juice recipes, refer to the [Juice Glossary](#) on page 233.)

no-sugar options

These juices, designed with balance in mind, are naturally low in sugar (the natural sugar fructose). If you want to go even lower, eliminate all the fruits other than lemons and limes, and substitute the equivalent weight in cucumbers. The flavor will change, but these highly alkalizing juices will heighten the effects of the cleanse.

substitutions

We understand that some ingredients may be unavailable or expensive, or that allergies may be an issue. For such cases, we've suggested substitutions. These swaps shouldn't significantly alter the taste or nutritional content of the recipes.

When substituting ingredients, you'll need to change your shopping list accordingly.

- Among apples, Granny Smiths have the lowest sugar content, so they're our go-to apple for the cleanse. If those green apples are unavailable, the best reds to substitute are Fuji and Gala.
- Spinach and kale are interchangeable in recipes, and it's good to use both as much as possible.
- Zucchini can be substituted for cucumber with minimal taste difference in the juices. This substitution will likely yield less juice.
- Swiss chard can be replaced with spinach. This will reduce the juice yield slightly.
- Pumpkin can be substituted with any winter squash.
- Cilantro and parsley can be used interchangeably in the recipes, as can mint and sweet basil. Which leafy herb you want depends on the flavor profile you're after. Bear in mind that basil is more warming than mint, and optimal for a cold-weather cleanse.

bangkok boogie
basil melon mojo
summer slumber

basil melon mojo

1 SERVING

This juice sips like a fancy cocktail to kickstart the fast with some fun. To capitalize on watermelon's hydrating and skin-healing properties we juice it rind and all. Strawberries add antioxidant vitamin C, basil cleanses the blood, and salt mineralizes the blend and elevates the flavor of the fruit. Boost with chile to stimulate the lymph, and add the apple cider vinegar and probiotic powder to balance the sugar in the fruit and aid digestion.

2 cups cubed watermelon
(rind on)
2 cups strawberries, hulled
1 small handful basil leaves,
plus more to taste
½ cup filtered water
Pinch of Celtic sea salt

optional boosters

¼ teaspoon apple
cider vinegar
⅛ small green chile, seeded
and ribbed, plus more
to taste
½ teaspoon probiotic
powder

1. Push the watermelon, strawberries, basil, optional chile booster, and water through your juicer. Strain any pulp and stir in the salt and additional boosters you're using.

nutritional facts (per serving)

calories 185 kcal – the profile will vary based on your produce and juicer.

bangkok boogie

1 SERVING

This juice jitterbugs across your tongue and then boogies into your belly! Pineapple calms inflammation and aids digestion, bok choy offers cleansing chlorophyll and alkalizing minerals, cucumber hydrates cells, lime boosts immunity with a shot of vitamin C, cilantro cleanses the blood and regulates blood sugar levels. Add jalapeño for added cleanse and kick, wheatgrass to purify the blood, and apple cider vinegar for prebiotic power and a terrific tang. Get down!

1 baby bok choy
1 handful cilantro
1 lime, peeled
½ English cucumber
¼ pineapple, peeled
½ cup filtered water
Pinch of Celtic sea salt

optional boosters

⅛ jalapeño, seeded and ribbed
¼ teaspoon wheatgrass powder
¼ teaspoon apple cider vinegar

1. Push the bok choy, cilantro, lime, cucumber, pineapple, jalapeño booster, and water through your juicer. Strain any pulp.
2. Stir in the salt, and apple cider vinegar and wheatgrass boosters, if using.

nutritional facts (per serving)

calories 157 kcal - the profile will vary based on your produce and juicer.

summer slumber

1 SERVING

Our motto for evening juices: “savory for sleep”. Romaine, the star of slumber, helps calm the body for a good night’s rest. Cucumber and celery are also great additions for evening juices as they replenish alkaline minerals, are natural diuretics, and are extraordinarily hydrating. Green apple sweetens the blend and aids digestion, and lemon adds a tangy twist and cleanses the liver. Boost with ginger for added digestive and anti-inflammatory support, a pinch of cayenne to stimulate the lymph for a deeper cleanse, and apple cider vinegar to encourage the proliferation of probiotics.

1 rib celery
½ romaine heart
½ English cucumber
½ lemon, peeled
½ green apple, cored
½ cup filtered water
3 drops alcohol-free liquid stevia, plus more to taste

optional boosters

½-inch piece ginger
¼ teaspoon apple cider vinegar
Pinch of cayenne pepper

1. Push the celery, romaine, cucumber, lemon, apple, ginger booster, and water through your juicer. Strain any pulp.
2. Stir in the apple cider vinegar and cayenne boosters, if using, and add stevia to taste.

nutritional facts (per serving)

calories 105 kcal - the profile will vary based on your produce and juicer.

citrus serenade

1 SERVING

This summer sip is the perfect combo of sweet and tangy. Sharp citrus notes offer a buffet of immune-boosting and cleansing vitamin C, high-water-content, mineral-rich cucumber balances the sugar in the fruit and hydrates the body, and spinach oxygenates the blood and strengthens cell integrity. Boost with wheatgrass to further neutralize acids and expel wastes, probiotic powder to aid digestion, and basil to sooth the digestive tract and create a more dimensional flavor. If you're taking medication that interacts with grapefruit, substitute an orange.

- 2 cups baby spinach
- 1 orange, peeled
- ½ lemon, peeled
- ½ lime, peeled
- ½ red grapefruit, peeled
- ½ English cucumber
- ½ cup filtered water
- 3 drops alcohol-free liquid stevia, plus more to taste

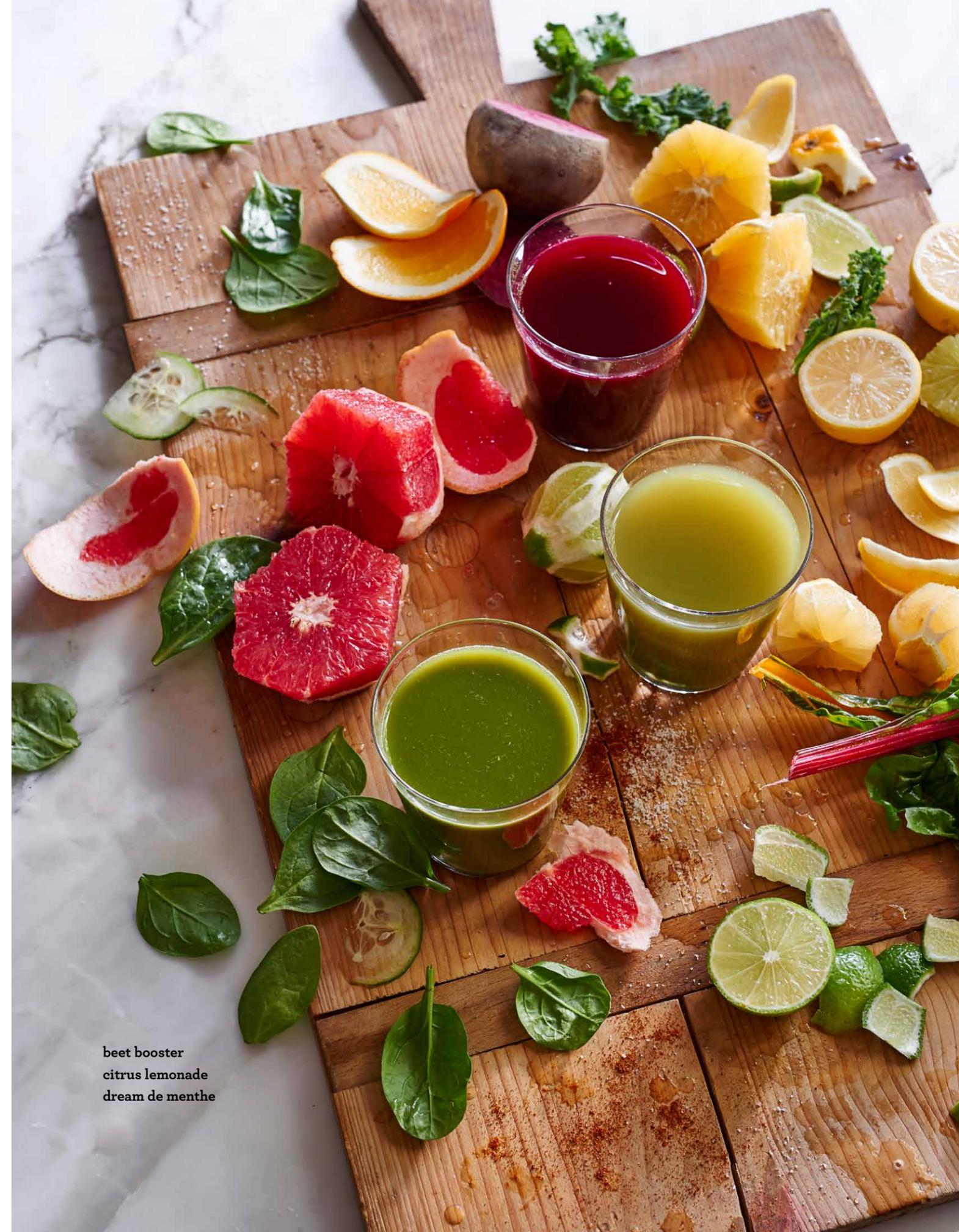
optional boosters

- 1 small handful basil leaves
- ½ teaspoon probiotic powder
- ¼ teaspoon wheatgrass powder

nutritional facts (per serving)

calories 192 kcal - the profile will vary based on your produce and juicer.

1. Push the spinach, orange, lemon, lime, grapefruit, cucumber, basil booster, and water through your juicer. Strain any pulp.
2. Stir in the probiotic powder and wheatgrass powder boosters, if using, and add stevia to taste.



beet booster
citrus lemonade
dream de menthe

beet booster

1 SERVING

Superheroes kale and beets are detox dynamos helping to cleanse the liver and purify the blood. Orange and lemon sweeten the earthiness of the beets and offer antioxidant and immune-amping vitamin C. Boost with basil to elevate the flavor and provide antibacterial support, with probiotic powder to aid digestion and cleansing, and with cayenne to speed up your metabolism.

2 stalks kale

1 orange, peeled

½ medium raw red
beet, scrubbed

½ lemon, peeled

½ cup filtered water

3 drops alcohol-free
liquid stevia

optional boosters

2 large basil leaves, plus
more to taste

½ teaspoon
probiotic powder

Pinch of cayenne pepper

1. Push the kale, orange, beet, lemon, basil booster, and water through your juicer. Strain any pulp.

2. Stir in the probiotic powder and cayenne boosters, if using, and add stevia to taste.

nutritional facts (per serving)

calories 125 kcal - the profile will vary based on your produce and juicer.

dream de menthe

1 SERVING

Rest and regenerate with this magic mineral blend. Chard, romaine, cucumber, apple and lemon hydrate, cleanse, and alkalize, while offering antioxidant and anti-inflammatory support. Mint cools the body and cleanses the blood and bowels. Boost with ginger, apple cider vinegar and salt to dial up the detox.

1 large stalk chard

½ romaine heart

½ English cucumber

½ green apple, cored

½ lemon, peeled

¼ cup mint leaves, plus
more to taste

½ cup filtered water

optional boosters

¼-inch piece ginger

¼ teaspoon apple
cider vinegar

Pinch of Celtic sea salt

1. Push the chard, romaine, cucumber, apple, lemon, mint, ginger booster, and water through your juicer. Strain any pulp.

2. Stir in the apple cider vinegar and salt boosters, if using.

nutritional facts (per serving)

calories 112 kcal - the profile will vary based on your produce and juicer.



blueberry thrill
squish squash
gentle jive

blueberry thrill

1 SERVING

Blackberries and blueberries are antioxidant, anti-aging aces, chard is an alkalizing avenger, and orange and lime are immune-boosting bandits. Mint is dynamic for digestion, wheatgrass powder and cayenne are metabolic maniacs, and they all come together to create a divine detox drink that will leave you crazy for cleansing.

1 stalk chard
1 orange, peeled
1 cup blackberries
1 cup blueberries
½ lime, peeled
½ cup filtered water
3 drops alcohol-free liquid stevia, plus more to taste

optional boosters

¼ cup mint leaves, plus more to taste
¼ teaspoon wheatgrass powder
Pinch of cayenne pepper

1. Push the chard, orange, blackberries, blueberries, lime, mint booster, and water through your juicer. Strain any pulp.
2. Stir in the wheatgrass and cayenne boosters, if using, and add stevia to taste.

nutritional facts (per serving)

calories 250 kcal - the profile will vary based on your produce and juicer.

squish squash

1 SERVING

This quencher quashes summer sizzle. Squash hydrates while it regulates blood sugar, apple and lemon cleanse the colon and aid digestion, and spinach oxygenates and builds up the blood with iron and other alkalizing minerals. Parsley helps to flush out heavy metals, and the ginger and turmeric boosters create an anti-inflammatory inferno.

2 cups baby spinach
1 yellow straight-neck summer squash or zucchini
1 green apple, cored
1 lemon, peeled
½ cup filtered water
3 drops alcohol-free liquid stevia, plus more to taste

optional boosters

1 small handful flat-leaf parsley
½-inch piece ginger, plus more to taste
½-inch piece turmeric

1. Push the spinach, squash, apple, lemon, and water through your juicer with the parsley, ginger, and turmeric boosters, if using. Strain any pulp, and add stevia to taste.

nutritional facts (per serving)

calories 156 kcal - the profile will vary based on your produce and juicer.

gentle jive

1 SERVING

Cukes and zukes hyper-hydration helps you dial down into a dreamy dimension with minerals and electrolytes. Romaine is righteous for its anti-insomnia powers, and green apple and lemon provide a sweet tang to mellow the greens and support a gentle cleansing process. Boost with mint and Jerusalem artichoke to aid digestion and detox, and a touch of vanilla for an interesting twist.

1 zucchini
1 green apple, cored
½ romaine heart
½ English cucumber
½ lemon, peeled
½ cup filtered water

optional boosters

1 small handful mint
1 one-inch cube or chunk of Jerusalem artichoke
⅛ teaspoon natural vanilla extract

1. Push the zucchini, apple, romaine, cucumber, lemon, and water through your juicer with the mint and Jerusalem artichoke boosters, if using. Strain any pulp, and stir in the vanilla booster, if using.

nutritional facts (per serving)

calories 180 kcal - the profile will vary based on your produce and juicer.

cranberry crave

1 SERVING

This cleansing crusader kickstarts the morning with an abundance of antioxidant vitamin C, brought in by the cranberries, strawberries, orange and lime. Faithful cucumber adds alkalizing minerals and hydration to the mix, and green apple adds a touch of sweetness and digestive balancing abilities. Add the probiotic powder to balance the sugar content of the fruit. Boost with ginger to stimulate the lymph, calm inflammation, warm up the body, and to add back-end zing. Don't rule out the splash of balsamic vinegar to kick things up to wow!

- 1 green apple, cored
- 1 lime, peeled
- ½ English cucumber
- ½ cup fresh cranberries (or frozen and defrosted)
- ½ orange, peeled
- ½ cup strawberries, hulled
- ½ cup filtered water
- 3 drops alcohol-free liquid stevia, plus more to taste

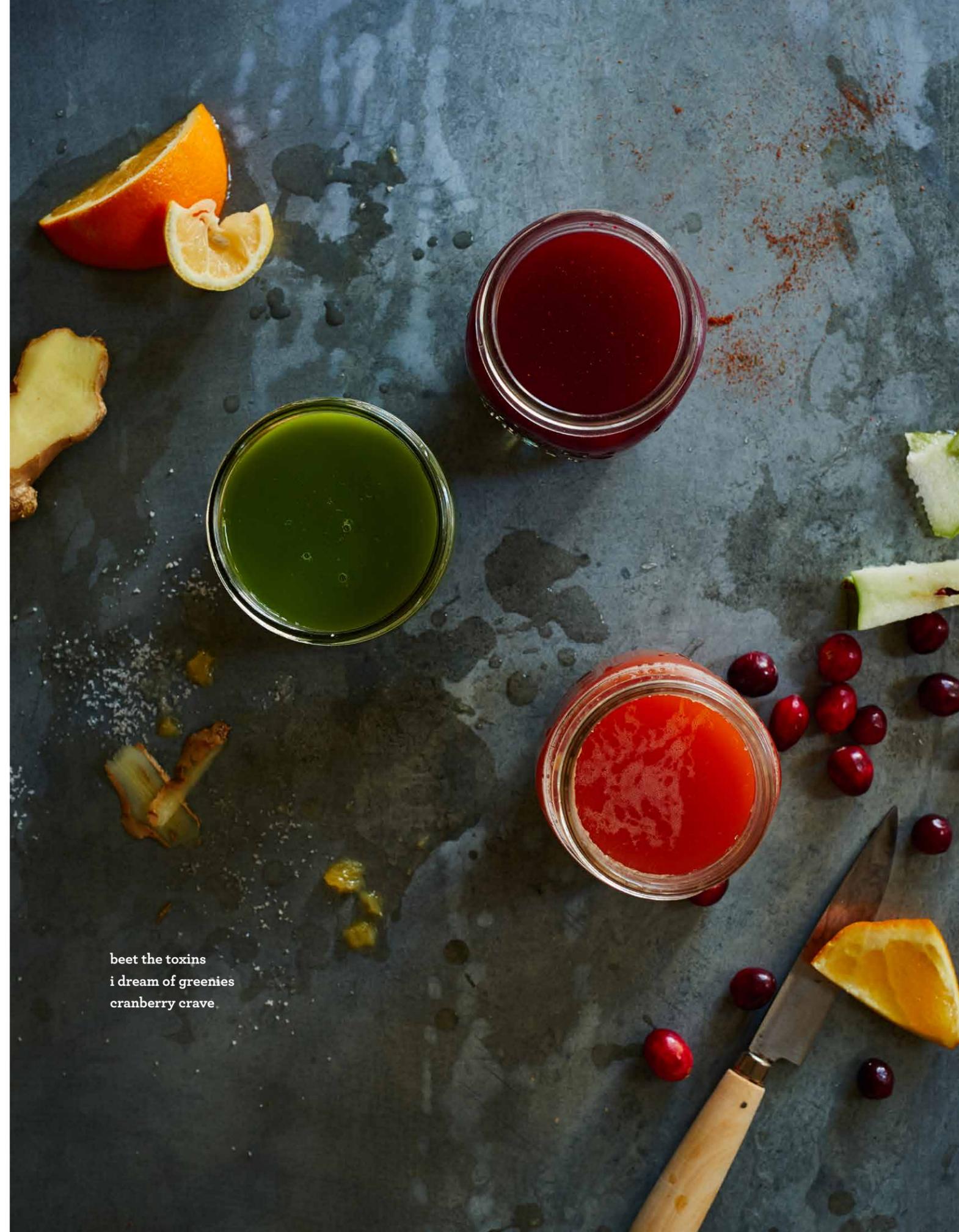
optional boosters

- ½-inch piece ginger
- ¼ teaspoon probiotic powder
- Splash of balsamic vinegar

1. Push the apple, lime, cucumber, cranberries, orange, strawberries, water, and ginger booster through your juicer. Strain any pulp.
2. Stir in the balsamic vinegar and probiotic powder boosters, if using, and add stevia to taste.

nutritional facts (per serving)

calories 228 kcal - the profile will vary based on your produce and juicer.



beet the toxins
i dream of greenies
cranberry crave.

beet the toxins

1 SERVING

Beets are bold players in the liver-cleansing game, and brilliant blood builders while they're at it. Their earthy flavor, not everyone's favorite, gets rebalanced by orange and musky fennel in this delicious detox dynamo! Rich in phytonutrients, antioxidants, and potassium, fennel helps to scavenge free radicals, regulate heart rate and blood pressure, and warm the body in the colder weather. Zucchini and cucumber pump in mineral-rich water that helps to regulate body temperature, too, while reducing inflammation and swelling, aiding cell hydration and waste removal, and dissolving kidney stones. Boost with basil for taste and some extra chlorophyll, probiotic powder for digestion enhancement, and cayenne for probiotic support and metabolic rev.

1 orange, peeled
1 small zucchini
½ medium or 2 small raw red beets, scrubbed
½ English cucumber
½ lemon, peeled
¼ cup chopped fennel bulb
½ cup filtered water
3 drops alcohol-free liquid stevia

optional boosters

2 stalks basil, plus more to taste
¼ teaspoon probiotic powder
Pinch cayenne pepper, plus more to taste

1. Push the orange, zucchini, beet, cucumber, lemon, fennel, and water through your juicer with the basil and cayenne boosters, if using. Strain any pulp, stir in the probiotic powder, and add stevia to taste.

nutritional facts (per serving)

calories 151 kcal - the profile will vary based on your produce and juicer.

i dream of greenies

1 SERVING

This savory sleep sip is rich in cleansing chlorophyll and alkaline minerals, and surprisingly delicious. Romaine, spinach, zucchini and cucumber are all heavyweight hydration helpers. Green apple is a digestive diva, and lemon is the ultimate liver lover. Garlic and ginger add fabulous flavor while contributing antibacterial, anti-inflammatory, and immunity support. Boost with parsley and liquid chlorophyll to chelate heavy metals and build blood, and MCT oil to help assimilate minerals and beat candida growth.

1 zucchini
1 lemon, peeled
1 cup baby spinach
½ green apple, cored
¼ romaine heart
¼ English cucumber
1 clove garlic, peeled
½-inch piece ginger
½ cup filtered water
Pinch of Celtic sea salt

optional boosters

½ bunch flat-leaf parsley
1 tablespoon liquid chlorophyll
1 teaspoon MCT oil

1. Push the zucchini, lemon, spinach, apple, romaine, cucumber, garlic, ginger, parsley booster, and water through your juicer. Strain any pulp.
2. Stir in the salt, and chlorophyll and oil boosters, if using.

nutritional facts (per serving)

calories 130 kcal - the profile will vary based on your produce and juicer.

kale yes!

1 SERVING

The phytonutrients in kale have amazing antimicrobial properties that are unleashed in the juice of the stalk and leaves. Packed with vitamins A, C, E, and K, and minerals like iron, calcium, zinc, and potassium, this detox superstar also boosts immunity, promotes digestive health, reduces inflammation, and alkalizes the blood. The high water content in the apples, celery, and zucchini flushes out toxins and cleanses the colon. For a real mover add the probiotic powder, wheatgrass, and cayenne!

3 stalks of kale
 1 green apple, cored
 1 stalk celery
 1 lemon, peeled
 ½ zucchini
 ½ cup filtered water

optional boosters

¼ teaspoon
 probiotic powder
 ¼ teaspoon wheatgrass
 powder
 Pinch of cayenne pepper

1. Push the kale, apple, celery, lemon, zucchini, and water through your juicer. Strain any pulp. Stir in the probiotic powder, wheatgrass, and cayenne boosters, if using.

kale yes!
 pumpkin pie
 field of dreams

nutritional facts (per serving)

calories 160 kcal - the profile will vary based on your produce and juicer.

pumpkin pie

1 SERVING

Fall fasting is more fun with some pumpkin pie, even in liquid form! This delicious and rich juice treat offers a plethora of nutrients to support your cleanse and give you plenty of energy to enjoy the holiday season. Pumpkin and carrots contain high levels of antioxidants and longevity-enhancing carotenes and minerals. These sweet orange stars fuel production of white blood cells and enhance their performance, boosting immunity. The pumpkin gives this juice a festive flavor, and vanilla and stevia bring in that dessert feel. Warm up the blend and aid digestion with ginger, boost your immunity with goji, and throw in the lemon for a tang and some extra anti-inflammatory Vitamin C.

3 cups peeled, seeded, and cubed pumpkin or butternut squash

2 cups roughly chopped carrots

¼ teaspoon pumpkin pie spice

1 green apple, cored

½ cup filtered water

¼ teaspoon natural vanilla extract

3 drops alcohol-free liquid stevia, plus more to taste

optional boosters

½-inch piece ginger

1 teaspoon goji powder

Splash of lemon juice, plus more to taste

1. Throw the pumpkin, carrot, pumpkin pie spice, and goji powder booster into a bowl and massage the spice into the produce with your hands. Push the pumpkin, carrots, apple, ginger booster, and water through your juicer. Strain any pulp. Add the vanilla and stevia, and stir in the lemon juice booster, if using.

nutritional facts (per serving)

calories 438 kcal - the profile will vary based on your produce and juicer.

field of dreams

1 SERVING

Slip into slumber with this sweet green machine packed with alkalizing chlorophyll and restorative minerals from the spinach and romaine. This combo is a fantastic intestinal cleanser – the oxalic acid in the spinach and the pectin and mineral salts in the apples combine to produce a laxative effect that helps to get your bowels moving and clear out the colon. Lime adds delicious flavor along with antibiotic power and antioxidant vitamin C, and mint clears respiratory congestion. Sweeten with stevia, boost the flavors with mineral-rich salt, and add prebiotic apple cider vinegar to aid digestion.

2 cups baby spinach

1 green apple, cored

1 lime, peeled

½ English cucumber

½ cup mint leaves

¼ romaine heart

½ cup filtered water

optional boosters

¼ teaspoon apple cider vinegar

3 drops alcohol-free liquid stevia

Pinch of Celtic sea salt

1. Push the spinach, apple, lime, cucumber, mint, romaine, and water through your juicer. Strain any pulp.
2. Stir in the apple cider vinegar, stevia, and salt boosters, if using.

nutritional facts (per serving)

calories 170 kcal - the profile will vary based on your produce and juicer.

cantaloupety loop

1 SERVING

This delectable juice will make you forget you're cleansing. Cantaloupe is a brilliant hydrating food, and chock-full of vitamins A and C for cell regeneration and immunity, plus potassium to regulate blood pressure. Lime lifts the melon magic and helps break down toxins in the liver, and the salt adds alkalizing minerals and accentuates the melon's sweetness. Add stevia to taste. Boost with flaxseed oil (you can't taste it) to get a dose of essential omega fatty acids, and to help calm the lining of the intestines while your system eliminates toxins. The optional probiotic powder helps balance the sugar of the fruit and aids digestion.

- ½ cantaloupe, peeled and seeded
- 1 lime, peeled
- ⅛ cup mint leaves, plus more to taste
- ½ cup filtered water
- ⅛ teaspoon Celtic sea salt

optional boosters

- 1 teaspoon flaxseed oil
- ½ teaspoon probiotic powder
- 3 drops alcohol-free liquid stevia, plus more to taste

1. Push the cantaloupe, lime, mint, and water through your juicer. Strain any pulp.
2. Stir in the salt, and then the oil, probiotic powder, and stevia boosters, if using.

nutritional facts (per serving)

calories 72 kcal - the profile will vary based on your produce and juicer.



cantaloupety loop
antioxidant ace
tranquility trance

antioxidant ace

1 SERVING

If you can get a fresh pomegranate for this juice your taste buds will thank you. Yes, it takes a little effort to separate the ruby seeds from the bitter pith (see the glossary for tips on working with them), but the flavor and health benefits are so worth the work. Pomegranates contain superior antioxidants that protect against cellular damage, neutralize abnormal cell activity, decrease inflammation in the blood vessels, and help regulate blood pressure. Beets build healthy blood and detox the liver, and blueberries combat oxidative stress in the brain and scour toxins in the colon. Stimulate your lymph and add crazy amazing back-end kick with the cayenne, lift with lemon for a berry good tang and alkalizing edge, and up the pomegranate's punch with a boost of the fruit in powdered form.

**Seeds of 1 pomegranate or
1 cup cranberries**

**½ large or 2 small raw red
beets, scrubbed**

½ English cucumber

½ green apple, cored

½ cup blueberries

½ cup filtered water

Pinch of Celtic sea salt

optional boosters

½ lemon, peeled

**¼ teaspoon
pomegranate powder**

Pinch of cayenne pepper

**1. Push the pomegranate seeds, beet, cucumber, apple, blueberries,
lemon booster, and water through your juicer. Strain any pulp.**

2. Stir in the salt, and pomegranate and cayenne boosters, if using.

nutritional facts (per serving)

calories 268 kcal - the profile will vary based on your produce and juicer.

tranquility trance

1 SERVING

This sweet and musky green juice is such a fabulous finish to the fast. Hydrating and mineral-rich romaine, cucumber and parsley help to calm inflammation in the body and prepare it for rest. Fennel adds a mild anise flavor while cleansing the colon, aiding digestion, and alleviating stomach ailments. Apple and lemon balance the edgy flavors (sweeten with stevia if desired) and keep that colon moving; salt adds minerals and assists with the absorption of nutrients. Add the MCT oil booster to kick candida to the curb, and probiotic powder for gut health.

1 English cucumber

1 green apple, cored

1 lemon, peeled

½ romaine heart

¼ cup chopped fennel bulb

**¼ cup flat-leaf
parsley leaves**

½ cup filtered water

Pinch of Celtic sea salt

optional boosters

1 teaspoon MCT oil

**½ teaspoon
probiotic powder**

**3 drops alcohol-free
liquid stevia**

**1. Push the cucumber, apple, lemon, romaine, fennel, parsley, and water
through your juicer. Strain any pulp.**

**2. Stir in the salt, and oil, probiotic powder, and stevia boosters,
if using.**

nutritional facts (per serving)

calories 189 kcal - the profile will vary based on your produce and juicer.

lean, clean & green

1 SERVING

This cleansing powerhouse is a great way to kick-start a winter fast. You can't go wrong with the hydrating nutrients of cucumber, the colon regulating and cleansing effects of apple, the green alkalizing punch from the spinach, and the zing and toxin-dissolving power of the lemon. Zowie! Not only is this combo packed with benefits, it's a delicious flavor-enhanced lemonade that's universally loved. Add the cayenne booster to warm the body and stimulate the lymph, ginger to aid digestion and calm inflammation, and apple cider vinegar for additional cleansing power.

2 cups baby spinach
1 green apple, cored
½ English cucumber
½ lemon, peeled
½ cup filtered water

optional boosters

½-inch piece ginger, plus
more to taste
¼ teaspoon apple
cider vinegar
Pinch of cayenne pepper

1. Push the spinach, apple, cucumber, lemon, ginger booster, and water through your juicer. Strain any pulp. Stir in the apple cider vinegar and cayenne boosters, if using.

lean, clean & green
ruby rush
peaceful potion

nutritional facts (per serving)

calories 139 kcal - the profile will vary based on your produce and juicer.

ruby rush

1 SERVING

This rockin' redhead is a liver-cleansing star. Beets optimize red blood cells' utilization of oxygen and stimulate lymph activity to flush out toxins. Grapefruit loosens the liver and encourages detoxification with powerful antioxidants, as well as providing potassium electrolyte, important for cell integrity. If you're taking medication that interacts with grapefruit, substitute two oranges. Cucumber pitches in to hydrate and, along with the ginger, reduce inflammation. Boost with Jerusalem artichoke to rid the body of excess fluids, add the fennel to aid digestion and to add a nice anise flavor, and work in the probiotics to maintain eco-balance in the gut.

1 red grapefruit, peeled
½ medium raw red beet, scrubbed
½ English cucumber
½ green apple, cored
½-inch piece ginger
½ cup filtered water
5 drops alcohol-free liquid stevia, plus more to taste

optional boosters

¼ cup chopped fennel bulb
1 square-inch piece Jerusalem artichoke
¼ teaspoon probiotic powder

1. Push the grapefruit, beet, cucumber, apple, ginger, and water through your juicer with the fennel and Jerusalem artichoke boosters, if using. Strain any pulp.
2. Stir in the probiotic powder boosters, if using.

nutritional facts (per serving)

calories 184 kcal - the profile will vary based on your produce and juicer.

peaceful potion

1 SERVING

Prepare the body for rest with this mineral-laden juice. Filled with the calming effect of romaine and celery, the tangy zing and anti-inflammatory vitamin C of lemon, and colon-scouring power and a touch of sweetness from the pear, it's bound to set you adrift to dreamland! Boost with turmeric to aid sleep and calm inflammation, ginger to stimulate digestion, and mint to cleanse the blood and bowels.

1 ripe pear, cored
1 rib celery
½ romaine heart
½ lemon, peeled
¼ cup chopped fennel bulb
½ cup filtered water
3 drops alcohol-free liquid stevia, plus more to taste

optional boosters

¼ cup mint leaves, plus more to taste
½-inch piece ginger, plus more to taste
½-inch piece turmeric

1. Push the pear, celery, romaine, lemon, fennel, and water through your juicer with the mint, ginger, and turmeric boosters, if using. Strain any pulp, and add stevia to taste.

nutritional facts (per serving)

calories 144 kcal - the profile will vary based on your produce and juicer.

oh my darling clementine

1 SERVING

This mocktail with moxie, pairing citrus with a subtle hit of rosemary, will make you cuckoo for cleansing. Boost with a pinch of mineral-rich salt to bring out even more of those aromas and flavor. Loaded with antioxidant vitamins A and C, this blend helps keep mucus membranes healthy. The cucumber alkalizes and balances the sugar in the citrus and hydrates the body for glowing skin. Rosemary is a committed cleanse crusader, aiding liver detoxification, stimulating circulation, and delivering fabulous antibacterial and anti-inflammatory properties. It's also a mild diuretic, great for reducing bloating and fluid retention to assist with kidney health. Boost with turmeric to increase the anti-inflammatory power, and add the probiotic powder to amp up the beneficial bacteria for digestive health.

2 medium clementines, mandarins, or tangerines, peeled

½ orange, peeled

½ English cucumber

½ sprig of rosemary, plus more to taste

½ cup filtered water

optional boosters

½-inch piece turmeric

¼ teaspoon probiotic powder

Pinch of Celtic sea salt

1. Push the clementines, orange, cucumber, rosemary, turmeric booster, and water through your juicer. Strain any pulp.

2. Stir in the probiotic powder and salt boosters, if using.

nutritional facts (per serving)

calories 138 kcal - the profile will vary based on your produce and juicer.



ravishing radish
oh my darling clementine
serene greens

ravishing radish

1 SERVING

Radishes are a natural cleansing agent for the digestive system, helping to break down toxins in the colon. Since they can be sharp on the palette, we've mellowed their bite with green apple which also sweeps out your system. Lemon and chard flush out the liver and alkalize the blood, and cucumber hydrates cells and provides restorative mineral salts. Boost with celery for sodium and potassium to replace electrolytes and balance fluid retention; boost with apple cider vinegar for probiotic support; and boost with cayenne to stimulate the lymphatic system and warm the body.

1 large leaf Swiss chard
1 green apple, cored
1 lemon, peeled
½ English cucumber
1 to 2 red radishes
½ cup filtered water

optional boosters

1 rib celery
¼ teaspoon apple
cider vinegar
Pinch of cayenne pepper

1. Push the chard, apple, lemon, cucumber, radishes, celery booster, and water through your juicer. Strain any pulp.
2. Stir in the apple cider vinegar and cayenne boosters, if using.

nutritional facts (per serving)

calories 149 kcal - the profile will vary based on your produce and juicer.

serene greens

1 SERVING

This mellow green juice is fantastic for rebuilding the body and preparing it for sleep. Kale and parsley alkalize and purify the blood and provide minerals, romaine calms the nervous system, and cucumber hydrates cells and tissues. Apple and lemon sweeten and brighten the greens and aid digestion and detox. Boost with ginger to warm the body, stimulate the lymph, and ease digestion; turmeric to calm inflammation; and probiotic powder to replenish stores of friendly bacteria which boosts immunity and overall health.

2 stalks kale
1 small handful
flat-leaf parsley
1 lemon, peeled
½ romaine heart
½ English cucumber
½ green apple, cored
½ cup filtered water

optional boosters

½-inch piece ginger
½-inch piece turmeric
¼ teaspoon
probiotic powder

1. Push the kale, parsley, lemon, romaine, cucumber, apple, and water through your juicer with the ginger and turmeric boosters, if using. Strain any pulp.
2. Stir in the probiotic powder booster, if using.

nutritional facts (per serving)

calories 308 kcal - the profile will vary based on your produce and juicer.

morning melonade

1 SERVING

This delicious combo contains a truckload of antioxidants and alkalizing minerals and is hyper hydrating for happy cells! Chlorophyll-rich spinach helps clean out the colon and build the blood, while lemon detoxifies the liver. Boost with mint for clean flavor, to ease respiratory congestion, and clear bacteria from the mouth. We always add the probiotic powder to maintain balance in the gut. Don't miss the hit of cayenne to heighten the effect of those probiotics and boost metabolism.

2 cups baby spinach
 ½ English cucumber
 ½ lemon, peeled
 ¼ medium cantaloupe, peeled
 ½ cup filtered water
 ⅛ teaspoon Celtic sea salt

optional boosters

1 small handful mint leaves
 ¼ teaspoon probiotic powder
 Pinch cayenne pepper

1. Push the spinach, cucumber, lemon, cantaloupe, mint booster, and water through your juicer. Strain any pulp.
2. Stir in the probiotic powder and cayenne boosters, if using.

morning melonade
 probiotic pickle
 carrot cake

nutritional facts (per serving)

calories 69 kcal - the profile will vary based on your produce and juicer.

carrot cake

1 SERVING

This is a dessert working undercover as a detox. Carrots and butternut squash are naturally sweet and loaded with vitamins A and C for immunity support and cell repair. Those lovely orange vegetables also contain the magical antioxidant glutathione, which reinforces cell integrity and helps the liver flush out environmental pollutants. Cinnamon adds delicious flavor, while it warms the body, helps balance blood sugar, and stimulates the lymphatic system. Boost with turmeric for added anti-inflammatory and digestive support, coconut water for energizing electrolytes, and vanilla to heighten the cake effect.

3 medium carrots

1 cup peeled and cubed
butternut squash

½ English cucumber

½ green apple, cored

½ cup filtered water

⅛ teaspoon ground
cinnamon, plus more to
taste

3 drops alcohol-free liquid
stevia, plus more to taste

optional boosters

½-inch piece turmeric

¼ cup coconut water

⅛ teaspoon natural
vanilla extract

1. In a bowl, toss the cinnamon and turmeric booster (if using) through the produce until evenly coated.

2. Push the carrot, squash, cucumber, apple, and water through your juicer. Strain any pulp.

3. Stir in the coconut water and vanilla boosters, if using. Add stevia to taste.

nutritional facts (per serving)

calories 208 kcal - the profile will vary based on your produce and juicer.

probiotic pickle

1 SERVING

If you like pickle juice, you'll love this blend, with a flavor like the liquid on your favorite cured cukes! If you're not a fan of pickle juice, you may want to repeat an evening juice from Day 1 or Day 2. But, if you skip this savory probiotic juice you're missing a cleansing superstar. Cabbage is a powerful prebiotic, encouraging proliferation of friendly bacteria in the gut, and its juice contains L-glutamine and gefarnate to cleanse and regenerate the digestive tract. Cucumber flushes out toxins, alleviates inflammation and swelling, hydrates cells, and delivers minerals that prepare the body for sleep. Green apple and lemon aid cleansing and digestion and take the edge off the cabbage; garlic adds antibacterial power; and apple cider vinegar adds a spectacular tang and beneficial prebiotics. Add the probiotic powder to take advantage of that. Boost with turmeric for anti-inflammatory benefits. Cayenne will encourage those probiotics, too, while stimulating the lymphatic system, warming the body, and bringing in a delicious back-end kick.

1 English cucumber

1 cup shredded
green cabbage

½ green apple, cored

½ lemon, peeled

1 clove garlic

½ cup filtered water

¼ teaspoon apple
cider vinegar

⅛ teaspoon Celtic sea salt

optional boosters

½-inch piece turmeric

½ teaspoon
probiotic powder

Pinch of cayenne pepper

1. Push the cucumber, cabbage, apple, lemon, garlic, turmeric booster, and water through your juicer. Strain any pulp.

2. Stir in the apple cider vinegar, salt, and probiotic powder and cayenne boosters, if using

nutritional facts (per serving)

calories 123 kcal - the profile will vary based on your produce and juicer.

berry blast

1 SERVING

This berry cleansing elixir will kick off your fast with a zing and a zang! Strawberries and raspberries are packed with vitamin C, antioxidants, and carotenes to break down toxins and neutralize oxidation. Jerusalem artichoke supports blood sugar regulation, aids digestion and amps up the electrolytes. Mineral-rich cucumber alkalizes the blood and tissues and hydrates the cells, and apple cleanses the colon and aids digestion. Add stevia to taste. Boost the cleansing potential with probiotic powder, rev up your metabolism with a bit of prebiotic cayenne pepper, and add a splash of balsamic vinegar for flavor fever.

1 green apple, cored

1 square-inch piece Jerusalem artichoke (optional)

½ English cucumber

½ cup strawberries, hulled

½ cup raspberries

½ cup filtered water

3 drops alcohol-free liquid stevia, plus more to taste

optional boosters

¼ teaspoon probiotic powder

Pinch of cayenne pepper

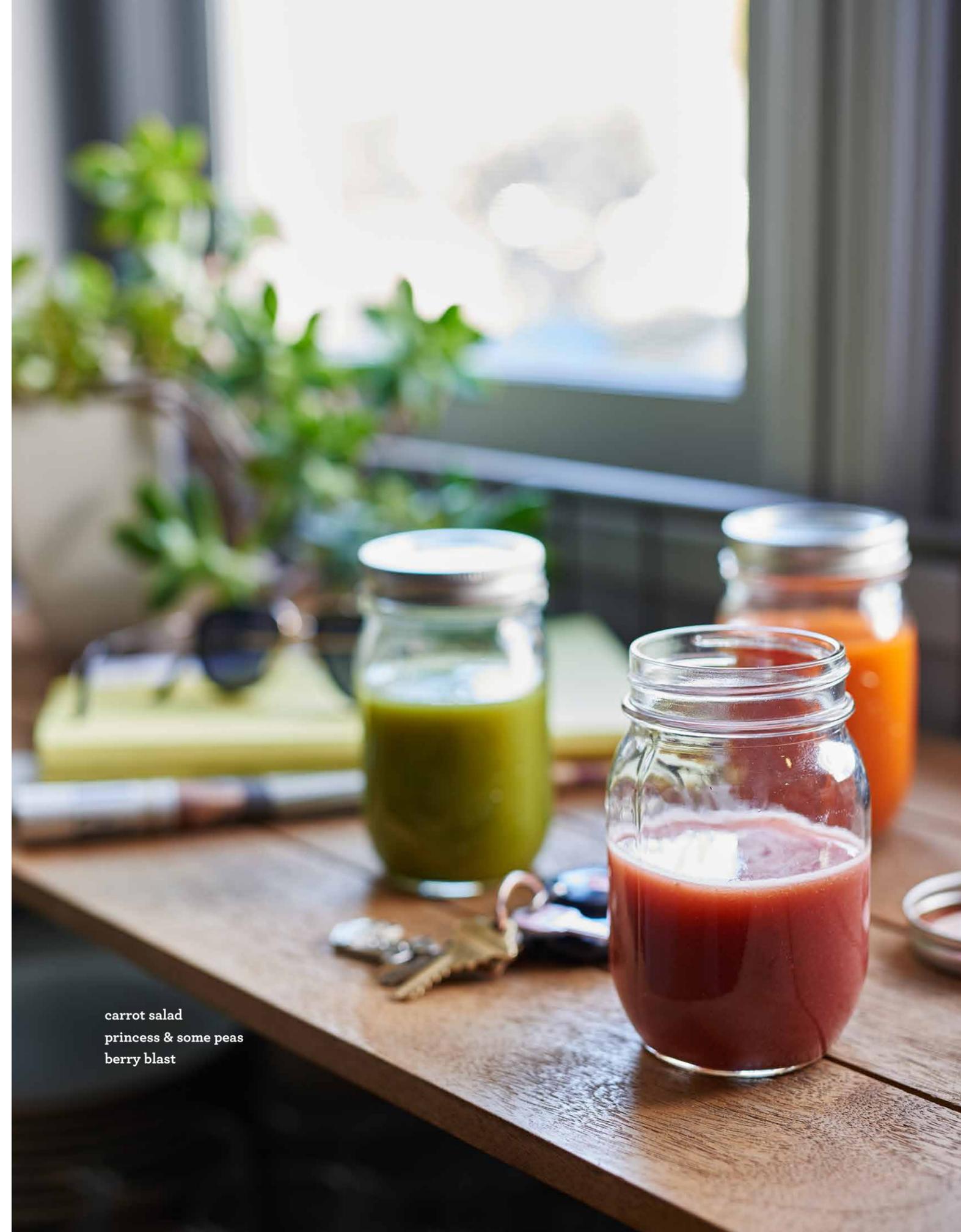
Splash of balsamic vinegar

1. Push the apple, Jerusalem artichoke, cucumber, strawberries, raspberries, and water through your juicer. Strain any pulp.

2. Stir in the probiotic powder, cayenne, and balsamic boosters, if using, and add stevia to taste.

nutritional facts (per serving)

calories 172 kcal - the profile will vary based on your produce and juicer.



carrot salad
princess & some peas
berry blast

carrot salad

1 SERVING

We call this skin salad. Carrots and sweet potato provide a bevy of beta-carotenes that are prodigiously healing for skin and other tissues. Cucumber is fabulous for hydrating skin cells, promoting regeneration. Pineapple adds a sweetness and the enzyme bromelain helps reduce inflammation. Lemon clears congestion, and in combination with ginger, promotes sweating and flushes out toxins. Mint, combined with ginger, also clears congestion and aids digestion. That said, you can boost with the mint just for a fresh herbal flavor. The turmeric brings in more anti-inflammatory power and the ACV balances the natural sugar of the fruits and vegetables, adding a dose of pectin to support probiotics.

4 large carrots
1 small sweet potato, unpeeled
 ½ English cucumber
 ½ lemon, peeled
 ¼ pineapple, peeled
 ½-inch piece ginger
 ½ cup filtered water

optional boosters

¼ cup mint leaves, plus more to taste
 ¼-inch piece turmeric
 ⅛ teaspoon apple cider vinegar

1. Push the carrots, sweet potato, cucumber, lemon, pineapple, ginger, and water through your juicer with the mint and turmeric boosters, if using. Strain any pulp. Stir in the apple cider vinegar booster.

nutritional facts (per serving)

calories 340 kcal - the profile will vary based on your produce and juicer.

princess & some peas

1 SERVING

We're not princesses, but we think juicing peas to induce sleep is much better than sticking them under the mattress to keep yourself awake! Peas contain a variety of alkaline minerals, and together with those contained in the romaine, cucumber, and mint calm the body and prepare it for rest. Green apple sweetens the deal and lends digestive support, and lemon adds some antioxidant restorative vitamin C, cleanses the colon, and brightens the flavors. Boost with Jerusalem artichoke to regulate blood sugar levels and further support digestion and detox; add probiotic powder to maintain beneficial gut bacteria; and don't miss the sea salt to amp up the magic minerals and meld the diverse flavors.

1 green apple, cored
1 English cucumber
 ½ lemon, peeled
 ½ cup sugar snap peas or ½ zucchini
 ¼ romaine heart
 ¼ cup mint, plus more to taste
 ½ cup filtered water

optional boosters

1 square-inch piece Jerusalem artichoke
 ¼ teaspoon probiotic powder
 ⅛ teaspoon Celtic sea salt

1. Push the apple, cucumber, lemon, snap peas, romaine, mint, and water through your juicer with the Jerusalem artichoke booster, if using. Strain any pulp. Stir in the probiotic powder and salt boosters.

nutritional facts (per serving):

calories 176 kcal - the profile will vary based on your produce and juicer.

breakfast of champions

1 SERVING

You might not be up for a decathlon this morning, but you'll definitely cleanse like a champ after enjoying this elixir. Tangerine, pineapple, lime, kale and turmeric flood this juice with antioxidants and anti-inflammatory power while bringing in a tropical flavor, to make this a delicious detox dynamo. Ginger and jalapeño can spice up the flavor, wake up the lymph, and rev up your metabolism. Throw in the probiotic powder to balance the sugar of the fruit and heal the gut.

3 stalks kale

1 tangerine, peeled

1 lime, peeled

¼ pineapple, peeled

½-inch piece turmeric

½ cup filtered water

optional boosters

½-inch piece ginger

¼ jalapeño pepper, seeded and ribbed

¼ teaspoon probiotic powder

1. Push the kale, tangerine, lime, pineapple, turmeric, and water through your juicer with the ginger and jalapeño boosters, if using. Strain any pulp. Stir in the probiotic powder booster.

breakfast of champions
basil beeter
brilliant brassica

nutritional facts (per serving)

calories 209 kcal - the profile will vary based on your produce and juicer.

basil beeter

1 SERVING

Your liver will love this glass of pretty purple pleasure. Beet juice maximizes oxygen utilization, which is a fancy way to say you'll have more energy! Beets are also brilliant blood builders and toxin tamers. Oranges and lime sweeten up the earthiness of the beets and provide an abundance of regenerative vitamin C and citrus oils to break down toxins. Cucumber and zucchini are alkalizing happy hydrators that replenish minerals and electrolytes. Boost with Jerusalem artichoke to ease digestion and encourage detoxification; add the salt to neutralize acids; and do not miss adding the basil, which adds exquisite flavor and cranks up the cleanse!

2 oranges, peeled
1 lime, peeled
½ medium raw red beet or
1 small, scrubbed
½ zucchini
½ English cucumber
½ cup filtered water

optional boosters

¼ cup basil leaves
1 square-inch
Jerusalem artichoke
⅛ teaspoon Celtic
sea salt

1. Push the oranges, lime, beet, zucchini, cucumber, and water through your juicer with the basil and Jerusalem artichoke boosters, if using. Strain any pulp. Stir in the salt booster.

nutritional facts (per serving)

calories 239 kcal - the profile will vary based on your produce and juicer.

brilliant brassica

1 SERVING

“Brilliant” and “brassica” don’t wind up in the same sentence very often, but they pair beautifully in this juice. Cauliflower, milder in flavor than other cruciferous veggies, offers antioxidant and anti-inflammatory benefits to support heart and brain health. With impressive amounts of vitamins C & K and beta-carotene, cauliflower aids digestion and detoxification, too. Cilantro adds a clean flavor and aroma, and helps flush out heavy metals. Cucumber hydrates the cells and mineralizes the blood. Romaine relaxes the body, and eases aches and pains. Green apple and lemon lift and sweeten that mildly funky cabbage-y flavor while cleansing the liver and colon. Boost with ginger to encourage sweating to ramp up detox and for added anti-inflammatory ammunition. Add the probiotic powder to balance the sugar content of the juice. The salt punches up the flavors and neutralizes acids.

1 green apple, cored
1 English cucumber
1 lemon, peeled
1 cup raw cauliflower
florets
½ bunch cilantro
¼ head romaine
½ cup filtered water

optional boosters

½-inch piece ginger
¼ teaspoon
probiotic powder
⅛ teaspoon Celtic
sea salt

1. Push the apple, cucumber, lemon, cauliflower, cilantro, romaine, ginger booster, and water through your juicer. Strain any pulp. Stir in the probiotic powder and salt boosters, if using.

nutritional facts (per serving)

calories 215 kcal - the profile will vary based on your produce and juicer.

tropical punch

1 SERVING

This sensational sip is a sweet hydration helper and will have your skin and eyes glowing. Cucumber feeds your connective tissues and cells, and a SWAT team of antioxidants in the orange, lime, and raspberries combats oxidation, beefing up security for regenerative processes. Bromelain (an enzyme in pineapple) loosens congestion and calms inflammation, and mint builds the blood and aids digestion. To boost the cleansing power and the flavor, and offset acids, we always add probiotic powder and salt.

- 1 orange, peeled
- 1 English cucumber
- 1 lime, peeled
- ½ cup raspberries
- ¼ pineapple, peeled
- ½ cup filtered water

optional boosters

- ¼ cup mint leaves, plus more to taste
- ¼ teaspoon probiotic powder
- Pinch of Celtic sea salt

1. Push the orange, cucumber, lime, raspberries, pineapple, mint booster, and water through your juicer. Strain any pulp.
2. Salt the rim of your glass, and stir in the probiotic booster.

nutritional facts (per serving)

calories 296 kcal - the profile will vary based on your produce and juicer.



tropical punch
lean greens
happy ending

lean greens

1 SERVING

We love this refreshing green juice, like a crunchy chopped salad in a glass. If the blend's not sweet enough for you, push an additional green apple through the juicer. Spinach, snap peas, and cucumber deliver masses of minerals and alkalizing chlorophyll to oxygenate the blood and cells. A natural diuretic, celery helps with fluid retention, green apple cleans out the colon, and lemon breaks down toxins in the liver. Add a splash of apple cider vinegar for prebiotic punch, salt to bring out the flavors and further alkalize the blend, and cayenne to move your metabolism, encourage sweating to detox the skin, and spice up the party!

2 cups baby spinach
2 ribs celery
1 green apple, cored
½ English cucumber
½ lemon, peeled
½ cup sugar snap peas
or zucchini
½ cup filtered water

optional boosters

¼ teaspoon apple
cider vinegar
⅛ teaspoon Celtic sea salt
Pinch of cayenne pepper

1. Push the spinach, celery, apple, cucumber, lemon, snap peas, and water through your juicer. Strain any pulp. Stir in the apple cider vinegar, salt, and cayenne boosters, if using.

nutritional facts (per serving)

calories 165 kcal - the profile will vary based on your produce and juicer.

happy ending

1 SERVING

Bok choy is awesome for evening juices. It has a mild flavor, and delivers an abundance of alkalizing minerals to rebuild the body and prepare it for sleep. Zucchini is also a great after-dark juice addition because it's mild in flavor, too, and deeply hydrating. Celery delivers minerals and helps expel excess fluids, and cilantro combats environmental pollutants and heavy metals. Bringing in exotic flavor, pineapple is an anti-inflammatory, immunity, and digestive superstar, with bromelain and other enzymes that help break down congestion. Boost with salt to bring out the flavors and mineralize the mix; apple cider vinegar for prebiotic benefit and tang; and cayenne to flush out toxins and rev up the lymphatic system and metabolism, and for kick-ass flavor.

2 baby bok choy
2 ribs celery
1 lime, peeled
½ zucchini
½ bunch cilantro
¼ pineapple, peeled
½ cup filtered water

optional boosters

⅛ teaspoon Celtic sea salt
⅛ teaspoon apple
cider vinegar
Pinch of cayenne pepper

1. Push the bok choy, celery, lime, zucchini, cilantro, pineapple, and water through your juicer. Strain any pulp. Stir in the salt, apple cider vinegar, and cayenne boosters, if using.

nutritional facts (per serving)

calories 167 kcal - the profile will vary based on your produce and juicer.

vegetable broth

YIELDS APPROXIMATELY 5 CUPS

This alkalizing restorative broth is one you can consume throughout the juice fast, and a comforting way to start the day. It's easy to throw together, packed with minerals like calcium, potassium, magnesium, and sodium, and has a nice neutral flavor. We highly recommend making this broth before the first day of the fast to help stave off hunger and keep warm, particularly during the colder months when that feeling of chill and damp can set in. Since we rely heavily on this broth while fasting, and make a batch every couple of days, we've kept this recipe simple. If you're up for a bit more complexity, cayenne pepper, a squeeze of lemon juice, and some fresh herbs ramp up the flavors.

2 cups mixed greens:
kale, beet greens, chard,
spinach (any combination)

**1 cup roughly chopped red
beets (½ medium)**

**1 cup roughly chopped
carrots (3 medium)**

**1 cup roughly chopped
celery (3 ribs and
their leaves)**

1 cup chopped cabbage

**½ bunch flat-leaf parsley
(leaves and stalks)**

2 teaspoons Celtic sea salt

1-inch piece ginger, sliced

**2 tablespoons chopped
fresh thyme or oregano (or
2 teaspoons dried)**

6 cups filtered water

**Fresh lemon juice, to
taste (optional)**

**Pinch of cayenne pepper,
plus more to taste
(optional)**

1. Throw all of the ingredients into a large stock pot, and bring to a boil. Reduce the heat to medium, and simmer partially covered for about an hour. Remove the pot from the heat, and allow the broth to cool for about 30 minutes. Strain the mixture through a colander into a large bowl or pot. Tweak salt to taste.
2. Transfer the broth to a sealed container in the fridge. Gently warm small amounts of broth in a small saucepan on low heat as needed, and add lemon juice and cayenne pepper to taste.

nutritional facts (per serving)

calories 2 kcal | fat 0.02 g | saturated fat 0 g | sodium 16.9 mg | carbs 0.4 g | fiber 0.14 g | sugars 0.17 g | protein 0.1 g | calcium 10.4 mg | iron 0.05 mg

summer berry apple popsicles

MAKES 4 TO 6 POPSICLES

These frozen liquid snacks are a treat during a fast. You'll almost feel like you're cheating, but you're still doing dynamo detox! All four popsicle recipes use apples and lemon as the base. Apples add sweetness and support digestion, and lemon adds tang, a dose of vitamin C, alkalizes the blends, and helps to flush out toxins from the liver. For each season we use seasonal produce and complimentary spices for fabulous flavor and detox potential. Enjoy these popsicles at any time during the juice fast, throughout the cleanse, and beyond.

**3 green apples, cored and
roughly chopped**

**1 small red beet, scrubbed
and chopped**

1 cup strawberries

½ lemon, peeled

**½-inch piece ginger, plus
more to taste**

**3 drops of alcohol-free
liquid stevia, plus more to
taste (optional)**

**Pinch of Celtic sea
salt (optional)**

1. Push the apple, lemon, ginger, beet, and strawberries through your juicer. Strain any pulp.
2. Stir in the salt, and add the stevia to taste.
3. Pour the mixture into popsicle molds, and place in the freezer. Alternatively, freeze the juice in mason jars, partially defrost, and enjoy as slushies.

nutritional facts (per serving)

calories 94 kcal | fat 0.4 g | saturated fat 0.06 g | sodium 13.5 mg | carbs 24 g | fiber 4.7 g | sugars 17 g | protein 0.9 g | calcium 18.8 mg | iron 0.5 mg

fall pumpkin pie popsicles

MAKES 4 TO 6 POPSICLES

3 green apples, cored and roughly chopped

1 cup peeled and cubed pumpkin or butternut squash

½ lemon, peeled

½-inch piece ginger, plus more to taste

¼ teaspoon ground cinnamon, plus more to taste

Pinch of ground nutmeg, plus more to taste

Pinch of Celtic sea salt, plus more to taste

⅛ teaspoon natural vanilla extract, plus more to taste

3 drops alcohol-free liquid stevia, plus more to taste (optional)

1. Toss the apple, pumpkin, lemon, and ginger with the cinnamon and nutmeg until evenly coated. Strain any pulp.

2. Stir in the salt, vanilla, and stevia.

3. Pour the mixture into popsicle molds, and place in the freezer.

Alternatively, freeze the juice in mason jars, partially defrost, and enjoy as slushies.

nutritional facts (per serving)

calories 104 kcal | fat 0.65 g | saturated fat 0.3 g | sodium 8.6 mg | carbs 25.7 g | fiber 5.5 g | sugars 16.6 g | protein 1.2 g | calcium 29.4 mg | iron 1.1 mg

winter apple pie popsicles

MAKES 4 TO 6 POPSICLES

4 green apples, cored and roughly chopped

½ lemon, peeled

½-inch piece ginger, plus more to taste

¼ teaspoon ground cinnamon, plus more to taste

⅛ teaspoon natural vanilla extract

3 drops of alcohol-free liquid stevia, plus more to taste (optional)

Pinch of Celtic sea salt

1. Toss the apple, lemon, and ginger with the cinnamon. Push the spiced produce through your juicer. Strain any pulp.

2. Stir in the vanilla, stevia, and salt.

3. Pour the mixture into popsicle molds, and place in the freezer.

Alternatively, freeze the juice in mason jars, partially defrost, and enjoy as slushies.

nutritional facts (per serving)

calories 101 kcal | fat 0.4 g | saturated fat 0.06 g | sodium 5.5 mg | carbs 26.7 g | fiber 4.7 g | sugars 19.2 g | protein 0.6 g | calcium 15 mg | iron 0.3 mg

spring berry pie popsicles

MAKES 4 TO 6 POPSICLES

3 green apples, cored and roughly chopped

½ cup blueberries

½ lemon, peeled

⅛ teaspoon natural vanilla extract

3 drops alcohol-free liquid stevia, plus more to taste

Pinch of Celtic sea salt (optional)

1. Push the apples, blueberries, and lemon through your juicer. Strain any pulp.

2. Stir in the vanilla, stevia, and salt.

3. Pour the mixture into popsicle molds, and place in the freezer.

Alternatively, freeze the juice in mason jars, partially defrost, and enjoy as slushies.

WE RECOMMEND: Omega

We use the Omega Juicers. This company make high-quality centrifugal and masticating juicers, available at various price points.

get yours now



nutritional facts (per serving)

calories 84 kcal | fat 0.3 g | saturated fat 0.05 g | sodium 1.7 mg | carbs 22.4 g | fiber 4 g | sugars 16.2 g | protein 0.6 g | calcium 11.2 mg | iron 0.3 mg

watermelon break-fast salad

1 SERVING

This sweet and refreshing fruit salad is an ideal fast breaker. The high water content of the watermelon hydrates the body and helps detox the kidneys, and the electrolytes support the healthy functioning of cells and organs. Watermelon and mint naturally cool the body, and lime alkalizes and calms inflammation.

¼ large watermelon, skin and seeds removed, and cut into cubes

Juice of 1 lime, plus more to taste

1 tablespoon finely chopped mint leaves, plus more to taste

Pinch of Celtic sea salt

1. In a bowl, combine all of the ingredients, and tweak lime juice and mint to taste.

nutritional facts (per serving)

calories 42 kcal | fat 0.3 g | saturated fat 0.03 g | sodium 294 mg | carbs 14.7 g | fiber 4 g | sugars 2.5 g | protein 1 g | calcium 48.7 mg | iron 0.9 mg

cantaloupe mint break-fast salad

1 SERVING

This hydrating and cleansing treat is an excellent way to ease your body back to solid food as melon is so easily and quickly digested. Cantaloupe contains high levels of antioxidant vitamins A and C to boost immunity and assist with cell regeneration, and potassium to support heart health. Mint is a terrific detox aid, helping to cleanse the blood and bowels, as well as clearing respiratory congestion. Lime juice is a natural detoxifier and antibacterial agent that improves liver function and can kill certain intestinal parasites. With melon, high-quality salt is non-negotiable—it brings out the melon's flavor and strengthens digestion.

½ medium cantaloupe, skin removed, and cut into cubes

Juice of 1 lime, plus more to taste

1 tablespoon finely chopped mint leaves, plus more to taste

Pinch of Celtic sea salt

1. In a bowl, combine all of the ingredients, and tweak lime juice and mint to taste.

nutritional facts (per serving)

calories 91 kcal | fat 0.6 g | saturated fat 0.1 g | sodium 29 mg | carbs 26 g | fiber 5.2 g | sugars 13.8 g | protein 2.2 g | calcium 61 mg | iron 1.2 mg

berry basil break-fast

1 SERVING

Loaded with antioxidant vitamins A and C, from both the berries and the basil, this delicious salad is great for scavenging free radicals and fighting infection. The lupeol and fisetin in strawberries neutralizes abnormal cells in the digestive tract, and blueberries become gelatinous in the colon, helping to expel toxins and lower blood pressure and cholesterol. Berries and basil also protect the brain from oxidative stress. The manganese, iron, and magnesium in this fruit salad help build healthy blood and regulate blood pressure. Don't miss the lime juice, as it elevates the flavors of the berries, and alkalizes and detoxifies the body.

1 cup fresh strawberries,
hulled and sliced

½ cup fresh blueberries

1 tablespoon finely
chopped basil, plus more
to taste

2 teaspoons fresh lime
juice, plus more to taste

1. In a bowl, combine all of the ingredients, and tweak basil and lime juice to taste.

nutritional facts (per serving)

calories 91 kcal | fat 0.7 g | saturated fat 0.04 g | sodium 2.5 mg | carbs 22.8 g | fiber 4.8 g | sugars 15 g | protein 1.6 g | calcium 34 mg | iron 0.9 mg



honeydew basil break-fast

1 SERVING

This simple salad tastes like a gourmet delight, but is a powerful anti-inflammatory, anti-bacterial, detox and digestive aid. Lemon juice alkalizes and cleanses, and honeydew's water to potassium ratio, in concert with vitamin K from the basil, supports muscle and nerve function, and calms the nervous system. Basil also helps alleviate cramps and bloating. Ripe chilled melon with a pinch of high-quality salt will deliver the fullest flavor.

½ medium honeydew melon, skin removed and cut into cubes

2 tablespoons fresh basil leaves, chiffonaded

1 teaspoon fresh lemon juice, plus more to taste

Pinch of Celtic sea salt, plus more to taste

1. In a bowl, combine all of the ingredients, and tweak lemon juice, basil, and salt to taste.

nutritional facts (per serving)

calories 243 kcal | fat 1.1 g | saturated fat 0.28 g | sodium 125mg | carbs 62 g | fiber 5.4 g | sugars 53 g | protein 3.8 g | calcium 51 mg | iron 1.3 mg

fall fruit salad

1 SERVING

We've thrown together this leftover salad with what we estimate you will have loitering in your fridge after you've made all the recipes. Add any fruits you have on hand to hydrate the body and continue cleansing the liver.

½ cup honeydew melon, peeled and chopped

¼ cup strawberries, hulled and cut in half

¼ cup blueberries

1 teaspoon fresh lime juice, plus more to taste

1 teaspoon chopped fresh mint, plus more to taste

Pinch of Celtic sea salt, plus more to taste

1. In a bowl, combine all of the ingredients, and tweak lime juice, mint, and salt to taste.

nutritional facts (per serving)

calories 68 kcal | fat 0.4 g | saturated fat 0.05 g | sodium 16.8 mg | carbs 17 g | fiber 2.6 g | sugars 13 g | protein 1.1 g | calcium 17 mg | iron 0.5 mg

winter fruit salad

1 SERVING

This simple fruit salad is a great way to put the fruit hanging out in your fridge to work as you double down on the detox. Add whatever other fruits you have on hand.

1 cup leftover berries
 1 green apple, cored and roughly chopped
 1 teaspoon fresh lime juice, plus more to taste
 1 teaspoon chopped mint, plus more to taste
 Pinch of Celtic sea salt, plus more to taste

1. In a bowl, combine all of the ingredients, and tweak lime juice, mint, and salt to taste.

nutritional facts (per serving)

calories 180 kcal | fat 0.8 g | saturated fat 0.09 g | sodium 7.1 mg | carbs 47 g | fiber 8 g | sugars 34 g | protein 1.6 g | calcium 22 mg | iron 0.6 mg

spring fruit salad

1 SERVING

You can't beat berries, lime, and mint, and you'll likely have these ingredients on hand after making the recipes. If you don't, throw together whatever fruits you've got, to keep hydrating and encourage regeneration.

¼ cup strawberries, hulled and cut in half
 ½ cup blueberries
 1 green apple, cored and roughly chopped
 1 teaspoon fresh lime juice, plus more to taste
 1 teaspoon chopped mint, plus more to taste
 Pinch of Celtic sea salt, plus more to taste

1. In a bowl, combine all of the ingredients, and tweak lime juice, mint, and salt to taste.

nutritional facts (per serving)

calories 132 kcal | fat 0.6 g | saturated fat 0.07 g | sodium 5.3 mg | carbs 35 g | fiber 6.3 g | sugars 25 g | protein 1.1 g | calcium 22.8 mg | iron 0.6 mg

basil melonade

2 SERVINGS

Basil and melon, a dynamic duo, not only deliver crazy good flavor, they team up as a digestive and cleansing act, too. While they're at it, they help stabilize blood pressure, ease cramps and bloating, and calm the body. Spinach, lemon, and avocado, all alkaline angels, dial up the detox.

½ teaspoon finely grated lemon zest

¼ cup fresh lemon juice, plus more to taste

4 cups honeydew melon (½ small melon)

1 cup baby spinach

½ medium avocado, peeled and pitted

¼ cup firmly packed basil leaves

½ teaspoon probiotic powder (optional)

⅛ teaspoon Celtic sea salt

10 drops alcohol-free liquid stevia, plus more to taste

1 cup ice cubes

1. Throw everything into the blender (except the ice) and blast on high for about 30 seconds until smooth. Add the ice and blast for another 10 seconds until well combined. Tweak stevia to taste.

basil melonade
avocado ice cream

nutritional facts (per serving)

calories 204 kcal | fat 8.2 g | saturated fat 1.3 g | sodium 80 mg | carbs 36 g | fiber 6.8 g | sugars 26 g | protein 4.5 g | calcium 67 mg | iron 1.6 mg

avocado ice cream

2 SERVINGS

Dessert with benefits! This delish delight capitalizes the double D in dynamic detox. Rich in vitamins and minerals, avocados deliver a complete protein with health promoting fats that energize and cleanse the body. Avocado also contains antioxidants, including glutathione, that repair tissue damage, calm inflammation, and regulate metabolism. Banana adds fiber to assist with the elimination of wastes. For back-up on fiber, we've called in the dates; vary the quantity to your preferred level of sweetness.

2 cups unsweetened almond milk

1 small avocado, peeled and pitted

1 large banana

3 to 4 pitted dates, chopped, plus more to taste

1 teaspoon natural vanilla extract

½ teaspoon probiotic powder (optional)

2 cups ice cubes

1. Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy. Tweak dates to taste.

nutritional facts (per serving)

calories 307 kcal | fat 21.5 g | saturated fat 1.6 g | sodium 61mg | carbs 27 g | fiber 9.2 g | sugars 10 g | protein 6.8 g | calcium 113 mg | iron 1.4 mg

strawberry minty melonade

2 SERVINGS

Fabulous and fun, this luscious lemonade is one you'll be blending up long after your cleanse is finished. A high-water and high-fiber dynamo, this an anti-inflammatory avenger that is super-hydrating. The lycopenes in watermelon and the phenolic compounds in strawberries combat oxygen damage to cells and promote heart health, and mint helps cleanse the blood and bowels. To brighten and alkalize the blend, add lemon zest and juice to taste.

3 cups chopped seedless watermelon

¼ teaspoon finely grated lemon zest, plus more to taste

1 small lemon, peeled and seeded

¼ cup firmly packed mint leaves

1 tablespoon chia seeds

½ teaspoon probiotic powder (optional)

5 drops alcohol-free liquid stevia, plus more to taste (optional)

2 cups frozen strawberries

1. Throw everything into the blender except the frozen strawberries and blast on high for about 10 seconds until liquefied. Add the frozen strawberries, and blast again on high for 30 to 60 seconds until smooth and well combined. Tweak stevia to taste.

nutritional facts (per serving)

calories 147 kcal | fat 2.3 g | saturated fat 0.23 g | sodium 6.2 mg | carbs 33.5 g | fiber 6.8 g | sugars 22 g | protein 3.5 g | calcium 89 mg | iron 1.8 mg

cherry ginger zinger

2 SERVINGS

We love this smoothie because it's sweet and light with a fabulous back-end spike of heat. Cherries are fantastic for calming inflammation and flushing out the kidneys, and their bioflavonoids are brilliant for combating oxidative stress. Cherries also contain quercetin and ellagic acid, which helps to protect against cellular damage and combat cancer cells. If you can't get frozen cherries, use raspberries. Add ginger to taste—the more the better during a cleanse. Ginger heightens the anti-inflammatory power of the cherries, and is a powerful detox agent that promotes sweating, to help flush out toxins. This magical spice also stimulates and repairs the digestive tract, alleviating bloating and gastrointestinal distress.

1 cup filtered water

1 green apple, cored and chopped

2 teaspoons minced fresh ginger, plus more to taste

½ teaspoon probiotic powder (optional)

3 cups frozen cherries

1. Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy. You may have to stop the machine and reposition the ingredients to get the mixture to blend, or add the frozen cherries in stages. Tweak ginger to taste.

nutritional facts (per serving)

calories 179 kcal | fat 0.6 g | saturated fat 0.11 g | sodium 6 mg | carbs 46 g | fiber 6.6 g | sugars 36 g | protein 2.5 g | calcium 36 mg | iron 0.9 mg



kale colada

cherry ginger zinger

blueberry pear passion

2 SERVINGS

Blueberries, pears, and cinnamon blend up in this combo for a divine detox, colon-cleansing crusader, and weight-loss superstar. Blueberries and pears scour away toxins in the digestive tract, and help reduce belly fat. Cinnamon revs up metabolism, making this smoothie fantastic for weight loss. This sensational spice also amps up antibacterial and antifungal power, increases circulation, and stimulates the lymphatic system to dial up detox.

1 cup raw coconut water or filtered water

2 ripe pears, cored and roughly chopped

1 green apple, cored and chopped

½ teaspoon ground cinnamon, plus more to taste

½ teaspoon probiotic powder (optional)

5 drops alcohol-free liquid stevia, plus more to taste

2 cups frozen blueberries

1. Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy. Tweak cinnamon and stevia to taste.

nutritional facts (per serving)

calories 577 kcal | fat 48 g | saturated fat 42 g | sodium 40 mg | carbs 42 g | fiber 4.7 g | sugars 25 g | protein 6.7 g | calcium 118 mg | iron 7.5 mg

kale colada

2 SERVINGS

This gorgeous green machine sips like a fancy mocktail but has powerful anti-inflammatory agents in the pineapple, kale and turmeric, along with loads of fiber and antioxidants to aid digestion and bowel function, break down toxins, and boost immunity. The enzyme bromelain in pineapple helps loosen excess mucus and aid your detox. Purchase culinary coconut milk or canned coconut milk, with as little in the way of additives as possible. (Boxed coconut milk lacks the depth of flavor this one deserves.)

1¾ cups So Delicious Original Culinary coconut milk or full-fat canned coconut milk (1 (13.5oz/398g) can)

1 cup curly kale leaves (ribs removed)

1 tablespoon coconut oil (in liquid form)

2 teaspoons fresh lime juice, plus more to taste

½ teaspoon probiotic powder (optional)

⅛ teaspoon ground turmeric (optional)

5 drops alcohol-free liquid stevia, plus more to taste

3 cups frozen pineapple

1. Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy. You may have to stop the machine and reposition the ingredients to get the mixture to blend, or add the frozen pineapple in stages. Tweak lime juice and stevia to taste.

nutritional facts (per serving)

calories 235 kcal | fat 0.90 g | saturated fat 0.11 g | sodium 9 mg | carbs 62 g | fiber 11.6 g | sugars 42 g | protein 2 g | calcium 40 mg | iron 0.9 mg



move to the beet

2 SERVINGS

Far from earthy, this sweet and spicy smoothie will get you going! Beets, cinnamon, and cayenne brush the bowels, flush the liver, and stimulate the lymphatic system. Beets oxygenate the blood, too. Pineapple sweetens the deal, and adds powerful anti-inflammatory and antioxidant support while boosting digestion and metabolism.

1 cup filtered water, plus more if needed

2 medium oranges, peeled and segmented

1 medium raw red beet, peeled and finely chopped (grated for conventional blenders)

½ small avocado, peeled and pitted

1 ½ teaspoons minced ginger, plus more to taste

½ teaspoon probiotic powder (optional)

Pinch of cayenne pepper (optional)

2 cups frozen pineapple

1. Throw all of the ingredients into your blender except the frozen pineapple, and blast on high for 30 to 60 seconds until well combined. Add the pineapple, and blast for another 30 seconds until smooth and creamy. Tweak ginger to taste.

nutritional facts (per serving)

calories 237 kcal | fat 5.6 g | saturated fat 0.8 g | sodium 28 mg | carbs 49 g | fiber 9.6 g | sugars 35.7 g | protein 3.8 g | calcium 107 mg | iron 1.1 mg

tropical trip

2 SERVINGS

This sweet immunity treat will transport you to a tropical island where you'll loll in a hammock, sipping away, and forget you're detoxing! Coconut water and coconut butter add an energizing quality, increasing your metabolic rate to promote weight loss. Enzymes and vitamins A, C, and E in mango cleanse the liver and aid digestion. Chlorophyll-rich spinach alkalizes and oxygenates the blood, while its prebiotic potential promotes healthy digestion. We highly recommend the wheatgrass powder boost, to help neutralize acids and expel waste, adding to the cleansing clout of this shake.

2 cups raw coconut water or filtered water

2 cups baby spinach

1 medium sliced banana

1 tablespoon coconut butter or 1-inch piece creamed coconut, plus more to taste

1 teaspoon wheatgrass powder (optional)

½ teaspoon probiotic powder (optional)

⅛ teaspoon finely grated lime zest, plus more to taste (optional)

2 cups frozen mango

1. Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy. You may have to stop the machine and reposition the ingredients to get the mixture to blend, or add the frozen mango in stages. Tweak coconut and lime zest to taste.

nutritional facts (per serving)

calories 208 kcal | fat 6.7 g | saturated fat 3.9 g | sodium 36mg | carbs 39 g | fiber 4.8 g | sugars 30 g | protein 2.9 g | calcium 59 mg | iron 1.2 mg

citrus fennel flurry

2 SERVINGS

This exquisite combo is a deluxe detox in a glass. Rich in vitamin C, potassium, and antioxidants, citrus and fennel boost immunity, aid digestion, cleanse the colon, encourage detoxification, and regulate blood pressure and cholesterol. This blend is also an anti-inflammatory avenger. If you're taking medication that interacts with grapefruit, substitute the grapefruit with two more oranges.

½ cup filtered water

1 medium red grapefruit, peeled, pith removed, and seeded

1 medium orange, peeled and segmented

1 small lemon, peeled and seeded

1 cup baby spinach

½ small bulb fennel, cored, trimmed of stalks, and chopped

¼ small avocado, peeled and pitted

½ teaspoon probiotic powder (optional)

10 drops alcohol-free liquid stevia, plus more to taste

1 cup ice, plus more to taste

1. Throw all of the ingredients into the blender and blast on high for 30 to 60 seconds until smooth. Tweak stevia and ice to taste.

nutritional facts (per serving)

calories 145 kcal | fat 3.1 g | saturated fat 0.5 g | sodium 42 mg | carbs 32 g | fiber 7.5 g | sugars 19 g | protein 3.3 g | calcium 112mg | iron 1.1 mg

basil berry blitz

2 SERVINGS

This berry bliss blend delivers a truckload of antioxidants that helps scavenge free radical damage and promote heart health and weight loss. Oranges sweeten the berries and make this an immunity idol. Throw basil into the mix and you've got a sensational sip that is also a powerful blood builder and anti-aging ace.

1 cup filtered water, plus more if needed to blend

2 medium oranges, peeled and quartered

¼ cup firmly packed basil leaves

½ teaspoon probiotic powder (optional)

2 cups frozen mixed berries

1. Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.

nutritional facts (per serving)

calories 172 kcal | fat 0.8 g | saturated fat 0.07 g | sodium 6.5 mg | carbs 43 g | fiber 8 g | sugars 32 g | protein 3 g | calcium 97 mg | iron 0.8 mg



basil berry blitz
green bananarama

green bananarama

2 SERVINGS

Here's another detox dynamo disguised as a delicious dessert. The potassium in bananas promotes heart health, their magnesium strengthens bones, and fiber aids digestion and elimination. Spinach adds cleansing chlorophyll that promotes cell integrity, and the almond butter adds protein, richness, and fantastic flavor.

2 cups unsweetened almond milk
2 cups baby spinach
2 tablespoons almond butter
1 teaspoon natural vanilla extract
½ teaspoon probiotic powder (optional)
2 medium frozen bananas

1. Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.

nutritional facts (per serving)

calories 344 kcal | fat 20 g | saturated fat 0.8 g | sodium 72 mg | carbs 36 g | fiber 8.1 g | sugars 16.5 g | protein 10 g | calcium 185 mg | iron 2.5 mg

tomato gazpacho

2 SERVINGS

This spicy sensation may help you to be open to savory, vegetable-based smoothies. This is basically a delicious gazpacho in a glass. Bursting with cleansing power, the mineral-rich combination of lime, tomato, avocado, garlic, and cilantro is also incredibly alkalizing. Furthermore, blending avocado and tomato heightens the bio-availability of their nutrients. Bottoms up!

2 cups chopped tomato (about 2 to 3 tomatoes)
1 cup baby spinach
½ English cucumber, roughly chopped
1 lime, peeled and halved
1 cup firmly packed cilantro leaves (1 bunch)
1 medium avocado, peeled and pitted
1½ teaspoons finely chopped red onion, plus more to taste
1 teaspoon minced garlic (1 clove), plus more to taste
2 teaspoons finely chopped serrano chile, plus more to taste
1 teaspoon Celtic sea salt, plus more to taste
1 teaspoon extra-virgin olive oil
½ teaspoon probiotic powder (optional)
2 cups ice cubes

1. Throw all of the ingredients into the blender and blast on high for 30 to 60 seconds until smooth and creamy. Tweak onion, garlic, chile, and salt to taste.

nutritional facts (per serving)

calories 272 kcal | fat 17.8 g | saturated fat 2.6 g | sodium 55 mg | carbs 30 g | fiber 12.5 g | sugars 10 g | protein 6.1 g | calcium 110 mg | iron 2.5 mg



peach cardamom abundance bowl

1 SERVING

The melded flavors of peach and cardamom makes us weak at the knees, and the combo is one powerful cleanse collaboration. Dive into dessert for breakfast while the vitamin C in the peaches and oranges and glutathione in the cardamom scavenges free radicals. Cardamom also stimulates metabolism, to aid weight loss and digestion.

base

¾ cup unsweetened almond milk, plus more if needed to blend

1 medium orange, peeled and quartered

½ teaspoon probiotic powder (optional)

⅛ teaspoon ground cardamom, plus more to taste

2 cups frozen peach slices

toppings

½ cup fresh blueberries

1 tablespoon raw sliced almonds

1 teaspoon unsweetened shredded coconut

1 teaspoon hemp seeds

1. Throw the almond milk, orange, probiotic powder, cardamom, and peaches into your blender, and blast on high for 30 to 60 seconds until smooth and creamy. Tweak cardamom to taste.
2. Transfer the smoothie to a bowl while it's still thick, and top with blueberries, sliced almonds, coconut, and hemp seeds. Enjoy immediately.

nutritional facts (per serving)

calories 382 kcal | fat 13 g | saturated fat 1.5 g | sodium 37 mg | carbs 66 g | fiber 13.5 g | sugars 51 g | protein 10 g | calcium 170 mg | iron 2.2 mg

salty kale

2 SERVINGS

This salty soup sip is a brilliant and balancing breakfast blend. Alkaline superstars tomato, cucumber, kale, avocado, lemon juice, salt, garlic and cayenne help to neutralize acids; build healthy blood; promote intestinal balance; stimulate the lymphatic system; detox the liver and kidneys; and clean out the colon. Chock-full of vitamins and minerals, this is a satisfying start to the day.

1 cup filtered water

**1 cup chopped tomato
(about 2 tomatoes)**

**1 English cucumber,
roughly chopped**

**1 cup firmly packed curly
kale leaves (ribs removed)**

**1 medium avocado, peeled
and pitted**

**2 tablespoons fresh lemon
juice, plus more to taste**

**1 ½ teaspoons Celtic sea
salt, plus more to taste**

**1 teaspoon minced garlic
(1 clove), plus more
to taste**

**½ teaspoon probiotic
powder (optional)**

**Pinch of cayenne pepper,
plus more to taste**

1 cup ice cubes

1. Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy. Tweak lemon juice, salt, garlic, and cayenne pepper to taste.

nutritional facts (per serving)

calories 227 kcal | fat 15.5 g | saturated fat 2.3 g | sodium 1781 mg | carbs 24 g | fiber 10 g | sugars 7 g | protein 5.4 g | calcium 110 mg | iron 1.8 mg

strawberry banana breakfast bowl

1 SERVING

Loaded with essential omega fatty acids, protein and fiber, this breakfast brain food is as detoxing as it is delicious. Flax meal, chia, almonds, walnuts, and hemp seeds contain a plethora of vitamins and minerals, including calcium and iron, as well as antioxidant and anti-inflammatory agents that aid cellular, digestive, heart, bone, and respiratory health. These nuts and seeds bulk up the banana in the colon, encouraging cleansing and weight loss.

**½ cup unsweetened
almond milk, plus more as
needed**

**2 medium bananas, sliced
and frozen**

1 tablespoons chia seeds

**½ teaspoon probiotic
powder (optional)**

**1 ½ cups strawberries,
hulled and sliced**

**1 tablespoon sliced raw
almonds**

1 tablespoon raw walnuts

1 tablespoon hemp seeds

1 tablespoon flax meal

1. Throw the almond milk, bananas, chia seeds and probiotic powder into your blender, and blast on high for 10 to 20 seconds until combined.

2. Pour the mixture into a bowl, and top with the sliced strawberries, almonds, walnuts, hemp seeds and flax meal. Enjoy immediately.

nutritional facts (per serving)

calories 583 kcal | fat 27 g | saturated fat 2.5 g | sodium 32 mg | carbs 83 g | fiber 19.2 g | sugars 40.6 g | protein 16 g | calcium 192 mg | iron 4.6 mg

banana coconut chia pudding

1 SERVING

This recipe is a fantastic, healthy anytime snack. We absolutely love this chia pudding during the cleanse, because it's a filling breakfast that could pass as a dessert. The fiber in the banana, coconut, and chia swell up in the colon, assisting with detox and weight loss. This combo is also highly energizing, and chia boosts brain function and assists with muscle and tissue regeneration. If you're felling funky during the cleanse, bananas can elevate your mood by enhancing serotonin and norepinephrine production.

½ cup unsweetened coconut milk (in a chilled carton)

½ tablespoon coconut oil

1 medium ripe banana

¼ teaspoon natural vanilla extract

1 to 3 drops alcohol-free liquid stevia, plus more to taste

½ teaspoon probiotic powder (optional)

Pinch of Celtic sea salt

1½ tablespoons chia seeds

2 tablespoons chopped raw pecans or walnuts

1. Throw the coconut milk, coconut oil, banana, vanilla extract, stevia, probiotic powder, and salt into the blender, and blast on high for 20 to 30 seconds until smooth and creamy.
2. Whisk in the chia seeds until well incorporated, and stir through the nuts. Transfer to a bowl, and chill in the fridge for at least 2 hours (or overnight) to thicken.

nutritional facts (per serving)

calories 417 kcal | fat 29.2 g | saturated fat 7.3 g | sodium 29 mg | carbs 37 g | fiber 9 g | sugars 17 g | protein 4.8 g | calcium 100 mg | iron 1.7 mg



dark chocolate chia pudding

banana coconut chia pudding

dark chocolate chia pudding

1 SERVING

Chocolate for breakfast? Oh, yes please! Raw cacao powder, the most nutrient-dense form of chocolate, is an anti-aging, antioxidant, and anti-inflammatory rock star. Cacao is a stimulant to the central nervous system – it increases the circulation of serotonin in the brain, and contains powerful neurotransmitters like dopamine and anandamide. Chia also helps elevate mood, and even just a whiff of cinnamon can increase brain activity and cognitive function. Chia, cacao, and cinnamon, a powerful feel-good trio, work well together in other ways, too. Cacao contains a ton of magnesium, which aids the absorption of the calcium in chia seeds. Pumpkin seeds add an awesome crunchy texture, as well as helping to paralyze parasites that may be lurking in your digestive tract. Just 2 dates make this pudding deliver the character of dark chocolate; a couple more will give you a sweeter chocolate flavor. Cacao *does* contain a bit of caffeine, so avoid scoffing the leftovers before bed.

2 to 3 chopped
pitted dates

1 cup unsweetened
almond milk

2 tablespoons raw
cacao powder

½ teaspoon probiotic
powder (optional)

½ teaspoon natural
vanilla extract

⅛ teaspoon ground
cinnamon, plus more
to taste

3 to 5 drops alcohol-free
liquid stevia, plus more
to taste

⅛ teaspoon Celtic
sea salt

2½ tablespoons chia seeds

2 tablespoons raw
pumpkin seeds

1. In a small bowl, soak the dates with just enough boiled water to cover them. Allow them to soak for 10 minutes, and then drain the water off. Throw the almond milk, soaked dates, cacao powder, probiotic powder, vanilla extract, cinnamon, stevia, and salt into the blender, and blast on high for 20 to 30 seconds until smooth and creamy.
2. Whisk in the chia seeds until well incorporated, and stir through the pumpkin seeds.
3. Transfer to a bowl, and chill in the fridge for at least 2 hours (or overnight) to thicken.

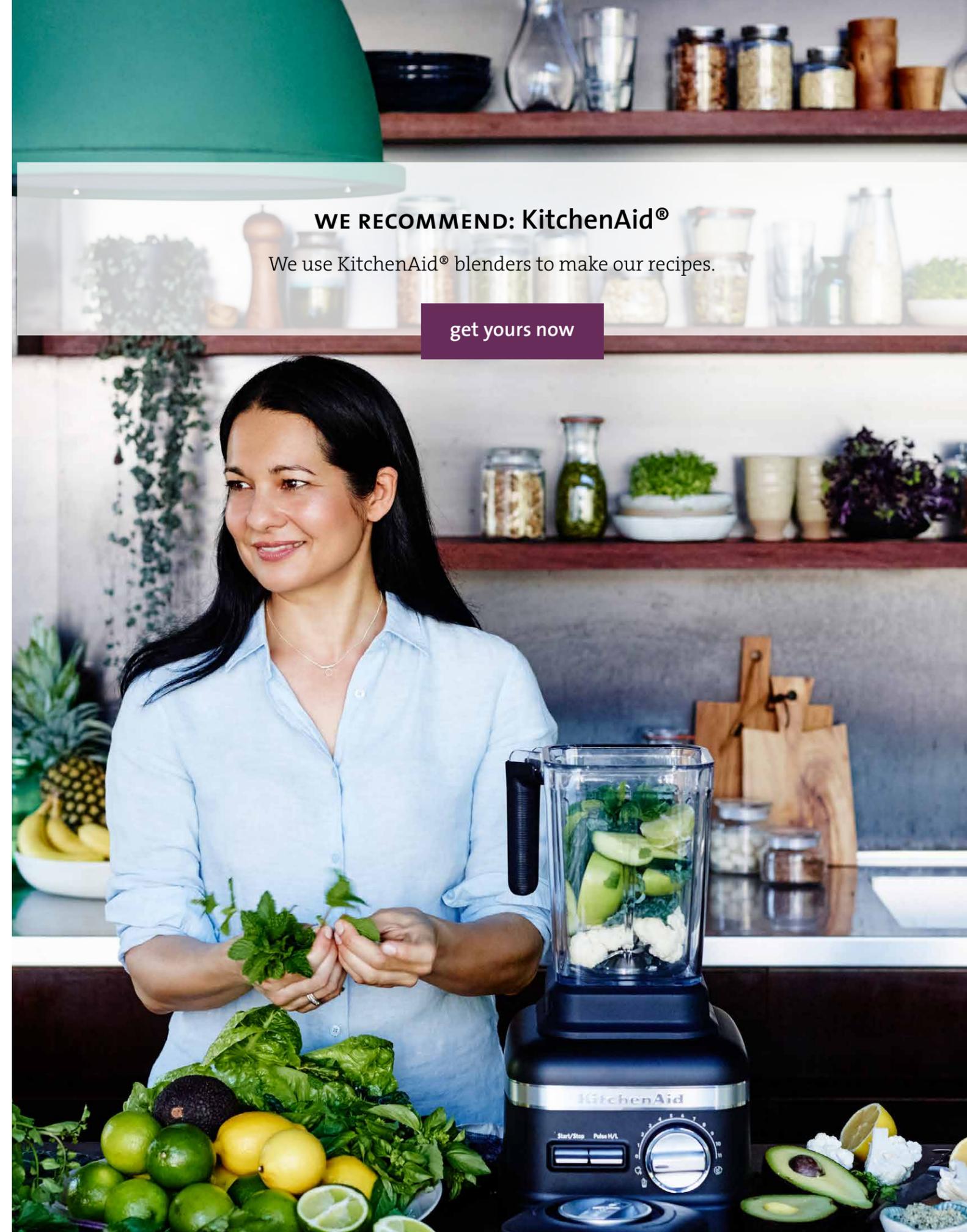
nutritional facts (per serving)

calories 431 kcal | fat 33 g | saturated fat 4 g | sodium 59 mg | carbs 26 g | fiber 16.5 g | sugars 18 g | protein 19 g | calcium 268 mg | iron 6.4 mg

WE RECOMMEND: KitchenAid®

We use KitchenAid® blenders to make our recipes.

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raw cauliflower tabouli

2 TO 4 SERVINGS

We're both obsessed with this salad for its fantastic flavor and amazing health benefits. Jam-packed with alkalizing, prebiotic, mineral-rich, antioxidant, anti-inflammatory, and hydrating heroes of the food world, this detox dish delivers in every fork full! Chlorophyll-rich parsley contains high levels of calcium, iron, copper, magnesium, potassium, zinc and phosphorus. This happy herb is also an excellent source of vitamins A (in the form of beta-carotene), C and K, which all work to flush out toxins. Cauliflower rice steps in for grain, making this a completely raw dish rich in live enzymes to aid digestion and regeneration. For the cleanse we've kept this take on tabouli simple, but feel free to jazz it up with olives, cultured vegetables, or pickles.

½ large head of cauliflower, chopped into florets (remove stalks)

8 medium tomatoes, halved, flesh scooped out, and diced

3 large bunches flat-leaf parsley, finely chopped

1 bunch green onions, finely chopped (white and green parts)

½ English cucumber, peeled, seeds scooped out, and diced

2 tablespoons finely chopped fresh mint, plus more to taste

⅓ cup extra-virgin olive oil, plus more to taste

3 tablespoons fresh lemon juice, plus more to taste

½ teaspoon Celtic sea salt, plus more to taste

⅛ teaspoon freshly ground black pepper, plus more to taste

1. Throw the cauliflower florets into a food processor fitted with the S blade, and pulse until the consistency of rice.
2. In a large bowl, toss the cauliflower "rice", tomatoes, parsley, green onions, cucumber, and mint with the olive oil, lemon juice, salt, and pepper. Tweak oil, lemon juice, salt, and pepper to taste.
3. Serve 1 portion, and place the remaining salad in a sealed container, and chill in the fridge.

nutritional facts (per serving)

calories 534 kcal | fat 39 g | saturated fat 5.6 g | sodium 175 mg | carbs 45 g | fiber 16 g | sugars 20 g | protein 13g | calcium 306 mg | iron 10.7 mg





red cabbage rave

2 TO 4 SERVINGS

Delicious, nutritious, inexpensive, and easy to make, this is one of the most popular recipes on [The Blender Girl site](#). Cabbage, the ultimate cleanse crusader, brings in amino acids (chiefly glutamine) to cleanse and heal the digestive system, purify the blood, and promote cell regeneration. Cabbage is also a prebiotic, encouraging the proliferation of friendly bacteria, and contains an impressive amount of vitamin C and other antioxidants, so it's an immunity idol. Along with other crucifers, it's high in antioxidants and anti-inflammatory agents, as well as the sulfur-containing compounds glucosinolates, which thwart abnormal cell activity, preventing disease. Parsley is a complete protein, containing all the essential amino acids, as well as cleansing chlorophyll and alkaline minerals. Now, forget all that and just enjoy the zesty, zippy, fabulous flavor.

**½ head red cabbage,
roughly cut into 8 pieces**

**1 bunch flat-leaf parsley,
finely chopped**

**1 small bunch green onions
(white and green parts)
chopped finely**

**¼ cup extra-virgin olive oil,
plus more to taste**

**2 tablespoons fresh lemon
juice, plus more to taste**

**½ teaspoon Celtic sea salt,
plus more to taste**

**⅛ teaspoon freshly ground
black pepper, plus more
to taste**

1. Throw half of the cabbage pieces into a food processor fitted with the S blade, and pulse just a few times, until roughly shredded. (Don't process too much or your cabbage will be like rice.) Shred the remaining cabbage.
2. In a large bowl, toss the cabbage, parsley, and green onions with the olive oil, lemon juice, salt, and pepper. Tweak oil, lemon juice, salt, and pepper to taste.
3. Serve 1 portion, and place the remaining salad in a sealed container, and chill in the fridge.

nutritional facts (per serving)

calories 347 kcal | fat 28 g | saturated fat 3.9 g | sodium 95 mg | carbs 26 g | fiber 7 g | sugars 12 g | protein 5 g | calcium 175 mg | iron 4.3 mg

cucumber delight

2 SERVINGS

This simple salad is one of our favorite break-fast recipes because it's light, gentle on the digestive system, intensely hydrating, and enlivening to all the senses. Ignite full flavor fever after three days on liquids! Cucumber is a master cleanser. It helps regulate body temperature, reduce inflammation and swelling, lower blood pressure, flush out toxins, hydrate cells, and plump up skin! Garlic chimes in with antibacterial support; apple cider vinegar adds prebiotic power; lime juice adds antioxidant vitamin C and alkalizing minerals; and cilantro kicks pollutants to the curb as it brings in crazy good flavor.

dressing

2 tablespoons fresh
lime juice

1 teaspoon minced
garlic (1 clove)

½ teaspoon apple
cider vinegar

½ teaspoon Celtic sea salt,
plus more to taste

⅛ teaspoon red pepper
flakes, plus more to taste

Freshly ground black
pepper, to taste

3 drops alcohol-free liquid
stevia, plus more to taste

salad

2 cups diced or spiral-
sliced, unpeeled English
cucumber (1 cucumber)

1½ tablespoons diced
red onion

¼ cup finely
chopped cilantro

1. To make the dressing, throw the ingredients into a glass jar, secure the lid, and shake vigorously until well combined.
2. Toss the cucumber, onion, and cilantro together, and toss through the dressing. Add salt, red pepper flakes, and stevia to taste.
3. Consume immediately, or allow the salad to chill in the fridge for a couple of hours for the flavors to mesh.
4. Serve 1 portion, and place the remaining salad in a sealed container, and chill in the fridge.

nutritional facts (per serving)

calories 26 kcal | fat 0.2 g | saturated fat 0.05 g | sodium 587 mg | carbs 6.8 g | fiber 1 g | sugars 2.3 g | protein 1 g | calcium 28 mg | iron 0.5 mg





zesty green bean salad

2 SERVINGS

During high-raw cleansing, a warm salad is extra satisfying, and this combo is the perfect mix of raw and cooked vegetables and salty and zesty flavors. Loaded with live enzymes and alkalizing avengers – arugula, cabbage, beans, almonds, olive oil, garlic and lemon – this salad tickles the taste buds while it neutralizes acids and mineralizes in the blood; combats bacteria and viruses; calms inflammation; hydrates cells and tissues; sweeps toxins out of the liver and colon; and promotes optimal cellular activity.

3 cups arugula

**¼ small red
cabbage, shredded**

**2½ cups topped, tailed,
and halved green beans**

¼ cup filtered water

**1 tablespoon minced garlic
(3 cloves)**

**½ cup roughly chopped
raw almonds**

**2 tablespoons extra-virgin
olive oil**

**½ teaspoon Celtic sea salt,
plus more to taste**

**½ teaspoon finely grated
lemon zest, plus more
to taste**

**3 tablespoons fresh lemon
juice, plus more to taste**

**⅛ teaspoon freshly ground
black pepper**

1. In a mixing bowl, combine the arugula and red cabbage. Set aside.
2. In a wok or deep fry pan over medium-high heat, sauté the green beans, water, and garlic for about five minutes until the beans have softened slightly. Reduce the heat to medium-low, and add 1 tablespoon olive oil, ¼ teaspoon salt, and the almonds, and sauté for another 2 minutes until warm and well combined.
3. Remove from the heat, and stir through the lemon zest and 1 tablespoon of the lemon juice.
4. Add the green bean and almond mixture to the arugula and red cabbage, and toss well to combine. Add the remaining olive oil, lemon juice, and salt, plus the ground pepper, and toss gently until well combined. Tweak salt, lemon juice, and pepper to taste.

nutritional facts (per serving)

calories 356 kcal | fat 26 g | saturated fat 2.9 g | sodium 42.5 mg | carbs 29 g | fiber 10.5 g | sugars 11.5 g | protein 10.4 g | calcium 227 mg | iron 4 mg

divine detox

1 SERVING

This salad is simple, but it's a stunner. We love its fresh flavor so much we both make it often, whether we're cleansing or not. In concert, these alkaline rockstars thrill the taste buds while they detox and remineralize the body. The creaminess and protein of avocado make this one a meal. Note to self: olive oil, lemon juice, mustard, salt, and pepper make a kick-ass 5-minute healthy dressing for just about any combo of vegetables or greens.

dressing

¼ cup extra-virgin olive oil

2 tablespoons fresh lemon juice

¾ teaspoon sugar-free Dijon mustard

½ teaspoon Celtic sea salt

Freshly ground black pepper, to taste

salad

2 cups shredded romaine hearts (1 small heart)

½ cup diced tomato

½ medium avocado, peeled, pitted, and chopped

3 tablespoons finely chopped green onion (green part)

2 tablespoons diced red onion

2 teaspoons finely chopped flat-leaf parsley

4 chopped and pitted green olives (optional)

1. To make the dressing, throw the ingredients into a glass jar, secure the lid, and shake vigorously until well combined.
2. To make the salad, toss all of the ingredients together, and add the dressing gradually, to taste.

nutritional facts (per serving)

calories 691 kcal | fat 70 g | saturated fat 10 g | sodium 1232 mg | carbs 20 g | fiber 11 g | sugars 5.8 g | protein 4.8 g | calcium 83 mg | iron 2.7 mg

green goddess

2 SERVINGS

Lean, green, never mean, and adorned with heavenly herbaceous flavors, this lovely lady is the ultimate cleanse companion, always welcome at our tables. Dine in the company of her alkaline angels and your skin will glow; your cells will be happy and hydrated; your tummy will be tamed; your blood will be having a blast; and your liver will love you. Bon appetit!

dressing

½ cup filtered water

1 teaspoon finely grated lemon zest

¼ cup + 1 tablespoon fresh lemon juice

¼ cup extra-virgin olive oil

1 tablespoon apple cider vinegar

1 teaspoon minced garlic (1 clove)

1 cup flat-leaf parsley leaves (1 bunch)

1 cup cilantro leaves (1 bunch)

⅓ cup finely chopped green onions (white and green parts)

1 medium avocado, peeled and pitted

1¼ teaspoons Celtic sea salt, plus more to taste

⅛ teaspoon red pepper flakes, plus more to taste

salad

2 cups baby spinach

1½ cups shredded green cabbage

1 cup chopped cucumber

1 cup diced carrot

¼ cup thinly sliced red radishes (2 radishes)

¼ cup diced celery

¼ cup raw sunflower seeds, plus more to taste

Celtic sea salt and freshly ground black pepper, to taste

1. To make the dressing, throw all of the dressing ingredients into the blender and blast on high for 30 to 60 seconds until smooth and creamy. Tweak salt and pepper flakes to taste.
2. In a large bowl toss the salad ingredients together. Portion out half of the salad, and dress to your preference. Transfer the remaining salad and the remaining dressing to two separate sealed containers, and chill in the fridge.
3. After you've enjoyed the second portion of salad, any remaining dressing makes a spectacular dip for raw veggie sticks as a snack.

nutritional facts (per serving)

calories 591 kcal | fat 51 g | saturated fat 7 g | sodium 1586 mg | carbs 33 g | fiber 15.5 g | sugars 9 g | protein 10 g | calcium 197mg | iron 5.6 mg

grapefruit, fennel and arugula salad

2 SERVINGS

This cleanse combo of grapefruit, fennel and arugula sends us into a swoon. Grapefruit and fennel are both rich in vitamin C, antioxidants, and potassium that helps calm inflammation, neutralize free radicals, regulate blood pressure and cholesterol, aid digestion, and cleanse the colon. Arugula, a detox superstar, cleanses the liver, flushes out heavy metals and environmental pollutants; supports optimal enzymatic, metabolic, and cellular function; and acts as a natural antibacterial agent. To take the flavor profile to a divine dimension, add the orange, lemon, mustard and vinegar. We love this salad any time of the year. During a cleanse, it's like a gourmet dining experience at a favorite restaurant, sans the glass of bubbly.

dressing

- ¼ cup freshly squeezed orange juice
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons minced ginger, plus more to taste
- 1 teaspoon fresh lemon juice
- 1 teaspoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon minced garlic (1 clove)
- ¼ teaspoon Celtic sea salt
- ⅛ teaspoon freshly ground black pepper

salad

- 4 cups baby spinach or arugula
- 1 medium red grapefruit, peeled, segmented, and sliced
- ⅓ cup thinly sliced fennel
- ⅛ cup thinly sliced red onion
- ¼ cup sliced raw almonds
- 1 medium avocado
- 1 teaspoon fresh lemon juice
- Celtic sea salt and freshly ground black pepper, to taste

1. To make the dressing, throw all of the dressing ingredients into your blender and blast on high for about 30 seconds until smooth and creamy.
2. To assemble the salad, lay the spinach in a bowl and top with grapefruit, fennel, onion, and almonds.
3. Slice open the avocado leaving the pit in place in one half. Drizzle the fresh lemon juice on the half with the pit, and place in a sealed container in the fridge for tomorrow. Peel and slice the other of the avocado, and add to the portioned salad.
4. Pour half of the dressing onto the portioned salad and toss well to combine. Season with salt and pepper to taste, and enjoy immediately. Transfer the remaining dressing into a sealed glass jar, and chill in the fridge.

nutritional facts (per serving)

calories 381 kcal | fat 28 g | saturated fat 3.6 g | sodium 96 mg | carbs 33 g | fiber 12 g | sugars 14 g | protein 7.9 g | calcium 148 mg | iron 3 mg

tomato avocado cucumber salad

1 SERVING

This so-simple salad compares to the little black dress that's just right for any and every occasion. Potent alkalizers and immune boosters, anti-inflammatory aids and antioxidant avengers, the trio of cucumber, tomato, and avocado mineralizes the cells, tissues, and blood to neutralize acids and expel toxins. This cleanse combo is creamy, zesty, and seriously delicious. And gentlemen, start your engines: The lutein in the avocado and lycopene in the tomato add up to a one-two punch of prostate prevention power. Dig in!

1 small tomato, diced (about ½ cup)

1 small avocado, peeled, pitted, and diced

½ cup diced English cucumber

1 thin slice of red onion, diced (about ½ tablespoon)

1 teaspoon extra-virgin olive oil, plus more to taste

1 teaspoon fresh lemon juice, plus more to taste

⅛ teaspoon Celtic sea salt, plus more to taste

Pinch of freshly ground black pepper, plus more to taste

Pinch of cayenne pepper, plus more to taste (optional)

1. In a bowl, toss all of the ingredients together. Tweak olive oil, lemon juice, salt, pepper, and cayenne to taste, and enjoy immediately.

nutritional facts (per serving)

calories 296 kcal | fat 25.5 g | saturated fat 3.7 g | sodium 18 mg | carbs 20 g | fiber 11 g | sugars 4.9 g | protein 4 g | calcium 35 mg | iron 1.2 mg

spinach, walnut, and apple balsamic blast

2 SERVINGS

Karen calls this her super spinach saver. The terrific tangy dressing makes even the I-hate-raw-spinach choir change its tune, singing with their mouths full about this leafy liver-loving detox dynamo. Spinach supports cell regeneration, alkalizes the blood, boosts immunity, and promotes respiratory, heart, and bone health. It's also a fabulous prebiotic, encouraging the friendly internal flora. Walnuts weigh in with astounding amounts of omega-3 essential fatty acids, alkalizing minerals, antioxidants (like ellagic acid), and anti-inflammatory power to boost brain activity and cognitive function. These nifty nuts also provide melatonin to regulate sleep.

dressing

½ cup extra-virgin olive oil

¼ cup balsamic vinegar

1 ½ teaspoons Celtic sea salt

1 teaspoon fresh lemon juice

¼ teaspoon freshly ground black pepper

8 drops alcohol-free liquid stevia, plus more to taste

salad

4 cups baby spinach

½ cup roughly chopped raw walnuts

⅓ cup roughly chopped dried apricots

1 tablespoon finely chopped red onion

1 green apple

½ teaspoon fresh lemon juice

1. To make the dressing, throw all of the dressing ingredients into a small jar, seal, and then shake vigorously until emulsified. Tweak pepper and stevia to taste.

2. To make the salad, toss the spinach, walnuts, apricots, and red onion together.

3. Place half of the salad into a bowl. Cut the apple in half, remove the core, and cut one half into bite-sized pieces, and add to your portioned salad. Add half of the dressing to the portioned salad, and enjoy immediately.

4. Rub the remaining piece of apple with ½ teaspoon of lemon juice, and place it a sealed container with the remaining salad, and chill in the fridge.

5. Transfer the remaining salad dressing to a sealed jar, and chill in the fridge.

6. When you're ready to serve the remaining portion of salad, dress to taste, cut up the remaining apple, and enjoy.

nutritional facts (per serving)

calories 576 kcal | fat 55 g | saturated fat 7.6 g | sodium 1269 mg | carbs 23 g | fiber 3.9 g | sugars 15.4 g | protein 2.3 g | calcium 79 mg | iron 2.4 mg

beet carrot cleanser

2 SERVINGS

Raw beets? For some, the concept is gag-worthy, but these righteous roots have won over many an unbeliever. Beets and their brilliant amino acid, betaine, move the bowels, flush out the liver, oxygenate the blood, aid brain function, and support optimal digestion. Carrots boost the production of white blood cells for immunity; help lower cholesterol and clear respiratory congestion; calm inflammation; and provide the magical antioxidant glutathione, which combats free radicals and supports cell integrity and renewal. The zesty orange dressing lifts the earthy veggies, brings in more vitamin C and antioxidants, and adds a sweet and tangy back-end kick that may make you batty for beets!

dressing

½ teaspoon finely grated orange zest, plus more to taste

½ cup freshly squeezed orange juice

2 pitted dates, roughly chopped

2 tablespoons finely chopped green onion (white and green parts)

1 tablespoon extra-virgin olive oil

1 tablespoon fresh lemon juice

½ teaspoon apple cider vinegar

1 tablespoon minced ginger, plus more to taste

1 teaspoon Celtic sea salt, plus more to taste

salad

3 medium carrots, shredded or spiralized (about 3 cups)

1 medium raw red beet, peeled and shredded or spiralized (about 1 cup)

¼ cup blanched slivered almonds

3 tablespoons finely chopped mint

Celtic sea salt and freshly ground black pepper, to taste

1. To make the dressing, throw all of the dressing ingredients into your blender and blast on high for about 30 seconds until well combined. Set aside.
2. To make the salad, toss the beet, carrot, almonds, and mint together until well combined. Add the dressing, and toss until evenly coated.
3. Serve 1 portion, and place the remaining salad in a sealed container, and chill in the fridge.

nutritional facts (per serving)

calories 307 kcal | fat 13.2 g | saturated fat 1.5 g | sodium 1331 mg | carbs 46 g | fiber 9.9 g | sugars 30 g | protein 6.2 g | calcium 130mg | iron 2.1 mg



miso soup

1 SERVING

Humble miso soup is magic for breaking a fast. Gentle on the digestive system and loaded with nutrients, unpasteurized miso contains beneficial probiotics that help balance your inner ecosystem, aiding digestion and assimilation of nutrients, and boosting immunity. One of the richest plant-based sources of vitamin B12, miso is virtual one-stop shopping, providing lots of vitamins, minerals, live enzymes, protein, fiber and some tryptophan to ease sleep. Fermented soy is alkalizing and strengthening, and acts as a potent antiviral. Boost with the lemon juice and cayenne pepper to ramp up metabolism, stimulate the lymphatic system and detox the liver. When not breaking a fast, treat yourself to a more complex and filling soup by adding any combo of green onion, mushrooms, spinach, and carrot to this broth. We love this with garbanzo or brown rice miso paste. If you can't find those, organic soy white miso paste is great, too.

1 cup filtered water

1 tablespoon miso paste, plus more to taste

Pinch of cayenne pepper, plus more to taste (optional)

Splash of fresh lemon juice, plus more to taste

1. In a small saucepan, bring the water to a boil. Transfer the boiled water to a large mug or bowl. Allow the water to cool slightly, and then stir in the miso paste until dissolved. Add more to taste. (Do not boil the miso on the stove or you will destroy the probiotics and enzymes.) Add the cayenne and lemon juice to taste, and enjoy.

nutritional facts (per serving)

calories 47 kcal | fat 1.2 g | saturated fat 0.22 g | sodium 660 mg | carbs 8.6 g | fiber 1.1 g | sugars 2.5 g | protein 2.2 g | calcium 20.5 mg | iron 0.5 mg

pistou perfection

2 SERVINGS

Pesto magically transforms any humble veggie soup. Our spin on the classic alchemizes lemon and miso to conjure up the traditional parmesan flavor. Stirred into your bowlful of this combination of vegetables, a vibrant green, alkalizing dollop brings on detox dining delirium!

soup

2 tablespoons grapeseed oil or extra-virgin olive oil

1 cup diced yellow onion

½ cup diced celery (2 ribs)

1 ½ cups peeled and diced carrots

¾ teaspoon Celtic sea salt, plus more to taste

1 cup diced zucchini

4 cups vegetable broth

2 cups firmly packed baby spinach

1 teaspoon fresh lemon juice, plus more to taste

⅛ teaspoon freshly ground black pepper, to serve

pistou

¼ cup extra-virgin olive oil

1 cup firmly packed basil leaves

2 tablespoons blanched slivered almonds

2 teaspoons fresh lemon juice, plus more to taste

1 teaspoon minced garlic (1 clove), plus more to taste

½ teaspoon white miso paste

¼ teaspoon Celtic sea salt, plus more to taste

1. To make the soup, heat the oil in a large saucepan over medium heat. Add the onion, celery, carrots, and ¼ teaspoon of salt, and sauté for about 5 minutes, until the onion is soft and translucent.

2. Add the zucchini, broth, and remaining ½ teaspoon salt. Increase the heat to high, bring the soup to a boil, and then lower the heat to medium-high and cook at a lively simmer for 10 to 15 minutes, until the vegetables are just cooked. Remove the soup from the heat, and stir in the spinach, allowing it to wilt.

3. To make the pistou, throw all of the pistou ingredients into your blender and blast on high for 30 to 60 seconds, until smooth and well combined. Tweak lemon juice, garlic, and salt to taste.

4. Stir the pistou into the soup, add the lemon juice and pepper to taste. Ladle out your desired portion, and store the remaining soup in a sealed container in the fridge.

nutritional facts (per serving)

calories 506 kcal | fat 45 g | saturated fat 5.5 g | sodium 532 mg | carbs 25 g | fiber 6.8 g | sugars 10.5 g | protein 6.1 g | calcium 180 mg | iron 2.9 mg

coconut carrot soup

2 SERVINGS

An anti-inflammatory ace, this delicious warming blend of antioxidant-rich foods heats the body and encourages sweating and detoxification while comforting the soul. Carrots and squash contain high levels of beta-carotenes and minerals that fuel the production of white blood cells, boosting immunity. Ginger and turmeric stimulate the lymphatic system, tone and repair the digestive tract, and cleanse the colon.

**1 tablespoon grapeseed oil
or extra-virgin olive oil**

**2 teaspoons minced
garlic (2 cloves)**

½ cup diced yellow onion

1 teaspoon minced ginger

**½ teaspoon ground
turmeric**

**¼ teaspoon
ground coriander**

**1 teaspoon Celtic sea salt,
plus more to taste**

2 cups diced carrot

**1½ cups diced
butternut squash**

2 cups vegetable broth

**½ cup full-fat canned
coconut milk (shake,
then pour)**

**1 teaspoon fresh lime
juice, plus more to taste**

**⅛ teaspoon freshly ground
black pepper, plus more
to taste**

1. In a large pot, over medium-high heat, sauté the oil, garlic, onion, ginger, turmeric, and coriander with ¼ teaspoon salt for about 5 minutes until the onion is soft and translucent.
2. Add the carrots, butternut squash, and ½ teaspoon salt, and sauté for about 3 minutes until sweated.
3. Add the broth, and bring the soup to a boil. Reduce the heat to medium-high, and simmer for about 20 minutes until the vegetables are cooked through. Stir in the coconut milk, lime juice, pepper, and remaining ¼ teaspoon of salt, and simmer for a further 5 minutes.
4. Remove the soup from the stove, and allow the pot to cool somewhat, and then blast in batches in your blender for 30 to 60 seconds until smooth and creamy.
5. Add salt, pepper, and lime juice to taste.
6. Serve out one portion of soup, and transfer remaining soup to a sealed container in the fridge.

nutritional facts (per serving)

calories 285 kcal | fat 19.4 g | saturated fat 11.4 g | sodium 1286 mg | carbs 29 g | fiber 6 g | sugars 8.8 g | protein 3.9 g | calcium 122 mg | iron 3.5 mg

creamy green soup

2 SERVINGS

It's so easy being green with this rich, creamy, delicious soup. Loaded with chlorophyll-rich mineralizing and alkalizing vegetables, this hearty blend cleanses the colon, calms inflammation, builds the blood, flushes out the liver, and boosts immunity and energy. Add a splash of lemon juice for a tangy flavor and a pinch of cayenne power for a greater cleanse and kick.

1 tablespoon grapeseed oil or extra-virgin olive oil

1 cup diced medium yellow onion (½ medium)

4 teaspoons minced garlic (4 cloves)

1 teaspoon Celtic sea salt, plus more to taste

1 medium zucchini, diced

1 head broccoli, roughly chopped

¼ head of cauliflower, roughly chopped

4 cups vegetable broth

2 cups firmly packed baby spinach

2 tablespoons blanched slivered almonds

Freshly ground black pepper, to taste

1. In a large saucepan, heat the oil over medium heat and sauté the onion, garlic, and ¼ teaspoon of salt for about 5 minutes, until the onion is soft and translucent. Add the zucchini, broccoli, and cauliflower, and sauté for another minute. Add the vegetable broth and ½ teaspoon of salt, increase the heat to high, and bring to a boil. Reduce the heat to medium and simmer for about 15 minutes, until the cauliflower is just tender.

2. Remove the saucepan from the heat, stir in the spinach, and allow the soup to cool slightly; stir in the nuts. Pour the soup into your blender in batches and blast on high for 1 to 2 minutes, until smooth and creamy.

3. Return the soup to the saucepan and warm it over low heat. Stir in remaining ½ teaspoon of salt, and pepper to taste.

4. To serve, ladle a portion of soup out, and transfer remaining soup to a sealed container in the fridge.

nutritional facts (per serving)

calories 288 kcal | fat 12.3 g | saturated fat 1.3 g | sodium 245 mg | carbs 39 g | fiber 13.8 g | sugars 12.8 g | protein 15.2 g | calcium 271 mg | iron 4.4 mg

ginger squash miso mania

2 SERVINGS

A supercharged version of the break-fast miso soup, this combo of rich broth and mega-mineral veggies is loaded with vitamins and minerals, antioxidants, and anti-inflammatory agents to nourish the body, flush out wastes, and restore intestinal balance. Fabulous flavor and a chunky texture make this a satiating detox dish.

1 tablespoon coconut oil

1 cup roughly chopped yellow onion (½ medium)

1 tablespoon minced ginger, plus more to taste

2 teaspoons minced garlic (2 cloves)

1 teaspoon Celtic sea salt, plus more to taste

4 cups filtered water

2 cups peeled and cubed butternut squash

1 cup chopped green beans

1 cup chiffonaded swiss chard

2 tablespoons chickpea white miso paste, plus more to taste

¼ cup chopped green onions (white and green part)

1. In a saucepan, sauté the coconut oil, onions, ginger, and garlic with ¼ teaspoon of salt over medium heat for about 5 minutes until the onions are soft and translucent. Pour in 3½ cups of water, reserving the remaining ½ cup for later. Add the pumpkin, and bring the pot to a boil, reduce the heat to medium-high, and simmer uncovered for about 15 minutes until the pumpkin is just getting tender. Add the green beans, and simmer for a further 5 minutes until al dente. Remove the soup from the heat, stir in the swiss chard to allow it to wilt, and allow the soup to cool somewhat.

2. In a small saucepan, warm the remaining ½ cup of water but do not bring to the boil. Remove from the heat, and stir in the miso paste until dissolved. Stir this mixture into the soup until well combined. Tweak miso paste, salt, and pepper to taste. To serve, ladle out one portion of soup and top with green onions. Transfer the remaining soup to a sealed container and chill in the fridge.

3. To reheat the remaining portion, gently warm on a low heat and do not bring the soup to a boil or you will destroy the enzymes and probiotics in the miso paste.

nutritional facts (per serving)

calories 217 kcal | fat 8.3 g | saturated fat 6.2 g | sodium 1886 mg | carbs 35 g | fiber 7.5 g | sugars 9.6 g | protein 6.3g | calcium 160 mg | iron 3 mg

rustic italian soup

2 SERVINGS

The simple things are often the best, and this so-easy soup is seriously simple and simply scrumptious. Mineral-rich alkalizing veggies and flavorful herbs combine for cleansing comfort food, taming the toxins while they soothe the soul.

2 tablespoons grapeseed oil or extra-virgin olive oil

1 cup roughly chopped red onion (½ medium)

2 teaspoons minced garlic (2 cloves)

1 cup chopped carrots

½ cup chopped celery

2 teaspoon fresh thyme or 1 teaspoon dried

1 teaspoon fresh rosemary or ½ teaspoon dried

¾ teaspoon Celtic sea salt, plus more to taste

1 cup chopped zucchini

1 cup roughly chopped tomato

½ cup roughly chopped Jerusalem artichoke (optional)

4 cups vegetable broth

1 bay leaf

2 cups shredded Dino kale leaves

1 teaspoon fresh lemon juice, plus more to taste

⅛ teaspoon freshly ground black pepper, plus more to taste

1 tablespoon finely chopped flat-leaf parsley, to garnish

1. In a large saucepan over medium heat, sauté the oil, onion, garlic, carrots, celery, thyme, rosemary, and ¼ teaspoon of salt for about 5 minutes, until the onion is soft and translucent. Add the zucchini, tomato, Jerusalem artichoke, broth, bay leaf, and remaining ½ teaspoon of salt. Increase the heat to high, bring the soup to a boil, and then lower the heat to medium-high and cook at a lively simmer for 10 to 15 minutes more, until the vegetables are just cooked.

2. Remove the soup from the heat, and stir in the kale. Stir in the lemon juice and pepper to taste.

3. Ladle out your desired portion, and garnish with parsley. Store the remaining soup in a sealed container in the fridge.

nutritional facts (per serving)

calories 245 kcal | fat 15.2 g | saturated fat 1.6 g | sodium 177 mg | carbs 26 g | fiber 7.6 g | sugars 11.3 g | protein 6.2 g | calcium 195 mg | iron 2.3 mg

creamy celeriac soup

2 SERVINGS

Celery root inspired us here as much with its subtle and sophisticated flavor as with its cleansing caché. Rich in iron, celeriac aids the production of blood cells and boosts hydration retention, to keep fluids available to flush out toxins. Rich, creamy, and just incredible, this soup may get you suspecting someone's heaped cream and butter in your bowl. Nope—cleansing cauliflower and alkaline almonds blend up a velvety texture for a decadent detox experience.

1 tablespoon grapeseed oil or extra-virgin olive oil

1 medium onion, roughly chopped

2 teaspoons minced garlic (2 cloves)

½ teaspoon Celtic sea salt, plus more to taste

2 cups cauliflower florets (½ medium cauliflower)

1 large celeriac (or 2 small), peeled and cut into cubes

4 cups vegetable broth, plus more as needed

2 tablespoons blanched slivered almonds

Freshly ground black pepper, to taste

1. In a large saucepan, heat the oil over medium heat and sauté the onion, garlic, and ¼ teaspoon of salt for about 5 minutes, until the onions are soft and translucent. Add the cauliflower and celeriac and sauté for another minute. Add the vegetable broth and ½ teaspoon of salt, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer for about 30 minutes, until the cauliflower and celeriac are just tender.

2. Remove the saucepan from the heat and allow the soup to cool slightly; stir in the nuts. Pour the soup into your blender in batches and puree on high for 1 to 2 minutes, until smooth and creamy. Return the soup to the saucepan and warm it over low heat. Stir in remaining teaspoon salt and pepper to taste. To serve, ladle a portion of the soup into a bowl, and transfer the remaining soup to a sealed container in the fridge.

nutritional facts (per serving)

calories 256 kcal | fat 11.4 g | saturated fat 1.3 g | sodium 343 mg | carbs 35.3 g | fiber 8.5 g | sugars 9 g | protein 8 g | calcium 178 mg | iron 2.6 mg



avocado gazpacho

2 SERVINGS

Avocados are one of the world's most perfect foods, and are among the few fruits containing significant protein. In this soup they double down: decadent flavor meets medicinal magic. The vegan answer to butter, avocado is loaded with digestible fats, alkalizing vitamins and minerals, and the magical antioxidant glutathione, which helps calm inflammation, repair cells and tissues, clear the respiratory tract, and regulate metabolism. For a more fortifying meal, make twice as much of the tomato-cucumber garnish.

1 cup filtered water
 1 medium avocado, peeled and pitted
 ½ English cucumber, roughly chopped
 ½ bunch fresh cilantro leaves
 1 tablespoon finely chopped red onion
 1 teaspoon minced garlic (1 clove), plus more to taste
 ½ small green chile (rib and seeds removed), finely chopped, plus more to taste
 1 tablespoon fresh lime juice, plus more to taste
 1 teaspoon extra-virgin olive oil
 ¾ teaspoon Celtic sea salt, plus more to taste
 1 cup ice cubes

garnish

1 small tomato, diced
 ⅛ English cucumber, peeled and diced
 1 tablespoon chopped cilantro

1. Throw everything into your blender except the garnish ingredients, and blast on high for 30 to 60 seconds until smooth and creamy. Tweak garlic, chile, lime juice, and salt to taste.
2. Transfer to a bowl, and garnish with tomato, cucumber, and cilantro.
3. Enjoy immediately before the avocado oxidizes.

nutritional facts (per serving)

calories 403 kcal | fat 34.3 g | saturated fat 5 g | sodium 1791 mg | carbs 27.2 g | fiber 15.1 g | sugars 4.6 g | protein 6 g | calcium 91 mg | iron 2 mg

souper broccoli and almond soup

2 SERVINGS

We committed cruciferians go crazy over this delectable detox dish. Broccoli is a detox demon containing three glucosinolate phytonutrients - glucoraphanin, gluconasturtiin, and glucobrassicin in special combination to activate serious cleanse karma. This trio cooks up detox-regulating molecules called isothiocyanates that work to drive detox right down at the genetic level. If all of this techno talk is too much, just remember this simple arithmetic: Your body + broccoli = brilliant.

1 tablespoon grapeseed oil or extra-virgin olive oil
 1 cup diced yellow onion (½ medium)
 2 teaspoons minced garlic (2 cloves)
 1 teaspoon Celtic sea salt, plus more to taste
 1 medium zucchini, diced
 ⅛ teaspoon red pepper flakes, plus more to taste
 5 cups roughly chopped broccoli florets and stalks (about 3 heads)
 5 cups vegetable broth
 2 tablespoons almond butter
 ⅛ teaspoon freshly ground black pepper, to taste
 2 tablespoons sliced raw almonds, to garnish

1. In a large saucepan, heat the oil over medium heat and sauté the onion, garlic, and ¼ teaspoon salt for about 5 minutes until the onions are soft and translucent. Add the zucchini and red pepper flakes and sauté for another minute. Add the broccoli and stir well to combine. Add the vegetable broth and ½ teaspoon of salt, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer partially covered for about 10 minutes just till the broccoli is just tender, to hold onto those nutrients.
2. Remove the saucepan from the heat and allow the soup to cool slightly; stir in the almond butter. Pour the soup into your blender in batches and blast on high for 30 to 60 seconds, until smooth and creamy.
3. Return the soup to the saucepan and warm it over low heat. Season with the remaining ¼ teaspoon of salt and the pepper to taste.
4. To serve, ladle one portion of the soup into a bowl, and garnish with 1 tablespoon of sliced almonds. Transfer the remaining soup into a sealed container and chill in the fridge.

nutritional facts (per serving)

calories 309 kcal | fat 17.4 g | saturated fat 1.6 g | sodium 206 mg | carbs 33 g | fiber 11.7 g | sugars 11 g | protein 14 g | calcium 251 mg | iron 3.4 mg

cream of asparagus soup

2 SERVINGS

Asparagus is an awesome alkalizing agent, and it rocks in this creamy bisque! Cauliflower and almonds combine for velvety texture, and the asparagus gets the barest blanching to keep its prized nutrients and vibrant color. Packed with minerals, asparagus is a great source of vitamins A, C, E and K, fiber, folate, and chromium, which helps insulin transport glucose from the bloodstream to cells. These sexy stalks are also rich in antioxidants like glutathione, to neutralize carcinogens, and provide the amino acid asparagine, a natural diuretic.

1 tablespoon grapeseed oil or extra-virgin olive oil

1 cup diced yellow onion (½ medium)

2 teaspoons minced garlic (2 cloves)

1 teaspoon Celtic sea salt, plus more to taste

1 cup cauliflower florets

4 cups vegetable broth

2 bunches asparagus, ends removed and roughly chopped

2 tablespoons blanched slivered almonds

⅛ teaspoon freshly ground black pepper, to taste

1 teaspoon fresh lemon juice

1. In a large saucepan, heat the oil over medium heat and sauté the onion, garlic, and ¼ teaspoon of salt for about 5 minutes, until the onions are soft and translucent. Add the cauliflower and sauté for another minute. Add the vegetable broth and ½ teaspoon of salt, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer for about 10 minutes, until the cauliflower is just tender. Add the asparagus and simmer for a further 5 minutes until the spears are just al dente.

2. Remove the saucepan from the heat and allow the soup to cool slightly; stir in the nuts. Pour the soup into your blender in batches and puree on high for 1 to 2 minutes, until smooth and creamy. Return the soup to the saucepan and warm it over low heat. Stir in the remaining ½ teaspoon of salt and the pepper. Add lemon juice to taste.

3. To serve, ladle one portion of soup into a bowl. Transfer the remaining soup to a sealed container and chill in the fridge.

nutritional facts (per serving)

calories 190 kcal | fat 10.9 g | saturated fat 1.1 g | sodium 98.5 mg | carbs 20 g | fiber 8 g | sugars 8.4 g | protein 8.4 g | calcium 121 mg | iron 5.6 mg

avocado gazpacho
cream of asparagus

african stew

2 SERVINGS

It's hard to believe something so simple can be so sublime. Aaaaand so healthy! Top tip: almond butter is your detox dynamo ace in the hole! Call it cleanse ketchup, and let it make all kinds of things taste amaaaazing. In this stew, it'll get you voracious for veggies.

1 tablespoon grapeseed oil or extra-virgin olive oil

½ onion (yellow or brown), roughly chopped

1 teaspoon minced garlic (1 clove)

½ teaspoon Celtic sea salt, plus more to taste

1 medium orange or white sweet potato, peeled and cut into chunks

2 teaspoons minced ginger, plus more to taste

¼ teaspoon red pepper flakes, plus more to taste

1½ cups vegetable broth, plus more as needed

1 cup diced chopped tomatoes

1 cup curly kale leaves (ribs removed), chiffonaded

2 tablespoons almond butter

¼ cup finely chopped cilantro

1. In a large pot over medium heat, sauté the oil, onion, garlic, and ¼ teaspoon of salt for about 5 minutes until the onions are soft and translucent. Add in the sweet potato, ginger, and red pepper flakes, and stir well to combine. Pour in the vegetable broth, tomatoes, and remaining ¼ teaspoon of salt, and bring the mixture to a boil. Reduce the heat to medium/low, and simmer for 15 to 20 minutes partially covered until the sweet potato is just tender, stirring periodically. You may have to add a bit more broth. Stir through the kale and almond butter, and simmer for another 5 minutes until just wilted. The vegetable broth should be absorbed but not dry, and you should have a creamy vegetable dish. Stir through the cilantro, and season with salt and pepper to taste.

2. Serve out one portion, and transfer the remaining portion to a sealed container in the fridge.

nutritional facts (per serving)

calories 264 kcal | fat 16.4 g | saturated fat 1.4 g | sodium 86 mg | carbs 26 g | fiber 6.6 g | sugars 7.7 g | protein 7 g | calcium 154 mg | iron 1.9 mg



raw basil pesto

2 SERVINGS

Not just crazy-good for cleansing, broccoli basil pesto brightens up any day. Tossed on hydrating zucchini “zoodles” (a Karenism) it makes for the perfect plate of pasta. When detox is not the focus, this pesto is epic on traditional noodles, too.

pesto

⅓ cup extra-virgin olive oil

2 cups loosely packed basil leaves

1 cup broccoli florets

¼ cup blanched slivered almonds

1½ tablespoons fresh lemon juice, plus more to taste

1 teaspoon minced garlic (1 clove), plus more to taste

1 teaspoon white miso paste, plus more to taste

½ teaspoon Celtic sea salt, plus more to taste

Freshly ground black pepper, to serve

vegetables

2 medium zucchinis, spiralized

Celtic sea salt and freshly ground black pepper, to taste

2 tablespoons finely chopped flat-leaf parsley

1. To make the pesto, throw all of the sauce ingredients into your blender and blast on high for 30 to 60 seconds until well combined. Tweak lemon juice, garlic, miso, salt, and pepper to taste. Set aside.
2. To make the noodles, cut off the end of one of the zucchinis, and using a spiralizer turn one zucchini into noodles. Alternatively, shave the zucchini into flat noodles with a vegetable peeler.
3. In a bowl, toss half of the sauce through the one batch of zucchini noodles, with 1 tablespoon of parsley. Season with salt and pepper to taste.
4. Transfer the remaining pesto and the remaining zucchini and parsley into two separate sealed containers and store in the fridge. When ready to serve the second portion, spiralize the second zucchini into noodles, and toss with the pesto and remaining parsley.

raw marinara
raw basil pesto

nutritional facts (per serving)

calories 464 kcal | fat 43 g | saturated fat 5.7 g | sodium 144 mg | carbs 17.3 g | fiber 5.8 g | sugars 7.4 g | protein 8.4 g | calcium 184 mg | iron 3.6 mg

raw marinara

2 SERVINGS

This s'blended pasta sauce keeps all of the ingredients' beneficial live enzymes to aid your digestive and cleansing process. Its dimensional flavor and delightful kick may have you swearing off the cooked stuff forever. Best of all, it's a cinch to throw together.

marinara

2 cups roma tomatoes (about 3) or 15oz can unsweetened crushed tomatoes

½ red bell pepper, roughly chopped

¼ cup finely peeled and shredded raw red beet

⅓ cup sun-dried tomato (no oil), chopped

2 tablespoons chopped fresh basil

2 teaspoons minced garlic (2 cloves), plus more to taste

¾ teaspoon Celtic sea salt, plus more to taste

¼ teaspoon dried oregano

¼ teaspoon dried thyme

⅛ teaspoon red pepper flakes, plus more to taste

⅛ teaspoon freshly ground black pepper, plus more to taste

2 drops alcohol-free liquid stevia, plus more to taste (optional)

Splash of balsamic vinegar

noodles

2 medium zucchinis

nutritional facts (per serving)

calories 127 kcal | fat 1.5 g | saturated fat 0.3 g | sodium 938 mg | carbs 26 g | fiber 7 g | sugars 17.5 g | protein 6.6 g | calcium 88.2 mg | iron 2.8 mg

1. To make the marinara, throw all of the sauce ingredients into your blender and blast on high for 30 to 60 seconds until well combined. You could process the sauce in a food processor fitted with the S blade for a more rustic consistency. Tweak garlic, salt, peppers, and stevia to taste. Set aside.
2. To make the noodles, cut off the end of one of the zucchinis, and using a spiralizer turn one zucchini into noodles. Alternatively, shave the zucchini into flat noodles with a vegetable peeler.
3. In a bowl, toss half of the sauce through the one batch of zucchini noodles. Season with salt and pepper to taste.
4. Transfer the remaining sauce to a sealed container and store in the fridge. When ready to serve the second portion, spiralize the second zucchini into noodles, and toss with the sauce.

raw alfredo

2 SERVINGS

When you're deep in a cleanse and dreaming of decadence, spiralized zucchini descends like an angel dispatched from on high! Hydrating and so much more forgiving on the waistline than conventional pasta, raw veggie noodles go down a treat with this rich creamy sunflower sauce. This righteous raw rendition is so celestially good, you may never weep for wheat again. And speaking of things in the higher spheres, whoever discovered that nutritional yeast and miso replicate cheeze in raw dishes should be up for sainthood!

sauce

¾ cup filtered water

¼ cup fresh lemon juice

1 tablespoon extra-virgin olive oil

1 cup raw sunflower seeds

1 teaspoon minced garlic

2 teaspoons white miso paste

1 teaspoon nutritional yeast

1 teaspoon Celtic sea salt

Pinch of freshly ground black pepper, to taste

Pinch of cayenne pepper (optional)

vegetables

2 medium zucchinis, spiralized

2 cups finely chopped broccoli florets

2 tablespoons finely chopped flat leaf parsley

2 tablespoons finely chopped green onions (white and green parts)

Celtic sea salt and freshly ground black pepper to taste

nutritional facts (per serving)

calories 528 kcal | fat 40 g | saturated fat 4.6 g | sodium 1435 mg | carbs 33 g | fiber 13 g | sugars 9.8 g | protein 20 g | calcium 142 mg | iron 4.6 mg

cucumber avocado sushi

1 SERVING

We can't get enough of this guacamole sushi. It's one of those perfect detox dishes that ticks all the boxes: hydrating and detoxifying, rich, creamy, and satisfying. Don't stress about getting your cucumber strips perfect. Just smash that guac onto the cuke and stuff it in your gob. This is cleanse crashing at its best.

1 English cucumber

guacamole

1 large avocado, peeled and pitted

1 cup curly kale leaves (ribs removed), chiffonaded

1 tablespoon fresh lemon juice, plus more to taste

¼ teaspoon Celtic sea salt, plus more to taste

¼ teaspoon cumin

Pinch of cayenne pepper (optional), plus more to taste

⅛ teaspoon sweet paprika, to garnish

1. To prepare the zucchini, use a mandoline at the ¼-inch setting or a large wide vegetable peeler to cut the cucumber lengthways into 4 thin long slices one side of the cucumber, and 4 thin long slices on the other. Discard the tiny green outer layers. You should be left with 4 inner long slices without seeds. Set aside.

2. In a bowl, mash the avocado, and stir in the chopped kale leaves, lemon juice, salt, cumin, and cayenne. Tweak lemon juice, salt, cumin, and cayenne to taste.

3. To assemble, spread ¼ of the mixture with a spoon onto each cucumber strip, and gently roll up until you have a finished round roll. You may need to secure them with a toothpick. Place these rolls end down onto a plate, and sprinkle with smoked paprika. Consume immediately.

nutritional facts (per serving)

calories 520 kcal | fat 40 g | saturated fat 5.9 g | sodium 62 mg | carbs 45 g | fiber 22 g | sugars 10 g | protein 11 g | calcium 207 mg | iron 5 mg



kale guacamole with veggies

1 SERVING

Simple and spectacular with one mash of the fork! This zesty guac takes literally 2 minutes to make, and even less time to scarf up. Cleansing and alkalizing, loaded with antioxidants and anti-inflammatory agents, rich in health-promoting fats and strengthening minerals, and fortified with cleansing chlorophyll from the kale, avos and cukes rock the house in this up-tempo arrangement.

guacamole

2 medium avocados,
peeled and pitted

1 cup curly kale leaves (ribs
removed), chiffonaded

2 tablespoons finely diced
red onion, plus more to
taste

2 tablespoons fresh lemon
juice, plus more to taste

$\frac{3}{4}$ teaspoon ground cumin,
plus more to taste

$\frac{3}{4}$ teaspoon chili powder,
plus more to taste

$\frac{1}{2}$ teaspoon Celtic sea salt,
plus more to taste

Pinch of cayenne pepper,
plus more to taste

veggies

$\frac{1}{2}$ English cucumber, cut
into coins

1 small carrot, peeled and
cut into coins

2 ribs celery, cut into sticks

1. In a bowl, mash all of the guacamole ingredients together.
2. Tweak onion, lemon juice, cumin, chili powder, salt, and cayenne pepper to taste.
3. Consume immediately with vegetable sticks.

nutritional facts (per serving)

calories 755 kcal | fat 61 g | saturated fat 9 g | sodium 162 mg | carbs 58 g | fiber 33 g | sugars 12 g | protein 14 g | calcium 248 mg | iron 5.6 mg

raw hummus with veggies

2 SERVINGS

You'd never know this high-raw take on hummus doesn't involve chick peas! Rich, creamy, and satisfying, the dip is loaded with digestive enzymes, alkalizing minerals, antioxidants, and anti-inflammatory agents to loosen toxins in the liver and satiate your soul. Slather it on any veggies you like. We always include cucumber and celery for their high water content and natural detox-dynamic diuretic power for waste removal.

hummus

2½ tablespoons fresh lemon juice, plus more to taste

1 cup peeled and chopped zucchini (about 1 small)

¼ cup raw sesame tahini (not toasted), plus more to taste

¼ teaspoon minced garlic (¼ clove), plus more to taste

½ teaspoon Celtic sea salt

⅛ teaspoon ground cumin, plus more to taste

Pinch of cayenne pepper, plus more to taste (optional)

veggies

½ English cucumber, cut into coins

1 small carrot, peeled and cut into coins

2 ribs celery, cut into sticks

1. Throw the hummus ingredients into your blender, and blast on high for 30 to 60 seconds, until the mix is smooth and creamy. Tweak lemon juice, garlic, and cayenne to taste. Transfer to a sealed container in the fridge for a few hours or overnight to thicken.
2. Consume with veggie sticks.

nutritional facts (per serving)

calories 231 kcal | fat 16.7 g | saturated fat 2.4 g | sodium 674 mg | carbs 18 g | fiber 5.4 g | sugars 5.8 g | protein 7.3 g | calcium 190 mg | iron 4.1 mg

raw tacos

1 SERVING

This combination of nuts and spices is so easy to throw together, and brilliantly mimics the meaty Mexican classic. As chock full of nutrients as they are with satisfaction, these lettuce cups may fool you into thinking you're enjoying something cooked during a high-raw cleanse.

4 romaine lettuce leaves

filling

¼ cup raw pumpkin seeds

¼ cup raw walnuts or raw almonds

½ small carrot, peeled and roughly chopped

1 green onion finely chopped (white and green parts)

1 teaspoon Bragg liquid aminos or filtered water

1 teaspoon chili powder

½ teaspoon ground cumin

¼ teaspoon dried oregano

¼ teaspoon smoked paprika

¼ teaspoon Celtic sea salt, plus more to taste

⅛ teaspoon red pepper flakes, plus more to taste

toppings

½ avocado, peeled and sliced

½ cup diced tomatoes

2 teaspoons finely chopped green onion (white and green part)

1 teaspoon finely chopped jalapeños

1. To make the filling, throw the nuts into a food processor fitted with the S blade and pulse a few times until coarsely chopped. Throw the remaining filling ingredients in and pulse until the mixture is well combined and resembles the texture of taco meat. Tweak salt and red pepper flakes to taste.
2. Divide the filling and toppings between the four lettuce cups, and enjoy immediately.

nutritional facts (per serving)

calories 580 kcal | fat 50 g | saturated fat 6.7 g | sodium 124 mg | carbs 29 g | fiber 16 g | sugars 7 g | protein 18 g | calcium 138 mg | iron 6.5 mg

stir-fry cauliflower rice

2 SERVINGS

A quick, easy stir-fry is hard to beat. Toss these alkalizing, anti-inflammatory, nutrient-rich veggies in the pan with a bit of cleansing garlic, ginger, and chile, serve them up over cauliflower rice, and you've got a low-carb, high-happy detox delight.

cauliflower rice

1 large head cauliflower, cut into florets
2 tablespoons olive oil
½ teaspoon Celtic sea salt

vegetables

2 tablespoons grapeseed oil or extra-virgin olive oil
2 tablespoons toasted sesame oil
2 teaspoons minced garlic (2 cloves)
2 teaspoons minced ginger
½ teaspoon minced serrano chile, plus more to taste
2 cups red onion (1 medium onion)
½ cup diced celery (2 ribs)
1 cup sliced carrot (1 small)
1 cup chopped green beans
1 cup chopped snap peas
½ cup chopped red bell pepper

3 cups chopped baby bok choy (about 4)

2 tablespoons Bragg liquid aminos, plus more to taste
Celtic sea salt and freshly ground black pepper, to taste

¼ cup raw sunflower seeds (optional)

2 tablespoons gomasio or sesame seeds (optional)

1. To make the cauliflower rice, preheat your oven to 375°F (180°C).
2. Throw the cauliflower florets into your food processor with the S blade and pulse about five times until you get the consistency of couscous. Transfer the “rice” to a large baking tray lined with a non-stick sheet or parchment paper, and roast in the oven for about 15 minutes until starting to steam.

Remove from the oven and stir with a spatula or wooden spoon, and return to the oven for a further 15 minutes until the cauliflower is just beginning to brown. Set aside.

3. To make the stir-fry, heat the oils on a medium-high heat in a wok or deep skillet. Sauté with the garlic, ginger, chile, and onion for about 5 minutes until the onion is soft and translucent. Add the celery, carrot, green beans, snap peas, and red bell pepper, and sauté for another 5 minutes until softened. Add in the bok choy and liquid aminos, and sauté for another 5 minutes until the vegetables are al dente. Tweak liquid aminos and chile, and season to taste.

4. Serve out one portion of cauliflower rice and vegetables. Transfer the remaining vegetables to a sealed container and store in the fridge.

nutritional facts (per serving)

calories 607 kcal | fat 43 g | saturated fat 5.8 g | sodium 278 mg | carbs 51.5 g | fiber 17.4 g | sugars 22.6 g | protein 14.6 g | calcium 308 mg | iron 4.8 mg



summer steamed veggies with cheeze sauce

2 SERVINGS

A bowl of steamed veggies is always a good idea. Pour on some of the cheeze sauce and you've got a winner every day of the week and twice on Sundays. We've used sunflower seeds in place of the ubiquitous cashews (tasty but fungus-friendly) that anchor other plant-based cream sauces. Sunflower seeds, packed with alkalizing minerals, make this so good it just seems wrong to call them a substitute.

cheeze sauce

1 teaspoon extra-virgin olive oil
 1 cup diced yellow onion
 ¾ cup vegetable broth
 1 cup raw sunflower seeds, soaked and drained
 5 tablespoons nutritional yeast
 3 tablespoons fresh lemon juice, plus more to taste
 1 teaspoon minced garlic (1 clove)
 1 teaspoon Celtic sea salt, plus more to taste
 ¼ teaspoon ground turmeric
 Pinch of cayenne pepper, plus more to taste (optional)
 ¼ teaspoon smoked paprika (optional)

veggies

¼ zucchini, cut into ½-inch discs
 ¼ small yellow straight-necked summer squash, cut into ½-inch discs
 ¼ red bell pepper, cut into 1-inch pieces
 ½ cup cauliflower, cut to ¾-inch pieces
 ½ cup broccoli, cut to ¾-inch pieces

1. To make the cheeze sauce, heat the oil in a skillet over medium heat, and sauté the onions for about 5 minutes until soft and translucent. Transfer the cooked onions to the blender, throw in the remaining sauce ingredients,

and blast on high for 30 to 60 seconds until smooth and creamy. Tweak lemon juice, salt, and cayenne to taste.
 2. In a saucepan fitted with a steamer basket, pour in just enough water to touch the bottom of the steamer basket.
 3. Bring the water to a boil, and add all of the vegetables, except the red pepper and secure the lid of the pot. Reduce the heat to medium-high, and steam the veggies for about 10 minutes until just tender. Add the red pepper, and steam for an additional 3 to 5 minutes, until al dente. Toss the veggies with olive oil, salt, and pepper. Serve the veggies with the cheeze sauce.

nutritional facts (per serving)

calories 1133 kcal | fat 71.7 g | saturated fat 7.6 g | sodium 2424 mg | carbs 84 g | fiber 40.3 g | sugars 20.5 g | protein 70.1 g | calcium 182 mg | iron 10 mg

fall steamed veggies with cheeze sauce

1 SERVING

Steamed veggies are a quick, easy, palate-pleasing classic. But what makes this assortment sing is the sauce. The delicious “cheeze” is scrumptious any time, but ideal during a cleanse, as sunflower seeds are packed with alkalizing minerals. (As noted with the summer rendition—cashews are great tasting but not good detox food.) You won't believe how yummy-scrummy this sauce is! Step up and say hello to your new go-to veggie-smothering standard!

cheeze sauce

1 teaspoon extra-virgin olive oil
 1 cup diced yellow onion
 ¾ cup vegetable broth
 1 cup raw sunflower seeds, soaked and drained
 5 tablespoons nutritional yeast
 3 tablespoons fresh lemon juice, plus more to taste
 1 teaspoon minced garlic (1 clove)
 1 teaspoon Celtic sea salt, plus more to taste
 ¼ teaspoon ground turmeric
 Pinch of cayenne pepper, plus more to taste (optional)
 ¼ teaspoon smoked paprika (optional)

veggies

1 small beet, peeled and cut into ½-inch cubes
 ¼ medium sweet potato, peeled and cut into ½-inch cubes
 ½ cup cauliflower, cut into ½-inch square pieces
 ¼ zucchini, cut into ½-inch chunks
 8-10 stalks asparagus, cut into 2-inch lengths
 2 teaspoons extra-virgin olive oil, plus more to taste
 ¼ teaspoon Celtic sea salt, plus more to taste
 ⅛ teaspoon freshly ground black pepper, plus more to taste

1. To make the cheeze sauce, heat the oil in a skillet over medium heat, and sauté the onions for about 5 minutes

until soft and translucent.

Transfer the cooked onions to the blender, throw in the remaining sauce ingredients, and blast on high for 30 to 60 seconds until smooth and creamy. Tweak lemon juice, salt, and cayenne to taste.
 2. In a saucepan fitted with a steamer basket, pour in just enough water to touch the bottom of the steamer basket.
 3. Bring the water to a boil, and add all of the vegetables, except the asparagus, and secure the lid of the pot. Reduce the heat to medium-high, and steam the veggies for about 10 minutes until just tender. Add the asparagus, and steam for an additional 3 to 5 minutes, until al dente. Toss the veggies with olive oil, salt, and pepper. Serve the veggies with the cheeze sauce.

nutritional facts (per serving)

calories 1259 kcal | fat 80.6 g | saturated fat 8.8 g | sodium 3053 mg | carbs 95 g | fiber 43 g | sugars 25 g | protein 72 g | calcium 203 mg | iron 12.7 mg

ginger shiitake fried rice

2 SERVINGS

Cauliflower rice, truly a gift from the grain-free gods, makes detox “fried rice” possible, and you can work around this recipe’s basic principle with any veggies you have on hand. Not to cramp your creativity or toot our own horn, however: This combination rocks just about everyone’s world. A dish that makes for a gourmet dinner, this will have you saying, “Cleanse? What cleanse?”

1 head cauliflower

2 tablespoons extra-virgin olive oil

2 tablespoons toasted sesame oil

1 small green chile, finely chopped, seeds and rib removed

2 tablespoons minced ginger

4 teaspoons minced garlic (4 cloves)

6 green onions finely chopped (white and green parts)

4 cups of chopped shiitake or crimini brown mushrooms

2 tablespoons Bragg liquid aminos, plus more to taste

½ cup finely chopped cilantro (1 bunch)

2 teaspoons fresh lime juice, plus more to taste

½ teaspoon Celtic sea salt

1. To make the cauliflower rice, roughly chop the cauliflower into florets, and discard the leaves and the tough middle core. Throw the cauliflower pieces into a food processor fitted with the S blade, and pulse a few seconds until the cauliflower is the consistency of rice. You should end up with about 5 to 6 cups of cauliflower “rice”.

2. In a wok or deep skillet, heat the oil on medium-high heat, and sauté the chile, ginger, garlic, green onions, and mushrooms with ¼ teaspoon of salt for about 5 minutes, until soft and well combined. Throw in the cauliflower rice and liquid aminos, and sauté for a further 5 minutes, until softened. Stir in the cilantro, lime juice, and remaining ¼ teaspoon of salt, and tweak flavors to taste. Serve out half of the rice, and transfer the remaining rice to a sealed container in the fridge.

nutritional facts (per serving)

calories 421 kcal | fat 29 g | saturated fat 4.4 g | sodium 158 mg | carbs 37 g | fiber 13.5 g | sugars 12.6 g | protein 12.6 g | calcium 147 mg | iron 3.4 mg

steamed artichokes and roasted vegetables with aioli

2 SERVINGS

Roasted vegetables are always a winner. During a cleanse they're an especially satisfying taste of "normal life." Throw in a steamed artichoke, and cap it off with a kickass aioli, and you've got a beautiful buffet of deliciousness. In the highly unlikely event that you've got leftover aioli, it will be fabulous slathered on a snack of raw veggies.

aioli

½ cup blanched slivered almonds

¼ cup unsweetened almond milk

1 tablespoon extra-virgin olive oil

1½ tablespoons fresh lemon juice, plus more to taste

1 teaspoon minced garlic (1 clove), plus more to taste

½ teaspoon apple cider vinegar

½ teaspoon finely chopped fresh thyme

¼ teaspoon Celtic sea salt

vegetables

2 cups vegetable broth

2 artichokes

2 tablespoons coconut oil

1 medium sweet potato, peeled and cut into cubes

1 large zucchini, sliced lengthways and cut in half lengthways

½ yellow onion, cut into quarters

10 to 15 stalks asparagus

1. To prepare the aioli, place the blanched slivered almonds in a small bowl, and pour just enough boiled water to cover them. Allow this mixture to soak for 10 minutes, then drain

2. Throw the drained almonds into the blender with the remaining aioli ingredients, and blast on high for 30 to 60 seconds until smooth and creamy. Tweak lemon juice to taste. Transfer this mixture to the fridge to thicken while you cook the vegetables.

3. To prepare the artichokes, place two cups of vegetable broth in a large pot. Cut off the stems of the artichoke and place both artichokes

stem down so that they are sitting in the broth. Bring the pot to a boil, and then reduce to a medium simmer, and allow the artichokes to cook with the lid on for about 40 minutes. You will know the artichokes are done when you place a knife in the bottom of the stem and there is no resistance.

4. To roast the vegetables, preheat your oven to 365°F (180°C). In a medium roasting dish toss the sweet potatoes, onions, zucchini, and asparagus, and bake for about 30 minutes until cooked through.

5. To serve, place 1 artichoke on the plate with half of the roasted vegetables and serve with half of the aioli.

6. Store the leftover artichoke and vegetables and aioli in two separate sealed containers in the fridge. Reheat in the oven to serve.

nutritional facts (per serving)

calories 498 kcal | fat 34 g | saturated fat 13.8 g | sodium 222 mg | carbs 44 g | fiber 14.6 g | sugars 11.6 g | protein 13.5 g | calcium 201 mg | iron 4 mg



coconut curry with cauliflower rice

2 SERVINGS

Dressing up this buffet of colorful veggies, coconut milk and curry combine to crush it in the cleanse stakes. Backed up by a symphony of vitamins, minerals, healthy fats, antioxidants, and anti-inflammatory agents, the dynamic Southeast-Asian duo makes this one warming, comforting, and complex!

cauliflower rice

1 large head cauliflower, cut into florets
2 tablespoons olive oil
½ teaspoon Celtic sea salt

curry

1 tablespoon coconut oil
½ cup finely diced yellow onion
1 teaspoon minced garlic (1 clove)
½ teaspoon Celtic sea salt, plus more to taste
½ cup diced carrot
½ cup cubed butternut squash
⅓ cup diced tomato
½ cup chopped broccoli florets
2 teaspoons minced ginger
2 teaspoons yellow curry powder

1¾ cups full fat canned coconut milk (1 (13.5 oz/398g) tin)
1½ cups chiffonaded baby bok choy
1 teaspoon fresh lime juice, plus more to taste

1. To make the cauliflower rice, preheat your oven to 375°F (180°C).
2. Throw the cauliflower florets into your food processor with the S blade and pulse about five times until you get the consistency of couscous. Transfer the “rice” to a large baking tray lined with a non-stick sheet or parchment paper, and roast in the oven for about 15 minutes until starting to steam. Remove from the oven and stir with a spatula or wooden spoon, and return to the oven for a further 15 minutes until the cauliflower is just beginning to brown. Set aside.

3. To make the curry, heat the coconut oil in a large pan over medium heat, and sauté the onion and garlic with ¼ teaspoon of salt for about 5 minutes until the onion is soft and translucent. Add the carrots and butternut squash, and sauté for a further 5 to 7 minutes. Add the tomato, broccoli, ginger, curry powder, coconut milk, and remaining ½ teaspoon of salt, and bring to a boil. Reduce the heat to medium, and simmer uncovered for about 15 minutes, stirring occasionally until the vegetables are just tender. Stir in the bok choy and sauté for about a minute until just wilted. Stir in the lime juice to taste, and tweak salt, if desired.
4. Serve out one portion of cauliflower rice and curried vegetables, and transfer the remaining portion of rice and veggies to a sealed container in the fridge.

nutritional facts (per serving)

calories 728 kcal | fat 63 g | saturated fat 45 g | sodium 800 mg | carbs 41.3 g | fiber 12.9 g | sugars 13 g | protein 15 g | calcium 241 mg | iron 9.6 mg

spring steamed veggies with lemon tahini sauce

1 SERVING

To make veggies more fun, we slather on this rich tahini sauce. Sesame is full of antioxidants and alkalizing minerals like calcium, iron, and magnesium. When ground into tahini, this sensational seed dials up the flavor, texture and aroma of this decadent detox bowl.

lemon tahini sauce

¼ cup + 1 tablespoon filtered water
¼ cup extra-virgin olive oil
¼ cup tahini
2 tablespoons fresh lemon juice
1 teaspoon minced garlic (1 clove)
¼ teaspoon Celtic sea salt
Pinch of cayenne pepper (optional)

veggies

1 small beet, peeled and cut into ½-inch cubes
½ zucchini, cut into ½-inch chunks
¼ medium sweet potato, peeled and cut into ½-inch cubes
½ cup trimmed green beans
¼ cup sugar snap peas
2 teaspoons extra-virgin olive oil
¼ teaspoon Celtic sea salt, plus more to taste
⅛ teaspoon freshly ground black pepper

1. To make the lemon tahini sauce, throw all of the sauce ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy. Add water to thin out the sauce, if desired.
2. In a saucepan fitted with a steamer basket, pour in just enough water to touch the bottom of the steamer basket.
3. Bring the water to a boil, and add all of the vegetables, except the green beans and snap peas, and secure the lid of the pot. Reduce the heat to medium-high, and steam the veggies for about 10 minutes until just tender. Add the beans and snap peas, and steam for an additional 5 to 7 minutes, until al dente. Toss the veggies with olive oil, salt, and pepper. Serve the veggies with the tahini sauce.

nutritional facts (per serving)

calories 1017 kcal | fat 95.5 g | saturated fat 13.3 g | sodium 1311 mg | carbs 37 g | fiber 11.6 g | sugars 11.6 g | protein 14.7 g | calcium 331 mg | iron 7.8 mg

stuffed-to-perfection peppers

2 SERVINGS

Stuffed peppers are serious comfort food any time, but there's not always time to put them together. Lucky for us: Peppers are alkalizing angels and this take on the classic is easy, peasy, pleasy food!

peppers

- 2 medium red bell peppers
- 2 teaspoons grapeseed oil or extra-virgin olive oil
- ½ cup diced yellow onion
- 1 teaspoon minced garlic (1 clove)
- 1 tablespoon finely chopped fresh oregano
- 1 teaspoon finely chopped fresh thyme
- 1 cup finely diced mushrooms
- ½ cup finely diced butternut squash
- ½ cup finely diced zucchini
- ½ teaspoon Bragg liquid aminos or gluten-free soy sauce
- ½ teaspoon Celtic sea salt
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons raw pumpkin seeds
- 1 tablespoon finely chopped flat-leaf parsley

sauce

- ½ teaspoon grapeseed oil or extra-virgin olive oil
 - 2 tablespoons diced red onion
 - 1 teaspoon minced garlic (1 clove)
 - ¼ teaspoon Celtic sea salt, plus more to taste
 - 2 teaspoons finely chopped fresh oregano
 - 2 teaspoons finely chopped fresh thyme
 - 1 cup diced fresh tomatoes
 - ¼ cup vegetable broth
 - 1½ tablespoons chopped sun-dried tomato (packed in oil, then patted dry)
 - ⅛ teaspoon freshly ground black pepper, plus more to taste
 - 2 tablespoons finely chopped flat-leaf parsley
1. Preheat the oven to 400°F (200°C).
 2. Slice the top off the bell peppers, and remove the seeds and brain with a knife leaving the peppers intact.

3. To make the filling, sauté the oil, onion, garlic, oregano, thyme, mushrooms, squash, zucchini, liquid aminos, salt, and pepper, in a skillet over medium-high heat for 5 to 10 minutes until mushrooms have reduced and vegetables have wilted. Pour off any excess liquid (if you have any), and stir in the pumpkin seeds. Stuff equal parts of the filling mixture into the two bell peppers.
4. Line a small baking sheet with parchment paper or a non-stick silicone sheet, and bake the stuffed peppers in the oven for 20 to 30 minutes until the peppers are cooked through and the tops are slightly browned.
5. To make the sauce, sauté the oil, onion, garlic, salt, oregano, thyme, and tomatoes in a skillet over medium heat for 5 minutes, until the tomato is broken down and the onion is cooked.
6. Serve stuffed peppers drizzled with sauce.

nutritional facts (per serving)

calories 247 kcal | fat 14 g | saturated fat 2 g | sodium 905 mg | carbs 27 g | fiber 8 g | sugars 13 g | protein 9 g | calcium 118 mg | iron 4 mg

stuffed-to-perfection peppers
stuffed butternut squash

stuffed butternut squash

2 SERVINGS

When you're cleansing during the holiday season you deserve some festive food. This stuffed squash is spesh, with a vegetable filling that makes it fall-fave fare, but skips the breadly texture of conventional stuffing.

squash

1 small butternut squash, halved, and seeds scooped out

2 teaspoons extra-virgin olive oil

1/8 teaspoon Celtic sea salt

1/8 teaspoon freshly ground black pepper

stuffing

2 teaspoons extra-virgin olive oil

1/2 cup diced chopped yellow onion

2 teaspoons minced garlic (2 cloves)

1 tablespoon finely chopped thyme

1 teaspoon finely chopped rosemary

1/2 teaspoon Celtic sea salt, plus more to taste

2 cups finely diced mushrooms

1 cup finely diced zucchini

1 tablespoon tahini

2 teaspoons white miso paste

1 1/2 teaspoons balsamic vinegar

1 1/2 teaspoons tomato paste

1/8 teaspoon red pepper flakes, plus more to taste

1/2 teaspoon fresh lemon juice, plus more to taste

1 cup roughly chopped raw walnuts

3 tablespoons finely chopped flat-leaf parsley

1. Preheat the oven to 400°F (200°C).

2. Brush 1 teaspoon of olive oil, and sprinkle a pinch of salt and a pinch of pepper onto each squash.

3. Line a small baking sheet with parchment paper or a non-stick silicone sheet, and bake the squash in the oven for 40 to 60 minutes until cooked through.

4. To make the stuffing, sauté 1 teaspoon of the olive oil with the onion, garlic, thyme, rosemary, and 1/4 teaspoon of salt in a skillet for about 5 minutes until the onions are

soft and translucent. Add the remaining teaspoon of olive oil with the mushrooms, zucchini, and the remaining 1/4 teaspoon of salt. Sauté for a further 5 to 7 minutes until the mushrooms have reduced and the liquid has been absorbed.

5. In a small bowl, mix the tahini, miso paste, balsamic vinegar, tomato paste, red pepper flakes, and lemon juice with a spoon until well combined into a paste. Stir in the walnuts. Then, stir this walnut paste into the sautéed vegetables until well combined. Stir in 2 tablespoons of the parsley.

6. Transfer this mixture to the oven while the squash is cooking for about 10 minutes until warmed through.

7. Stuff the open cavity of each squash with a generous mound of stuffing, and garnish each squash with the remaining tablespoon of parsley.

8. Serve one stuffed squash with stuffing, and place remaining squash and stuffing into a container in the fridge.

nutritional facts (per serving)

calories 645 kcal | fat 52.4 g | saturated fat 5.7 g | sodium 1004 mg | carbs 40.7 g | fiber 10.6 g | sugars 11.2 g | protein 16.3 g | calcium 209 mg | iron 5.1 mg

classic sautéed cabbage

2 SERVINGS

Karen's Slovenian grandmother made this simple dish a staple, and it always received raves. We've taken some detox liberties with her recipe. (Not a lot of coco palms there north of the Balkans.) Cabbage is a cleanse champ, providing sulforaphane to help the body combat inflammation and kick oxidants to the curb. Lauric, capric, caprylic, and stearic acid in the coconut oil kill bacteria and viruses and boost immunity; and cayenne pepper livens up the lymph to dial up the detox. Quick and easy, this is a sublime side any time.

2 teaspoons coconut oil

1/2 medium red onion, sliced in thin half circles

1/4 teaspoon Celtic sea salt, plus more to taste

2 cups sliced green cabbage

Pinch of cayenne pepper, plus more to taste

1/8 teaspoon freshly ground black pepper, to taste

1. In a skillet over medium-high heat melt the coconut oil, and sauté the onion with 1/4 teaspoon of salt for 7 to 10 minutes until the onion is translucent and lightly browned.

2. Reduce the heat to medium, add the cabbage and cayenne pepper, and sauté for about 10 minutes until cooked through. Season with salt, pepper and cayenne, to taste. Serve out one portion of the cabbage, and transfer the remaining portion to a sealed container in the fridge.

nutritional facts (per serving)

calories 68 kcal | fat 4.6 g | saturated fat 4 g | sodium 304 mg | carbs 6.9 g | fiber 2.3 g | sugars 3.4 g | protein 1.2 g | calcium 35 mg | iron 0.4 mg

roasted vegetables with lemon tahini sauce

2 SERVINGS

Roasted veggies with cream sauce? Uh, yeah! Who's not in? The effect of the sauce here on this hearty roasted dish is surprisingly different from the lighter tang it gives the steamed version. If you're going for greater depth of flavor, tweak up the tahini, lemon juice, garlic, and cayenne. If your sauce comes out too thick, thin it with half-teaspoons of filtered water till you get it juuust creamy-right.

vegetables

2 tablespoons coconut oil or extra-virgin olive oil

1 medium yellow onion

2 medium carrots

1 large sweet potato

3 medium red beets

8 brussels sprouts

¼ teaspoon Celtic sea salt

⅛ teaspoon freshly ground black pepper

lemon tahini sauce

¼ cup + 1 tablespoon filtered water

¼ cup extra-virgin olive oil

¼ cup tahini

2 tablespoons fresh lemon juice

1 teaspoon minced garlic (1 clove)

¼ teaspoon Celtic sea salt

Pinch of cayenne pepper (optional)

1. Preheat the oven to 450°F (240°C).

2. Peel the carrots, beet, and sweet potato. Cut off the bitter bottom bit of the Brussels sprouts and cut them in half. Cut the other vegetables into uniform sticks or cubes.

3. Transfer the veggies to a large roasting dish or baking tray lined with a non-stick sheet or parchment paper. Toss the vegetables in the oil, and spread them out in a single layer on the tray.

4. Roast for about 30 minutes until starting to brown. Remove the tray from the oven, and stir the vegetables so that they cook evenly. Return to the tray to the oven,

and roast the vegetables for another 20 to 30 minutes, or until cooked through.

5. To make the lemon tahini sauce, throw all of the sauce ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy. Add water to thin out the sauce, if desired.

6. Dish up half of the vegetables, and serve with half of the sauce, and transfer the remaining vegetables to a sealed container in the fridge. Store the remaining sauce in a separate container in the fridge.

nutritional facts (per serving)

383 calories | 55 g fat | 7.2 g saturated fat | 67 g carbohydrates | 25 g fiber | 26 g sugar | 16 g protein | 307 mg calcium | 6 mg iron



veggie kebabs with chimichurri sauce

2 SERVINGS

You'll be making these kebabs and chimichurri long after you've finished the cleanse. Grilled or roasted vegetables en brochette are fine dining in their own right, but gobs of this herbed sauce bumps them—and your taste buds—up to the next level.

4 stainless steel or bamboo skewers

vegetables

6 mushrooms, cut in half

1 zucchini, cut into 1-inch discs

1 small yellow straight-necked summer squash, cut into 1-inch discs

½ red onion, cut into 1-inch pieces

½ red bell pepper, cut into 1-inch pieces

8 cherry tomatoes

for brushing veggies

¼ cup extra-virgin olive oil

2 tablespoons fresh lemon juice, plus more to taste

1 teaspoon minced garlic (1 clove), plus more to taste

½ teaspoon Celtic sea salt, plus more to taste

⅛ teaspoon freshly ground black pepper, plus more to taste

chimichurri

¾ cup extra-virgin olive oil

½ teaspoon finely grated lime zest

2 tablespoons fresh lime juice

2 tablespoons fresh lemon juice

1 tablespoon minced garlic (3 cloves)

1 teaspoon Celtic sea salt

¾ cup mint leaves

¾ cup cilantro leaves

½ cup chopped green onion

1. Soak bamboo skewers in water for 10 minutes so they don't burn.

2. Preheat the oven to 425°F (220°C). Line a baking tray with a non-stick sheet or parchment paper.

3. Whisk the olive oil, lemon juice, garlic, salt, and pepper together to brush the veggies.

4. Thread equal amounts of the veggies onto the four kebabs in your preferred order. Brush each side of the kebabs with the olive oil and garlic

mixture, and transfer them to the baking sheet.

5. Roast the kebabs on the middle rack of the oven for about 15 minutes. Gently turn the kebabs over, and roast them for another 15 minutes until the veggies are just cooked.

6. If grilling, preheat the grill at medium heat and cook the skewers for 5 to 10 minutes on each side until just cooked.

7. To make the chimichurri sauce, throw the olive oil, lime zest, lime juice, lemon juice, garlic, and salt into the blender, and blast on high for about 10 seconds until the zest and garlic are pulverized. Add in the mint, cilantro, and green onion, and process on a low speed until the herbs are broken up somewhat, but the chimichurri is still loose and herbaceous.

8. Serve out two of the skewers with half of the chimichurri, and transfer the remaining skewers and chimichurri to two separate containers in the fridge.

nutritional facts (per serving)

calories 1077 kcal | fat 109 g | saturated fat 15 g | sodium 1783 mg | carbs 26.7 g | fiber 7 g | sugars 12 g | protein 7 g | calcium 129 mg | iron 3.5 mg

raw chocolates

MAKES 10 SMALL CHOCOLATES

These morish treats are hard to quit eating, and yep, this chocolate is cleansing! The combined flavors of the cacao, almond butter, coconut, pumpkin seeds, salt, and cayenne means just a bare bit of stevia can sweeten the deal. If you find this too delish to believe its detoxing, just remind yourself that cacao is loaded with antioxidant and anti-inflammatory agents; and the lauric, capric, caprylic, and stearic acids in coconut oil are lethal to bacteria, funguses, and viruses. Or, forget all that and just gobble up these goodies.

1/3 cup melted coconut oil, still warm

2 tablespoons raw cacao powder

2 tablespoons raw almond butter

2 tablespoons unsweetened shredded coconut

2 tablespoons raw pumpkin seeds

1/8 teaspoon Celtic sea salt

Pinch of cayenne pepper (optional)

10 drops of alcohol-free liquid stevia, plus more to taste

1. In a 1 or 2-cup glass measuring jug, stir all of the ingredients together until well combined. Tweak sweetener to taste.

2. Pour and spoon the mixture into small silicone candy molds or small cupcake paper molds. Place on a tray in the freezer for about 30 minutes until solid.

3. Pop out of the molds, and transfer to a sealed container in the freezer.

nutritional facts (per serving)

calories 108 kcal | fat 11.3 g | saturated fat 7.4 g | sodium 1.4 mg | carbs 2.2 g | fiber 1.1 g | sugars 0.3 g | protein 1.8 g | calcium 14 mg | iron 0.5 mg



chocolate fruit balls

MAKES 20 BALLS

Tess concocted these rawsome treats way back in the last millennium, but they never go out of style. You can throw a batch together in 15 minutes, and the recipe is very forgiving; use whatever nuts and dried fruit you have on hand. Tucked into a sealed container in the pantry or fridge, any left over will keep for months. Truth is, they're seldom around for even a week.

¼ cup shredded coconut
¼ teaspoon cinnamon
1 cup mixed raw nuts (we use ⅓ cup each of raw almonds, walnuts, pecans)
½ cup chopped pitted dates
½ cup chopped dried apricots
½ cup raisins
2 tablespoons raw cacao powder
1 tablespoon freshly squeezed orange juice
⅛ teaspoon natural almond extract

1. In a small bowl, mix the coconut and cinnamon together until well combined. Set aside for coating the balls.
 2. Throw the remaining ingredients into a food processor fitted with the S blade, and process for about 20 seconds until the mixture combines and a ball starts to form. With a tablespoon measuring spoon, scoop out equal portions of the mixture and roll into balls with the palms of your hands. Roll each ball in the coconut-cinnamon mixture until well coated. Store the balls in a sealed glass container in a cool place or in the fridge. These balls will last for weeks. But, they never do!

nutritional facts (per serving)

calories 84 kcal | fat 4.3 g | saturated fat 1.1 g | sodium 2.1 mg | carbs 11.6 g | fiber 1.8 g | sugars 7.8 g | protein 1.7 g | calcium 13.7 mg | iron 0.6 mg

banana walnut ice dream

2 SERVINGS

Banana and walnut are the Fred and Ginger of the ice cream parlor. As our grandparents loved to lecture: If it ain't broke, keep blending it up! Bananas, naturally sweet and creamy, are loaded with potassium that aids metabolism and regulate the water balance of our body chemistry. Walnuts are jam-packed with calcium and iron, as well as antioxidant and anti-inflammatory agents that support cellular, digestive, heart, bone, and respiratory health. In this dream cream, the duo of fruit and nut dance their way to decadent deliciousness.

2 large bananas, cut into slices and frozen
½ teaspoon natural vanilla extract
¼ teaspoon ground cinnamon, plus more to taste
2 tablespoons roughly chopped raw walnuts, plus more to taste

1. Throw all of the ingredients into a food processor fitted with the S blade, and process for 10 to 15 seconds until well combined and the mixture starts to come together in a clump and resembles the consistency of ice cream. Tweak cinnamon and walnuts to taste
 2. Enjoy immediately like a frozen yogurt, or transfer to a sealed container in the freezer to firm up. Don't leave the ice cream in the freezer for more than 1 to 2 hours or the mixture will begin to crystallize.

nutritional facts (per serving)

calories 171 kcal | fat 5 g | saturated fat 0.6 g | sodium 1.6 mg | carbs 32.4 g | fiber 4.2 g | sugars 17 g | protein 2.6 g | calcium 17 mg | iron 0.6 mg

ginger cinnamon spiced truffles

MAKES ABOUT 20 BALLS

These flavor fireworks, a fabulous energizing snack any time of the year, are a great way to commemorate the conclusion of your cleanse. Easy to put together, they'll keep in a sealed container, in the pantry or fridge, for a month or more. Yeah...right.

¼ cup raisins

4 fresh pitted dates, roughly chopped

1 cup raw walnuts or pecans

1 cup raw almonds

½ tablespoon ground cinnamon, plus more to taste

½ tablespoon minced ginger, plus more to taste

½ teaspoon ground nutmeg

¼ teaspoon natural vanilla extract

⅛ teaspoon Celtic sea salt, plus more to taste

Pinch of ground cloves

⅓ cup unsweetened shredded dried coconut

1. In a bowl, pour just enough boiled water over the raisins and dates to cover them. Allow the fruit to soak for about 10 minutes until softened and plumped. Drain the water off, and set the fruit aside.

2. Throw the nuts into a food processor fitted with the S blade and process until finely ground. Add the cinnamon, ginger, nutmeg, vanilla, salt, and cloves, and process for just a few seconds until well combined. Add the drained dates and raisins, and process again for about 1 minute until well combined and starting to form a ball.

3. With a tablespoon measurer scoop out the mixture, and with the palms of your hands roll the mixture into even round balls. Roll each ball in dried coconut until evenly coated.

4. Transfer to a sealed container, and store in a cool pantry or chill in the fridge.

nutritional facts (per serving)

calories 90 kcal | fat 7 g | saturated fat 1.4 g | sodium 1.2 mg | carbs 6.3 g | fiber 1.6 g | sugars 3.8 g | protein 2.1 g | calcium 23.7 mg | iron 0.5 mg

WE RECOMMEND: Excalibur

We use these dehydrators to dry nuts and seeds, make kale chips, fruit leathers, coconut wraps and veggie crisps, and to warm vegetables.

get yours now



almond milk (not on Days 8, 9, 10, 11)

4 SERVINGS

Activated raw almonds rock. In a milk, they're incomparable. Alkalizing, creamy, satisfying, and delicious, this basic recipe is a wonderful way to stave off pangs and cravings during the cleanse. To keep things interesting, try the flavor variations. (We're nuts for "strawbalm" milk.) Enjoy your nut milk strained, or whole for a full-fiber fix. You can drink almond milk at any time during the cleanse except for fasting and Stage 1 of the transition out of the juice fast.

1 cup raw almonds
1/8 teaspoon Celtic sea salt
1/8 teaspoon fresh lemon juice
3 cups filtered water
1/2 teaspoon natural vanilla extract
5 drops alcohol-free liquid stevia, plus more to taste (optional)

flavor options to add to base recipe

rich almond milk: 1 to 2 tablespoons of raw almond butter and 1/4 teaspoon almond extract

chocolate milk: 50-60 drops Sweet Leaf alcohol-free chocolate stevia drops.

strawberry milk: 3 cups fresh strawberries and 10 drops alcohol-free liquid stevia.

turmeric milk: 1 to 2 tablespoons ground turmeric, 1 tablespoon almond butter, 1/2 teaspoon

natural vanilla extract and stevia to taste

alkaline green milk: 2 cups of spinach/ cucumber/ celery juice.

1. Place the almonds in a glass or ceramic bowl and submerge them in just enough filtered water to cover them. Add the salt and lemon juice, cover the bowl with a breathable kitchen towel, and allow to soak for 8 hours. Drain the water, discard, and rinse the almonds thoroughly. Throw the rinsed almonds into your blender with 3 cups of filtered water, vanilla, stevia, and a pinch of salt. Blast on high for 30 to 60 seconds until the almonds are pulverized. For a rustic, fiber-rich milk, enjoy this unstrained mixture (shake before drinking).

2. For a smoother milk, strain

- with a nut milk bag or a sheer piece of knee-high hosiery. To strain, place the filtration bag over a large container (a glass mason jar, jug, or bowl), pour the milk in, and gently twist and squeeze the bag until all the liquid has passed through.
3. Repurpose the pulp as a body scrub by mixing with some coconut oil (or other cold-pressed oil), add to smoothies to boost the protein and fiber content, or dehydrate for use in cookies, crusts, and crackers.
4. Transfer the strained milk to a sealed container in the fridge for two or three days. It's normal for homemade almond milk to separate when stored. That's how we know it's fresh! Just shake or blend again before using.
5. Freeze leftover milk in ice cube trays to boost the creaminess of smoothies.

nutritional facts (per serving)

calories 269 kcal | fat 23 g | saturated fat 1.8 g | sodium 21mg | carbs 10 g | fiber 5.8 g | sugars 2.1 g | protein 10 g | calcium 135 mg | iron 1.7 mg



grape ginger lemonade (any day)

2 SERVINGS

The flavors of grape and ginger blend beautifully for a tangy treat. Ginger encourages sweating, gets the lymph moving, calms inflammation, and delivers crazy back-end kick! The lemon juice adds its own zing, and is great for flushing toxins out of the liver. You can add stevia to your preferred level of sweetness, and may find you don't need any at all.

1 cup filtered water
¼ cup fresh lemon juice
2 cups green seedless grapes
2 teaspoons minced ginger
10 drops alcohol-free liquid stevia, plus more to taste

1. Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until pulverized. Strain the mixture through a fine mesh sieve or filtration bag. Tweak stevia to taste, and chill in the fridge.

nutritional facts (per serving): calories 112 kcal | fat 0.3 g | saturated fat 0.1 g | sodium 8.3 mg | carbs 31 g | fiber 1.5 g | sugars 24.1 g | protein 1.2 g | calcium 20.8 mg | iron 0.6 mg

strawberry mint lemonade (any day)

2 SERVINGS

This lemon berry hydrating helper is an alkalizing avenger with a terrific tart and tangy flavor. The combo of antioxidants and anti-inflammatory agents goes to work to flush out liver toxins. Mint adds its own accent and helps cleanse the blood and bowels. Depending on how sweet your berries are—or aren't, tweak the stevia up or down.

1 cup filtered water
¼ cup fresh lemon juice
3 cups fresh strawberries, hulled
¼ cup firmly packed mint leaves
10 drops alcohol-free liquid stevia, plus more to taste

1. Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until well combined. Strain the mixture through a fine mesh sieve or filtration bag. Tweak stevia to taste, and chill in the fridge.

nutritional facts (per serving): calories 78 kcal | fat 0.8 g | saturated fat 0.05 g | sodium | 8.2 mg | carbs 20.5 g | fiber 4.7 g | sugars 11.3 g | protein 1.7 g | calcium 48 mg | iron 1 mg

coconut water kefir (any day)

8 SERVINGS

Like other varieties of kefir, tart and tangy, this healthy non-alcoholic spritzer is, for some, an acquired taste. A magic elixir loaded with potassium, sodium, calcium, and magnesium, coconut water kefir packs powerful probiotics (such as lactobacillus and bifidus), that assist with digestion, support gut health, and help white blood cells combat infection and disease. A rich source of vitamin B12, too, it cleanses the endocrine system; helps flush toxins from the liver; tones and cleanses the intestines; improves vision; and strengthens hair, skin and nails. It can even dry up moles and warts, and fade skin spots! With coconut water kefir, less is more. This stuff is potent, and really gets your digestive system moving. If you overdose on it you may be spending way too much time in the smallest room of the house. You can purchase coconut water kefir at health food stores, but it's much cheaper to make your own. We culture ours with kefir grains from [Cultures For Health](#).

¼ cup water kefir grains
4 cups raw coconut water
(from about 4 young Thai
coconuts)

1. Hydrate your kefir grains per the instructions on the pack.
2. Pour the raw coconut water into a large glass mason jar. With a non reactive wooden or plastic spoon stir in the prepared kefir grains. (Do not use a metal spoon as it will destroy the grains.) Seal the mason jar, and place the mixture in a dark, warm, dry place (at about 70°F /22°C) for about 48 hours until fermented. The mixture should be cloudy and fizzy. (Depending on the temperature in your space, you may have to leave the mixture out for another 24 hours.)
3. Using a plastic non reactive sieve (not metal) strain the liquid.
4. Transfer this strained liquid to a glass mason jar, and store in the fridge.
5. Save the kefir grains to make another batch of kefir. You can also make subsequent batches of kefir by adding in ¼ cup of the kefir to your next 4 cups of coconut water (about one gallon). Drink ¼ cup of this kefir in the morning and ¼ cup at night right before bed. While you're laying horizontal, the good bacteria will have a colonization party in your gut and colon.
6. You can also add ¼ cup to smoothies.

nutritional facts (per serving)

calories 27 kcal | fat 0.5 g | saturated fat 0.4 g | sodium 130 mg | carbs 4.9 g | fiber 1.3 g | sugars 3.5 g | protein 1.1 g | calcium 38 mg | iron 0.4 mg

cider water kefir (any day)

8 SERVINGS

We love water kefir. A small quantity of kefir grains can culture a number of batches, making this an economical fermented beverage option. Before dinner we favor water kefir cocktails—in shot glasses for more theatrical effect—and in a variety of flavors. Detox aperitif! (Maybe try a stemmed glass and throw in a twist of lemon peel.) However you serve and quaff it, this zesty drink is loaded with probiotics. The combination of apple, lemon, and ginger is a great digestive primer. Another good routine is 1/4 cup of kefir in the morning and 1/4 cup right before bed to let the critters have a slumber party!

1 pack water kefir grains
4 cups filtered water

¼ cup sugar, plus more
if needed

¼ cup fresh apple juice,
plus more to taste

1 tablespoon fresh lemon
juice, plus more to taste

1-inch piece ginger, peeled
and sliced into sticks, plus
more to taste

Alcohol-free liquid stevia,
to taste

1. To make the kefir water, hydrate your kefir grains per the instructions on the pack.
2. Pour 4 cups of filtered water and 4 to 6 tablespoons of your preferred sweetener (we prefer organic sucanat) into a large glass mason jar. Stir in the hydrated kefir grains with a non reactive wooden or plastic spoon. (Don't use a metal spoon or it will destroy the grains.)
3. Seal the mason jar, and place the mixture in a dark, warm, dry place (at about 70°F /22°C) for about 48 hours until fermented. The mixture should be cloudy and fizzy. (Depending on the temperature in your space, you may have to leave the mixture out for another 24 hours.) Using a plastic non reactive sieve (not metal) to strain the liquid. Transfer the kefir grains to another jar to start your next batch. .
4. Transfer the strained kefir water to a glass mason jar, and add the apple juice, lemon juice, and ginger. Seal the jar and place the mixture in a dark, warm, dry place (at about 70°F /22°C) to ferment for 1 to 3 days until your desired level of carbonation. Place the sealed mason jar bottles in the refrigerator and serve chilled.

beet kvass (any day)

8 SERVINGS

Kvass is a traditional beverage in Baltic and Slavic cultures, and a simple and inexpensive way to get the benefits of a cultured beverage. This fermented wonder delivers powerful probiotics to aid digestion and boost immunity, and is brilliant for cleansing the liver, and building the blood. If the ingredients make you skeptical, be brave and give it a go; the cultured mix is tangy and refreshing.

2 medium or 3 small raw red beets, washed and roughly chopped

¼ cup juice from fermented sauerkraut (such as “Bubbies”)

2 teaspoons Celtic sea salt

Filtered water

1. Place the beets in the bottom of half-gallon glass jar, add sauerkraut juice and salt (If you don't want to use sauerkraut juice, you can double the salt instead, though it may take longer to ferment). Fill the jar up to 1 inch from the top with filtered water. Cover with a towel or cheesecloth and leave on the counter at room temperature for 2-3 days to ferment. Transfer to fridge or cold storage. Consume as desired. We drink 2 to 4 ounces each morning and evening.

nutritional facts (per serving): calories 19 kcal | fat 0.09 g | saturated fat 0.02 g | sodium 270 mg | carbs 4.3 g | fiber 1.2 g | sugars 3.1 g | protein 0.8 g | calcium 11 mg | iron 0.5 mg

tasty snack list

raw snacks — anytime during cleanse except fasting days

- raw dehydrated kale chips
- raw dehydrated flax crackers
- raw sprouted nuts - almonds, walnuts, pecans, pistachios
- raw sprouted seeds - sunflower, pumpkin, sesame, hemp, chia, flax
- raw low-sugar fruit - berries, grapefruit, green apple, tomato, avocado
- raw veggies - cucumber, carrot, celery, cauliflower, jicama
- raw chia puddings - stir 2 tablespoons of chia seeds into 1 cup fresh juice, and chill for an hour
- freeze-dried veggies or fruits (preferably no sulphites)
- fermented sauerkraut or dill pickles – our pick is "Bubbie's"
- homemade juice popsicles from recipe list
- raw frozen fruit “ice cream” – throw 1/4 cup raw homemade almond milk, fresh juice, or filtered water into the blender or food processor with 1 cup frozen fruit and 1 frozen sliced banana

beverages and liquids — anytime during cleanse

- beet kvass
- grape ginger lemonade
- strawberry lemonade
- organic herbal teas (peppermint, chamomile, rosehip, lemon, etc)
(no caf-feine)
- water kefir
- coconut water kefir
- raw coconut water - we recommend cracking open young Thai coconuts as you need them. Commercial coconut water in shelf stable cartons and cans has been pasteurized, and is basically sugar water.

beverages and liquids — non fasting days

- almond milk (not on Day 11 either)
- Kevita probiotic beverages (purchase at health food stores and grocers)



shopping lists

summer: days 1-5

fresh produce

7 avocados (medium)
2-3 baby bok choy
(medium, 2 cups)
2 bananas
3 bell peppers, red
1 beet, red (medium-large)
1 broccoli head (medium)
1 butternut squash (medium)
1 cabbage head, red (small)
5 carrots (medium-large)
2 cauliflower heads
1 celery bunch
1 cherry tomato pack (1 pint)
4 cucumbers (english)
2 garlic heads
3-inch piece ginger root
3 green onion bunches
1 kale bunch, curly
(2 cups chopped)
1 kale bunch, dino
(2 cups chopped)
10 lemons
4 limes
2 cups mushrooms
(button or baby portabello)
2 onions, red, (medium)
1 onion, yellow (medium)
2 oranges (medium)
1 strawberry pack (16 oz)
1 summer squash (yellow)
1 sweet potato (medium)
16 tomatoes, Roma
4 zucchinis (medium)

frozen produce

5 cups pineapple

herbs (fresh, bunch or pack)

1 cilantro
2 mint leaves
1 oregano
5 parsley (flat-leaf)
1 rosemary
1 thyme

pantry

2 tbsp almond butter
1 ½ cups almond milk
(unsweetened)
1 tbsp almonds, sliced (raw)
Bragg Liquid Aminos (or gluten
free soy sauce)
4 tbsp cacao powder
4 tbsp chia seeds
4 cups coconut milk
(canned, full-fat)
coconut oil (virgin)
3 dates, fresh
flax meal
hemp seeds
olive oil (extra-virgin)
6 tbsp pumpkin seeds(raw)
2 tbsp shredded unsweetened
coconut
1 bottle liquid stevia, plain
(alcohol-free liquid)
1 ½ tbsp sun-dried tomatoes
¼ cup tahini (raw)
4 ½ cups vegetable broth
1 tbsp walnuts (raw)
1 gallon filtered water
ice

spices

1 bay leaf
black pepper, ground
cinnamon, ground
cumin, ground
curry powder, yellow
sea salt (Celtic)
vanilla extract, natural

optional ingredients

*(does not include snacks and
drink ingredients)*

cayenne pepper
4 ½ tsp grapeseed oil
½ cup Jerusalem artichoke
probiotic powder
(substitute capsules)
turmeric (ground)

tools (optional)

4 skewers for grilling

summer: days 6-10

fresh produce

4 avocados (large)
1 baby bok choy (medium)
4 cups baby spinach leaves
1 banana (large)
3 beets, red (medium)
1 cup blackberries
1 cup blueberries
1 cup broccoli florets
1 cup cabbage, green
3 carrots
4 celery ribs
4 cucumber (English)
1 garlic head
2-inch ginger root
6 green apples (granny smith)
3 kale bunches, curly
9 lemons
2 limes
1 onion, red (large)
3 oranges
1 pineapple
1 grapefruit, red
2 romaine hearts
3 cups strawberries
2 stalks swiss chard
1 summer squash, yellow
1 tomato (small)
1 watermelon (medium)
3 zucchinis (medium)

frozen produce

2 cups strawberries

herbs (fresh, bunch or pack)

3 basil
1 cilantro
1 mint leaves
1 oregano
1 parsley, flat-leaf
1 thyme

spices

black pepper
cumin, ground
oregano, dried
paprika, sweet
sea salt (Celtic)
thyme, dried
vanilla extract (natural)

pantry

2 cups almond milk
(unsweetened)
¼ cup almonds
(blanched, slivered)
1 tbsp chia seeds
4 fresh dates, pitted
olive oil (extra-virgin)
Liquid stevia, plain
(alcohol-free liquid)
1 tsp white miso paste
1 gallon filtered water
ice

optional ingredients

*(does not include snacks and
drink ingredients)*
probiotic powder (substitute
capsules)
cayenne pepper

boosters for juices (optional)

apple cider vinegar
1 basil bunch
cayenne pepper
2 inches ginger root, fresh
1 green chile
1 jalapeño
1 inch jerusalem artichoke
1 bunch mint leaves
1 parsley bunch (flat-leaf)
1-inch piece turmeric root, fresh
1 tsp wheatgrass powder
probiotic powder (sub capsules)

***Before shopping, take stock of
what you have leftover. You may
not need to purchase everything
on the list.**

summer: days 11-14

fresh produce

4 avocados (medium)
4 cups baby spinach
3 bananas (medium)
1 beet, red (medium)
1 bell pepper, red
2 broccoli heads
5 carrots (medium)
1 cauliflower head
2 celery ribs
3 cucumbers (English)
2 garlic heads
3-inch piece ginger root
1 green apple (granny smith)
1 green chile
1 green onion
1 cup kale (curly)
4 lemons
6 limes
1 onion, red (medium)
2 onions, yellow (medium)
2 oranges (medium)
1 summer squash (medium)
1 sweet potato (medium)
1 tomato (small)
1 watermelon (small)
2 zucchinis (medium)

frozen produce

3 cups cherries
(substitute raspberries)
2 cups mango

herbs (fresh, bunch or pack)

1 cilantro
1 mint leaves

pantry

½ cup almonds
(blanched, slivered)
apple cider vinegar
1 tbsp coconut butter
2 cups raw coconut water
(sub filtered water)
2 dates, pitted
1 tbsp miso paste
5 tbsp nutritional yeast flakes
olive oil (extra-virgin)
grapeseed oil (sub olive oil)
1 sauerkraut jar (Bubbie's or
other raw, fermented brand)
stevia, plain (alcohol-free liquid)
1 cup sunflower seeds (raw)
5 cups vegetable broth
2 tbsp walnuts (raw)
1 gallon filtered water
ice

spices

black pepper
cayenne pepper
chili powder
cinnamon, ground
cumin, ground
red pepper flakes
sea salt (Celtic)
turmeric, ground
vanilla extract (natural)

optional ingredients

*(does not include snacks and
drink ingredients)*
cayenne pepper
paprika, sweet
probiotic powder
(substitute capsules)
wheatgrass powder

***Before shopping, take stock of
what you have leftover. You may
not need to purchase everything
on the list.**

fall: days 1-5

fresh produce

3 cups arugula
3 asparagus bunches
2 avocados
3 cups baby spinach
3 bananas
4 beets, red
½ cup blueberries
8 brussels sprouts
1 butternut squash (medium)
1 cabbage, red
2 carrots
2 cauliflower heads
1 cucumber (English)
1 fennel bulb (medium)
3 garlic heads
4 inches ginger root
1 green apple (granny smith)
2½ cups green beans
1 green chile
2 green onion bunches
10 lemons
1 lime
6 cups mushrooms
(4 cups shiitake (sub cremini),
2 cups cremini)
3 onions, yellow
2 oranges
2 pears
1 red grapefruit
2 sweet potatoes (medium)
8 tomatoes (medium)
1 zucchini (medium)

frozen produce

2 cups peaches
2 cups blueberries

herbs (fresh, bunch or pack)

1 cilantro
1 mint leaves
4 parsley (flat-leaf)
1 rosemary
1 thyme

pantry

4 tbsp almond butter
3 cups almond milk
(unsweetened)
1 tbsp almonds, raw, sliced
cup almonds (raw)
2 tbsp almonds,
blanched slivered
balsamic vinegar
Bragg liquid aminos
cacao powder
1½ tsp chia seeds
½ cup coconut milk
(unsweetened, in a carton)
coconut oil, virgin
1 cup raw coconut water
(substitute water)
grapeseed oil (sub olive oil)
1 tsp hemp seeds
2 tsp miso paste (sweet white)
5 tbsp nutritional yeast flakes
2 tbsp nuts, raw (pecans
or walnuts)
olive oil, extra-virgin
2 tbsp pumpkin seeds
sesame seed oil, toasted
3 tbsp shredded coconut
stevia, plain
(alcohol-free liquid)
1 cup sunflower seeds (raw)
½ cup tahini
tomato paste
5 cups vegetable broth
1 cup walnuts (raw)

1 gallon filtered water
ice

spices

black pepper
cardamom, ground
cinnamon, ground
red pepper flakes
sea salt (Celtic)
turmeric, ground
vanilla extract, natural

optional ingredients

*(does not include snacks and
drink ingredients)*
cayenne pepper
paprika, smoked (sub sweet)
probiotic powder
(substitute capsules)

fall: days 6-10

fresh produce

3 avocados, medium
6 cups baby spinach leaves
4 beets, red
1 bell pepper, red
½ cup blueberries
1 cantaloupe (medium)
1 cabbage head, green
7 carrots
5 celery ribs
5 cucumbers (English)
½ cup cranberries, fresh (sub frozen)
½ fennel bulb (medium)
1 garlic head
2-inches ginger root
9 green apples (granny smith)
2 green onion bunches
1 jalapeño pepper
2 kale bunches, curly
9 lemons
5 limes
1 onion, red
2 oranges
1 pomegranate (sub 1 cup cranberries fresh or frozen)
1 pumpkin or butternut squash (medium)
1 radish bunch, red
1 pack romaine hearts (3 per pack)
1 serrano chile
½ cup strawberries
8 tomatoes
5 zucchinis

frozen produce

3 cups pineapple

herbs (fresh, bunch or pack)

1 basil
2 cilantro
2 mint
1 oregano (sub dried)
2 parsley (flat-leaf)
1 thyme (sub dried)

pantry

apple cider vinegar
balsamic vinegar
Bragg liquid aminos
1 (13oz) can full-fat coconut milk (1¾ cups)
coconut oil, virgin
¼ cup raw nuts (almonds or walnuts)
olive oil, extra-virgin
¼ cup pumpkin seeds (raw)
stevia, plain (alcohol-free liquid)
⅓ cup sun-dried tomatoes
¼ cup sunflower seeds (raw)
1 gallon filtered water
ice

spices

black pepper, ground
chili powder
cinnamon, ground
cumin, ground
nutmeg, ground
oregano, dried
paprika smoked (sub sweet)
pumpkin pie spice
red pepper flakes
sea salt (Celtic)
thyme, dried
vanilla extract, natural

optional ingredients

(does not include snacks and drink ingredients)
probiotic powder (substitute capsules)
turmeric, ground

boosters for juices (optional)

apple cider vinegar
balsamic vinegar
2 stalks basil
MCT oil
cayenne pepper
flaxseed oil
2 inches ginger
goji powder
1 lemon
liquid chlorophyll
½ parsley bunch (flat-leaf)
pomegranate powder
probiotic powder (sub capsules)
wheatgrass powder

***Before shopping, take stock of what you have leftover. You may not need to purchase everything on the list.**

fall: days 11-14

fresh produce

5 avocados
1 cup baby spinach leaves
2 bell peppers, red
½ cup blueberries
1 butternut squash (medium)
1 cabbage, red
cantaloupe
6 carrots
2 celery ribs
3 cucumbers (English)
1 garlic head
2 inches ginger root
1 green apple (granny smith)
2 green onion bunches
1 honeydew melon (small)
1 kale bunch, curly
7 lemons
5 limes
1 cup mushrooms (any kind)
1 onion, red
1 onion, yellow
1 romaine heart
¼ cup strawberries
4 tomatoes
1 zucchini

frozen produce

3 cups cherries (substitute raspberries)

herbs (fresh bunch or package)

¼ cup basil
¼ cup cilantro
2 tbsp mint
3 tsp oregano
2 parsley (flat-leaf)
3 tsp thyme

pantry

apple cider vinegar
Bragg liquid aminos
½ cup coconut milk
Dijon mustard
sauerkraut (Bubbie's, or other fermented, refrigerated)
grapeseed oil (sub olive oil)
miso paste (sweet white)
olive oil (extra-virgin)
2 tbsp pumpkin seeds (raw)
stevia, plain (alcohol-free liquid)
1½ tbsp sun-dried tomatoes
2¼ cups vegetable broth
1 gallon filtered water
ice

spices

black pepper
cayenne pepper
chili powder
coriander, ground
cumin, ground
red pepper flakes
sea salt (Celtic)
turmeric (ground)

optional ingredients

(does not include snacks and drink ingredients)
cayenne pepper
4 olives, green
probiotic powder (substitute capsules)

***Before shopping, take stock of what you have leftover. You may not need to purchase everything on the list.**

winter: days 1-5

fresh produce

2 avocados (medium)
3 cups baby spinach leaves
1 banana (medium)
4 beets, red (medium)
½ cup blueberries, fresh
8 brussels sprouts
1 fennel bulb
1 butternut squash (medium)
12 carrots (medium)
2 cauliflower heads
1 celery bunch
1 cucumber (English)
2 garlic heads
6-inch piece ginger root, fresh
1 green apple (granny smith)
1 cabbage, green
1 chile, green
1 grapefruit, red
3 green onion bunches
1 kale bunch, curly
1 kale bunch, dino
7 lemons
2 limes
4 cups mushrooms
(shiitakes, sub baby bella)
1 onion, red (medium)
2 onions, yellow (medium)
4 oranges (medium)
2 pears (medium, ripe)
12 tomatoes (medium)
2 sweet potatoes, medium
1 zucchini (medium)

frozen produce

2 cups mango
2 cups peaches
2 cups blueberries

herbs (fresh, bunch or pack)

2 cilantro
1 mint leaves
4 parsley (flat-leaf)
1 rosemary
1 thyme

pantry

2 tbsp almond butter (raw)
2 cups almond milk
(unsweetened)
1 tbsp almonds (raw, sliced)
¼ cup almonds
(blanched, slivered)
1 cup almonds (raw)
apple cider vinegar
Bragg Liquid Aminos
cacao powder
2½ tbsp chia seeds
1 tbsp coconut butter
½ cup coconut milk
(full-fat canned)
coconut oil, extra virgin
⅓ cup coconut shredded
(unsweetened)
3 cups raw coconut water
(sub filtered water)
9 dates, pitted
1 tsp hemp seeds
olive oil (extra-virgin)
1 cup nuts, walnuts or pecans
2 tbsp pumpkin seeds (raw)
¼ cup raisins
sesame oil, toasted
1 tsp shredded coconut
(unsweetened)
stevia, plain (alcohol-free liquid)
¼ cup tahini
8 cups vegetable broth
1 gallon filtered water
ice

spices

1 bay leaf
cardamom, ground
cayenne pepper, ground
cinnamon, ground
cloves, ground
coriander, ground
nutmeg, ground
red pepper flakes
sea salt (Celtic)
turmeric, ground
vanilla extract, natural

optional ingredients

(does not include snacks and drink ingredients)
cayenne pepper
cinnamon, ground
1-inch piece ginger root, fresh
grapeseed oil
½ cup Jerusalem artichoke
probiotic powder (sub capsules)
wheatgrass powder

winter: days 6-10

fresh produce

4 cups arugula (sub spinach)
5 avocados (medium)
5 cups baby spinach leaves
1 banana (medium)
2 beets, red (medium)
1 broccoli head (small, 2 cups)
1 cup butternut squash
1 cabbage, green
1 cantaloupe (medium)
7 carrots (medium)
4 celery ribs
2 clementines
6 cucumbers (English)
1 fennel bulb (medium)
1 garlic head
3-inch piece ginger root, fresh
2 grapefruits, red
9 green apples (granny smith)
1 green onion bunch
1 kale bunch, curly
8 lemons
1 lime
1 onion, red (medium)
2 oranges (medium)
1 pear (ripe, medium)
2 radishes, red
2 romaine hearts
1 serrano chile
1 swiss chard leaf
4 tomatoes (medium)
2 zucchinis (medium)

herbs (fresh, bunch or pack)

1 cilantro
1 oregano
2 parsley (flat-leaf)
1 sprig rosemary
1 thyme

pantry

2 cups almond milk
(unsweetened)
¼ cup almonds (raw, sliced)
apple cider vinegar
Bragg Liquid Aminos
4 dates, fresh
Dijon mustard
miso paste, white
nutritional yeast flakes
¼ cup nuts (almonds or walnuts)
olive oil (extra-virgin)
¼ cup pumpkin seeds (raw)
stevia, plain (alcohol-free liquid)
1 cup sunflower seeds (raw)
1 gallon filtered water
ice

spices

black pepper
chili powder
cinnamon, ground
cumin, ground
oregano, dried
paprika, smoked (sub sweet)
red pepper flakes
sea salt (Celtic)
thyme, dried
vanilla extract

optional ingredients

(does not include snacks and drink ingredients)
cayenne pepper
1 jalapeño
probiotic powder (substitute capsules)

boosters for juices (optional)

apple cider vinegar
1 celery rib
¼ cup raw coconut water
(sub filtered water)
¼ cup fennel bulb
2-inch piece ginger root, fresh
1-inch Jerusalem artichoke
1 mint leaves bunch
3-inch piece turmeric root, fresh
vanilla extract (natural)

***Before shopping, take stock of what you have leftover. You may not need to purchase everything on the list.**

winter: days 11-14

fresh produce

5 avocados (medium)
1 cup baby spinach leaves
1 cup berries of choice
2 heads broccoli (5 cups)
1 cabbage, red
1 carrot (medium)
2 celery ribs
2 cucumbers (English)
1 garlic head
1 green apple (granny smith)
2 green onion bunches
1 honeydew melon (medium)
1 kale bunch, curly
8 lemons
2 limes
1 onion, red (medium)
1 onion, yellow (medium)
2 oranges (medium)
1 romaine heart
2 sweet potatoes (medium)
1 tomato (medium)
1 zucchini (medium)

frozen produce

2 cups mixed berries

herbs (fresh, bunch or pack)

2 basil
1 cilantro
1 mint leaves
2 parsley (flat leaf)

pantry

2 tbsp almond butter (raw)
2 tbsp almonds, sliced (raw)
apple cider vinegar
Dijon mustard
fermented sauerkraut
(Bubbe's brand or other
fermented, refrigerated)
miso paste, white
olive oil (extra virgin)
stevia, plain (alcohol-free liquid)
5 cups vegetable broth
1 gallon filtered water
ice

spices

black pepper
cayenne pepper
chili powder
cumin, ground
red pepper flakes
sea salt (Celtic)

optional ingredients

*(does not include snacks and
drink ingredients)*
cayenne pepper
grapeseed oil
4 green olives, pitted
probiotic powder (substitute
capsules)

spring: days 1-5

fresh produce

2 artichokes
3 cups arugula leaves
1 asparagus bunch
2 avocados
8 cups baby spinach leaves
3 bananas
2 beets, red
½ cup blueberries
1 broccoli head
1 cabbage, green
1 cabbage, red
8 carrots
2 cauliflower heads
1 celeriac root (large, or 2 small)
1 celery bunch
2 cucumbers, English
3 garlic heads
3-inches ginger root
2½ cups green beans
4 green onion bunches
12 lemons
3 onions, yellow
8 oranges
2 red radishes
2 sweet potatoes (orange-flesh)
8 tomatoes
3 zucchinis

frozen produce

2 cups mixed berries
2 cups peach slices
2 cups, pineapple

herbs (fresh, bunch or pack)

2 basil
1 cilantro
1 mint
4 parsley (flat-leaf)
1 thyme

pantry

4 tbsp almond butter
3 cups almond milk
(unsweetened)
½ cup almonds (raw)
1½ cups almonds
(blanched, slivered)
⅛ cup almonds (raw, sliced)
½ cup apricots, dried
apple cider vinegar
2 tbsp cacao powder
1½ tsp chia seeds
½ cup coconut milk
(unsweetened, in carton)
coconut oil, virgin
10 dates
grapeseed oil (sub olive oil)
1 tsp hemp seeds
miso paste (sweet white)
2 tbsp nuts: raw pecans
or walnuts
1 cup nuts mixed:
almonds, walnuts, pecans
olive oil, extra-virgin
2 tbsp pumpkin seeds (raw)
½ cup raisins
½ cup shredded coconut
(unsweetened)
stevia, plain
(alcohol-free liquid)
¼ cup sunflower seeds (raw)
14 cups vegetable broth
1 gallon filtered water
ice

spices

almond extract, natural
black pepper, ground
⅛ tsp cardamom, ground
red pepper flakes
sea salt (Celtic)
vanilla extract, natural

optional ingredients

*(does not include snacks and
drink ingredients)*
cayenne pepper
probiotic power
(substitute capsules)

spring: days 6-10

fresh produce

4 avocados
2 baby bok choy
2 cups baby spinach leaves
2 bananas
3 beet, red
½ bell pepper, red
½ cup blueberries
1 cup cabbage, green
7 carrots (medium)
1 cup cauliflower florets
7 celery ribs
8 cucumbers (English)
1 garlic head
2-inches ginger root
7 green apple (granny smith)
1 green chile
2 kale bunches, curly
7 lemons
5 limes
1 onion, red
3 oranges
1 pineapple
1 cup raspberries
1 romaine heart
2 cups strawberries
1 cup sugar snap peas (substitute zucchini)
1 sweet potato
1 tangerine (substitute clementine)
6 tomatoes
1-inch turmeric root
3 zucchinis

herbs (fresh, bunch or pack)

1 basil
3 cilantro
1 mint
1 oregano (sub dried)
1 parsley (flat-leaf)
1 thyme (sub dried)

pantry

½ cup almond milk (unsweetened)
1 tbsp almonds (raw, sliced)
balsamic vinegar
1 tbsp chia seeds
1 tbsp flax meal (or grind flax seeds)
1 tbsp hemp seeds
olive oil (extra-virgin)
stevia, plain (alcohol-free liquid)
⅓ cup sun-dried tomatoes (no oil)
1 tbsp walnuts (walnuts)
1 gallon filtered water
ice

spices

black pepper
cayenne pepper
cumin, ground
oregano, dried
paprika, sweet
red pepper flakes
sea salt (Celtic)
thyme, dried
vanilla extract

optional ingredients

(does not include snacks and drink ingredients)
cayenne pepper
1-inch Jerusalem artichoke
probiotic powder (substitute capsules)
1 zucchini

boosters for juices (optional)

apple cider vinegar
balsamic vinegar
¼ cup basil (fresh)
cayenne pepper
1-inch ginger root
1-jalapeño chile
2-inches Jerusalem artichoke root
1 mint leaves bunch
½-inch turmeric root

***Before shopping, take stock of what you have leftover. You may not need to purchase everything on the list.**

spring: days 11-14

fresh produce

1 asparagus bunch (10-15 stalks)
2 avocados
4 baby bok choy
4 cups baby spinach leaves
1 beet, red
½ bell pepper, red
¾ cup blueberries
1 carrot
2 cauliflower heads
2 celery ribs
1½ cucumber (English)
4 garlic cloves
4 inches ginger root, fresh
3 green apples (granny smith)
1½ cups green beans
2 green onions (not bunches)
1 kale bunch, curly
6 lemons
4 limes
2 onions, red
2 onions, yellow
1 romaine heart
1 serrano chile
1½ cups strawberries
1¼ cup sugar snap peas (substitute 1 large zucchini)
¼ sweet potato
1 tomato
½ zucchini

frozen produce

3 cups cherries (substitute raspberries)
3 cups pineapple

herbs (fresh, bunch or pack)

1 basil
¼ cup cilantro
1 tsp mint leaves
2 tsp parsley (flat-leaf)

pantry

apple cider vinegar
balsamic vinegar
Bragg liquid aminos
1 (13oz) can full-fat coconut milk (1 ¾ cup)
coconut oil, virgin
Dijon mustard
⅓ cup dried apricots
sauerkraut (Bubbe's or other fermented, refrigerated)
miso paste (sweet white)
5 tbsp nutritional yeast flakes
olive oil, extra-virgin
2 tbsp sesame oil, toasted
stevia, plain (alcohol-free liquid)
1 cup sunflower seeds, raw
¼ cup tahini
2 cups vegetable broth
½ cup walnuts (raw)
1 gallon filtered water
ice

spices

black pepper
red pepper flakes
sea salt (Celtic)
turmeric, ground

optional ingredients

(does not include snacks and drink ingredients)
2 tbsp gomasio (substitute sesame seeds)
grapeseed oil
4 green olives, pitted
turmeric, ground
probiotic powder (substitute capsules)
¼ cup sunflower seeds (raw)
paprika, smoked (sub sweet)

***Before shopping, take stock of what you have leftover. You may not need to purchase everything on the list.**



the PERFECT BLEND

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juice glossary

apples

This fruit has featured prominently in our history, from the Garden of Eden to William Tell to the Beatles to Steve Jobs. There's just something about forbidden fruit.

Along with such mystique, apples' appeal includes extraordinary nutrition and cleansing powers. No wonder one a day keeps the doctor away. Tasty, able to break down toxins, lower cholesterol, and enhance digestion, this fruit is a popular, versatile, and cost-effective go-to for juices. With phytonutrients, powerful antioxidants like quercetin, vitamin A (in the peel), vitamin C, and significant potassium, apple is a prime detox food that's available year round. The high pectin content in this fabulous fruit makes it a great bowel regulator, able to slow the colon down or speed it up, as the body needs for detox.

Apple is a cooling food, and we include it in juices to balance the bitterness of leafy greens and other vegetables. The sweet tang of apple blends with almost all fruits and vegetables; our preferred variety is Granny Smith, which has a tarter flavor and lower sugar content than common reds like Fuji, Delicious, and Honeycrisp. That said, this fruit is versatile, and our recipes will work with any apple you have on hand.

We recommend coring apples before juicing, as the jury is still out as to whether the bit of cyanide occurring naturally in the seeds is detrimental to health.

apple cider vinegar (ACV)

You may have looked over infographs and charts extolling the miraculous powers of apple cider vinegar and thought it all sounded too good to be true. ACV really is a health-promoting superstar. It alkalizes the body, calms inflammation, promotes detoxification, and boosts immunity. We use this elixir in juices, smoothies, salad dressings, and other dishes. It also does fantastic work outside the kitchen, as a natural skin toner and hair conditioner. (Remember your grandma using it to make windows gleam?)

We make ACV an option in a number of our juice recipes to add flavor, amp up cleansing power, and deliver potassium and natural probiotics. Rich in certain enzymes, ACV is a powerful digestive aid and cleanse booster. To reap the full array of health benefits, we recommend the organic, raw, unfiltered, unpasteurized stuff.

It should be cloudy, unrefined, and showing the strand-like enzymes of connected proteins called “mother of vinegar.” We always use Bragg Organic, which you’ll find at health food stores and online. Whatever brand you choose, use just a tiny splash to start—no more than a quarter teaspoon—in your juices. Too much ACV bangs the tang up to a mouth-curling pucker.

basil

This herb is all about love, sex, and fertility. In former times, Italian maidens tucked sprigs into their hair to signal to admirers that they were open to being courted. Even today, in the more rustic regions of Romania, a boy who accepts a bit of basil from a girl has thereby engaged himself to marry her. (And you thought mistletoe was dangerous!) In Greece, basil is a time-honored symbol of fecundity. No surprise that this prized cousin of mint will heat you up.

With potent antioxidant and antibacterial properties, this magical herb offers medicinal support to counterbalance the lascivious stuff. Fragrant fresh basil delivers a healthy dose of vitamin A, blood-clotting vitamin K, manganese, and magnesium. Particularly beneficial for easing inflammation, it helps out with rheumatoid arthritis and bowel conditions.

Basil pairs well with watermelon, honeydew melon, strawberries, raspberries, and of course, tomato. A little basil juice goes a long way. So even if you’re carried away by this herb’s racy reputation, start modestly, and work up to taste.

beets

Legendarily the magic food that gave Aphrodite her special goddess-of-love powers, beets have long been respected as an aphrodisiac. (Good thing they don’t pair well with basil, or we’d all be in trouble.) So, to win over the skeptics among us who wince at the thought of juicing this rubicund root, beets can provide a possible upgrade to one’s love life. Once you’re lured in on that tempting prospect, the taste may surprise you. It’s especially good at giving depth to tangy fruits and sweet vegetables. Under its mild sweetness beet juice is fairly earthy. Apple, citrus or even carrot works well to counter that, and lemon or ginger gives a beety blend a lift. Beet in balance is a delicious flavor element of a juice, and we seize every opportunity to include this detox-promoter in our recipes.

The deep-burgundy flesh contains loads of betaine, which flushes the liver, bringing down homocysteine levels (and so reducing risk of cardiovascular disease), aids brain function, and stabilizes mood. Since beets optimize the red cells’ utilization

of oxygen (may explain those aphrodisiac properties) they’re very helpful to endurance athletes. Minerals in beets include calcium, potassium, iron, copper, and sodium. On the thermic side, this is a “neutral” food, neither warming nor cooling, which makes it an ideal all-season cleanse candidate.

There’s no need to peel raw beets. Just give them a scrub, roughly chop, and juice away!

A word to the wise: Nothing beats a beet for clearing the body— maybe faster than you’re looking for. So if you’ve not juiced beets before, start with a little, a quarter to a third medium-sized root, going easy until your system gets accustomed to the effects. Overdo it and you may be paying the porcelain deity more frequent homage than you’d like. If your urine or bowel movements get a pinkish or reddish tinge, no need to be alarmed. That’s a sign that you’re “beeting” the toxins!

berries (*strawberries, blueberries, raspberries and blackberries*)

This group of special superfruits is honored in the U.S. with its berry own biennial Berry Health Symposium. Belgium’s got a Strawberry Museum. Not many fruits can make such audacious claims. If you have a double strawberry, legend says, break it in half and share it with someone—the two of you will fall in love. (Take care what company you keep in strawberry season.)

The ultimate brain food, the Big Four Berries help those grey cells live longer and transmit messages better. Along with truckloads of antioxidants, they deliver vitamins that protect heart health, aid weight control and digestion, and deliver truckloads of antioxidants. Strawberries and raspberries are both loaded with vitamin C, which is brilliant for heart health. Blueberries boost vision (whether your eyes are blue or any other color), acuity and brain development. Blackberries alleviate the severity of some side effects of chemotherapy, and in providing the phytonutrient anthocyanin can protect against development of abnormal cells.

Distinctive aromas and flavors and moderately low sugar content make tangy-sweet berries hard to top in juice blends. They pair well with most fruits, vegetables, and leafy greens. Not such a splurge, either, since just a handful or two is usually enough to do the trick. Still, to get the most bang for your buck, push the whole berry (if you’re juicing strawberries, pull out the hulls) through your machine. To extract every bit of that berry delicious juice, alternate with high-water-content foods like cucumber, oranges, and apples, and maybe a little water.



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blackberries (*see Berries*)

blueberries (*see Berries*)

bok choy (*pak choy, tah tsoi, Chinese white cabbage*)

Mild-mannered bok choy pairs well with, well, everything. This East Asian staple looks like it might be the love child of Swiss chard and a humble celery, but it's in the family of cabbage, broccoli, mustard and cauliflower. The Koreans honor it as the main component of the most traditional kimchi. Cultivated in China for about 5,000 years, bok choy found its way to Australia and North America in the gold rushes of the mid 1800s. Though goldfields fever didn't "pan out" for most, bok choy stuck around.

Bok choy may be unassuming, but it packs a serious nutritional punch. A standard bunch delivers 100% of your daily vitamin A needs, and close to 75% of the recommended allowance of vitamin C, along with immune-boosting antioxidants and alkalizing minerals. At just 10 calories to a half cup it's easy on the waistline, too. Bok choy, a slightly cooling food, has many of the health benefits of cabbage but spares you the funky flavor. Cabbage without the baggage!

To juice bok choy, push the entire stalk through the machine with a bit of green apple, lemon, and ginger. You'll get a winning combo every time.

butternut squash (*see Winter Squashes*)

cabbage

This legend can boost your fortunes. Folk tradition says just go outside on New Year's Eve and hide a silver dollar, bring it indoors just before midnight, slide it into a slit you've cut into a cabbage, then cook the cabbage, eat it (the cabbage, not the coin), and you're sure to prosper. Sounds complicated. For us, anyway, health is wealth. This cruciferous vegetable's got remarkable cleansing faculties, and juicing it raw is a particularly good way to put those magical powers to work. Citrus and cucumber help mellow cabbage's earthy, sulfury flavor. Some good blends, like our probiotic pickle juice, go the other way—going savory to embrace the pungency. Skulling the cabbage juice straight is an option, too. May not appeal to all tastes, but it's different!

On the thermal scale, cabbages don't want to be pinned down. The green varieties run from neutral to cooling. Red cabbage is mildly warming, and contributes fine flavor and vibrant color to several of our cleanse recipes. The green, lower in cost and more readily available all winter, doesn't get left out in the cold, either. Its

cooling effect is easily balanced with garlic and cayenne.

The amino acid glutamine, a component of cabbage, cleanses the digestive system, detoxifies, heals and regenerates. Studies have also shown fresh cabbage juice to be effective against GI-tract ulcers, and helpful in alleviating quite a range of conditions— anemia, allergies, constipation, suppressed immunity, and obesity. High in the glucosinolate sinigrin (a health promoter found in all crucifers), cabbage has shown its stuff in some of the latest cancer-prevention research. Along with glucosinolates, cabbage contains two other powerful cancer-thwarting agents: antioxidants and anti-inflammatory compounds.

To juice cabbage, remove the rough outer leaves, cut out the tough core, and press whole leaves, rolled up, through your machine.

cantaloupe

In the same family as other melons, squashes, pumpkins, and cucumbers, cantaloupe has a long history that kicked off at least 5,000 years ago in Persia. The musky little melon got its first foothold in Europe—and the name we know it by—much later, on the Italian peninsula, in the town of Cantalupo. We include cantaloupe in our juices for its high water content, easy digestibility, unique healing properties, and reliable off-season availability. In our winter juice recipes, warming co-stars like cayenne and ginger balance the melon's cooling effect.

The flesh's almost pastel peachy-orange tint announces loud and clear: beta-carotene. This provitamin A carotenoid helps protect the body from oxygenation and free radicals. Some cantaloupe in the diet can lower the risk of metabolic syndrome, calm inflammation, and improve insulin and blood-sugar metabolism. Cantaloupe is rich in minerals and vitamin C. Its pleasant, moderately sweet juice pairs well with a variety of fruits—particularly citrus and cucumber—and mild greens.

You can pare off the rind, or simply scrub it well. Cut the melon, scoop out the seeds, and push the sliced or cubed flesh (or flesh and rind) through your juicer.

carrots

In ancient times, carrots were no less prized for their medicinal uses than they were valued as food. The ancient Greeks prescribed them both as a fertility enhancement and as a philtron—a love potion—to make men more ardent and

women more yielding. We haven't tested those claims, but carrots have been shown to promote longevity.

A relative of parsley and celery (and back in the day more commonly white or purple than the orange bunches of roots familiar to us), carrots contain loads of life-extending carotenes and minerals. This vegetable helps lower cholesterol, too, and alleviates skin conditions like psoriasis and eczema, all while enhancing the respiratory system's resistance to infection. A great source of vitamin A, carrots also contain the magical antioxidant glutathione, which protects against free radical damage, and B vitamins, potassium, magnesium, and phosphorus. Carrots fuel the production of white blood cells and enhance their performance, and are a great immune booster. These brilliant orange roots also deliver powerful anti-inflammatory agents, helping to relieve the symptoms of rheumatism and arthritis.

Carrot is a warming and strengthening vegetable perfect for cleansing. Cut off the greens (the jury is still out as to whether they are toxic or beneficial), but don't peel the roots—much of carrots' nutrients lie in the skin or just beneath. Just scrub, roughly chop (if using certain masticating juicers) and push through your juicer. The earthy sweet flavor of the juice, much richer than that of carrot itself, combines well with apple, pineapple, beets, tomato, ginger, and cinnamon, so this one works well in both sweet and savory juices.

cauliflower

One of the rock stars in the cancer-fighting cruciferous family, cauliflower ranks among the most versatile and useful vegetables for creating awesome healthy dishes. Fabulous raw or cooked, it's one you can chop, rice, roast, steam, puree and mash, to use in juices, smoothies, soups, stews, grain-free pizza crust and so many other good things. Rich in antioxidants and anti-inflammatory agents, cauliflower supports heart and brain health; delivering impressive amounts of beta-carotene and vitamins C and K, it aids digestion and detoxification, too.

Slightly cooling, and milder in flavor than other crucifers like cabbage, broccoli and Brussels sprouts, cauliflower blends right into a juice mix containing sweet or tangy fruits or veggies, or even mild greens. Since you can juice all of a head, core as well as florets, this one's especially cost-effective.

cayenne pepper

This hot pepper will put zing in your juices and amp up your cleanse—while warding off vampires and werewolves. Take off that garland of garlic and eject the

silver bullets from the chamber! Numerous societies of antiquity recognized the burning of chiles the #1 deterrent against such menacing creatures of the night. Witchcraft has enlisted chiles, too, to exorcise demons and purge ill humors. We likewise wield cayenne in combatting enemies lurking within. This spice does a great job of eliminating toxins while it warms the body and stimulates the circulatory, digestive and lymphatic systems.

A bit of this flavor enhancer from the tropics—sharing its name with the capital of French Guyana—packs a wallop. In a juice, start with a bare pinch and build up as your taste and bravery dictate. You'll get bang for your buck—pennies, really—in both flavor and medicinal support. Cayenne's forceful personality, if kept in check, plays well with flavors of all sorts—but is particularly convivial with lemon and lime. It almost magically lifts and enlivens the earthy or pungent character of many winter vegetables.

A nightshade plant, along with other peppers and tomatoes, cayenne is a powerful cleansing ally, and breaks up respiratory and cardiovascular-system congestion. Providing antibacterial and antifungal support, cayenne can alleviate migraines and airborne allergies, reduce blood clotting, and regulate cholesterol. It also provides some relief from joint pain, and is a fabulous metabolic booster, assisting with weight loss. Stimulating secretion of hydrochloric acid, which encourages proliferation of friendly microorganisms in the gut, cayenne's a brilliant prebiotic as well.

celery

In ancient Rome, following festive occasions, wreaths of celery leaves adorned distinguished brows—not as a mark of honor and distinction, like laurel and oak, but as a purported hangover cure. Madame de Pompadour swore by this stalky vegetable's powers as an aphrodisiac. Given the sway she held over Louis XV, would we doubt her? Celery actually can boost libido, and offers a host of other proven benefits as well. Among these is a calming effect that promotes deep sleep (though maybe we just snooze better after a strenuous roll in the hay).

Celery is alkalizing (promoting detoxification and calming inflammation), and loaded with nutrients: essential amino acids, tryptophan, vitamins A, B complex, C, calcium, phosphorus, iron, magnesium, iodine and copper. It is also effective against respiratory conditions like bronchitis and asthma, and helps lower blood pressure. The organic sodium and potassium in celery make this juice a great post-workout refresher that helps replace electrolytes. It's also a natural laxative and diuretic,

supporting bowel and kidney health.

Despite the hot-and-heavy stuff, celery is a cooling vegetable. We work celery juice into all of our seasonal cleanses to take advantage of the rich mineral content and natural calming and sedative properties. We like it just as much, though, for its great flavor. The natural salts are more abundant in the leaves, so when juicing celery, push the entire stalk (leaves and all) through the machine. That will yield a tangier, more savory juice. Celery makes a nice addition to almost any mix, especially juices made with leafy greens and other vegetables. (Whoever cooked up V8 had some good ideas.) As it sits, celery juice tends to get more assertive flavor-wise, so it's best enjoyed right after it's made. If you're not using immediately, chill it, sealed up, but for no more than a few hours.

cilantro

For a delicate little herb, cilantro stirs up a lot of confusion. Some people call the greens coriander, some reserve that term for the seeds. Happily, no one we've run into calls the seeds cilantro, so for purposes of the cleanse we're safe. Coriander leaves and seeds have been prized as a medicinal agent as well as a culinary blessing since biblical and mythological times. Texts from ancient China, Egypt, India and the Roman Empire all sing its praises.

Cilantro is used in a wide variety of dishes from salsas and guacamole, to curries, to beer! Yet people either love it or hate it—with enough vehemence that some have banded together in an online community: www.ihatecilantro.com. (Findings in the human genome project revealed that we're hard-wired for this fondness or aversion.) We're militant cilantro lovers. If you're one of the anti-fans, substitute flat-leaf parsley in recipes calling for cilantro. But read on, so you know what you're missing! (Wouldn't a soapy-tasting herb make sense as a star cleansing food?)

In ancient China, cilantro was attributed the power to confer immortality, and made into tonics. We're cautious about upholding that radical a claim—so if you've met any ancient Chinese lately, send us an email. No question, though, that this herb is a genuine life extender and health enhancer for those of us alive in an era when heavy-metal toxicity is rampant. Cilantro's vigorous store of antioxidants makes it one of the most effective foods at flushing that stuff out of our systems. The controversial herb also contains powerful anti-inflammatory agents that ease digestion, nausea, headaches and bloating, and help stabilize blood sugar levels.

Even for its die-hard partisans, cilantro easily gets overpowering in juices. A handful

per serving usually does the trick. The entire plant—leaves, stems, and roots—is juice-friendly, the flavor pairing beautifully with pineapple, cucumber, lemon and lime.

cinnamon

In a bygone era, the inner bark of several species of genus *Cinnamomum* was so prized that it sparked intercontinental commerce. Merchants of antiquity lugged, shipped, and donkeyed it all the way from Sri Lanka to Palestine. Back then it was a luxury known only to the rich and powerful. Thankfully, it is widely available to us, and low enough in price that it can be used prolifically in a variety of foods. So we do!

Cinnamon stimulates a lot more than traffic along the ancient trade routes. It's a fantastic cleansing aid that increases circulation and activates the lymphatic system, encouraging detoxification. With powerful antimicrobial, antibacterial, anti-inflammatory, and antifungal power, this sweet and mildly piquant aromatic encourages optimal nerve function, and can regulate blood pressure and cholesterol, promoting heart health. Cinnamon also assists with calcium absorption and the metabolism of fat and carbohydrates, settles the stomach, curbs diarrhea and gas, and alleviates menstrual cramps and the symptoms of PMS. Its natural anti-inflammatory agents are known to ease the symptoms of asthma and arthritis, too, and cinnamon helps control blood-glucose levels, helpful to diabetics. This aromatic's got anti-cancer benefits to "bark" about as well. Merely a whiff of cinnamon both soothes and energizes, even increasing brain activity and cognitive function.

A pinch is a fabulous stir-in to a finished juice. Better yet, sprinkle cinnamon on cut fruits and veggies before juicing, for fuller and smoother flavor. (The fine powder doesn't mix into liquids easily, though, so the first method leaves your juice free of little clumps of spice—bursting with flavor, but generally too much so.) Cinnamon pairs well with picks from all over the fruit-and-vegetable kingdom, but goes especially well with berries, apple, pear, orange, carrot, sweet potato, butternut squash, pumpkin and beet. Wonderful for cooler seasons, cinnamon is extremely warming to the body, a nice way in winter to counteract the cooling effects of fruit.

cranberries

Ever wonder why cranberries bounce? Neither did we. Happily, there are persons nerdy enough to tackle such pressing questions. Small pockets of air inside the fruit, they've discovered, confer this ability so rare among the low-growing spherical



fruits. More important in practical terms, it's this air that gives the berries buoyancy when the boggy places they grow are flooded to facilitate their harvest. A member of the heather family and a relative of the blueberry and huckleberry, *Vaccinium macrocarponis* is, despite its Latin name, a genuine native of the Americas. Its cultivation started in 1816, in New England. In short order, American and Canadian sailors knew to eat cranberries on long voyages to protect themselves from scurvy—and along with British “limeys” were way ahead of the medical establishment on this one.

In addition to their abundant vitamin C, cranberries power-pack antioxidants like resveratrol and vitamin K. They also provide manganese, niacin, choline, calcium, phosphorus, potassium, sodium, vitamin A and beta-carotene. Cranberries are well known for their ability to break up and prevent kidney stones, as well as fighting harmful bacteria in the urinary tract, helping to ward off infections or alleviating their symptoms.

Unlike other tart and bouncy little numbers, cranberry will cool you down, but jazz up juices without bringing in much sugar. A handful will give any juice a tang. If you can't find fresh, defrosted frozen works well, too. Cranberries blend nicely with a wide variety of fruits and veggies, particularly citrus, apples, grapes, strawberries, raspberries, pineapple, cucumber and mild greens.

cucumber

This fabulous fruit makes us regret how much we overuse “ultimate,” since it truly is the ultimate cool-hydrate-cleanse food. It's right in there regulating body temperature and easing inflammation. A relative of squashes and melons, the cuke is a natural diuretic (due to that abundant water), aiding in cell hydration, waste removal, and dissolving kidney stones. Cucumber's high silica content is great for the skin, and helps alleviate eczema, psoriasis, hair loss, and strengthen nails. The silica in cucumber also reduces the concentration of uric acid, which causes inflammation in the joints, muscles and tendons. A natural blood-pressure regulator, cucumber is high in vitamin A (mostly in the peel), B complex, C and folic acid, amino acids (methionine and tryptophan), potassium, sulfur, and natural chlorine. To take advantage of the nutrients in the skins, we always use the less-bitter-skinned English/Dutch variety. Any cucumber, though, goes well in our recipes. We add cucumber to many juice blends as a way of adding mineral-rich water that's way more beneficial than the plain filtered stuff. Cucumber juice is chock-full of nutrients, yet barely alters flavor. Cucumbers are intensely alkalizing, and a half (or whole) cucumber worked into a batch of juice offsets the acidic effects of high-

sugar fruits and aids detox. Cucumber is our go-to base for sugar-free, alkaline juice blends, too. Make sure your cucumber is organic and hasn't been embalmed in a coating of wax—that stuff messes up your juicer, and let's not even think about what it does to our own works.

In addition to consuming cucumber and cuke juice during a cleanse, we use it as a soothing and relaxing agent: Slice one up, skin on, and drop the pieces into a pot of simmering water. Cucumber-infused steam has a soothing, relaxing quality, and spa-like aroma. If that sounds a bit New Age for you, go back to the '50s, setting a slice of fresh cucumber on each of your closed eyes. Get a stealth dose of aromatherapy while those bags or dark circles melt away! Norma Desmond swore by it.

fennel

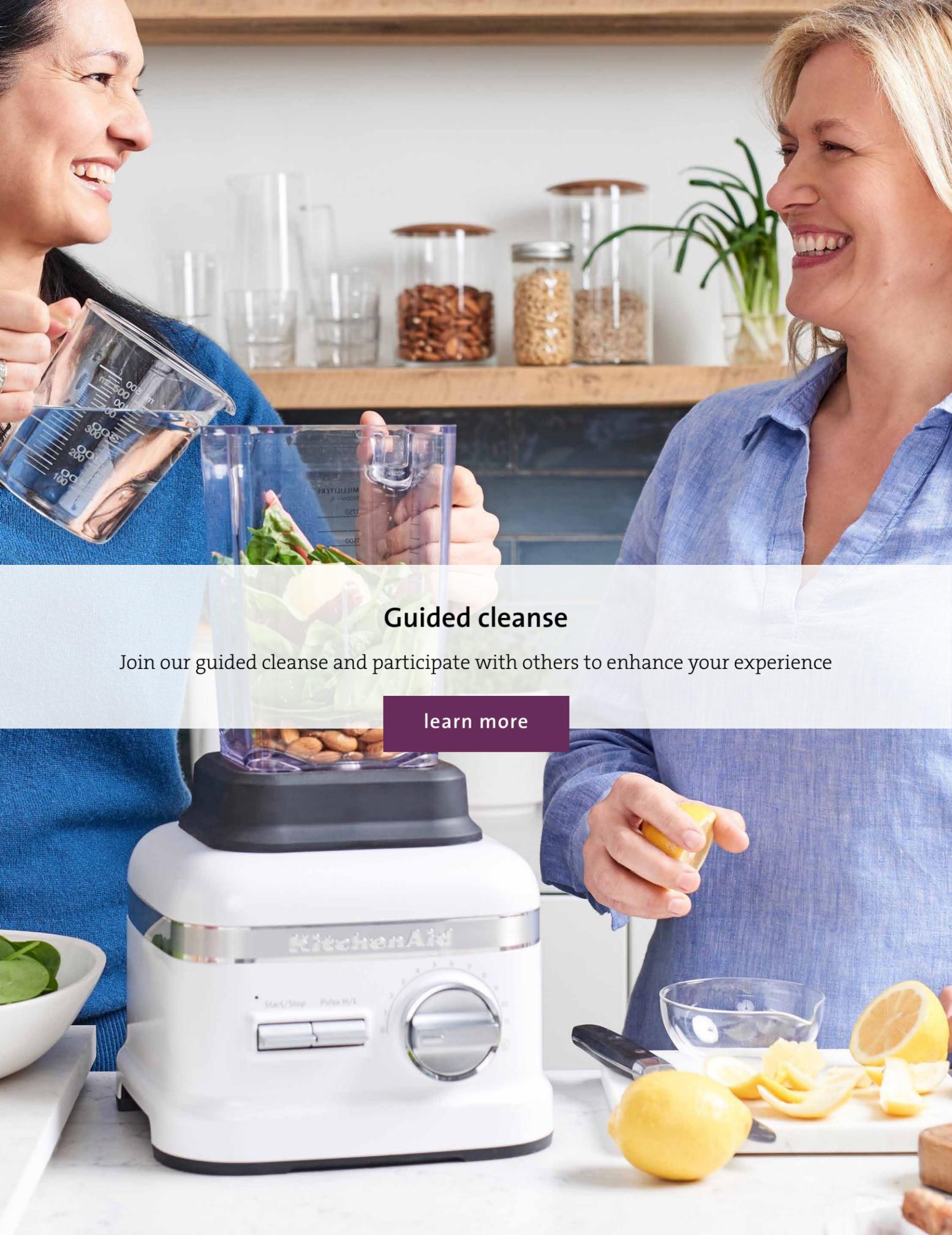
It was with a fennel stalk, legend has it, that Prometheus smuggled fire to us mortals, after he'd stolen a hit of lightning from Zeus. (Must have been a dry year on Olympus to get a piece of fennel to fire up.) Prometheus's theft has served us well, but fennel itself is just as fine a gift! This feathery-leafed fall and winter vegetable not only adds a mild, clean licorice flavor to juices (especially when paired with grapefruit or orange), it's naturally warming, too, so brilliant for balancing the cooling effects of fruit. That apothecary-earthy flavor can easily overpower other ingredients of less noble lineage, though, so start with a slice and add to taste.

Both fennel seed and its cousin anise are used widely in mouth fresheners and toothpastes. Drinking fennel juice will freshen your breath, too. That's just the start of the benefits. Fennel's nutrients build healthy blood and help reduce inflammation in the digestive system. Rich in potassium, fennel also helps to lower and regulate blood pressure and cholesterol, combat anemia, indigestion, constipation, diarrhea, respiratory disorders, and menstrual disorders, while promoting brain and eye health.

A small amount of fennel bulb (minus the fronds, which are more strong-flavored) is all a batch of juice needs. Fennel is a low-sugar alternative to fruit for mellowing out the bitterness of leafy greens in juices.

garlic

Before there were doctors, there was garlic. From the days of ancient Rome through the First World War, poultices of the mashed herb were applied to wounds as a preventive against infection. As recently as World War II, garlic was used to treat injured and ill soldiers when antibiotics ran out, and so dubbed “Russian penicillin.”



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Nature, a savvy businesswoman, had the foresight to market this bulb (in the same family as lilies) in individual doses. Each capsule-like clove of the dozen or so in a head delivers powerful antibacterial, antiviral, and antifungal properties to boost immunity. Garlic supports cardiovascular health by helping regulate cholesterol, blood-vessel stiffness, and blood pressure; it's also one of the richest sources of potassium, iron, calcium, magnesium, manganese, zinc, and selenium, flavonoids like beta-carotene and zeaxanthin, and vitamins B6 and C. Garlic also serves as a brilliant detox aid, encouraging the offload of toxins.

While it may seem an unlikely candidate for juicing, garlic's surprisingly easygoing in the right company. 1 to 2 peeled cloves in a batch of juice add a warming element and spicy-pungent flavor. We add garlic to cucumber juice to enliven things, and use it to give complexity to the flavor profiles of sweet blends. In a savory concoction like our Probiotic Pickle Juice it's a brilliant booster. Garlic juice, no surprise, is potent, and can irritate sensitive stomachs even faster than it alienates fellow riders on the bus. In developing our recipes we go for the minimal amount that delivers the benefits and heightens flavors—you can adjust to your taste.

ginger

Most celebrated of the Zinziberaceae (say that in a bar without getting punched!), ginger is prized for both its sweet, piquant tang and its medicinal mastery. Used in its raw form, this brilliant health-promoting juice booster gives beautiful back-end kick to blends of all kinds. In one serving of juice, as little as a half-inch slice of washed, unpeeled root packs a powerful punch. We rely on ginger as a warming agent, to counteract the cooling effects of fruits and vegetables, and to promote healthy sweating, beneficial to the cleansing process and fantastic for battling colds and flu.

This sensational herb-and-spice is an overall anti-inflammatory agent that stimulates the lymphatic system; provides cardiovascular and respiratory support; aids digestion and tones the intestinal tract; and relieves gas, bloating, nausea, and gastrointestinal distress. It helps make blood platelets less sticky, and reduces risk factors for atherosclerosis. Ginger's powerful antioxidants and anti-tumor agents can also protect against free radicals and abnormal cell development.

There's no need to peel ginger before juicing. Much of the nutrients are in the skin or just beneath. Scrub the root, lop off a piece, and juice away. In our experience, people either love ginger in a juice, or hate it. Starting slow's a good way to go if you're unsure which camp you're in.

grapefruit

We have Napoleon to thank for grapefruit being the only citrus fruit “native” (through hybridization) to the Americas. A French military surgeon captured at Trafalgar encountered pomelos and oranges where he was imprisoned, in the Bahamas. Settling in Florida following his liberation, he established plantations and developed this delish breakfast-table favorite—better than a century before Jimmy Cagney notoriously juiced a half on the face of a forgotten blonde co-star.

Rich in vitamin A, beta-carotene and lycopene (both especially abundant in red varieties) grapefruit’s a star in its own right. As you pucker up, bear in mind that you’re helping regulate your heart rate and blood pressure, boost your immune system, and keep your skin’s healthy glow. An excellent source of antioxidant vitamin C, of course, along with potassium electrolyte, grapefruit provides moderate levels of B-complex vitamins and minerals including iron, calcium, copper, and phosphorus. If you’re taking prescription medications, though, you want to consult your doctor before eating grapefruit, as it interacts adversely with a variety of drugs. Though grapefruit like other citrus fruits comes into season in early winter, it’s cooling. We use it in any season for its detox power, nutrients, and low sugar content. Ginger, fennel, and cayenne are all good options to right the thermal balance. Before juicing, peel or cut the rind off, but leave the white pithy part, where a lot of those powerful nutrients reside. Grapefruit’s tangy juice goes great solo, or mixed with a variety of flavors—particularly beet, lime, fennel, and greens.

Napoleon’s loss at Trafalgar truly was our gain.

jerusalem artichoke

Neither from Jerusalem nor an artichoke, this tuber (alias sunroot, sunchoke and topinambour) is one of the few that are native to North America. Alias sunroot, sunchoke and topinambour, it’s one of the few tubers native to North America. Although this root’s flavor is similar to its namesake’s, it grows under a kind of sunflower—girasole in Italian. As Italian immigrant farmers popularized this semi-exotic staple, the name got spun to “Jerusalem.”

Unlike most starchy tubers, this has a minimal glycemic impact, and even helps regulate blood sugar, as well as bring down blood pressure and heart rate. It aids digestion, too, and is a good source of minerals and electrolytes, especially potassium, iron, and copper. All these attributes make the J-choke a healthy swap for potato. This below-ground edible is high in iron, and rich in B

vitamins—particularly thiamine, which is crucial for the proper function of the nervous system and muscles, carbohydrate metabolism, and for the production of hydrochloric acid in the stomach.

With a slightly nutty flavor and mild earthy sweetness, the juice is best in blends. It pairs especially well with apple, squash, and melon. No need to peel before juicing. Just scrub the root and push it on through!

kale

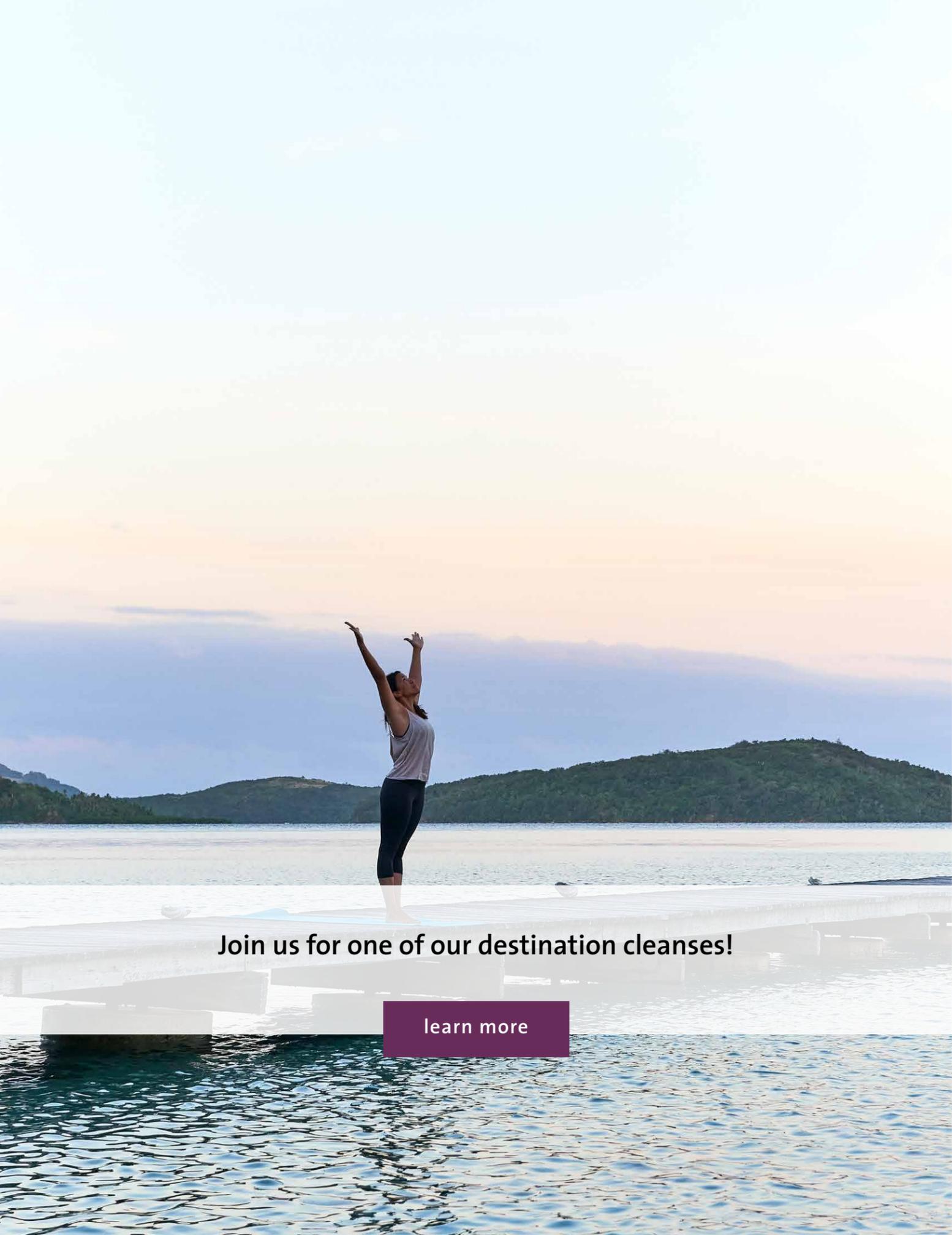
This leafy legend has soared in popularity in recent years, and with good reason. Topping the aggregate-nutrient-density-index chart, this green comes in at 1,000—as high as the ANDI goes!

With highly absorbable calcium (thanks to a high ratio of calcium to phosphorous) kale juice surpasses milk, cup for cup, in calcium provision. Rich in phyto-chemicals that protect us from cancer, kale can lower the risk of colon, breast and lung cancers, as well as fight osteoporosis, macular degeneration, support the cardiovascular and immune systems, and assist in energy production. This mighty leafy green contains lots of chlorophyll, vitamin A (in the form of carotenoids and beta-carotene), vitamins C, E, B6, and K, folic acid, iron, potassium, magnesium, zinc, and sodium.

As a warming vegetable, kale is a great choice for balancing cooler foods. And juicing is a great way to enjoy it in its raw glory, as its flavor is less bitter, relative to that of uncooked kale eaten whole. Still, kale is kale—which is to say, it’s intense! The juice is best blended. It pairs with a wide range of fruits and vegetables, from apple, lemon, carrot, and pineapple, to tomato, cucumber, and melon. Kale makes a good substitute for spinach in any of these juices, but will bring in its slightly bitter sharp note. Juice it stalk and all, and enjoy your new friend with benefits.

lemon and lime

Once deemed gifts fit for kings to bestow and receive, lemons and limes are princes in the realm of cleansing. These highly alkalizing tart citrus fruits are potent detoxifiers and natural antibiotics that improve liver function, relieve constipation, help dissolve kidney and gall stones and kill certain intestinal parasites. Their high levels of vitamin C help boost immunity and alleviate symptoms of osteoarthritis and rheumatoid arthritis, as well as fight the development and progression of atherosclerosis and diabetic heart disease. They also provide ample calcium and magnesium for strong bones and teeth, along with unique compounds that have powerful antioxidant and anti-cancer properties. The flavonoids in limes have even been shown to halt cell division in certain cancers.



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While lemons and limes are cooling, these two superstars are essential to all-season cleansing and can easily be balanced with warming foods like cayenne and fennel. We use lemons and limes in lots of juice blends to lift the earthy and pungent quality of leafy greens and vegetables, add zip and tang, and balance the acidifying impacts of high-sugar fruits. You may want to remove the rinds of these fruits before juicing, as in substantial quantities they're slightly toxic, or you may enjoy the zesty punch it adds—a good compromise is a bit of the peel along with the flesh.

mint

Esteemed Japanese companies are known to pipe the natural aroma of mint through their air conditioning systems, to invigorate workers and improve productivity. The early Romans ate this herb to sharpen the mind, and as its scent was believed to restrain fiery tempers, the Republic's politicians carried sprigs in their pockets.

Mighty mint delivers potassium, calcium, iron, manganese and magnesium, beta-carotene, and vitamins A, C, E and K. The leaves also contain B-complex, including folates, riboflavin and pyridoxine (B6). Mint is one of the oldest remedies in use for indigestion and flatulence, and can help bring down cholesterol and high blood pressure. It's a natural topical anesthetic for the mouth. Through the action of menthol on cold receptors in our skin and mucous membranes, the herb delivers a cool sensation when eaten, inhaled or applied. Compounds in peppermint, specifically, relax the intestinal wall and sphincter muscles, and work as an anti-spasmodic agent in the treatment of irritable bowel syndrome (IBS) and other colic pain disorders. With these additional properties, peppermint is a great cleanse go-to. Though a cooling herb, mint brings a bright, warm accent to cold weather juices, and offers a clean flavor that's especially pleasant during a detox. That flavor pairs especially well with mild leafy greens, apple, melon, lemon, and pineapple. Juice the entire stalk, stem and leaves.

orange and tangerines

These two citrus divas (along with mandarins and clementines) were mythically rumored to be descended from the "golden apple" Hercules stole from the gods. Orange blossoms have long been a symbol of eternal love, purity, and chastity. Queen Victoria established the fashion of wearing them as a bridal adornment, and no decent young lady in Her Majesty's era would have said "I do" without a sprig or two within scenting distance.

These highly storied and decorative fruits contain an impressive list of essential nutrients, topped by vitamin A, beta-carotenes, B-complex vitamins, potassium and calcium, for normal growth and development and overall wellbeing. Like other citrus fruits, they're an excellent source of vitamin C, a powerful natural antioxidant, free-radical scavenger, anti-inflammatory, and immune system modulator. These help reduce the risk of cancers, chronic diseases like arthritis and obesity, and coronary heart diseases.

Also like their citrus cousins, orange and tangerine are slightly cooling fruits, and find a place in many cleanses for their ready availability and flavor, less tart than lemons' and limes' but are just as fulsome. They blend well with most fruits and vegetables, but they partner brilliantly with carrots, beets, and greens. We recommend removing most of the rind before juicing, as too much will make the juice very bitter. A little bit adds a zesty edge.

parsley

One of the most common herbs, plain old parsley offers a myriad of health benefits. It's a brilliant blood purifier, and is rich in antioxidants, vitamins and minerals, which help control blood cholesterol, prevent constipation, and protect the body from free-radical damage. Its essential volatile oils can be used as a local anesthetic and as an antiseptic for teeth and gums. Rich in polyphenolic flavonoids, parsley rates among the richest plant sources of antioxidants. It is also a good source of potassium, calcium, manganese, iron, and magnesium, and vitamins A, B, C, E, and K, and folates.

As a warming herb, parsley's perfect for moderating cooling foods, especially in the colder months. We use the flat-leaf variety, as it has a more intense flavor than its curly-leaf restaurant-garnish cousin, with less bitterness. Light as a feather, parsley will throw its weight around in a juice, delivering that aromatic and pungent "clean" taste. In the right amounts, it combines well with leafy greens, sweet fruits like pineapple and mango, as well as apples, lemons, and limes. A handful juices easily, stems and all.

pears

In China, the pear is a symbol of immortality, and this fabulous fruit does offer antioxidant and anti-inflammatory properties that can reduce the risk of heart disease and type-2 diabetes. We're still in the market for foods that can extend longevity as long as forever, but pears sure can help. On a cosmic scale, our winter use of them is a bit less ambitious. Low in acidity and gentle on the digestive

system (so they're often recommended for weaning babies), pears make a great support to a cleanse. To sweeten the deal further, they're a good source of copper, potassium, and vitamins C and K. So, pears assist in clearing phlegm, and help reduce coughs and constipation. And, they're available at moderate cost.

Pear juice's cooling effect can be balanced with ginger and cardamom, and its buttery consistency and soft sweet flavor blend nicely with most fruits and many vegetables. They're especially good with spinach, cinnamon, squash, blueberries, and apple. Most pears go well in our recipes, flavor wise; for succulence and juiciness, we favor Bartlett, Bosc, and Anjou. No need to core or peel them. Juice the entire fruit, seeds, core and all.

pineapple

A traditional sign of welcome and good cheer, a pineapple was long the focal point of a good host's centerpiece on European and New World tables. The rarity and exotic appearance of pineapple made it the "King of Fruit" to welcome guests. In colonial America pineapples were so scarce, expensive and sought after that they could sometimes only be rented for a few hours, making the rounds from party to party (just as we do today).

Well, our ancestors knew what they were on about. Pineapples contain a powerhouse of valuable enzymes, particularly bromelain, which helps break down protein, and ease coughs and loosen mucus—pineapple juice can be more effective than cough syrup for a sore throat. Bromelain is also great for reducing inflammation from arthritis, injuries, laryngitis, and sinusitis, in addition to treating and preventing cardiovascular diseases, including angina and atherosclerosis. Pineapple also provides potassium, chlorine, sodium, phosphorus, magnesium, sulfur, calcium, iron and iodine along with vitamins A, B complex and C.

This cooling fruit is included in several seasons' juices for its amazing anti-inflammatory properties and its power as a digestive and cleansing aid. A sweet tropical treat, pineapple is high in natural sugar, and we recommend combining it with low-sugar fruits and vegetables to balance the glycemic index and avoid sugar spikes. The flavor and texture of pineapple combine especially well with citrus, cinnamon, ginger and mint, and its tang and aroma are brilliant for masking the pungent qualities of leafy greens and the earthiness of beets. The whole pineapple—shorn of the spiny leaves—can be juiced, skin and all. Just cut it up and feed it through the machine.

THE blender girl SMOOTHIES

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pomegranate

Some say it was a pomegranate, not an apple, that Eve plucked and held out to tempt Adam. We'd probably have given in. From the Middle East to India to Mexico, these elegant fruits are prized in a wide variety of culinary uses. Each pomegranate contains some 600 to 800 seeds, called arils. Yes, there's a bit of sweat equity in extracting them, but the rewards compensate for the work. (Pomegranates are a powerful aphrodisiac, just in case that gives you a second wind.)

Those ruby-red jewels contain, by weight, three times the antioxidants of blueberries and four times those of oranges. And blueberries and oranges are pretty good on that score. Great for boosting immunity, pomegranates also contain substantial vitamin C, and help maintain lower cholesterol levels. They improve circulation and prevent blood clotting, too, while building blood and providing a wide variety of minerals along with vitamins A, K and several of the Bs. Pomegranate is cooling and brings a sweet, tangy zing to juices. It has a moderate amount of natural sugars but can also help to balance blood sugar levels. Mix pomegranate with a variety of fruits and vegetables such as green apple, pineapple, cucumber, zucchini and berries.

Every pomegranate fan has a favored method for extracting the treasured seeds from the tough leathery hide. We score the skin in quarters, pull the fruit apart and peel the pith away from the seeds, working in water. The seeds sink and the pith floats. Scoop or pour off the pith, then strain the seeds and you're in business.

pumpkin (see *Winter Squash*)

radishes

Along with onions and garlic, radishes were distributed as "wages" to the laborers who built some of Egypt's pyramids. Not exactly handsome pay, but it came with health-promoting dividends!

This peppery root is a liver-cleansing powerhouse, loaded with nutrients that help purify the blood. A natural diuretic, radishes support skin, kidney and pulmonary health; they aid weight loss, lower blood pressure, reduce risk of heart disease and cancer, and regulate the bowels, too. A great source of anthocyanins (which give their skin its striking color) radishes have anti-cancer and anti-inflammatory powers, and are packed with antioxidants, detoxifiers, vitamin C, B vitamins, folic acid, potassium, phosphorus, and zinc.

A warming vegetable, the radish adds a nice touch of heat during the cooler months, and a spicy quality to juices anytime. It's best in mixes with mild and



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sweet flavors, like apple, or with tart counterparts like lemon. A little radish goes a long way, and too much results in an unpalatable bitterness. Start with a medium-sized one with the greens removed in a batch of juice, and add to taste. Radish greens can also be juiced. They're mild in flavor and contain more nutrients than the roots! Wash the greens thoroughly to remove the grit, and push them through the juicer.

raspberries (*see Berries*)

romaine

This flavorful lettuce was believed by the ancient Greeks to induce sleep, so it came into their banquet halls at the end of the meal. The Romans carried on the custom, and it's from them that the green derives its name. The hard-hearted Domitian, however, had romaine served at the beginning of his feasts, to torture his guests—protocol obligated them to stay awake in the imperial presence. In much of Italy, the raw, oil-and-vinegar-dressed greens still come before the main courses. Lettuce juice does have natural sedative properties—anesthetic powers, too—that prompted physicians at various times to use it as a substitute for opium. Whether any of this has to do with the origins of Caesar salad.... Well, let's just cut the history lesson there.

Romaine does more than aid sleep and alleviate pain. It offers compounds that prevent macular degeneration and osteoporosis, iron-deficiency anemia, and cardiovascular disease. The leaves are an excellent source of vitamin A and beta-carotene, as well as vitamins K, B, C, and folate, xanthin and carotenes. Romaine reinforces all this with iron—and calcium, magnesium, potassium, manganese, and copper. And with a nice crunch, too, come to think of it.

We use romaine as a natural sedative in evening juices. It is cooling, but as it's inexpensive and available year-round, we include it in cleanses for every season. Juice the core from which the leaves grow, along with the leaves themselves, for a mellow, slightly bitter, fresh "green" flavor. Pair romaine with any fruits and vegetables; it's especially nice with lemons and limes. Too much romaine can yield a bitter juice. A pinch of Celtic sea salt helps balance flavor.

rosemary

Students in ancient Greece wore sprigs of this herb in their hair when they studied, to aid retention, and brides in Tudor England wore it as a pledge that they'd always remember their families. A scattering of rosemary on a grave is a promise

that the departed are not forgotten. Long privileged as a symbol of remembrance, rosemary has in fact been shown to enhance memory. All you need to remember is its crazy good flavor and medicinal power.

Rosemary has anti-inflammatory properties, stimulates circulation and activates the lymphatic system, encouraging detoxification. This wonder herb can also enhance digestion and, by increasing blood flow to the head and brain, boost concentration. Rosemary also contains the antioxidant rosmarinic acid, along with numerous volatile essential oils known for anti-inflammatory, antifungal and antiseptic properties.

A warming herb, rosemary is wonderful for cleanses year-round, but especially in the cooler months. Highly aromatic, it's got a sharp flavor that blends particularly well with citrus. In a juice, a little of that taste goes a long way, so start with a mere sprig, and vary to suit your preference.

salt

A far cry from the iodized sodium chloride set out on most tables (processed with extreme heat and doused with anti-caking agents, additives and preservatives), salt as nature made it, is a health-promoting superstar. Mineral-rich unprocessed salt has powerful healing properties when consumed in conjunction with a diet of whole foods. Containing about 60 trace minerals that help keep us hydrated, high-quality natural salt helps fight bacterial infection and replenish electrolytes; supplies sodium to balance our sodium-potassium ratios; contains trace elements required for proper adrenal, immune and thyroid function; and contains digestive enzyme enhancers. These all help our bodies absorb more nutrients from the foods that we eat. Natural salt alkalizes, which encourages detoxification, and balances blood sugars, helping to eliminate mucus buildup, improve brain function, increase energy, maintain electrolyte balance, prevent muscle cramps, and regulate heartbeat and blood pressure.

We use natural salt to boost the flavor and nutritional potential of all our cleansing recipes, including the juices. Our brand of choice is [Celtic sea salt](#), harvested straight from marine salt beds, sun- and air-dried, and left slightly moist with seawater, to retain maximum mineral content. You'll find it at health food stores or online. To reap the many health benefits noted, we recommend a pinch of natural salt in all your juices and smoothies, to bring out the flavor of fruits and vegetables. (With melon, salt's a non-negotiable addition, dramatically increasing taste-bud satisfaction.) That pinch of salt also helps to balance the acidic effects of high-sugar fruits.

snap peas

The earliest cultivated pea, dating back to just this side of 10,000 BC, was found in Spirit Cave on the Thai-Burma border. Apparently, people figured out at the dawn of the agricultural revolution that this legume could be dried and hold onto its nutrition. The ancient Greeks and Romans understood the charm of these versatile beauties, and fossil evidences indicate that people consumed peas throughout the Bronze Age. Columbus just couldn't wait to start cultivating peas once he had his feet back on dry land, and got a few into the ground on landing in 1492. Hans Christian Anderson certainly knew the pea's value for his princess.

Snap peas, cultivated only in the past few decades, are a rich source of plant protein, and contain a good amount of vitamin A (over 30% of RDA in one serving), as well as beta-carotene, and vitamin C for bolstering immunity. Vitamin B3 and folate promote brain health, and abundant iron helps build the blood. Abundant amounts of potassium and calcium round out this little spring beauty. These cooling modern varieties produce a slightly sweet and earthy juice that pairs well with greens, mint, and lemon. Juice them whole, of course, pea and pod together. Snap!

spinach

Popeye was no idiot, though at times he did look like one. Highly alkalizing, spinach contains nearly twice as much iron as any other green, and helps to build blood by helping red blood cells carry oxygen. It also helps strengthen all other cells, particularly those of the respiratory system and brain. Rich in chlorophyll and carotene, spinach can help reduce the risk of cancer and macular degeneration. Rounding things out, spinach also provides carotenoids, lutein, vitamins A, B complex, C, K, folic acid, iodine, potassium, calcium, magnesium, phosphorous, sodium and manganese, and many amino acids.

This popular and readily available mild leafy vegetable serves as a great introductory green for juicing. While spinach is cooling, we include it in every seasons cleanse since it's a versatile ingredient that pairs well with all fruits and vegetables.

strawberries (*see Berries*)

summer squashes (*Yellow Straight-Necked, Zucchini (Courgette)*)

"Squash" derives from a Native American Narragansett word, "askutasquash" which means "a green thing eaten raw." The summer variety have a soft, edible outer skin and cannot be stored for long periods, while winter squashes, such as butternut and acorn, have hard outer skins that let them be stored for long periods.

Zucchini is the ubiquitous green squash that your next door neighbor seems to grow too much of, inevitably wanting to fob off a bushel or so toward the end of the growing season. Yellow straight-necked squash is often confused with yellow zucchini. It is similar, but is actually a cousin, more narrow at the neck and having a somewhat different flavor and texture. Other summer squashes include patty pan, yellow crookneck and the more distantly related chayote.

The entire squash plant is edible. The leaves, tendrils, shoots, stems, flowers, seeds, and fruit can be eaten. Our favorite uses for "zukes" (besides juicing) is in spiralized zucchini noodles, aka zoodles.

Summer squashes provide good measures of vitamin C and potassium. The darker-skinned varieties are a good source of beta-carotene, one of the most effective antioxidants. Recent research has shown that the summer squashes contain a specially structured polysaccharide linked in animal studies to protection against diabetes and better regulation of insulin.

As nature soundly dictates, summer squashes have cooling effects. Their juice is mild, with a slightly nutty, slightly sweet flavor, and goes well in sweet and savory blends. Summer squashes can be substituted for cucumber in any of our juice recipes, though you won't get quite the same yield when you do the zuke-for-cuke swap. As long as you're hydrating well, go on and squish that squash!

sweet potatoes

Often called yams, sweet potatoes are in fact a whole 'nother vegetable. True yams are rarely seen in Europe and North America, while sweet potatoes are common. So, sorry Grandma—those traditional "candied yams" are just sweet potatoes. Sweet potatoes are roots, not tubers like regular spuds. George Washington grew sweet potatoes at Mount Vernon, and his namesake George Washington Carver, the famed botanist and inventor, developed 118 products from this tasty root, from postage-stamp glue to fabric sizing.

Sweet potatoes are rich in anti-oxidants, vitamins, and minerals, and have a higher amylose-to-amylopectin ratio than potato. Amylose, raising blood sugar levels slower than simple sugars, is classified as an anti-diabetic food. An immune booster and an excellent source of beta-carotene and vitamin A, sweet potato is one of the highest among the root-vegetables. It's also packed with essential B vitamins and vital minerals such as iron, calcium, magnesium, manganese, and potassium, essential for enzyme, protein, and carbohydrate metabolism. A superfood, sweet potatoes have anti-aging power and help maintain healthy skin and tissues.

It's a warming food and the juice has a mildly sweet, slightly earthy taste, best in blends with similar flavors like carrot and squash, and with mildly sweet, tart fruits such as apples or oranges. Ginger, cinnamon, and vanilla compliment sweet potato especially well. Juice the entire root, without peeling, to get all the nutrients.

swiss chard

This cousin of beet, spinach, and—wait for it—quinoa, is popular in Switzerland due to it being christened by a botanist native to that country. However, it is, in fact, of Mediterranean ancestry.

It's also a storehouse of phytonutrients, boasting health-promoting and disease-preventing properties. Chard figures in cholesterol-control and weight-reduction programs, and is an excellent source of vitamin C, to combat free radicals, maintain normal connective tissue, prevent iron deficiency, and enhance resistance to infectious agents. One of the best vegetable sources of vitamin K, chard has proven itself effective as a preventive for Alzheimer's. It is also a rich source of omega-3 fatty acids, vitamin-A, flavonoids, and antioxidants like beta-carotene, lutein and zeaxanthin, as well as B vitamins, copper, calcium, sodium, potassium, iron, manganese and phosphorus. Regular consumption of chard may help prevent osteoporosis, anemia, vitamin A deficiency and protect against cardiovascular diseases and cancer.

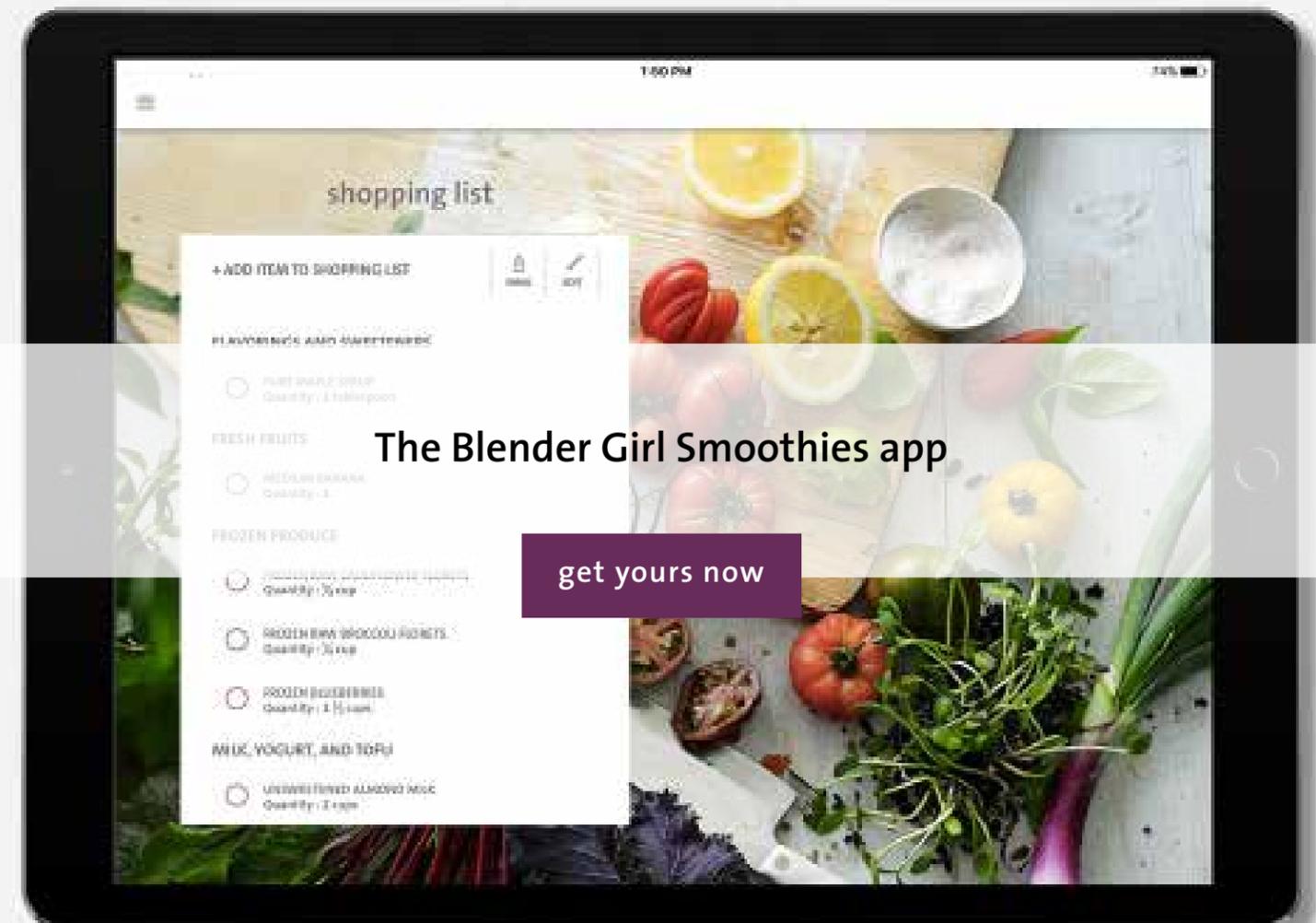
This leafy green is cooling and best balanced with warming ingredients like cayenne. The leaves and stalks produce a mild green juice like that of romaine lettuce, but more complex in flavor—it's sweeter, tangier and a bit earthy. Since chard combines well with almost all fruits and vegetables, like spinach, it's good company for a first foray into the realm of green juices.

tangerine (see Oranges)

turmeric root

An anti-inflammatory rockstar in the ginger family, turmeric is getting more widely available in mainstream grocery stores. We are stoked! If you can't find the root fresh, purchase ground dried turmeric (familiar as a component of yellow curry powder).

The curcumin in turmeric has anti-inflammatory effects comparable to those of drugs like hydrocortisone, but lets us skip the toxicity. Curcumin can help relieve joint pain and swelling (it's great for arthritis) and chest pain. Research in the use of curcumin in treating inflammatory bowel conditions like Crohn's disease and ulcerative colitis has shown it to be effective in very low doses, yet safe in much higher ones. Turmeric



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boosts liver function, encourages detoxification, aids digestion, reduces gas and bloating, and boosts metabolism. It alleviates respiratory congestion, regulates blood pressure and cholesterol, and promotes heart health. Rich in vitamin C, fiber, phytonutrients, antioxidants, manganese, potassium, and iron, turmeric is a brilliant blood builder and immune booster. And in its spare time it helps promote deeper sleep. If this glossary weren't long enough already, we'd just bang on another few pages about this vastly under-celebrated root.

The fresh stuff is wonderful in juices, and we seize every opportunity to include it in our recipes. If you can't get it fresh, don't go without—just use the powder. A fantastic warming spice for winter, turmeric pairs well with citrus, pineapple, strawberries, peach, mango, bell pepper, tomato, carrot, and ginger. That flavor is fairly pronounced, though. Start with a 1/2 -inch section of unpeeled turmeric root, or 1/2 teaspoon of powder sprinkled on your prepared vegetables before you juice them. Caution: Turmeric stains many surfaces, and can certainly stain juicers. So, as soon as you've juiced, clean your machine and reap your rewards of this mighty root.

watermelon

This sweet refreshing fruit is loosely considered a melon (although it is actually a type of berry called a pepo). Watermelon is also classified as a vegetable because it's a member of the same family as the cucumber, pumpkin and squash, and is harvested and cleared from fields like other vine-grown crops. Fruit or vegetable? Who cares! It's great in a juice.

You might have multiple personalities, too, if you had the kind of history this fruit-veg-pepo-berry-cumber does. Watermelon's cultivation and consumption in ancient Egypt is documented back at least 5000 years. Early American settlers hollowed the poor things out to use as canteens. In 2013, a farmer in Tennessee grew the largest watermelon ever registered with global prodigious-produce authorities, tipping the scales at a ponderous 350 pounds!

Did we say cucumber was the ultimate hydrating food...? Might have to rethink that. At 92% water, the watermelon can assert high-hydration and -electrolyte claims that make it a go-to for skin health, kidney detox and general wellness. Watermelons also contain significant vitamin B6 for brain power, good levels of vitamin A and potassium, and 40% more lycopene than tomatoes. Watermelon also boosts immunity with vitamins B1 and C, and manganese, all of which protect against infections. It is also an anti-inflammatory ace and powerful cooling food. All parts of the watermelon can be eaten and juiced, even the rind, which contains

a number of nutrients, such as citrulline. In China, the rind is used as a vegetable in stir-fries, and stewed or pickled. Watermelon yields a tremendous amount of juice, and we push it through the juicer rind and all to reap the full rewards. Mildly sweet watermelon juices well with cucumber, lime, lemon, berries, and fresh herbs like mint and basil.

winter squashes (*Butternut and Pumpkin*)

Among our oldest crops, squashes date their lineage to the dawn of New World agriculture. They were venerated by the Americas' indigenous cultures—along with corn and beans—as one of the “three sisters,” staples of native agriculture and diets. Now prized worldwide, varied and versatile, squashes are delicious steamed, roasted, baked, and almost any other way their fans can think of.

Pumpkins contain plenty of antioxidants, potassium, vitamins B and E, and have the most vitamin A of all the squashes. And: 100 grams of pumpkin has only 26 calories. Butternut squash also contains vital antioxidants and vitamins that help reduce cholesterol, and is rich in B vitamins, thiamin, and pantothenic acid. The mineral profile of the two—iron, zinc, copper, calcium, potassium, and phosphorus—is similar, and since they're comparable in taste and texture, pumpkin and butternut can be swapped in any of our recipes.

Technically fruits not vegetables (like all squash), the winter squashes, such as butternut squash and pumpkin, are those with a tough outer skin, in contrast with the summer squashes with soft skin, such as zucchini. As you would guess, winter squash is a wonderful warming food. Don't overlook raw squash, though, while you're at it. Juicing removes a lot of the starch, leaving the sweetness and nutrients. We favor the flavor-dense pumpkin pie variety, “sugar pumpkins,” for juicing. Pumpkin and butternut squash should be peeled and seeded before juicing. Their sweet, creamy, slightly nutty and earthy taste blends well with carrot, apple, cinnamon and ginger, and makes a rich taste base for indulgent “dessert-like” cleanse juices.

yellow squash (*see Summer Squashes*)

zucchini (*see Summer Squashes*)



EWG's the dirty dozen plus™

If you don't buy organic produce exclusively, seek out organics for these 12. They make up Environmental Working Group's list of the fruits and vegetables that rank highest in pesticide load. Not to argue with EWG, but we'd put kale, lettuce, and carrots on this list, too; they're not far behind the Dirty Dozen when it comes to pesticide saturation.

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Spinach
- Sweet bell peppers
- Nectarines
- Cucumbers
- Cherry tomatoes
- Snap Peas – imported
- Potatoes

EWG's the clean 15™

If you can't buy all organic, but still want to limit your exposure to pesticides, make sure these 15 fruits and vegetables identified by EWG figure prominently in what you eat. Even in conventional production, they don't load up with pesticides.

- Mushrooms
- Sweet potatoes
- Cauliflower
- Cantaloupe
- Grapefruit
- Eggplant
- Kiwi
- Papayas
- Mangoes
- Asparagus
- Onions
- Sweet peas – frozen
- Cabbage
- Pineapple
- Sweet Corn
- Avocados

about the authors

tess masters

Tess Masters is an actor, cook, and author of [The Blender Girl](#), [The Blender Girl Smoothies](#), [The Perfect Blend](#) and creator of [The Blender Girl Smoothies](#) app. She shares her enthusiasm for healthy living on theblendergirl.com.

As a presenter and recipe developer, Tess collaborates with leading food, culinary, and lifestyle brands. She has been featured in the L.A Times, Washington Post, InStyle, Cosmopolitan, Prevention, Real Simple, Family Circle, Clean Eating, Vegetarian Times, Veg News, Living Without, Allergic Living, Thrive, Today.Com, Yahoo.com, Shape.Com, Glamour.Com, FootNetwork.Com, Parents.Com, Chow.Com, among other publications.

Away from the blender, Tess enjoys a diverse performance career. She has toured internationally with stage productions, worked in film and television, and lent her voice to commercial campaigns, audiobooks, and popular videogame characters.

Tess lives in Los Angeles.

Join Tess on [Facebook](#), [Instagram](#), [Twitter](#), [Pinterest](#), [You Tube](#), and [Google +](#)



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karen kipp

As a certified Holistic Health Coach (HHC), Karen Kipp, [The Juice Goddess](#), enjoys a diverse career and is dedicated to empowering others in their unique wellness journeys via whole food, plant-based nutrition, juicing, and cleansing. She embraces practical techniques and tools that people can incorporate into busy lives to achieve balance and wellness. For more than 20 years, Karen has been coaching and facilitating juice fasts, wellness retreats and cleansing programs, as well as fasting herself. Maintaining this work while running two holistic health companies and being a single mom (plus Girl Scout leader, soccer coach and Spanish teacher), she understands the real-life schedule demands many face. In that spirit, she strives to make optimal wellness attainable and accessible for everyone.

Away from the juicer and her coaching practice, Karen loves her work as volunteer and board member for several nonprofits, as well as cooking, experimenting in the kitchen, gardening, loving on her huge extended family, and adventure travel.

She and her partner, Robert Herman, live in Kansas City with their beloved Golden Doodle, Kaya. Her grown daughter, Talia, lives nearby in the same lake community.

Join Karen on [Facebook](#), [Twitter](#), [Pinterest](#), and [Instagram](#).



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resources

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