



## Example Recipes for Cleanse

### Breakfast

#### Berry and Banana Porridge

This porridge is a perfect breakfast treat or snack. It can be served chilled or warm with fresh berries on top. Frozen fruits can be used if needed. Night before food prep is best. This recipe makes about 4-6 servings. Double it to have multiple breakfast treats ready for the week.

#### Ingredients:

1/2 cup raw cashews  
1/2 cup raw almonds  
1/2 cup pecan halves  
1/2 cup macadamia nuts  
pinch of sea salt  
green tipped banana  
2 cups coconut milk  
2 tsp of cinnamon

#### *(optional)*

1/4 cup fresh blackberries  
1/4 cup fresh blueberries  
1/4 cup fresh raspberries  
1/4 of Golden Raisins

#### Instructions :

1. Place all nuts in bowl and lightly sprinkle with salt. Cover nuts with water. Cover bowl and soak for 8 hours
2. Drain nuts and wash after soak
3. Add nuts to blender or food processor and blend well. Once well blended, add your banana, coconut milk, and berries and blend well. (Save a few berries for fresh garnish)
4. Once blended, pour mixture into a sauce pan and cook on medium and 8-10 minutes until thick. Stir regularly. Add cinnamon and stir
5. Serve warm with fresh berries and Golden raisins on top or well chilled.

## Lunch

### Pizza



Pizza is my all-time favorite food. Like I would eat pizza for EVERY SINGLE meal. No joke. I gained a lot of weight on papa johns and that certainly was not good for me either. When I made a lifestyle change I had to re-invent my fave food. One thing that I keep in my refrigerator all the time is a gluten free tortilla or my favorite crust from Liberated Foods made with almond flour. It makes for a super quick meal. You can pile all your left-over veggies on top and add vegan cheese. It makes my mouth water just to type out the recipe! YUM! So here is my basic sauce.

#### *Sauce*

1 7-ounce jar of organic tomato paste  
1tsp of onion powder  
1tsp dried oregano  
1tsp dried basil  
1tsp salt  
1tsp of olive oil  
Water to thin



Basically, all you do is dump the ingredient in a bowl and stir. Fill the jar that the tomato paste was in with water and add that. Whisk it together and you have sauce for a lot of pizza! It keeps in the refrigerator for 7 to 10 days.

Here is a picture of one of my pizzas I have done with this sauce. The sky is the limit!

#### *Crust*

Make pizza crust according to package instructions. I have had great success with Bob's Red Mill. There is a bit of cane sugar in it, but it is by far the cleanest option I have found.

#### *Traditional Toppings*

Onions  
Peppers  
Vegan mozzarella cheese  
Olives  
Artichokes  
Cooked spinach  
Sundried tomatoes

#### *Mexican Pizza*

Black beans  
Corn  
Fresh tomatoes  
Leftover enchilada sauce + refried beans as base  
Vegan cheddar and Monterey jack cheese  
Leftover chimichurri as topping after pizza is finished  
Vegan beef crumbles  
Cilantro  
Lime  
Pickled jalapenos  
Pico de gallo  
Fresh iceberg lettuce (once out of the oven)

Dinner

Leek, Apple and Fennel Soup with Black Pepper Essential Oil Agave Syrup



Ingredients:

- 2 TBSP olive oil
- 3 leeks, white + light green parts thinly sliced
- 4 sprigs of thyme, leaves minced
- 1 fennel bulb, cored and chopped, save fronds for garnish
- 1 medium green apple, peeled, cored and chopped
- 2 tsp ground turmeric
- 1/2 cup walnut halves, toasted
- Salt and pepper to taste
- 4 cups vegetable stock

*Garnish*

- 1 tsp agave syrup
- 1 drop Black Pepper Vitality essential oil
- Fennel fronds



Toasted walnuts

Instructions:

1. Heat the olive oil in a large soup pot over medium. Add the chopped leeks and thyme. Sauté the leeks until they are a bit soft, about 4 minutes.
2. Add the chopped fennel and apples. Stir everything up a bit. Add turmeric and stir to coat the vegetables evenly. Sauté the vegetables until the fennel is softens, about another 4 minutes. Add the walnuts and stir them in. Season the whole thing with salt and pepper. Add the vegetable stock and stir.
3. Bring the pot to a boil and simmer until all the fruit and vegetables are very soft, about 12-15 minutes. Remove the soup from the heat.
4. Carefully blend the mixture in batches until totally smooth, or use an immersion blender for ease. Check the soup for seasoning and adjust accordingly.
5. Bring the puréed soup to a boil, and ladle into bowls serve hot with drizzles of maple syrup, fresh black pepper, fennel fronds and more toasted walnuts.