



3-Day Vegan Liquid Cleanse

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MON



MEAL 1
Homemade Chai Tea



MEAL 2
Blueberry Detox Smoothie



MEAL 3
Creamy Roasted Garlic and Kale Soup
with Cauliflower



MEAL 4
Spicy Coconut Lentil Soup

TUE



MEAL 1
Detox Chia Lemon Water



MEAL 2
Creamy Apple Pie Smoothie



MEAL 3
Slow Cooker Butternut Squash & Ginger
Soup



MEAL 4
Cauliflower, Kale & Lentil Detox Soup

WED



MEAL 1
Lemon Water



MEAL 2
Bloat-Fighting Tropical Smoothie



MEAL 3
Cream of Broccoli, Kale & Spinach Soup



MEAL 4
Roasted Carrot White Bean & Tahini
Soup

FRUITS

- 1 Apple
- 1 Avocado
- 1 1/2 Banana
- 1 1/2 Lemon
- 1/2 cup Papaya
- 1/2 cup Pineapple

BREAKFAST

- 1 tbsp Almond Butter

SEEDS, NUTS & SPICES

- 1/3 tsp Black Peppercorns
- 3 tbsps Chia Seeds
- 1 tsp Chili Powder
- 3/4 tsp Cinnamon
- 1 1/4 servings Cinnamon Stick
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1 1/3 tbsps Italian Seasoning
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Smoked Paprika
- 1 1/4 tsps Turmeric

FROZEN

- 1 cup Frozen Blueberries

VEGETABLES

- 3 1/2 cups Baby Spinach
- 3 cups Broccoli
- 8 cups Butternut Squash
- 20 Carrot
- 2 heads Cauliflower
- 5 stalks Celery
- 1/4 cup Cilantro
- 1/2 Cucumber
- 22 Garlic
- 2 tbsps Ginger
- 14 cups Kale Leaves
- 1/4 cup Mint Leaves
- 3 1/2 Yellow Onion

BOXED & CANNED

- 1/2 cup Brown Basmati Rice
- 1/2 cup Dry Lentils
- 2 1/4 cups Lentils
- 1 cup Organic Coconut Milk
- 18 3/4 cups Organic Vegetable Broth
- 2 cups White Navy Beans

BAKING

- 1 1/2 tsps Cardamom Seeds
- 2 tbsps Oats
- 1/4 cup Unsweetened Shredded Coconut
- 1 1/2 tsps Whole Cloves

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1 tbsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

COLD

- 2 cups Unsweetened Almond Milk

OTHER

- 6 1/2 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 13 1/2 cups Water

Homemade Chai Tea

1 SERVING 20 MINUTES



INGREDIENTS

2 cups Water
1 1/4 servings Cinnamon Stick
1 1/2 tsp Cardamom Seeds
1 1/2 tsp Whole Cloves
1/3 tsp Black Peppercorns
1 1/2 tsp Ginger (peeled and thinly sliced)

DIRECTIONS

01 Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!

NOTES

SERVE IT WITH

A slice of our Blueberry Banana Bread or Pumpkin Loaf.

LEFTOVERS

Store sealed in a mason jar in the fridge up to 5 days. Re-warm or enjoy as iced tea.

Detox Chia Lemon Water

1 SERVING 5 MINUTES



INGREDIENTS

2 cups Water
1 tbsp Chia Seeds
1/4 Lemon (juiced)

DIRECTIONS

01 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

NOTES

MAKE IT SWEET

Add maple syrup.

MAKE IT SPICY

Add a pinch of cayenne pepper.

Lemon Water

1 SERVING 5 MINUTES



INGREDIENTS

2 cups Water (hot or cold)

1/4 Lemon (juiced)

DIRECTIONS

01 Combine water and lemon juice in a glass. Enjoy!

NOTES

LIKES IT FIZZY

Make it with sparkling water.

MORE FLAVOUR

Garnish with extra lemon slices.

Blueberry Detox Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Frozen Blueberries
- 1 cup Baby Spinach
- 1 Banana (peeled, chopped and frozen)
- 1 tbsp Chia Seeds
- 1 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium, peeled and chopped)
1/2 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
1 tbsp Almond Butter
3/4 tsp Cinnamon (ground)
1 cup Unsweetened Almond Milk

DIRECTIONS

01 Add all ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

NOTES

APPLE TYPE

For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

NO ALMOND MILK

Use any other type of milk instead.

Bloat-Fighting Tropical Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Papaya (chopped)
1/2 cup Pineapple (chopped)
1/2 Cucumber (chopped)
2 1/2 Ice Cubes
1/4 cup Mint Leaves
1/2 cup Baby Spinach
1 tbsp Chia Seeds
1/2 cup Water

DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LIKES IT SWEET

Add raw honey.

MORE PROTEIN

Add hemp seeds or a scoop of vanilla protein powder.

Creamy Roasted Garlic and Kale Soup with Cauliflower

4 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

12 Garlic (cloves, peeled and trimmed)
1 Yellow Onion (large, roughly chopped)
1 head Cauliflower (sliced into florets)
3 tbsps Extra Virgin Olive Oil (divided)
1 1/3 tbsps Italian Seasoning
1 tsp Sea Salt
8 cups Kale Leaves (packed)
3 3/4 cups Organic Vegetable Broth (divided)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 03 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 04 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 05 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

SERVE IT WITH

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

TOO THICK

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

Slow Cooker Butternut Squash & Ginger Soup

5 SERVINGS 4 HOURS



INGREDIENTS

8 cups Butternut Squash (peeled, seeds removed and chopped)
1 1/2 tbsps Ginger (peeled and grated)
1 tbsp Curry Powder
3 cups Organic Vegetable Broth
2 tbsps Apple Cider Vinegar
1 tsp Sea Salt

DIRECTIONS

- 01 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 02 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

LEFTOVERS

Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

SAVE TIME

Use pre-sliced butternut squash cubes (fresh or frozen).

OPTIONAL TOPPINGS

Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

NO CURRY POWDER

Use turmeric instead.

NO VEGETABLE BROTH

Use bone broth or almond milk instead.

Cream of Broccoli, Kale & Spinach Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Kale Leaves (chopped)
2 cups Baby Spinach
3 cups Broccoli (cut into florets)
1/2 Yellow Onion (diced)
2 Garlic (cloves, minced)
1 tbsp Coconut Oil
Sea Salt & Black Pepper (to taste)
2 cups Organic Vegetable Broth
1 cup Organic Coconut Milk
1/2 Lemon (juiced)
1 Avocado (sliced)

DIRECTIONS

- 01 Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
- 02 Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
- 03 Add salt and pepper to taste.
- 04 Add coconut milk and stir well.
- 05 Add spinach and kale. Stir just until the greens are wilted and remove from heat.
- 06 In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
- 07 Transfer blended mixture back into a large pot. Warm to desired temperature.
- 08 Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.

Spicy Coconut Lentil Soup

4 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Brown Basmati Rice (uncooked)
1/2 cup Dry Lentils (uncooked)
1/4 cup Unsweetened Shredded Coconut
2 tsps Smoked Paprika
1 tsp Chili Powder
1/4 tsp Turmeric (ground)
1 tsp Cumin (ground)
1/2 tsp Sea Salt
7 cups Water
1/4 cup Cilantro (optional, chopped)

DIRECTIONS

- 01 Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 02 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of soup.

MEAL PREP

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

LEFTOVERS

Store in the fridge for up to 5 days. Freeze for up to 3 months.

LIKES IT CREAMY

Swap out some of the water for coconut milk.

LIKES IT REALLY SPICY

Add cayenne pepper.

NO SMOKED PAPRIKA

Use regular paprika.

MORE VEGGIES

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

Cauliflower, Kale & Lentil Detox Soup

6 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (diced)
2 stalks Celery (diced)
2 Carrot (medium, peeled and diced)
4 Garlic (cloves, minced)
1 head Cauliflower (chopped into florets)
4 cups Kale Leaves (chopped)
6 cups Organic Vegetable Broth
2 1/4 cups Lentils (cooked)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 02 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 03 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Roasted Carrot White Bean & Tahini Soup

4 SERVINGS 1 HOUR



INGREDIENTS

18 Carrot (medium, peeled and roughly chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1 Yellow Onion (medium, diced)
3 stalks Celery (chopped)
4 Garlic (cloves, minced)
4 cups Organic Vegetable Broth
2 cups White Navy Beans (cooked, drained and rinsed)
1 tsp Turmeric
1/4 cup Tahini
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 03 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 04 Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
- 05 Divide between bowls and enjoy!

NOTES

NO IMMERSION BLENDER

Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

CARROT TIP

If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

NO CARROTS

Use sweet potato instead.

LEFTOVERS

Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

ADD TOPPINGS

Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.