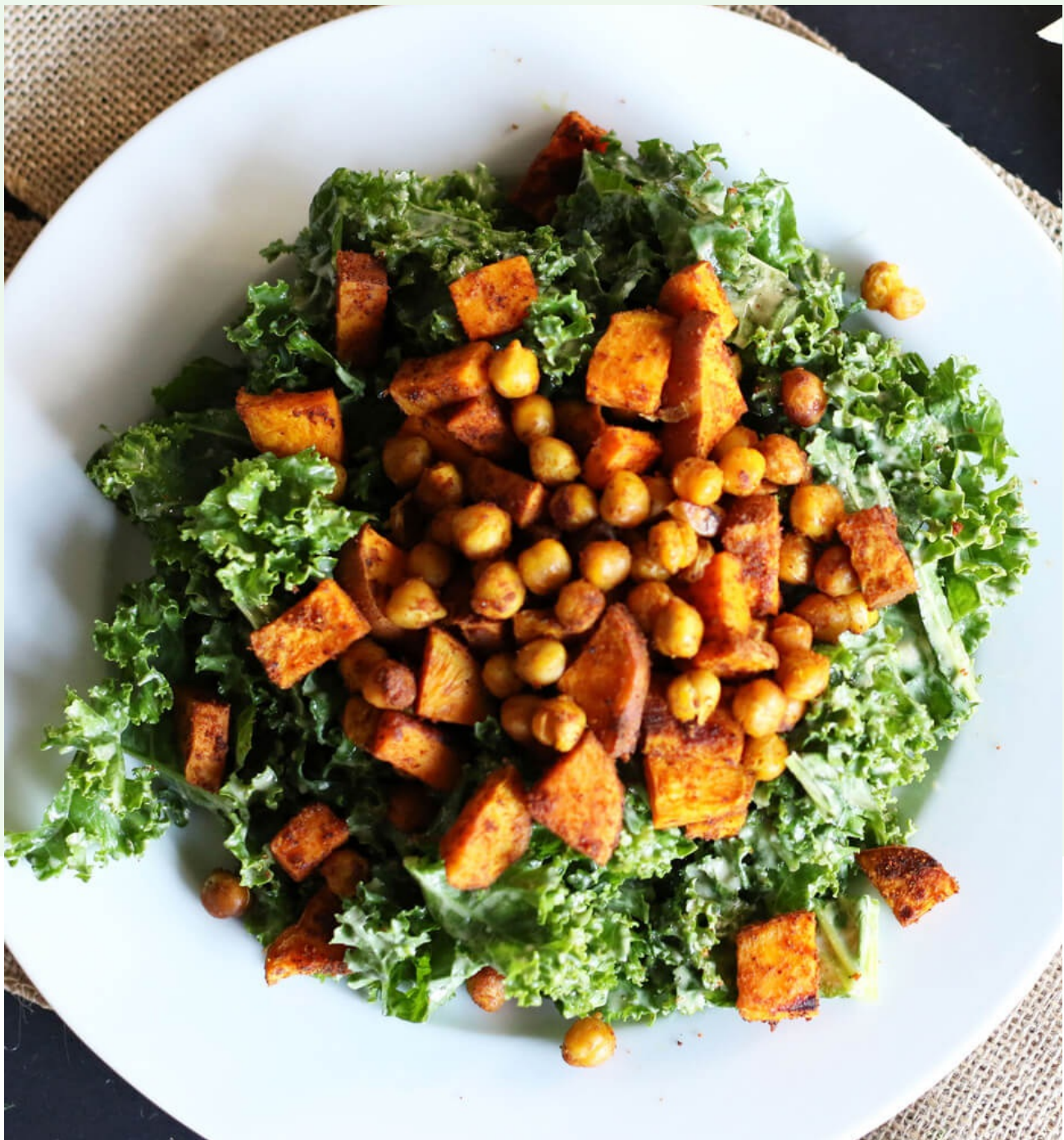




7-Day Post Liquid Cleanse Vegan Detox Meal Plan

ANDREA SCHWARTZ

A.B.S.MindBody

MON



MEAL 1
Lemon Water



MEAL 2
Fruit-On-The-Bottom Chia Pudding



MEAL 3
Greek Kale Chickpea Salad



MEAL 4
Warm Spinach Pesto & Chickpea Salad



MEAL 5
Pumpkin Spice Latte

TUE



MEAL 1
Homemade Chai Tea



MEAL 2
Triple Berry Protein Bowl



MEAL 3
Marinated Veggie Salad



MEAL 4
Roasted Butternut Squash Harvest Bowl



MEAL 5
Peanut Butter Fruit Dip, Fresh Strawberries

WED



MEAL 1
Lemon Water



MEAL 2
Tofu Veggie Scramble



MEAL 3
Sweet Potato & Black Bean Salad



MEAL 4
Winter Buddha Bowl



MEAL 5
Warm Apples with Cinnamon

THU



MEAL 1
Homemade Chai Tea



MEAL 2
Tropical Ginger Smoothie



MEAL 3
Mediterranean Goddess Bowl



MEAL 4
Swiss Chard, Lentil & Rice Bowl,
Steamed Broccoli



MEAL 5
Warm Apples with Almond Butter

FRI



MEAL 1
Detox Chia Lemon Water



MEAL 2
Berry Baked Oatmeal



MEAL 3
Spiralized Veggie Hummus Wraps



MEAL 4
Creamy Garlic Kale with Crispy
Chickpeas & Sweet Potato



MEAL 5
Chocolate Crunch Bars

SAT



MEAL 1
Cucumber Mojito Blender Juice with
Aloe



MEAL 2
Berry Baked Oatmeal



MEAL 3
Chickpea Edamame Salad with Lemon &
Dill



MEAL 4
Roasted Veggie and Quinoa Bowl



MEAL 5
Chocolate Crunch Bars

SUN



MEAL 1
Grapefruit & Thyme Sparkling Water



MEAL 2
Green Smoothie Bowl



MEAL 3
White Bean, Spinach & Tomato Salad



MEAL 4
Sweet Potato Black Bean Quinoa Bake



MEAL 5
Hot Chocolate

FRUITS

- 3 Apple
- 1 Avocado
- 1 Banana
- 1/2 cup Blackberries
- 3/4 cup Blueberries
- 1 Grapefruit
- 1 Kiwi
- 4 2/3 Lemon
- 1/3 cup Lemon Juice
- 2 Lime
- 3/4 cup Pineapple
- 4 1/2 cups Strawberries

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 3/4 cup Maple Syrup
- 1/2 cup Organic Coffee
- 2 1/2 cups Rice Puffs Cereal

SEEDS, NUTS & SPICES

- 3/4 tsp Black Pepper
- 3/4 tsp Black Peppercorns
- 1/8 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 2 1/2 tbsps Chili Powder
- 2 1/4 tsps Cinnamon
- 2 1/2 servings Cinnamon Stick
- 1 1/3 tbsps Cumin
- 2 tsps Curry Powder
- 1 1/3 tsps Garam Masala
- 1 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 1/3 tsps Italian Seasoning
- 1/8 tsp Oregano
- 2 1/2 tsps Paprika

VEGETABLES

- 1/4 cup Alfalfa Sprouts
- 11 2/3 cups Baby Spinach
- 1/3 cup Basil Leaves
- 1 1/4 Beet
- 5 1/8 cups Broccoli
- 4 cups Butternut Squash
- 1 Carrot
- 1 head Cauliflower
- 1 1/2 cups Cherry Tomatoes
- 1 cup Collard Greens
- 1 Cucumber
- 1 1/2 tbsps Fresh Dill
- 6 2/3 Garlic
- 1 1/2 tbsps Ginger
- 1/4 Green Bell Pepper
- 3 stalks Green Onion
- 23 2/3 cups Kale Leaves
- 1/4 cup Matchstick Carrots
- 1/4 cup Mint Leaves
- 1/4 cup Mushrooms
- 1/3 cup Parsley
- 1 Parsnip
- 1 1/2 Red Bell Pepper
- 2 tbsps Red Onion
- 2 tbsps Shallot
- 7 3/4 Sweet Potato
- 8 cups Swiss Chard
- 1/16 oz Thyme Sprigs
- 1 Tomato
- 1 Turnip
- 1/4 Yellow Bell Pepper
- 1/4 Yellow Onion
- 1/4 Zucchini

BOXED & CANNED

- 2 1/2 cups Black Beans
- 1/2 cup Brown Rice

BREAD, FISH, MEAT & CHEESE

- 2 tbsps Feta Cheese
- 1/2 cup Hummus
- 4 ozs Tofu

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1/2 cup Coconut Oil
- 2 3/4 tbsps Dijon Mustard
- 1 1/4 cups Extra Virgin Olive Oil
- 1/2 cup Tahini

COLD

- 4 3/4 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

OTHER

- 5 Ice Cubes
- 3/4 fl oz Pure Aloe Juice
- 2 cups Sparkling Water
- 17 1/3 cups Water

- 1/3 cup Pine Nuts
- 1 cup Pumpkin Seeds
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Sliced Almonds
- 3 tbsps Slivered Almonds
- 1/8 tsp Turmeric

FROZEN

- 1 1/2 cups Frozen Berries
- 1/2 cup Frozen Edamame

- 8 2/3 cups Chickpeas
- 2 1/2 cups Lentils
- 4 cups Organic Vegetable Broth
- 4 2/3 cups Quinoa
- 1 cup White Navy Beans

BAKING

- 1 tbsp Cardamom Seeds
- 1/3 cup Cocoa Powder
- 1 3/4 ozs Dark Organic Chocolate
- 1/2 cup Dried Unsweetened Cranberries
- 1 1/2 tsps Nutritional Yeast
- 1 1/3 cups Oats
- 1/2 tsp Pumpkin Pie Spice
- 2 tbsps Pureed Pumpkin
- 1/3 cup Unsweetened Applesauce
- 1 tbsp Unsweetened Coconut Flakes
- 1/2 tsp Vanilla Extract
- 1 tbsp Whole Cloves

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.

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.

Cucumber Mojito Blender Juice with Aloe

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Water
1 Lime (juiced)
3/4 fl oz Pure Aloe Juice
1 tbsp Maple Syrup
1/2 Cucumber (large, peeled, seeded and chopped)
1/4 cup Mint Leaves (loosely packed)
1/16 tsp Sea Salt

DIRECTIONS

- 01 Add all of the ingredients to a high-speed blender. Blend on high for one minute or until very smooth.
- 02 Strain the juice into a pitcher with a fine mesh sieve to remove the pulp.
- 03 Serve over ice and enjoy!

NOTES

NO ALOE

Use extra lime juice instead.

STORAGE

Juice will keep in the fridge for one day.

NO MAPLE SYRUP

Use honey or a few drops of stevia to taste instead.

Grapefruit & Thyme Sparkling Water

1 SERVING 10 MINUTES



INGREDIENTS

1 Grapefruit
1/16 oz Thyme Sprigs
2 cups Sparkling Water

DIRECTIONS

01 Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Pour sparkling water over top. Add a straw, stir and enjoy!

NOTES

NO GRAPEFRUIT

Use another citrus fruit like orange.

Fruit-On-The-Bottom Chia Pudding

1 SERVING 30 MINUTES



INGREDIENTS

2 tbsps Chia Seeds
1/2 cup Unsweetened Almond Milk
1/4 cup Frozen Berries (thawed)
1 tbsp Almond Butter

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

NOTES

STORAGE

Store covered in the fridge up to 4 to 5 days.

ADDITIONAL TOPPINGS

Blackberries, sliced peaches or any chopped fruit you like.

NO ALMOND MILK

Use any other type of milk instead.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

Triple Berry Protein Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Strawberries (sliced)
1/2 cup Blueberries
1/2 cup Blackberries
1 tbsp Almond Butter
1 tbsp Hemp Seeds
2 tbsps Slivered Almonds
1/4 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Tofu Veggie Scramble

1 SERVING 15 MINUTES



INGREDIENTS

4 ozs Tofu (firm)
1 1/2 tsps Avocado Oil
1/4 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1/2 Red Bell Pepper (sliced)
1/2 cup Baby Spinach (chopped)
1 1/2 tsps Nutritional Yeast
1/8 tsp Turmeric
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 02 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 03 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 04 Season with sea salt and black pepper taste. Enjoy!

NOTES

MORE CARBS

Serve with toast or brown rice.

LIKES IT SPICY

Serve with hot sauce, cayenne pepper or chili flakes.

LEFTOVERS

Store in the fridge up to 3 to 4 days.

Tropical Ginger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Pineapple (diced)
1 tbsp Ground Flax Seed
1 1/2 tsps Ginger (peeled and grated)
2 cups Baby Spinach
1/2 cup Water
4 Ice Cubes
1/4 cup Blueberries

DIRECTIONS

- 01 Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 02 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 03 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

Berry Baked Oatmeal

4 SERVINGS 45 MINUTES



INGREDIENTS

1 1/3 cups Oats (quick or traditional)
1 1/3 cups Unsweetened Almond Milk
1 1/3 tbsps Maple Syrup
1/3 cup Unsweetened Applesauce
2/3 tsp Cinnamon
1 1/3 tbsps Chia Seeds
1 1/3 cups Frozen Berries
2 2/3 tbsps Sliced Almonds

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

NO APPLESAUCE

Use mashed banana instead.

NO ALMONDS

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Green Smoothie Bowl

1 SERVING 10 MINUTES



INGREDIENTS

- 1 Banana (chopped and frozen)
- 2 cups Baby Spinach
- 3/4 cup Water
- 1 Ice Cubes
- 1 Kiwi (peeled and chopped)
- 1 tbsp Unsweetened Coconut Flakes
- 1 tbsp Slivered Almonds
- 1 tbsp Hemp Seeds

DIRECTIONS

- 01 Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Greek Kale Chickpea Salad

1 SERVING 15 MINUTES



INGREDIENTS

1 1/2 tsps Fresh Dill (chopped)
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
1/16 tsp Sea Salt
1/16 tsp Black Pepper
1/2 cup Chickpeas (cooked, drained and rinsed)
1/8 Cucumber (diced)
1/4 Tomato (diced)
1/4 Green Bell Pepper (diced)
1 cup Kale Leaves (finely sliced)
2 tsps Feta Cheese (crumbled)

DIRECTIONS

- 01 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 02 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

NOTES

NO CHICKPEAS

Use lentils or kidney beans instead.

EXTRA GREEK

Add chopped black olives.

NO KALE

Use spinach or any dark leafy green instead.

Marinated Veggie Salad

1 SERVING 20 MINUTES



INGREDIENTS

1 tbsp Apple Cider Vinegar
1 1/2 tps Extra Virgin Olive Oil
1/8 tsp Sea Salt
1/8 tsp Cayenne Pepper
1/2 cup Broccoli (chopped into small florets)
1/8 Cucumber (diced)
1/4 cup Matchstick Carrots
1/4 Yellow Bell Pepper (finely sliced)
1 tbsp Red Onion (finely sliced)
1/4 cup Cherry Tomatoes (halved)
1/4 cup Mushrooms (sliced)
1/2 cup Lentils (cooked, drained and rinsed)

DIRECTIONS

- 01 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 02 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

NOTES

MIX IT UP

Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

NO LENTILS

Serve with chickpeas, chicken or flaked tuna.

CHEESE LOVER

Add crumbled feta or goat cheese.

Sweet Potato & Black Bean Salad

1 SERVING 25 MINUTES



INGREDIENTS

1/2 Sweet Potato (diced into 1/2 inch cubes)
3/4 tsp Extra Virgin Olive Oil
1/4 tsp Cumin
1/8 tsp Cinnamon
1/8 tsp Paprika
1 tbsp Tahini
1/8 Lemon (juiced)
1/2 Garlic (cloves, minced)
1 1/2 tps Unsweetened Almond Milk
1/2 cup Black Beans (cooked, drained and rinsed)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 03 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 04 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

NOTES

NO BLACK BEANS

Use lentils, chickpeas or quinoa instead.

NO TAHINI

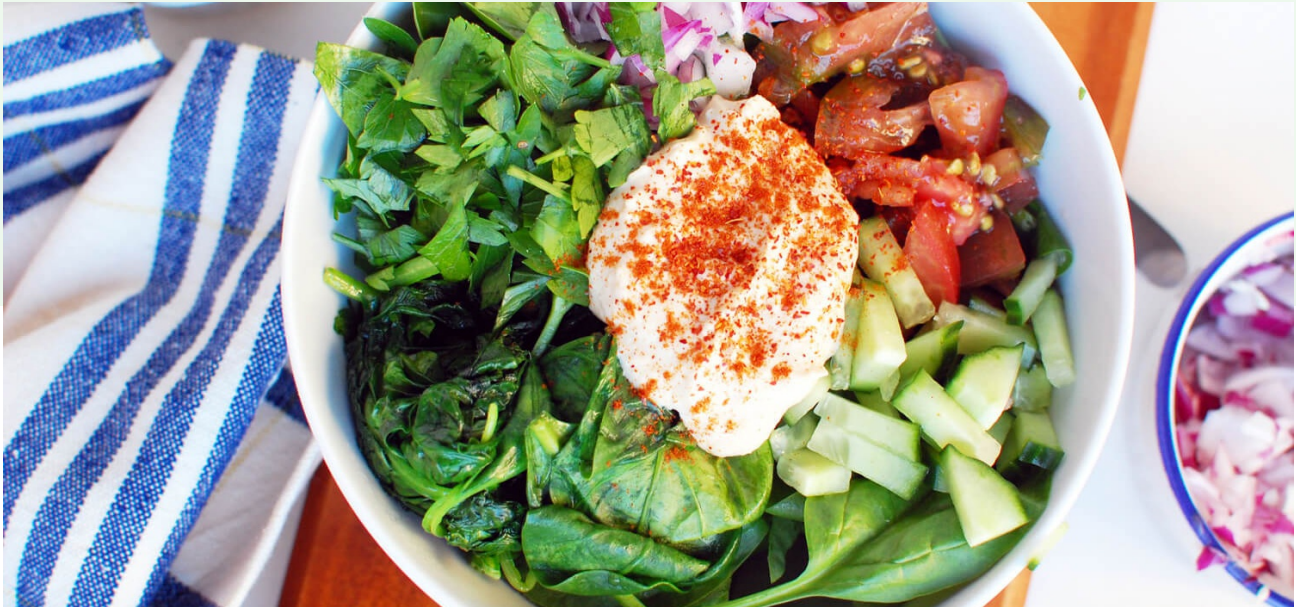
Use hummus instead.

STORAGE

Refrigerate in air-tight container up to 3-5 days.

Mediterranean Goddess Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa (uncooked)
1/3 cup Water
1 cup Baby Spinach
3/4 tsp Tahini
1 tbsp Extra Virgin Olive Oil
1/8 tsp Oregano
1/8 tsp Black Pepper
1/8 Lemon (juiced)
1/4 Tomato (diced)
1 tbsp Red Onion (finely diced)
1/4 Cucumber (diced)
2 tbsps Parsley (finely chopped)
1/4 cup Hummus
3/4 tsp Chili Powder

DIRECTIONS

- 01 Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
- 02 Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
- 03 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 04 Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

NOTES

ON-THE-GO

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

Spiralized Veggie Hummus Wraps

1 SERVING 20 MINUTES



INGREDIENTS

1/4 Beet
1/4 Zucchini
1/4 Sweet Potato
3/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 cup Collard Greens (washed and stems removed)
1/4 cup Hummus
1/4 cup Alfalfa Sprouts

DIRECTIONS

- 01 Spiralize your beet, zucchini and sweet potato and transfer to a large mixing bowl. If you do not have a spiralizer, just use a box grater. Toss with extra virgin olive oil and sea salt and black pepper to taste.
- 02 Lay your collard green wraps across a clean counter. Spread a large spoonful of hummus across each. Next add the sprouts and top with spiralized veggies. Wrap and secure with a toothpick if needed. Enjoy!

NOTES

MORE PROTEIN

Cook up some quinoa ahead of time and add to each wrap.

MORE CARBS

Wrap in a gluten-free tortilla.

NO SPIRALIZER

Use a box grater to grate your veggies.

STORAGE

These keep well in the fridge for 2 days.

Chickpea Edamame Salad with Lemon & Dill

1 SERVING 10 MINUTES



INGREDIENTS

1/4 Lemon (juiced)
1 1/2 tsps Avocado Oil
1/2 tsp Dijon Mustard
1/2 tsp Maple Syrup
1 tbsp Fresh Dill (chopped)
1 cup Baby Spinach (chopped)
1/2 cup Chickpeas (cooked)
1/2 cup Frozen Edamame (thawed)

DIRECTIONS

- 01 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 02 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

NO SPINACH

Use mixed greens, arugula, kale or romaine lettuce instead.

SOY-FREE

Use green peas instead of edamame.

NO CHICKPEAS

Use lentils or black beans instead.

White Bean, Spinach & Tomato Salad

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 tbsps Shallot (diced)
1 Garlic (cloves, minced)
1 cup White Navy Beans (cooked, drained and rinsed)
2 cups Baby Spinach (chopped)
1/2 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 02 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

NOTES

NO WHITE BEANS

Use chickpeas or lentils instead.

EXTRA FLAVOUR

Add avocado, lemon juice and/or feta cheese.

LEFTOVERS

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Warm Spinach Pesto & Chickpea Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Quinoa (uncooked)
1 2/3 cups Water
1/3 cup Pine Nuts
1/3 cup Basil Leaves
3 1/4 cups Baby Spinach (divided)
3 1/4 tbsps Extra Virgin Olive Oil (plus some extra for the dressing)
3/4 Garlic (clove, minced)
3/4 Lemon (juiced and divided)
Sea Salt & Black Pepper (to taste)
1/3 cup Pumpkin Seeds
3/4 cup Cherry Tomatoes (halved)
1 2/3 cups Chickpeas (cooked, drained and rinsed)

DIRECTIONS

- 01 Place quinoa and water in a saucepan over high heat. Bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 - 15 minutes or until all water is absorbed. Remove lid and fluff with fork. Set aside.
- 02 To create the pesto, combine pine nuts, basil, 3/4 of the spinach, olive oil, garlic, half of the lemon juice, sea salt and pepper together in a food processor or Vitamix. Pulse well until a smooth consistency forms.
- 03 Place the chickpeas in a skillet or frying pan over medium heat and stir in the pesto and saute until heated through (about 3 - 5 minutes).
- 04 Mix salad dressing by combining the remaining lemon juice with a splash of extra virgin olive oil. Stir well. In a large bowl, combine quinoa, remaining baby spinach, pumpkin seeds and cherry tomatoes. Season with a pinch of sea salt and pepper. Add desired amount of dressing and toss well.
- 05 Place a large scoop of the salad mix onto a plate and top with a spoonful of the warm chickpea and pesto mix. Enjoy!

Roasted Butternut Squash Harvest Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

4 cups Butternut Squash (diced into cubes)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Quinoa (uncooked)
1 1/4 cups Water
8 cups Kale Leaves (finely chopped)
1 tbsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/2 cup Pumpkin Seeds
1/2 cup Dried Unsweetened Cranberries

DIRECTIONS

- 01 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 02 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 03 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 04 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 05 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

NOTES

NO BUTTERNUT SQUASH

Use sweet potato, carrots or beets instead.

SAVE TIME

Use frozen bagged butternut squash.

LEFTOVERS

Keeps well in the fridge up to 3 - 4 days.

EXTRA FLAVOUR

Toss the butternut squash in cinnamon before roasting.

Winter Buddha Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves

DIRECTIONS

- 01 Preheat oven to 420°F (216°C).
- 02 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

NOTES

MAKE IT 'CHEESY'

Use the 'cheese sauce' from our Mac n' 'Cheese' recipe.

Swiss Chard, Lentil & Rice Bowl

4 SERVINGS 1 HOUR



INGREDIENTS

1/2 cup Brown Rice (uncooked)
3/4 cup Water
1 tbsp Coconut Oil
8 cups Swiss Chard (washed, stems removed and chopped)
1 tsp Cumin
1 tsp Paprika
2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
1 tbsp Apple Cider Vinegar
2 cups Lentils (cooked, drained and rinsed)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 02 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

NOTES

SPEED IT UP

Use quinoa or brown rice pasta instead of brown rice.

NO SWISS CHARD

Use kale, spinach or collard greens instead.

MORE PROTEIN

Top with a poached egg.

Steamed Broccoli

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into florets)

DIRECTIONS

- 01 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

NOTES

MORE FLAVOUR

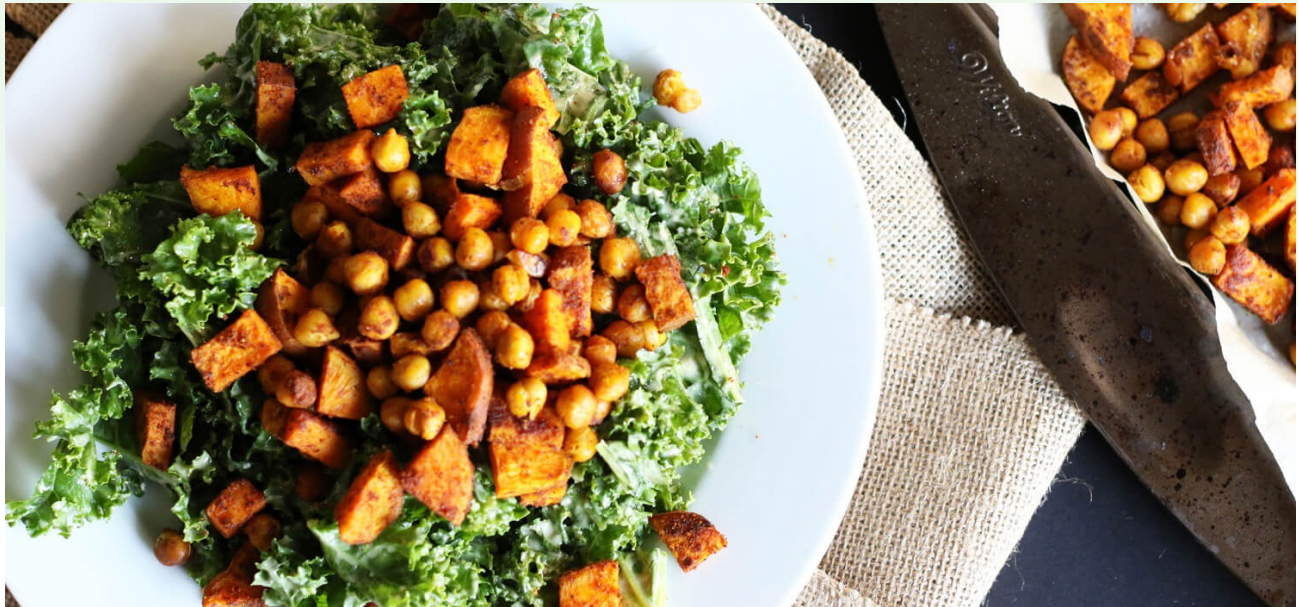
Toss in olive oil and season with your favourite spices.

SERVE IT WITH

Shredded Chicken or Ginger Steamed Cod Fillets.

Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/3 Garlic (whole bulb)
- 2 2/3 cups Chickpeas (cooked, drained and rinsed)
- 1 1/3 Sweet Potato (diced into half inch cubes)
- 2 tbsps Coconut Oil (melted)
- 2 tsps Curry Powder
- 1 1/3 tsps Garam Masala
- 1 1/3 tbsps Chili Powder
- 1 1/3 tsps Paprika
- 1/3 cup Extra Virgin Olive Oil
- 1 1/3 Lemon (juiced)
- 2 2/3 tbsps Dijon Mustard
- 2/3 tsp Black Pepper
- 1/3 tsp Sea Salt
- 10 2/3 cups Kale Leaves (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
- 02 Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 to 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
- 03 Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
- 04 Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

NOTES

SAVE TIME

Used pre-washed and sliced bagged kale.

NO KALE

Use spinach, romaine or any leafy green.

NO SWEET POTATO

Use diced carrot or beet instead.

MAKE IT AHEAD

The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.

Roasted Veggie and Quinoa Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

2 2/3 cups Broccoli (chopped into florets)
2 2/3 Sweet Potato (medium, cut into 1/2-inch cubes)
1 1/3 cups Chickpeas (cooked)
1/3 cup Lemon Juice (divided)
1 1/3 tsps Italian Seasoning
1/3 tsp Sea Salt
1 cup Quinoa (uncooked)
2 cups Organic Vegetable Broth
2 2/3 tbsps Tahini
2 2/3 tbsps Water (warm)
2 tbsps Maple Syrup
1 1/3 tbsps Pumpkin Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 03 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 04 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 05 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to four days.

NO QUINOA

Use rice or cauliflower rice instead.

NO BROTH

Use water instead.

COOKED CHICKPEAS

Use cooked chickpeas from the can to save time.

Sweet Potato Black Bean Quinoa Bake

6 SERVINGS 55 MINUTES



INGREDIENTS

3 Sweet Potato (small, peeled and chopped)
2 cups Black Beans (cooked, from the can)
1 cup Quinoa (dry, uncooked)
1 Red Bell Pepper (chopped)
3 stalks Green Onion (chopped)
1 tbsp Chili Powder
1 tbsp Cumin (ground)
1 tsp Garlic Powder
1/4 tsp Sea Salt
2 cups Organic Vegetable Broth
1 Lime (juiced)
1 Avocado (diced)

DIRECTIONS

- 01 Preheat oven to 375°F (190°C).
- 02 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 03 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 04 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

NOTES

BAKING DISH

Use a 9x13-inch dish for six servings.

NO GREEN ONION

Use a white or red onion instead.

NO RED BELL PEPPER

Use a green or yellow bell pepper instead.

LEFTOVERS

Keeps well in the fridge for up to four days.

MORE FLAVOR

Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

Pumpkin Spice Latte

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Organic Coffee
2 tbsps Pureed Pumpkin
1 1/2 tbsps Maple Syrup
1/2 tsp Pumpkin Pie Spice
3/4 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract

DIRECTIONS

- 01 Brew your coffee and set aside.
- 02 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 03 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 04 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 05 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

NOTES

NO ALMOND MILK

Use coconut milk instead.

NO BLENDER

Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

PUMPKIN LOVER

Add an extra 1 tbsp of pureed pumpkin per serving.

HOMEMADE PUMPKIN SPICE

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

CAFFIENE FREE

Replace coffee with additional almond milk.

Peanut Butter Fruit Dip

8 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup All Natural Peanut Butter
1 cup Unsweetened Coconut Yogurt
1 tbsp Maple Syrup

DIRECTIONS

01 Combine all ingredients together in a bowl or a food processor and mix well.
Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 3 tbsp of dip.

LEFTOVERS

Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

SERVE IT WITH

Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

NUT-FREE

Make it with sunflower seed butter instead of peanut butter.

NO COCONUT YOGURT

Use Greek yogurt or almond yogurt instead.

Fresh Strawberries

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Strawberries

DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

NOTES

MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Warm Apples with Cinnamon

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
2 Apple (cored and sliced)
1 tsp Cinnamon

DIRECTIONS

- 01 In a pan, melt coconut oil over medium heat.
- 02 Add apple slices and sauté until soft, about 5 to 8 minutes.
- 03 Sprinkle cinnamon over top and stir to coat evenly.
- 04 Divide into bowls and enjoy!

NOTES

SERVE IT WITH

Our banana ice cream, Paleo Granola or on top of oatmeal.

NO APPLES

Use pears.

Warm Apples with Almond Butter

1 SERVING 15 MINUTES



INGREDIENTS

1 tsp Coconut Oil
1 Apple (diced)
1/2 tsp Cinnamon (ground)
1 tbsp Almond Butter

DIRECTIONS

- 01 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 02 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

NO APPLES

Use pears or plantains instead.

Chocolate Crunch Bars

8 SERVINGS 2 HOURS



INGREDIENTS

1/3 cup Almond Butter
1/4 cup Coconut Oil (melted)
1/4 cup Cocoa Powder
2 tbsps Hemp Seeds
2 tbsps Ground Flax Seed
1/4 cup Maple Syrup
2 1/2 cups Rice Puffs Cereal

DIRECTIONS

- 01 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 02 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 03 Slice into bars and enjoy!

NOTES

SERVING SIZE

One serving is equal to one bar.

NO ALMOND BUTTER

Use peanut butter, hazelnut butter or cashew butter instead.

STORAGE

After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.

Hot Chocolate

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 tbsps Cocoa Powder
1 tbsp Maple Syrup
1 3/4 ozs Dark Organic Chocolate (at least 70% cacao)

DIRECTIONS

- 01 Add almond milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, maple syrup and dark chocolate. Whisk well to combine.
- 02 Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more maple syrup if needed. Divide into mugs and enjoy!

NOTES

MINT HOT CHOCOLATE

Add peppermint extract.

CAFE MOCHA

Add coffee and blend until a froth starts to form.