Welcome to the Basic Cleanse! Here you’ll find delicious and satisfying recipes to start your New Year on a sparkling clean note! On this cleanse, you will enjoy one satisfying Blast for breakfast, one for lunch, and a choice of one of four delicious, light, healthy Clean Meals for dinner. Look over the daily menus, print out the proceeding shopping list, and let’s get Blasting!

Take a look

General Outline:
1) NutriBlast #1 (7-9am)
2) NutriBlast #2 (12-2pm)
3) Whole Foods Dinner (5-7pm)

Tip:
Some NutriBlasts ask you to soak nut ingredients before blasting. Please read over each day’s menu the night before, so you can prepare accordingly!

(Bonus Recipe)
Fresh Almond Milk to add to NutriBlasts
Makes a one-cup serving

Ingredients:
• ¼ cup raw almonds, soaked overnight
• 1 cup filtered water
• ½ tsp vanilla (optional)
• 1 date (pit removed)

Directions:
• Place soaked nuts, water, dates into the NutriBullet and blast until smooth – no more than 60 seconds at one time allowing the NutriBullet to rest in between.
• Strain the liquid through cheesecloth or other fine mesh.
• Add vanilla if desired and mix
• Add to your NutriBlast or store in an airtight container in the fridge for no more than 2-3 days.
BASIC CLEANSE DAILY PLAN

Day 1

Revitalizing NutriBlast

- 50% kale
- ½ cup blueberries (fresh or frozen)
- ½ banana
- ¼ avocado
- 1 Tbsp raw almond butter
- 1 Tbsp chia seeds
- Handful of ice
- Almond milk to the max line and extract

Today’s Just Peachy NutriBlast

- 50% spinach
- 1 handful parsley
- ½ avocado
- ½ lemon, peeled
- 1 fresh peach or 1 cup frozen peaches, pit removed
- 1 Tbsp pumpkin seeds (removed from shell)
- Coconut water to the max line and extract

Dinner: Your choice from the following 4 meals
(see recipes on the last page)

- Green Goddess Gumbo
- Kale-Cabbage Slaw with Lentil Salad
- Roasted Peppers, Cauliflower, Almond Quinoa Salad
- Roasted Sweet Potato and Kale Quinoa
BASIC CLEANSE DAILY PLAN

Day 2

Power Punch Blast

- 50% spinach
- 1 fresh peach or 1 cup frozen peaches, pit removed
- ½ cup fresh or frozen cherries (pit removed)
- 12 raw almonds (soaked overnight)
- ½ small cucumber
- 2 Tbsp aloe vera gel (optional)
- Coconut water to the max line and extract

Creamy Banana Nut Blast

- 25% spinach
- 25% kale
- 1 Tbsp pumpkin seeds
- 1 banana
- ½ small cucumber
- 1 carrot
- 10 raw cashews (soaked overnight)
- Water to the max line and extract

Dinner: Your choice from the following 4 recipes (see recipes on the last page)

- Green Goddess Gumbo
- Kale-Cabbage Slaw with Lentil Salad
- Roasted Peppers, Cauliflower, Almond Quinoa Salad
- Roasted Sweet Potato and Kale Quinoa

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BASIC CLEANSE DAILY PLAN

Day 3

Hunger Attack

• 25% spinach
• 25% kale
• ½ banana (peeled)
• ½ cup mango (fresh or frozen)
• ½ cup pineapple
• 1 Tbsp chia seeds
• 10 raw almonds (soaked overnight)
• Almond milk to the max line and extract

Kick It Up A Few Notches

• 50% kale
• 1 cup blueberries
• Juice of one lemon
• ¼ avocado
• ¼ tsp cayenne pepper
• 1 Tbsp chia seeds
• Coconut water or filtered water to the max line

Dinner: Your choice from the following 4 recipes
(see recipes on the last page)

• Green Goddess Gumbo
• Kale-Cabbage Slaw with Lentil Salad
• Roasted Peppers, Cauliflower, Almond Quinoa Salad
• Roasted Sweet Potato and Kale Quinoa
Day 4

Oatmeal in a Cup NutriBlast

- 1 banana (peeled)
- ¼ cup old-fashioned gluten-free rolled oats (uncooked, soaked overnight, or cooked)
- 1 cup blueberries
- 1 Tbsp chia seeds
- 1 heaping Tbsp raw cacao (optional)
- Almond milk to the MAX line and extract

Citrus Sipper

- 50% kale
- 1 orange (peeled)
- ½ lime (peeled)
- ½ lemon (peeled)
- ¾ cup blueberries
- Pinch of fresh ginger (optional)
- Water to the max line

Dinner: Your choice from the following 4 recipes (see recipes on the last page)

- Green Goddess Gumbo
- Kale-Cabbage Slaw with Lentil Salad
- Roasted Peppers, Cauliflower, Almond Quinoa Salad
- Roasted Sweet Potato and Kale Quinoa
Day 5

Berry-Banana Blast

- 50% spinach
- 1 Tbsp chia seeds
- 1 cup berries of choice
- ½ banana
- 1 Tbsp raw almond butter
- Juice of one lemon
- Water or almond milk to the max line and extract

Pineapple DeLite

- 50% kale
- 1 banana
- ½ cup pineapple chunks
- 10 almonds (soaked overnight)
- 1 Tbsp chia seeds
- Dash of cinnamon
- Almond milk to the max line

Dinner: Your choice from the following 4 recipes (see recipes on the last page)

- Green Goddess Gumbo
- Kale-Cabbage Slaw with Lentil Salad
- Roasted Peppers, Cauliflower, Almond Quinoa Salad
- Roasted Sweet Potato and Kale Quinoa

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**BASIC CLEANSE DAILY PLAN**

**Day 6**

**Mint Chocolate Delight**
- 50% spinach
- 1 tsp chlorella powder (optional)
- ¼ cup fresh mint leaves (or 1/8 tsp organic peppermint extract)
- 1 Tbsp raw cacao powder
- ¼ small avocado
- ½ frozen banana
- 1 tsp raw honey or stevia (optional)
- Handful of ice
- Almond milk to the max line

**Tropical Thunder**
- 25% spinach
- 1 celery rod
- 1 small carrot
- ½ cup mango
- ½ cup pineapple
- ½ banana
- 1 Tbsp chia seeds
- Water to the max line

**Dinner:** Your choice from the following 4 recipes (see recipes on the last page)
- Green Goddess Gumbo
- Kale-Cabbage Slaw with Lentil Salad
- Roasted Peppers, Cauliflower, Almond Quinoa Salad
- Roasted Sweet Potato and Kale Quinoa
Day 7

**Alkalize Me NutriBlast**

- 25% kale
- 25% spinach
- 1 celery rod
- 1 banana
- 1 apple (core and seeds removed)
- 1 lemon (peeled)
- Water to the max line and extract

**Mojito Blast**

- 50% kale
- 5-10 fresh mint leaves
- ½ avocado
- 1 apple or pear (core and seeds removed)
- 1 Tbsp chia seed
- Handful of ice
- Coconut water to the MAX line and extract

**Dinner:** Your choice from the following 4 recipes (see recipes on the last page)

- Green Goddess Gumbo
- Kale-Cabbage Slaw with Lentil Salad
- Roasted Peppers, Cauliflower, Almond Quinoa Salad
- Roasted Sweet Potato and Kale Quinoa
Green Goddess Gumbo

Makes 8 Servings

Ingredients:

- 3 ribs celery
- 2 medium carrots
- 1 medium yellow onion
- 1 medium green bell pepper, seeds and ribs removed
- 2 cloves garlic
- 1 Tbsp virgin, cold-pressed coconut oil
- 4 cups no salt added vegetable broth
- 1 can (20oz) peeled whole tomatoes, crushed
- 1 bunch collard greens, chopped
- 1 bunch mustard greens, chopped
- (Optional) 1 can (15oz) kidney beans, rinsed and drained
- 1 bunch spinach, chopped
- 1 small head green cabbage, chopped
- 1 pkg fresh or frozen okra, chopped
- 1 bunch flat leaf parsley, finely chopped
- 2 Tbsp dried parsley
- 2 bay leaves
- 1 Tbsp dried oregano
- 1 tsp dried thyme
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1/8 tsp cayenne pepper
- (Optional) 2 cups uncooked long-grain brown rice
- 4 green onions, trimmed and chopped

Directions:

- Place the cut celery, carrots, onion, bell pepper, and garlic in NutriBullet. Working in batches, pulse to chop the vegetables, but do not puree.
- Heat oil in large pot over medium-high heat. Add the onion mixture and sauté for 10 minutes until tender, stirring occasionally.
- Add vegetable broth, tomatoes (with juice), collards, mustard greens, optional beans, spinach, cabbage, okra, parsley, bay leaves, oregano, thyme, salt, black and cayenne pepper.
- Reduce heat to medium-low, cover and cook for 20 to 30 minutes, stirring occasionally. Remove and discard bay leaves.
- If using rice, prepare according to package directions. Serve the gumbo over the rice if using (or eat gumbo as is!) and top with green onions.
BASIC CLEANSE
CLEAN MEAL RECIPES

Kale - Cabbage Slaw with Lentil Salad
Makes 2 meal-size servings or 4 side-salad servings

Ingredients:
• ½ Tbsp extra virgin olive oil
• 1 Tbsp Dijon mustard
• 1 tsp apple cider vinegar
• Sea salt and black pepper
• 3 cups mixed shredded kale and red cabbage
• 1 carrot, peeled and julienned
• ¼ cup fresh parsley leaves
• 2 Tbsp diced red onion
• 2 Tbsp sunflower seeds
• 2 Tbsp pepitas (pumpkin seeds)
• 2 Tbsp hemp seeds
• 1 cup cooked lentils

Directions:
• In a small bowl, whisk olive oil, mustard, and apple-cider vinegar. Season with salt and pepper.
• In another bowl, combine kale, cabbage, carrot, parsley, and red onion with sunflower, pumpkin, and hemp seeds.
• Drizzle with dressing and toss to coat.
• Add ½ cup cooked lentils (per serving) for more protein/fiber. Lentils are easier to digest than beans.
Roasted Peppers, Cauliflower, Almond Quinoa Salad

Makes 2 Servings

Ingredients:

• 4 cups mixed salad greens
• 1 red bell pepper, quartered and seeds removed
• ½ head cauliflower, cut into florets
• 2 Tbsp extra-virgin olive oil
• Freshly ground pepper and sea salt
• 1 Tbsp fresh lemon juice
• ¼ cup Kalamata olives
• ¼ cup toasted slivered almonds
• ¼ cup fresh parsley leaves
• 1 cup cooked quinoa

Directions:

• Heat oven to 425 degrees
• Place red pepper and cauliflower florets on rimmed baking sheet. Drizzle with 1 Tbsp olive oil and season with salt and pepper. Roast until golden and tender, 18-20 minutes.
• In a bowl, whisk together 1 Tbsp olive oil and lemon juice. Season with pepper.
• For each serving, place 2 cups mixed salad greens on a plate. Scoop half of the pepper and cauliflower mixture over it and top with half of the olives, almonds, and parsley.
• Drizzle with dressing and Enjoy!
• Add ½ cup cooked quinoa (per serving) if you would like to add more protein. Quinoa is a great gluten-free grain.
Roasted Sweet Potato and Kale Quinoa

Makes 2 Servings

Ingredients:

- 2 medium sweet potatoes
- 1 cup uncooked quinoa
- 2 cups filtered water
- 1 bay leaf
- 1 Tbsp olive oil
- 3 cups chopped kale, ribs removed
- 2 garlic cloves, minced
- 1 tsp paprika
- Salt and pepper to taste

Directions:

- Preheat oven to 400 degrees
- Pierce each sweet potato several times with a fork and place on a baking sheet. Bake for about 45 minutes until tender.
- While sweet potato is in the oven, boil 2 cups of water and a bay leaf. Add dry quinoa and stir. Simmer on low and covered for about 15 minutes until water is absorbed.
- In a separate large pan, heat the chopped kale, oil, and garlic on low heat for about 10 minutes til tender. Add spices to taste.
- Once potatoes are cooked, set aside to cool, then chop into small cubes. Toss the sweet potatoes and quinoa into the kale mixture and serve warm.

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