



SUPER CLEANSE DAILY PLAN

Welcome, brave soul! Get ready for a truly clean start to your New Year! On this all-liquid cleanse, you will enjoy one detoxifying blast for breakfast, one in the late morning, one of our tasty, satisfying soups in the early afternoon, and one satiating dinnertime blast. Look over the daily menus, print out the proceeding shopping list, and let's get blasting!

Take a look

General Outline:

- 1) NutriBlast #1 (8am)
- 2) NutriBlast #2 (11am)
- 3) Soup (2pm)
- 4) NutriBlast #3 (6pm)

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. You may want to make several batches of this recipe to have on hand for your blasts.



SUPER CLEANSE DAILY PLAN

Day 1

Liver Cleansing NutriBlast

- 50% Swiss chard
- ¼ cup parsley
- 1 small beet (scrubbed and quartered)
- 1 apple (core and seeds removed)
- 1 lemon (peeled)
- ½" chunk of fresh ginger
- 1 Tbsp chia seeds
- Water to the max line and extract

Alkalize Me NutriBlast

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

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

- Carrot-Ginger
- Roasted Garlic and Beet
- Butternut Squash and Sage
- Broccoli and Arugula

Ruby Red NutriBlast

- 25% spinach
- 25% kale
- ½ red or yellow bell pepper (seeds removed)
- 1 small raw beetroot, scrubbed and quartered
- ½ orange, peeled
- ½ cup strawberries
- ½ lemon, peeled
- 1 Tbsp chia seeds
- Water to the max line and extract





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Day 2

Glowing NutriBlast

- 25% spinach
- ½ cup cucumber slices
- 1 pear (core and seeds removed)
- 1 lemon (peeled)
- 1 orange (peeled)
- 1 Tbsp pumpkin seeds
- Water to the max line and extract

Mojito NutriBlast

- 50% kale
- 5-10 fresh mint leaves
- 1 tsp chlorella powder
- ½ avocado

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

- Carrot-Ginger
- Roasted Garlic and Beet
- Butternut Squash and Sage
- Broccoli and Arugula

Veggie Heaven NutriBlast

- 50% spinach
- ¼ cup parsley
- 1 tsp chlorella powder
- ½ lemon (peeled)
- 1 organic apple (sliced with seeds and core removed)
- 1 Roma tomato
- ½ red or yellow bell pepper, seeds removed
- ½ clove garlic (peeled) (optional)
- 1 Tbsp pumpkin seeds (removed from shell)
- Water to the max line and extract



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Day 3

Eyes Wide Open NutriBlast

- 50% spinach
- 1 carrots, scrubbed and cut into chunks
- ½ cup cucumber
- 1 orange, peeled
- 1 small thumb size fresh ginger, peeled
- 5 raw almonds (soaked overnight)
- A few ice cubes
- Fresh almond milk to the max line and extract

Mid-Day Hunger Buster

- 50% kale
- 1 celery rod
- ¼ cup cucumber
- ½ organic green apple
- Juice of one lime
- 1 Tbsp cold-pressed, virgin coconut oil (optional)
- ½ cup pineapple
- Water to the max line and extract

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

- Carrot-Ginger
- Roasted Garlic and Beet
- Butternut Squash and Sage
- Broccoli and Arugula

Carrot Top

- 50% Swiss chard
- 1 carrot
- ½ apple
- ½ inch ginger
- ¼ cup parsley
- Water to the max line and extract





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Day 4

Banana Ramma

(This is the only banana-based recipe of the Super Cleanse. It is included along with the avocado to provide a thicker NutriBlast if you start the morning off extra hungry).

- 50% spinach
- 1 banana
- ¼ avocado
- ½ cup blueberries
- 1 Tbsp chia seeds
- Dash of cinnamon
- Almond milk to the max line and extract

Just Beet It

- 50% kale
- ½ small beet
- 1 celery rod
- 1 carrot
- 1 lemon (peeled)
- 1 Tbsp chia seeds
- 1 tsp chlorella powder
- Water to the max line and extract

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

- Carrot-Ginger
- Roasted Garlic and Beet
- Butternut Squash and Sage
- Broccoli and Arugula

Pure at Heart

(enjoy this blast as a chilled soup for a little more substance if you are hungry)

- 50% spinach
- ½ - ¾ cup steamed artichoke hearts
- ½ clove garlic (peeled)
- Pinch of turmeric
- ½ lemon
- Water to the max line and extract



SUPER CLEANSE DAILY PLAN

Day 5

Go Green Go

- 25% kale
- 25% dandelion greens
- ¼ cup cucumber
- ½ cup green grapes
- ½ green apple
- ½ lime (peeled)
- 1 tsp chlorella powder
- Water or coconut water to the max line and extract

Persimmon Pomegranate Punch

- 25% spinach
- 25% parsley
- 1 persimmon
- ½ Fuji apple (may sub another sweet apple)
- ¼ - 1 cup pomegranate seeds
- Dash of cinnamon
- Dash of nutmeg
- Almond milk to the max line and extract

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

- Carrot-Ginger
- Roasted Garlic and Beet
- Butternut Squash and Sage
- Broccoli and Arugula

Garden Goodness

- 25% dandelion greens
- ½ cup cucumber slices
- 1 small Roma tomato
- ½ cup fennel stalk
- Pinch of fresh basil
- Pinch of fresh oregano
- Juice of one lemon
- Water to the max line and extract





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Day 6

Lean Green Machine

- 25% spinach
- 25% kale
- ½ lemon (rind removed)
- 1 celery rod
- ½ pear (core and seeds removed)
- ½ apple (core and seeds removed)
- 1 Tbsp aloe vera
- 1 tsp chlorella powder
- Water to the max line and extract

Today's Just Peachy NutriBlast

- 50% spinach
- ¼ cup 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

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

- Carrot-Ginger
- Roasted Garlic and Beet
- Butternut Squash and Sage
- Broccoli and Arugula

Love My Liver

- 25% dandelion greens (or other green of choice)
- 25% parsley
- ½ rod of celery
- ½ small zucchini
- 1 pear
- Small chunk of gingerroot
- Dash of turmeric
- Dash of cayenne pepper
- Juice of one lemon
- Water to the max line and extract



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Day 7

Kiwi Krush

- 50% Swiss chard
- 2 kiwi (peel removed)
- 1 pear
- ½ cup green grapes
- 1 tsp chlorella powder
- 1 Tbsp aloe vera
- Coconut water or filtered water to the max line and extract

Kick It Up A Few Notches

- 50% kale
- ½ cup strawberries
- ½ cup blueberries
- Juice of one lemon
- ¼ avocado
- ¼ tsp cayenne pepper
- 1 Tbsp chia seeds
- Water to the max line and extract

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

- Carrot-Ginger
- Roasted Garlic and Beet
- Butternut Squash and Sage
- Broccoli and Arugula

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
- Coconut water to the max line and extract





SUPER CLEANSE QUICK SOUP RECIPES

* In addition to being clean foods like the Intro Cleanse plan, these meals are centered on consistency as well as ingredients that enhance the cleansing experience. By choosing more pureed meals, this allows your digestive system to rest while your body detoxifies. In addition, foods high in protein require more energy to digest, therefore this macronutrient is minimized on this 7-day super cleanse plan.

Carrot-Ginger Soup

Makes 2-4 Servings

Ingredients:

- 1 medium onion, diced
- 3 cups carrots, diced
- ½ inch ginger, peeled and grated
- 6 cups filtered water
- Fresh parsley or dill

Directions:

- Place veggies in a saucepan, add ginger and water. Bring to a boil.
- Lower heat and simmer for about 15 minutes until soft.
- Allow to COOL
- Place ingredients in batches in the NutriBullet and blast until creamy. Feel free to add more ginger to taste.
- Pour one portion of the blended soup back into saucepan to reheat and serve.
- Store the leftovers in the fridge for the rest of the week





SUPER CLEANSE QUICK SOUP RECIPES

Roasted Garlic and Beet Soup

Makes 2-4 servings

Ingredients:

- 3 medium beets
- 1 Tbsp olive oil
- 6 unpeeled garlic cloves
- 1 large leek, thinly sliced
- 1 tsp fresh thyme leaves
- 1 bay leaf
- Black pepper
- 2 Tbsp lemon juice
- 3 cups water

Directions:

- Heat oven to 400 degrees. Drizzle beets with olive oil and roast in parchment-lined foil until tender, about 1 hour.
- Meanwhile, drizzle garlic with olive oil and roast in separate foil packet, about 30 minutes.
- Unwrap beets, let cool, peel, and quarter.
- Squeeze garlic from skin and set aside.
- Heat 1 Tbsp olive oil in a pot over medium heat. Add leek and cook until tender, stirring occasionally for 6-8 minutes. Add beets and garlic, thyme, bay leaf, and 3 cups water. Season with pepper.
- Bring to a boil, then reduce heat and simmer for 5 minutes.
- Discard bay leaf and let COOL.
- Puree in batches in the NutriBullet until smooth.
- Stir in lemon juice





SUPER CLEANSE QUICK SOUP RECIPES

Butternut Squash and Sage Soup

Makes 2-4 servings

Ingredients:

- 1 Tbsp cold-pressed, virgin coconut oil
- 1 large onion, chopped
- 2 Butternut squashes, peeled, seeded and cut into 1" chunks
- 2 Tbsp chopped fresh sage
- 4 cups low-sodium vegetable broth
- Pepper to taste

Directions:

- In a large pot, heat oil over medium heat. Add onion and cook until translucent, about 8-10 minutes.
- Add squash chunks; cook 5 more minutes
- Add chopped sage and vegetable broth; bring to a boil, reduce heat to medium-low and cook until squash is very tender, about 30 minutes.
- Allow mixture to COOL.
- Place in small batches in the NutriBullet and puree until smooth. Season with pepper.





SUPER CLEANSE QUICK SOUP RECIPES

Broccoli and Arugula Soup

Makes 2 servings

Ingredients:

- ½ Tbsp olive oil
- 1 clove garlic, sliced thin
- ½ yellow onion, diced
- 1 head broccoli, cut into small florets
- 2 ½ cups water
- ¼ tsp fresh ground black pepper
- Dash of salt to taste
- ¾ cup arugula (may sub watercress)
- ½ lemon

Directions:

- Heat oil in a medium non-stick pan over medium heat
- Add garlic and onion; sauté until fragrant
- Add broccoli and cook until bright green, about 4 minutes
- Add water, salt and pepper, and bring to a boil.
- Reduce the heat and cover. Cook for 5 minutes or until broccoli is just tender.
- Allow soup to COOL.
- Pour in batches into the NutriBullet and puree with the arugula until smooth.
- Serve with a splash of lemon

