

NUTRIBULLET®



CLEAN
20^{IN}16

NEW YEAR'S CLEANSE



the **PLAN**

overview

5 DAYS

Start each day with 8oz warm lemon water about 30 minutes before your Breakfast Blast

BREAKFAST:

Start with a **NutriBlast**

LUNCH:

Clean Meal

DINNER:

Level 1 = Protein and veggies

Level 2 = Stew or Soup (option to use the Rx)

Level 3 = NutriBlast

DIY

MEALS & BLASTS

BREAKFAST NUTRIBLAST TEMPLATE

(Have one NutriBlast
each morning)

1-2 cups leafy greens
½ cup fruit (up to 1 cup if using berries
or other low sugar fruits)
½ -1 cup vegetables (broccoli, celery,
cooked sweet potato, pureé
pumpkin, bell pepper, etc)
1 ½ cups no-added sugar liquid
(unsweetened almond milk, coconut
milk, coconut water, filtered water,
brewed and chilled tea)

Optional: Up to 2 Tbsp nuts
and/or seeds

Optional: Up to 2 Tbsp superboost
powders of choice (protein powder,
greens powder, reds powder, raw
cacao powder)

Optional: 1 serving healthy fat (1/4
avocado, ½ Tbsp coconut oil, 1 Tbsp
nut butter)

CLEAN LUNCH OPTIONS

(Choose one each day.
These can vary from day
to day)

1. Protein and veggies: lentils, quinoa,
fish, and organic antibiotic-free
chicken, non-starchy veggies
2. Gluten-free grain with veggies +
plant-based protein
3. Hearty salad (includes leafy greens,
protein, veggies, healthy fats)

DIY

MEALS & BLASTS

DINNER OPTIONS

(Depending on desired intensity, choose one level and try to stick with it for all five days)

Level 1: Veggie and Protein

Level 2: Soup (consisting of protein, veggies and may include a gluten-free grain)

Level 3: NutriBlast

SNACKS

(only if needed)

Handful of nuts (about 12 each)

Veggies and hummus or guacamole (2-3 Tbsp)

Apple slices with almond butter (1 Tbsp)

Short cup NutriBlast

Fruit (1 cup berries, medium apple or pear)

Kale chips

PENINSULA DETOX

INGREDIENTS

- 1 cup baby kale
- 1/8 cup beets
- 4 cucumber slices
- 1/2 banana
- 1/4" fresh ginger
- 1 Tbsp hemp seeds
- Optional:** 1 tsp SuperFood Cleansing Greens
- 1 1/2 cups coconut water

DIRECTIONS

Add all ingredients to the NutriBullet tall cup and extract for 30-60 seconds.

Total Calories **212**

Fat **5g**

Protein **6g**

Carbs **39g**



NUTRIBLAST RECIPES



GOOD FATS BLAST

INGREDIENTS

- 2 cups baby spinach
- 1 small Persian cucumber
- 1-2 basil leaves
- 1 Tbsp hemp seeds
- 1 Tbsp sunflower seeds
- 2 tsp chia seeds
- 1 Tbsp coconut butter (or other favorite nut butter)
- ¼ avocado
- ½ medium frozen banana
- 3 medium frozen strawberries
- 1/3 cup frozen pineapple
- Optional:** ½ Tbsp aloe juice
- 1½ cups coconut water

DIRECTIONS

Add all ingredients to the NutriBullet tall cup and extract for 30-60 seconds.

Total Calories **432**

Fat **22g**

Protein **14g**

Carbs **43g**

NUTRIBLAST RECIPES

CLEAN GREEN

INGREDIENTS

- 2 cups spinach
- 1 stalk celery
- ¼ cup parsley
- 1 Persian cucumber
- 1 small apple (core and seeds removed)
- Juice of ½ lemon
- 1 Tbsp hemp seeds
- 1 cup coconut water
- ½ cup filtered water
- Optional:** 1 serving SuperFood Protein Blend or other plant-based protein powder

DIRECTIONS

Add all ingredients to the NutriBullet tall cup and extract for 30-60 seconds.

Total Calories

(without optional protein boost) **212**

Fat **5g**

Protein **6g**

Carbs **39g**





NUTS, SEEDS AND GREENS

INGREDIENTS

- 1 cup baby spinach
- ½ cup broccoli florets
- ½ cup frozen blueberries
- ½ banana
- 1 Tbsp almond butter
- 1 Tbsp pumpkin seeds
- 2 tsp hemp seeds
- 2 tsp chia seeds
- 2 tsp extra-virgin, cold-pressed coconut oil
- ½ cup unsweetened almond milk (or unsweetened coconut milk)
- 1 cup filtered water

DIRECTIONS

Add all ingredients to the NutriBullet tall cup and extract for 30-60 seconds.

Total Calories **395**

Fat **25g**

Protein **14g**

Carbs **33g**

WINTER WARRIOR

INGREDIENTS

- 1 cup spinach
- ¼ avocado (may use 1/8 cup unroasted cashews or almonds as a substitution)
- ½ green apple
- ½ banana
- ½ cup cooked sweet potato
- Dash of cinnamon (to taste)
- 1 Tbsp hemp seeds
- Recommended:** 1 serving Superfood Protein Blend (or other plant-based vanilla protein powder)
- 1½ cups unsweetened almond milk

DIRECTIONS

Add all ingredients to the NutriBullet tall cup and extract for 30-60 seconds.

Total Calories
(without optional protein boost) **383**
Fat **17g**
Protein **10g**
Carbs **54g**



NUTRIBLAST RECIPES



TROPICAL TODDIE

INGREDIENTS

- 1 cup baby kale
- ½ cup frozen pineapple
- ½ banana
- ¼ cup sliced cucumber
- 2 Tbsp almonds
- 1 tsp coconut oil
- 1 Tbsp chia seeds
- Dash of cinnamon
- Optional:** 1 serving Superfood
Cleansing Greens
- 1½ cups filtered water

DIRECTIONS

Add all ingredients to the NutriBullet tall cup and extract for 30-60 seconds.

Total Calories **253**

Fat **15g**

Protein **9g**

Carbs **33g**

INFLAMMATION FIGHTER

INGREDIENTS

1 cup Swiss chard (may substitute spinach or baby kale if chard is not available)

½ cup frozen pineapple

½ cup frozen cherries (pits removed)

2 Tbsp chopped walnuts

¼" fresh turmeric or ¼ tsp turmeric powder

Recommended: 1 serving Superfood Protein Blend (or other plant-based vanilla protein powder)

Optional: 2 tsp raw cacao powder or nibs

1 cup coconut water

½ cup filtered water

DIRECTIONS

Add all ingredients to the NutriBullet tall cup and extract for 30-60 seconds.

Total Calories

(without optional protein boost or cacao) **200**

Fat **10g**

Protein **5g**

Carbs **32g**





B3: BERRY BEET BLAST

INGREDIENTS

- 2 cups spinach
- ½ cup blueberries
- 1 cup strawberries
- 1 tbsp chia seeds
- ¼ cup almonds
- ¼ cup beet
- 1 cup coconut water
- ½ cup filtered water

DIRECTIONS

Add all ingredients to the NutriBullet tall cup and extract for 30-60 seconds.

Total Calories **432**

Fat **22g**

Protein **14g**

Carbs **43g**

CLEAN MEAL RECIPES

WONDERFUL WINTER BOWL SERVES: 2

INGREDIENTS

GRAIN SALAD /

- 1 cup cooked quinoa*
(may substitute brown rice if desired)
- 1 bunch lacinato kale, chopped
- 1 cup cooked garbanzo beans
(if using canned drain and rinse well)
- 1 large sweet potato, cubed and roasted
- 1 cup chopped cauliflower florets
- ¼ cup pine nuts

DRESSING /

- ⅔ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 1 Tbsp lemon juice
- 1 tsp sea salt
- ¼ tsp black pepper
- 1 garlic clove, minced

DIRECTIONS

1. Preheat the oven to 400°F. Line baking sheet with parchment paper.
2. Cook quinoa (or rice) according to package directions.
3. Wash, peel, and cut sweet potato into bite-sized cubes. Toss cubes with a drizzle of olive oil and a dash of salt and place on parchment lined baking sheet. Bake in the oven for about 15 minutes or until a fork can easily be inserted into the potato.
4. Wash and dry kale leaves. Remove leaves from stem, chop, and place in a bowl.
5. Mix dressing ingredients in the Small NutriBullet cup or whisk together in a bowl.
6. Pour ¼ of the dressing mixture onto kale and massage into the leaves. Store the remainder in a sealed jar in the fridge for up to two weeks.
7. Divide ingredients evenly between two bowls. Layer the kale on the bottom then top with cooked quinoa, roasted sweet potato cubes, garbanzo beans, cauliflower, and pine nuts. If desired, drizzle with a little more dressing and toss to coat. Enjoy.

**For grains, it is helpful to cook a large batch at once and use for multiple recipes.*

BLACK BEAN AND QUINOA MEXI-CALI BOWL

SERVES: 2

INGREDIENTS

- | | |
|--|--|
| 1 cup cooked quinoa* | ¼ tsp salt |
| 2 tsp cold pressed coconut oil | 4 cups arugula (may substitute mixed greens or baby spinach if arugula is not available) |
| ½ cup red onion, diced | ½ avocado, diced |
| 1 cup cooked black beans (if using canned, drain and rinse well) | ½ cup fresh pico de gallo |
| 1 tsp chili powder | |
| ¼ tsp cumin | |

DIRECTIONS

1. Cook quinoa according to package directions.
2. Heat coconut oil in a medium saucepan.
3. Add onion and cook until transparent, about 5 minutes.
4. Add cooked beans, cooked quinoa, and spices to the pan. Stir to combine.
5. For one serving, place 2 cups arugula in a bowl.
6. Layer half the bean/quinoa mixture on top of greens.
7. Top with diced avocado and pico de gallo.

**For grains, it is helpful to cook a large batch at once and use for multiple recipes.*

CLEAN MEAL RECIPES



MEDITERRANEAN SALAD WITH HUMMUS

SERVES: 2

INGREDIENTS

SALAD /

- 4 cups mixed greens
- ¾ cup artichoke hearts (if buying canned, drain and rinse)
- 1 cup cannellini beans, drained and rinsed
- 1 cucumber, sliced
- 2 vine-ripe tomatoes, cubed

- ½ cup Kalamata olives (pitted)
- ¼ cup pine nuts
- ½ avocado, diced
- 4 Tbsp pre-made plain hummus
- Optional:** 1 grilled portabello mushroom
OR 3 ounces organic, antibiotic-free chicken breast

DIRECTIONS

1. Divide ingredients between two bowls.
2. Layer leafy greens, cucumber, tomato, artichoke hearts, beans, olives, pine nuts and avocado.
3. If desired top with a grilled or baked chicken breast or portabello mushroom.
4. Add 2 Tbsp of hummus on top of each salad.

HEARTY ROASTED SQUASH AND BEET SALAD WITH HERB VINAIGRETTE

SERVES: 2

INGREDIENTS

SALAD /

- 1 butternut squash
- 2 beets, steamed and cubed (if using raw beets, you may roast with the squash if desired)
- 2 cups spinach
- 2 cups arugula (may substitute mixed greens or more spinach if arugula is not available)
- ½ cup slivered almonds

Choose One: 4 oz. baked tempeh, ½ cup beans of choice, or 3oz organic, antibiotic-free chicken breast

DRESSING /

- ¾ cup balsamic vinegar
- ½ cup extra virgin olive oil
- 1 Tbsp minced garlic
- 2 tsp dried basil
- 1 tsp dried oregano

DIRECTIONS

1. For the dressing, combine ingredients in a small NutriBullet cup and pulse to combine.
2. Alternatively combine dressing ingredients in a bowl and whisk together.
3. Store leftover in a sealed glass jar in the fridge for up to two weeks.
4. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
5. Cut butternut squash in half and remove the seeds. Bake with the flesh side down for about 35-45 minutes or until softened.
6. Remove skin (be careful, skin is hot so allow it to cool!) Cut squash into bite sized cubes.
7. Divide ingredients between two bowls. Layer leafy greens, beets, squash, and your choice of protein.
8. Sprinkle slivered almonds on top and drizzle with up to 1 Tbsp salad dressing on each.

CLEAN MEAL RECIPES

MUNG BEAN AND BRUSSELS SPROUT SALAD WITH POMEGRANATE SEEDS AND HONEY MUSTARD DRESSING

SERVES: 2

INGREDIENTS

SALAD /

- 1 cup mung beans, cooked (may substitute brown or green lentils)
- 4 cups Brussels sprouts leaves (blanched)
- Dash of salt
- ½ cup walnuts, chopped
- 2 pomegranates, seeds (about 1 cup seeds)

DRESSING /

- ¼ cup Dijon mustard
- 2 Tbsp raw honey
- 2 Tbsp apple cider vinegar
- 2 tsp extra virgin olive oil
- Dash of salt

DIRECTIONS

1. Soak mung beans in filtered water for 4-8 hours before cooking. Discard soak water.
2. Bring 3 cups of water to a boil. Add mung beans, reduce heat and simmer for about 45-60 minutes until they can be easily mashed to know when done.
3. Meanwhile, prepare Brussels sprouts by chopping off the ends of each and removing the "core" much like you would when removing the stem from the top of a strawberry. Pick apart the leaves of the sprout. Toss all Brussels leaves into the boiling pot for about 45

seconds to blanch. Drain, then run under cold water. Dry the leaves.

4. Combine dressing ingredients in the NutriBullet small cup and pulse a few times to combine. Alternatively you may whisk together in a bowl. Store leftover in a sealed glass jar in the fridge for up to two weeks.
5. Divide among two large salad serving bowls, the blanched sprouts, cooked mung beans, walnuts, and pomegranate seeds. Top with a Tablespoon of honey mustard dressing. Toss and enjoy.

BAKED ROSEMARY SALMON WITH SAUTÉED GREENS AND MUSHROOMS

SERVES: 1

INGREDIENTS

PROTEIN /

- 1 6oz wild salmon filet
- 1 garlic clove, finely chopped
- 1 Tbsp chopped rosemary sprigs
- Dash of sea salt
- Dash of black pepper

DIRECTIONS

1. Heat oven to 425 degrees F.
2. Chop garlic and rosemary.
3. Line a baking sheet with parchment paper. Place salmon filet skin-side down and sprinkle with herbs and spices.
4. Bake in the oven for 10-15 minutes or until flaky.
5. Serve on top of greens and mushrooms.

INGREDIENTS

VEGGIES /

- 1 Tbsp extra virgin, cold-pressed coconut oil
- 1 container of mixed, button, or portabello mushrooms
- 1 clove garlic, minced
- 1 bunch Swiss chard or Collard greens, cut into large pieces
- Dash of sea salt

DIRECTIONS

1. Clean mushrooms and rinse and dry leafy greens.
2. In a skillet, melt coconut oil. Add minced garlic and mushrooms. Sauté mushrooms until they soften.
3. Add in clean chard or collards. Sauté until wilted and sprinkle with salt to taste.
4. Add in clean chard or collards. Sauté until wilted and sprinkle with salt to taste.

BROCCOLI AND TEMPEH STIR-FRY

SERVES: 2

INGREDIENTS

STIR-FRY /

- 8 oz package of tempeh, cut into bite-sized cubes
- 1 head broccoli, cut into small florets (alternatively may use 2 cups broccoli florets)
- 1 small head purple cabbage, cut into thin slices
- 4 large carrots, cut julienne style
- 1 red bell pepper, sliced into strips
- 1 cup Shiitake mushrooms
- 2 cloves garlic, minced
- 1 Tbsp sesame seeds
- 2 tsp fresh ginger, minced (optional)
- Black pepper to taste

SAUCE /

- 2 Tbsp Bragg's liquid aminos or coconut aminos
- ¼ cup vegetable broth (or water)
- 1 Tbsp sesame oil

DIRECTIONS

1. In a small bowl, mix liquid aminos, veggie broth and sesame oil.
2. Prep and chop all vegetables and tempeh cubes – set aside.
3. In a large wok or skillet, sauté garlic in a little sauce mixture until golden brown.
4. Add tempeh, the rest of the sauce mixture, carrots, broccoli, and bell pepper. Cook for about 5-7 minutes.
5. Add in mushrooms, cabbage, and ginger and cook until soft, about 3-5 minutes.
6. Sprinkle with sesame seeds and black pepper and toss to combine. Serve warm.

BAKED HALIBUT (OR SALMON) VEGGIE KEBOBS

SERVES: 2
*(2 skewers
per serving)*

INGREDIENTS

Need: 4 wooden skewers soaked for 5 minutes in water.
12 oz Halibut (or organic salmon) fillets, cut into 1 oz chunks
1 Zucchini, cut into bite-size chunks
1 Yellow summer squash, cut into bite-size chunks
1 Green bell pepper, cut into bite-size pieces

1 Red onion, cut into bite sized chunks
20 Cherry tomatoes
12 Baby portabello mushrooms
Olive oil (for brushing)
 $\frac{1}{2}$ tsp dried oregano
 $\frac{1}{2}$ tsp dried basil
 $\frac{1}{4}$ tsp black pepper
 $\frac{1}{4}$ tsp sea salt

DIRECTIONS

1. Heat oven to 425 degrees F.
2. Line a baking sheet with parchment paper.
3. Thread vegetables and fish onto skewers, evenly distributed between the four skewers alternating ingredients. Place skewers on the baking sheet.
4. Mix together dried spices.
5. Brush fish and veggies with olive oil and sprinkle each skewer with spice mixture.
6. Bake in the oven for about 8-10 minutes or until fish flakes easily with a fork and vegetables are tender.

PROTEIN AND VEGGIE RECIPES



QUINOA BLACK BEAN LETTUCE WRAPS

SERVES: 2
*(2 tacos per
serving)*

INGREDIENTS

- 1 cup cooked red or white quinoa
- 1 (15oz) can black beans
- 2 Tbsp fresh cilantro
- 1 Tbsp lime juice
- 2 Tbsp hemp seeds
- ¼ tsp sea salt
- Pepper to taste
- ¼ cup pico de gallo
- 1 avocado, diced or slices
- 4 large Bib lettuce leaves

DIRECTIONS

1. Cook quinoa according to package directions. Mix in lime juice, cilantro, hemp seeds, salt and pepper.
2. Wash and dry lettuce leaves.
3. Lay flat and divide quinoa and bean mixture evenly among the four lettuce leaves. Top with pico de gallo and avocado.
4. Wrap lettuce like a burrito and enjoy!

CHICKPEA VEGGIE PATTY OVER LEAFY GREENS

SERVES: 3-4
(1 patty per
serving)

INGREDIENTS

- 1 cup cooked garbanzo beans (if using canned, drain and rinse well)
- 1/3 cup gluten-free rolled oats
- 1 carrot (or about 5 baby carrots), shredded
- 2 tsp cold-pressed coconut oil, melted
- 1 tsp curry powder
- 1/4 tsp cumin
- 1/4 tsp paprika
- A dash of sea salt
- A dash of fresh ground black pepper
- 2 Tbsp pepitas (shelled pumpkin seeds)
- 1 Tbsp hemp seeds
- 6-8 cups leafy greens of choice (Romaine lettuce, baby kale, spinach, etc.)
- Optional:** Dressing of choice (use leftover dressings from salad recipes)

DIRECTIONS

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
2. In the NutriBullet tall cup, add the oats, shredded carrots, and spices.
3. Pulse the cup a few times until combined. Do not over process.
4. Add in 1/2 cup of the chickpeas and melted coconut oil. Continue to pulse until the beans begin to look smooth. You may need to stop and scrape down the sides of the cup as necessary.
5. Scoop the mixture into a large bowl and add the remaining garbanzo beans.
6. Mash with a fork until you get a chunky consistency. Fold in the hemp and pumpkin seeds.
7. With your hands, divide the mixture into 3-4 parts and shape them like hamburger patties.
8. Place them on the parchment lined baking sheet and bake in the oven for about 40-45 minutes until golden brown and crispy on the outside, turning the patties once midway through baking.
7. Place 1-2 cups of leafy greens on a plate and top with a chickpea veggie patty. Drizzle with dressing if desired.

SOUP AND STEW RECIPES



CARROT GINGER PUREÉ SOUP (SOUPERBLAST Rx)

SERVES: 2

INGREDIENTS

- | | |
|-------------------------------------|--|
| 1 Tbsp minced shallot | 2 tsp lemon juice |
| 1" fresh ginger, minced | ½ tsp ground turmeric |
| 2 cups chopped carrots | ⅛ tsp cayenne pepper |
| 2 cups chopped cauliflower | ½ tsp sea salt |
| 1 medium cooked sweet potato, cubed | Optional: ⅓ cup caramelized onion |
| 2 cups vegetable broth | |

DIRECTIONS

1. Add all ingredients to the NutriBullet Rx SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.
2. Alternatively, heat all ingredients in a large pot and blend with an immersion blender.

SOUP AND STEW RECIPES



GARDEN OF EATING (SOUPERBLAST Rx)

SERVES: 2

INGREDIENTS

- | | |
|-----------------------------------|-----------------------------------|
| 1 apple, cored with seeds removed | ½ tsp sea salt |
| 6 stalks celery | 1 Tbsp lemon juice |
| 3 cups spinach | 2 cups low sodium vegetable broth |
| ½ cup walnuts | Black pepper to taste |
| 1 Tbsp Dijon mustard | |

DIRECTIONS

1. Add all ingredients to the NutriBullet Rx SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.
2. Alternatively you may use the NutriBullet 600 or 900 then heat in a pot on the stove or in the microwave. If using this method, then the ingredients will need to be split into two batches.

SOUP AND STEW RECIPES



GARLIC ROASTED BUTTERNUT SQUASH SOUP (SOUPERBLAST Rx)

SERVES: 4

INGREDIENTS

- | | |
|---|--|
| 3 pounds butternut squash, about 1 ½ medium squash, peeled and cut into 1-inch cubes | 3 Tbsp fresh parsley |
| 2 tbsp olive oil | 10 fresh sage leaves, rinsed, dried and chopped |
| 3 cloves garlic, minced | 1 tsp salt |
| | 1½ cups vegetable broth |

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Mix olive oil, garlic, parsley, sage and salt together in a zip lock bag or a large bowl. Add butternut squash cubes and toss to coat.
3. Transfer to a baking sheet and roast for 50-55 minutes until the squash is fork-tender.
4. Remove from the oven and allow to cool to room temperature for at least 30 minutes (Alternatively, you may place in the fridge for 10-15 minutes to speed up the process).
5. Transfer the cooked squash to the SouperBlast Pitcher. Add the broth and extract on the 7-Minute Heating Cycle.
6. Alternatively, combine the cooked squash with the broth in a large pot, heat and mix with an immersion blender.

SOUP AND STEW RECIPES

MOROCCAN CHICKPEA STEW

SERVES: 2

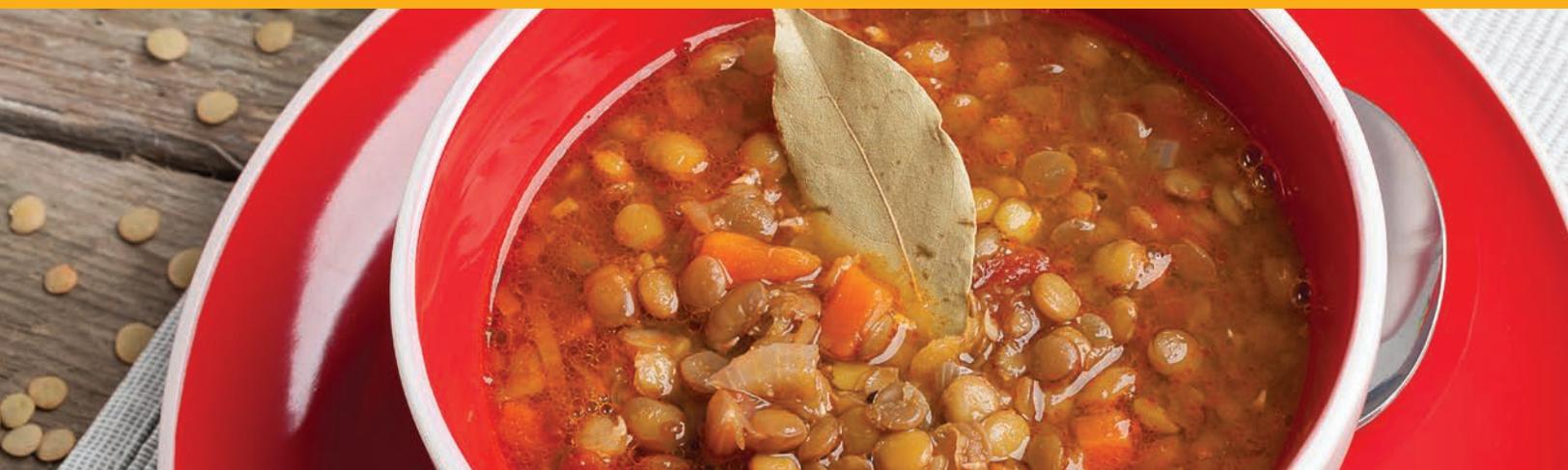
INGREDIENTS

- 1 Tbsp cold-pressed coconut oil
- 1 medium yellow onion, diced
- 1 garlic clove, minced
- 1 tsp curry powder
- 1 tsp cumin
- ½ tsp paprika
- ½ tsp ginger (fresh grated or powder)
- ¼ tsp turmeric powder
- ⅛ tsp cinnamon
- 1½ cups cauliflower florets
- 1 (15oz) can garbanzo beans (chickpeas), drained and rinsed well
- ½ cup crushed tomatoes (may use canned)
- ½ cup vegetable broth
- ¼ cup fresh cilantro, chopped
- 1 Tbsp lemon juice
- Optional:** If desired, serve with ¼ to ½ cup cooked brown rice or quinoa

DIRECTIONS

1. Heat oil in a large pot over medium heat.
2. Add onions and garlic and sauté for about 2-3 minutes.
3. Add spices and toss to coat. Sauté until onions become soft.
4. Add cauliflower to the pot and stir frequently, coating with seasoning.
5. Add chickpeas, tomatoes, and broth.
6. Bring to a boil, reduce heat and simmer for about 10-15 minutes until cauliflower is fork-tender.
7. Turn off the heat and add lemon juice.
8. Serve into bowls and top with fresh, chopped cilantro.

SOUP AND STEW RECIPES



VEGETABLE LENTIL STEW

SERVES: 4

INGREDIENTS

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- ½ white onion, diced
- 3 carrots, chunks
- 2 ribs celery, chunks
- 1 cup dry brown lentils
- 1 (15oz) can diced tomatoes (try fire-roasted!)
- 2 cups vegetable broth
- 1 head kale, removed from stem and torn into large pieces
- ½ tsp cumin
- ⅛ tsp cayenne pepper
- ¼ tsp salt
- Black pepper to taste

DIRECTIONS

1. In a large pot, sauté onion and garlic in olive oil over medium heat until transparent.
2. Add carrots and celery, sautéing for about 5 more minutes.
3. Add dry lentils and spices to the pot.
4. Lastly, add vegetable broth and canned tomatoes, including the juices. Stir to combine.
5. Bring to a boil. Then, reduce heat to low, top the pot with a lid and simmer for about 30 minutes or until lentils and veggies are tender. Toss in kale and stir in until wilted.

FAQS

1. IS THERE A SHOPPING LIST?

a. Since there is no set menu and you are allowed to mix and match the recipes that sound the best to you, there is no shopping list. Be sure to sit down prior to the cleanse, review each recipe, and gather the necessary ingredients. It's best to do this prior to starting so that you don't feel overwhelmed with shopping and cooking during the week or find yourself missing something when your hunger begins to rear its ugly head.

2. WHAT IS THE 12-HOUR "FASTING" WINDOW?

a. When planning your meals, try to leave a 12-hour gap between the times you finish your last bite of the day to when you eat breakfast the following morning. This "fasting" allows your body to produce the proper hormones that optimize metabolism and detoxification.

3. I'M EXPERIENCING A HEADACHE, LOW ENERGY, CRAVINGS, MOOD SWINGS, ETC.

a. These are most likely symptoms of detoxification. Hang in there...they will pass and you will start to feel amazing! Think about cleaning your house – it gets messy before it starts to shine doesn't it?

b. Here's a few tips to help you get over the hump. These suggestions should get those toxins flowing and help eliminate them so you can begin to nourish your body.

i. Drink plenty of water – Even though you are drinking NutriBlasts, your body requires water not only to stay hydrated, but also to help keep your bowels regular. When you increase fiber consumption, you can "clog up" if you don't add water to your routine. The whole idea is to move things along.

ii. Sweat it out – Toxins are eliminated by three avenues; the digestive tract, the lungs, and the skin. Performing light activities to work up a sweat will not only remove toxins through your pores, but will help get lymph fluid moving along (see massages below). Other options to induce a good sweat include a dry or wet sauna or steam room.

iii. Pamper yourself with an at-home spa day – Dry brushing and Epsom salt baths are great additions to a cleansing plan. Brush off dead skin cells and soak in the tub with heavy-metal binding salts to help speed along the process.

iv. Massages – Massages do more than relax sore muscles.

FAQS

They stimulate lymph flow. The lymphatic system helps remove debris and waste that the body no longer needs. By circulating blood and lymph your body will “recover” from detox symptoms more rapidly. If possible, opt for a manual lymphatic drainage or a deep tissue massage; they both work wonders!

v. Have a headache? - Try some green tea to help curb a caffeine withdrawal. Whatever you do, don't give into the coffee habit. Crave sweets? Give it time to subside. Resist the temptation to eat sugary foods or processed carbs. If you must, add in a bit a natural source of sweetness like more banana, a pitted date, some berries or a slice of apple.

vi. Just Breathe! – Yoga and breathing exercises (known as pranayama) help release built-up toxins by way of the lungs. Yoga is a wonderful cleansing component as it connects movement with your breath. This takes care of the sweat component, too!

4. WHY AM I'M EXPERIENCING A CHANGE IN BOWEL HABITS?

a. Most likely this is due to a sudden increase in fiber. If constipated, be sure you are still drinking plenty of water to push it through

your digestive system. If you are experiencing more frequent bathroom breaks, you may wish to cut back on the high fiber recipes and include more of the protein options. This is your body's way of adapting to a change in diet and will most likely pass. For any abnormal bowel habits, please consult your physician.

5. HOW MUCH SLEEP SHOULD I BE GETTING EACH NIGHT?

a. Try to get at least seven hours of sleep each night. Ideally, eight or nine hours of quality sleep is recommended.

6. CAN I EAT _____?

a. A clean diet rules out a few foods, but shouldn't leave you feeling deprived or restricted in any way. There are plenty of acceptable foods to choose from. We encourage you to stay away from sugary sodas and sweets, the white processed flours and breads, gluten-containing grains and breads, alcohol, caffeine, processed meats, and dairy.

FAQS

7. WHAT IF I GET HUNGRY; CAN I SNACK?

a. We've provided a list of healthy snack options. While we encourage you to stick to the three meals each day, we do not want you to go hungry. Be sure it is true hunger and not emotional triggers such as boredom, unhappiness, or just out of habit. Alternatively, you may need a larger portion at one particular meal to help starve off hunger until you reach the next one.

8. CAN I SWITCH BETWEEN LEVELS?

a. Once you choose a plan, try to stick with it. However, if you are struggling or find one level isn't meeting your expectations, then it is perfectly acceptable to switch it up.

9. CAN I SUBSTITUTE INGREDIENTS I MAY NOT LIKE OR ARE SENSITIVE TO?

a. Absolutely! If you are changing a recipe for fear you may not like a certain ingredient, I encourage you to give it a try. Our recipes are made with foods that provide a wealth of nutrients. If you are allergic or sensitive to an ingredient, then yes, please change it to suit your needs. We often get asked for banana, nut, or avocado replacements. Some good choices to use instead are frozen mango, pear, unroasted cashews,

Greek or coconut milk yogurt, pumpkin or other type of seed, coconut butter or other nut butter.

10. CAN I EXERCISE?

a. Yes, we encourage you to continue to exercise. However, we suggest sticking to more moderate forms such as yoga, biking, walking, Pilates, and swimming. High intensity workouts like CrossFit should be put on hold until the cleanse is complete. Take this time to nurture and restore your body and health.

11. SHOULD WE BE DRINKING OTHER BEVERAGES IN ADDITION TO THE BLASTS?

a. Yes! Maintaining adequate hydration is very important. In addition to your Blasts and meals, be sure to drink plenty of water to help push the fiber through and the toxins out. You'll be starting the day with at least 8oz of warm lemon water. Continue to drink water and herbal tea throughout the day. Strive for half of your body weight (in pounds) in fluid ounces each day.

12. WHAT ABOUT SOCIAL OBLIGATIONS THAT INVOLVE FOOD AND DRINKS?

a. While we understand life must go on, try to implement the cleanse

FAQS

on a week that you do not have any social commitments that include food or drink. If there is no way around it, try to abstain from alcoholic beverage and choose a menu option that best fits in line with our clean eating cleanse recipes and guidelines.

13. CAN I DO THIS CLEANSE IF I HAVE _____? (MEDICAL CONDITION)

a. Please consult your Dr. for clearance before beginning any new dietary program.

14. WHO SHOULD NOT PARTICIPATE IN THIS CLEANSE?

a. Those who should not participate in this cleanse include those who are pregnant or nursing, under the age of 18, have been diagnosed with cancer, liver disease, hepatitis, eating disorders, multiple food allergies or uncontrolled blood sugar.

15. WHAT IF I AM TAKING PRESCRIPTION MEDS?

a. Do not stop taking prescription medications during this cleanse. Consult your Dr. before starting the program and ensure there are no nutrient-drug interactions.

16. SHOULD I TAKE A MULTI-VITAMIN?

a. This program provides a well-balanced nutritional profile. There should be no need to take a multivitamin unless you have been told to by your healthcare provider or have a nutritional deficiency that you are currently taking a supplement for. If vegan, it is important that you are taking a Vitamin B-12 supplement as B-12 is only found in animal-based proteins. Vegans may also consider a vitamin D supplement.

17. WILL I LOSE WEIGHT ON THE CLEANSE?

a. In the past, NutriBlasters have seen modest weight loss. Five days is not that much time to see more than 2-3 pound difference, however this week may jumpstart your motivation to eat a healthier diet overall. That, in the end, may be just the thing you need to meet your weight loss goal.

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NEW YEAR'S CLEANSE