

# Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

eatwellenjoylife.com

## Recipe List Winter - Recover

### Beverages

[Matcha Green Tea Latte](#)

[Cacao Maca Latte](#)

[Red Rooibos Chai](#)

[Dandy Caramel Latte](#)

[Burdock & Elderflower Tea](#)

### Breakfast Recipes

[Sweet Potato Breakfast Pudding](#)

[Green Apple Smoothie](#)

[Pear Coconut Green Smoothie](#)

[Grain Free Breakfast Porridge](#)

[Strawberry Chia Pudding](#)

[Instant Miso Soup](#)

### Colon Support [Intestinal Broom Powder](#)

### Soups

[Japanese Adzuki Bean Soup](#)

[Creamy Parsnip & Leek Soup](#)

[Mixed Greens Alkaline Soup](#)

[Escarole & Cannellini Bean Soup](#)

[Split Pea Vegetable Soup](#)

[Red Lentil Dhal](#)

[Thai Style Butternut Squash Soup](#)

### Salad

[Raw Kale Salad with Tahini](#)

[Ginger Dressing](#)

[Radicchio and Cauliflower Salad](#)

[Arugula, Carrot & Celery Root](#)

[Salad with Almonds](#)

[Mixed Green Salad](#)

### Dressings

[Garlic Parsley Vinaigrette](#)

[Creamy Hemp Dill Dressing](#)

[Avocado & Cumin Dressing](#)

[Tahini Ginger Dressing](#)

[Goji Berry Dressing](#)

[Simple Dressing](#)

## **Main Dish**

[Thai Style Vegetables with Coconut Sauce](#)

[Moroccan Chick Pea Tagine with Greens](#)

[Braised Greens with Tempeh](#)

[Stir Fried Vegetables with Kelp Noodles](#)

[Vegetable Hash](#)

[Steamed Vegetables with Cosmic Hempini Gravy](#)

[Mediterranean Lentils with Mushrooms](#)

## **Vegetables**

[Kale with Fennel and Carrots](#)

[Thai Spiced Spaghetti Squash](#)

[String Beans with Mixed Mushrooms](#)

## **Snacks**

[Wonderful Green Juice](#)

[Zucchini Hummus](#)

[Raw Kale Chips](#)

[Strawberry Chia Pudding](#)

[Instant Miso Soup](#)