



# Nourishing Foods Cleanse

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

[eatwellenjoylife.com](http://eatwellenjoylife.com)

## Fall – Clean Up Your Digestive System

### Sample Menu Recipes

These recipes are written for 2-4 people. They are good size portions as this is not a calorie restrictive cleanse. Left overs are used the next day so you have less to cook. The food is delicious so you can share it with your family even if they are not doing the cleanse with you.

I have written in the Dark Chocolate Gelatin Pudding as a snack if you want to prepare it on Sunday. If not you can buy some of the recommended snacks.

### Prep on Sunday for Sample Menu

**Bone Broth** make this on Sat before making the soups

**Sweet potato for sweet potato pudding**

#### 2 soups

- Split Pea Vegetable Soup
- Thai Coconut Vegetable Soup

#### 2 dressings

- Creamy Asian Dressing
- Garlic and Herb Sunflower Seed Dressing

#### For Snacks (optional prep)

- Dark Chocolate Gelatin Pudding

#### Additional Prep

- **Almond milk** (recommended but optional) The cartons contain fillers that can be difficult on some systems and while we're cleansing it's nice to keep it pure and clean. If you don't get to it the cartons will be fine.
- Cut up veggies for snacks (optional). You can eat it with either of the dressings
- Shred and cut up lettuce veggies for quick salad lunches

## Sunday Prep Recipes

### Creamy Asian Dressing

Yield: 1  $\frac{3}{4}$  cups

2 Tb tamari  
2 Tb minced ginger  
4 Tb mellow yellow miso  
4 tsp dark sesame oil  
 $\frac{1}{2}$  cup lemon juice  
 $\frac{1}{4}$  cup chopped dates (about 6)  
 $\frac{2}{3}$  cup water.  
1 cup olive oil

- Put all ingredients into a blend except the olive oil.
- Blend until smooth
- With the blender running, pour in the olive oil slowly in a stream. Blend until emulsified.

### Garlic & Herb Sunflower Seed Dressing

Makes 1  $\frac{1}{4}$  cups dressing

$\frac{1}{2}$  cup raw hulled sunflower seeds (optional soak 4 hours)  
 $\frac{1}{2}$  cup water  
3 Tb fresh lemon juice  
2 Tb apple cider vinegar  
1 Tb tamari or soy sauce  
 $\frac{1}{2}$  cup chopped fresh parsley  
1 tsp thyme  
 $\frac{1}{4}$  tsp dried oregano  
1 tsp minced garlic  
 $\frac{1}{4}$  tsp Celitc sea salt  
 $\frac{1}{4}$  cup olive oil

- Put all ingredients in a blender except the olive oil.
- Blend till creamy and smooth.
- While blender is running, slowly pour in the olive oil to emulsify.
- This will hold in the refrigerator for up to 5 days

## Bone Broth

Makes about 2 quarts (MAKE DOUBLE)

1-4 lb organic chicken or ask your butcher for 4 lbs necks and backs or use the left over bones from a roasted chicken  
1 Tb apple cider vinegar  
1 bay leaf  
1 tsp thyme  
3 garlic cloves whole or chopped  
1 carrot, chopped  
1 onion, chopped  
2 stalks Celery, chopped  
parsley stems or other herbs

### **Optional**

1 Rishi mushroom or few goji berries to make it more medicinal  
1" ginger chopped

- Put all ingredients into a soup pot
- Add water to cover the chicken by 3"
- Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
- Cover and bring to a boil.
- Turn down to low so it is just simmering. Keep covered. (You can also make it in a crock pot)
- During the first hour of simmering, remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. Grass-fed and healthy animals will produce much less of this than conventional animals.
- Simmer on low for 3-6 hours. Add more water if necessary to keep the chicken covered.
- Strain cool, skim fat.
- Freeze or use within a few days

### **How to Bake a Sweet Potato**

Preheat oven to 350°F. Wash and dry a sweet potato. Pierce the skin with a fork in several places. Place on a baking sheet and bake for 45 minutes or until soft.

# Split Pea Vegetable Soup

4 servings

$\frac{3}{4}$  cup green split peas soaked for 4 hours  
2 Tb coconut oil  
1 large onion chopped into small pieces  
1 carrot chopped into small pieces  
1 tsp Celtic sea salt  
2 stalks celery chopped into small pieces  
4 cloves garlic  
6 cups water or stock  
1 bay leaf  
1 dried chipotle chile (optional)  
1 tsp dried thyme  
1 cup celeriac root (or turnips) cut into  $\frac{1}{2}$ " pieces  
1 cup butternut squash cut into  $\frac{1}{2}$ " pieces  
1 cup zucchini cut into  $\frac{1}{2}$ " pieces  
 $\frac{1}{2}$  cup Chopped parsley (optional)

- In a soup pot, heat coconut oil on medium.
- Start your onions and carrots first and cook until they begin to brown a little. Add  $\frac{1}{2}$  tsp salt.
- Add the celery and continue cooking until it softens and its color becomes a brighter green.
- Add garlic, stir, sauté 1 minute
- Drain & rinse split peas, add to onion mixture.
- Add water, bay leaf, chipotle and thyme.
- Cover and bring to a boil.
- Turn down to a simmer. Cook covered about 1 hour or until split peas are soft. Stirring occasionally
- Let soup cool for about 10 minutes. Remove bay leaf and chipotle chili (be careful not to let it break as the seeds are quite spicy).
- Blend the split peas in a blender until smooth. You will probably have to do it in batches, be careful if it is hot.
- Return to the pot. Add remaining  $\frac{1}{2}$  tsp salt or more or less to your taste.
- Add celeriac and butternut squash
- Cook 5 minutes on medium
- Add zucchini and cook another 3-5 minutes until all the vegetables are tender
- Stir in parsley.
- This will hold in the refrigerator for 5 days or you can freeze it for about 1 month.

# Thai Coconut Vegetable Soup

4 servings

2 tablespoons coconut oil  
1 onion, coarsely chopped  
1 large shallot chopped  
3 cloves garlic minced  
1 Tb Thai red curry paste (optional leave out if you don't like spicy)  
2 cups shiitake mushrooms stems removed, sliced  
1 quart vegetable or chicken stock  
4 cups broccoli florets, stems peeled and cut into julienne  
1 tablespoon fresh ginger root, minced  
1 carrot cut into cubes  
1 cup coconut milk  
2 tablespoons lime juice, freshly squeezed  
¼ teaspoon Celtic sea salt  
½ cup cilantro, chopped  
½ red pepper, seeded and chopped for garnish (optional)

- Warm oil in a large saucepan over medium heat
- Add onion, stirring frequently until softened, about 10 minutes
- Add garlic, shallots and mushrooms and sauté for 5 minutes
- Stir in Thai chili paste (if using), mix to combine.
- Add broth, bring to a simmer
- Reduce heat to medium, add broccoli, carrots and ginger and cook until broccoli is almost tender and bright green, 3-5 minutes.
- Add coconut milk and bring to a simmer.
- Stir in lime juice, cilantro and salt. Taste to adjust seasoning.
- Ladle soup into bowls and garnish with extra cilantro and red pepper



## Optional Prep Recipes

### Dark Chocolate Gelatin Pudding

6 serving

1 Tb unflavored gelatin  
1/4 cup warm water  
2 oz unsweetened chocolate  
1 1/2 cups almond milk  
3/4 cup full fat coconut milk  
1 tsp vanilla  
10-12 drops of vanilla liquid stevia  
Optional: 1/4 cup raw honey or maple syrup

- Melt the chocolate in a double boiler with the almond milk, coconut milk until melted and mixed thoroughly.
- Remove from heat and mix in the stevia and vanilla. Pour into a blender. Add additional sweetener to taste.
- In a separate bowl, mix the gelatin with 1/4 cup of water until dissolved.
- Add the dissolved gelatin to the chocolate mixture and blend in the blender.
- Pour into 6 - 4oz bowls. Cover with plastic wrap and refrigerate until firm about 2 hours.
- If you are in a hurry, put it in the freezer for about 30 minutes.

### Almond Milk

Makes 3 cups (make double if you are making the pudding and having the cacao latte)

1 cup raw almonds  
3 cups filtered water  
1/2 tsp vanilla (optional)

- Soak the almonds in a glass jar or stainless steel bowl in enough water to cover by 2 inches overnight or for at least 6 hours.
- Drain the water from the almonds and discard.
- Blend the 3 cups of water with almonds until well blended
- Strain the blended almond mixture using a cheesecloth or nut milk bag. Squeeze to extract all the milk.
- Add vanilla and store in a glass jar in the refrigerator
- Homemade raw almond milk will keep well in the refrigerator for three or four days. Store the pulp in the freezer to use in recipes.

## Beverages

### Cacao Maca Latte

1 serving

1 Tb raw cacao powder

1 tsp maca

½ cup water

½ cup almond milk or coconut milk

7–12 drops vanilla creme liquid stevia or 1 tsp. raw honey or maple syrup

¼ - ½ tsp cinnamon

- Place cacao powder, maca, and cinnamon into a cup.
- Heat water to a boil. Pour the water into the cup. Stir to dissolve the cacao and maca.
- Heat almond or coconut milk through but do not boil. Pour into the cup.
- Add stevia or raw honey
- Mix thoroughly to dissolve
- Pour mixture back and forth from the cup to the pot a few times from about 2 feet high to develop the froth, a process known as **“pulling”**. I learned this in India, it is how they make Kerala coffee. Alternately you can whisk it with a mini whisk to create the froth.
- Sprinkle with cinnamon



## Dandy Caramel Latte

1 serving

1-2 tsp Dandy Blend

¼ tsp maca powder

¼ cup almond or coconut milk

1 ½ cups hot water

4-6 drops English toffee liquid stevia ( this is a key ingredient)

3 drops vanilla crème liquid stevia

- Place Dandy, maca in a blender
- Add almond milk and hot water.
- Blend until smooth and frothy
- Mix in the stevia's

## Breakfast Recipes

### Sweet Potato Breakfast Pudding

2 servings

2 Tb chia seeds

1 cup water

1 cup baked sweet potato

½ cup almond or coconut milk

1 tsp pumpkin pie spice

10 stevia drops

- Soak chia in water **for at least 30 minutes**. You can soak them the night before if you like.
- Put sweet potato, soaked chia with water, almond milk, pumpkin pie spice and stevia into the blender.
- Blend until smooth. It will be thick. Add additional almond milk to desired consistency.
- If you want it warm, put into a pot to heat through.
- Spoon into a bowl.
- Enjoy.

This will keep in the refrigerator for 2-3 days if you want to make up a bigger batch to save time.



## Balancing Green Smoothie

This is the base recipe. You can to mix and match your greens.

2 servings

2 Tb chia seeds soaked in 1 of cup water for 30 minutes or overnight

2 cups chopped organic romaine lettuce

1 cup chopped cucumber

2 stalks of organic celery

1 cored and chopped organic green apple

Juice of ½ organic lemon

1 small handful of parsley or cilantro (optional)

- Place the chia, water, romaine in the blender.
- Start the blender on low speed, and mix until smooth.
- Add the cucumber, celery and apple, lemon and parsley.
- Blend on high speed until smooth.
- Enjoy.

This will keep in the refrigerator for 2-3 days if you want to make up a bigger batch to save time.

## Pear Coconut Green Smoothie

2 servings

2 Tb chia seeds soaked in 1 cup water for 30 minutes

1/2 cup coconut milk – canned (Native Forest is a good brand)

1 large handful of spinach

1 ripe pears

1 scoop protein powder

¼ tsp vanilla extract

¼ tsp cinnamon

- Place all ingredients into a blender
- Blend until smooth
- Add more water to get desired consistency

This will hold in the refrigerator for about 6 hours

# Dinner Recipes

## Day 1

### Indian Vegetables with Coconut Lentils

4 servings

2 Tb coconut oil or ghee

¾ cup onion, diced

¼ tsp sea salt

1 tsp garlic minced

1 Tb fresh ginger chopped

1/2 tsp turmeric

1 Tb Madras curry powder or other mild curry powder

Pinch of cayenne (optional)

1 sweet potato, cut into 1 inch cubes (2 -2 ½ cups) unpeeled if organic

1 carrots, diced

¾ cup red lentils

4 cups water

1 ½ cup string beans, into 1 ½" lengths

1 ½ cup cauliflower, cut into florets

½ cup full fat coconut milk

Lemon wedges

- Melt ghee or oil in a large sauté pan.
- Sauté onions with salt, 5 minutes.
- Add garlic and ginger sauté on medium heat stirring occasionally until onions are soft another 2 minutes.
- Add, spices and sauté, stirring until spices are fragrant, 1 minute.
- Add the lentils and water, bring to a boil. Simmer on medium 10 minutes.
- Add potatoes and carrots, cover and simmer 15 minutes or until the lentils and sweet potatoes are almost tender.
- Add cauliflower and string beans, cook 5 minutes until vegetables are tender.
- Stir in coconut milk
- Serve sprinkled with a little coarse Celtic sea salt and a squeeze of lemon.

## Day 2

# Roasted Fall Vegetables with Cranberries

4 servings

1 lb Brussels sprouts, trimmed and halved (4 cups)  
1 medium butternut squash, cut into ½' inch cubes (4 cups)  
4 baby carrots, cut in half or 2 whole carrots cut into ½" cubes  
2 small white turnips, peeled and cut into ½" cubes (2 cups)\*  
1 medium yellow onion, sliced ½" wide  
¼ cup extra virgin olive oil or coconut oil  
1 Tb fresh rosemary, chopped or 1 tsp dried  
1 Tb fresh thyme, or 1 tsp dried  
1 cup fresh cranberries  
¾ tsp Celtic sea salt  
fresh cracked pepper, to taste  
2 Tb umiboshi plum vinegar or apple cider vinegar

- Preheat oven to 425°. Lightly grease 2 large rimmed baking pans
- Place squash, carrots, turnips and onions in one pan and Brussels sprouts in second pan.
- Sprinkle rosemary, thyme, olive oil, salt and pepper onto the squash mixture and the Brussels sprouts; toss each to coat.
- Bake carrot mixture 30 minutes, stirring once;
- Bake Brussels sprouts 15 minutes or until almost tender and browned, stirring once. Add cranberries and bake 5 minutes or until Brussels sprouts are tender and browned and cranberries begin to soften.
- Remove vegetables from oven, and combine in a large serving bowl. Drizzle with vinegar, and serve.

**\*Note:** Buy small fresh turnips as the larger, older ones tend to get bitter when roasted. If you can't find turnips, you can use parsnips.



## Day 3

### Massaged Kale Salad with Pomegranate Seeds

I like lacinto, black or dinosaur kale rather than the regular green curly kale because the leaves tend to be more tender. If you use the curly kale it will be fine just slice the leaves very thin.

2 servings

1 bunch kale (about 3 cups), stalks removed and discarded, leaves very thinly sliced

2 Tb lemon juice

1/4 cup extra-virgin olive oil

1/2 tsp Celtic Sea Salt

1 teaspoons raw honey

1/4 tsp mustard

Freshly ground black pepper

2 Tb pine nuts (optional)

1/2 cup pomegranate seeds

- Put kale in large serving bowl, add 1/4 tsp salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
- In a small bowl, whisk the lemon juice with remaining 1/4 tsp salt, the honey, mustard and freshly ground black pepper. Stream in the 1/4 cup of oil while whisking with a fork until a dressing thickens a little.
- Pour the dressing over the kale, and add the pine nuts and pomegranates. Toss and serve.

## Day 4

### Wild Mushroom Stew

This is a rich and hearty fall dish full of healing mushrooms. Mushrooms are high in antioxidants and are well-known for their immune-boosting properties. The recipe calls for wild mushrooms and cremini or white button mushrooms. I used shitake and cremini which was what I could find in my supermarket. Use whatever is available for you. The paprika gives it a rich warm flavor.

4-6 servings

2 Tb extra virgin olive oil  
1 large onion, coarsely chopped  
1 Italian frying pepper  
1 lb wild mushrooms, cut into ½" slices  
1 lb cremini or white button mushrooms, quartered  
Celtic sea salt and fresh pepper  
4 cloves garlic, mashed  
1 tsp caraway seeds  
¼ cup Hungarian paprika  
One 28 oz can diced tomatoes  
1 medium sweet potato cut into 1" pieces.  
2 cups zucchini, cut into 1" pieces  
4 cups vegetable or chicken broth  
1 bay leaf  
Chopped parsley for serving

- Heat a large soup pot, add the oil.
- Add the onions and peppers and cook over medium-low heat, stirring, until softened, about 6 minutes.
- Add all of the mushrooms, season with salt and pepper and cook until browned, about 10 minutes.
- Using the side of a chef's knife, mash the garlic to a paste with the caraway seeds and a generous pinch of salt. Add to the mushrooms.
- Add in the paprika, tomatoes, sweet potatoes and zucchini.
- Add the broth and bay leaf, bring to a boil. Cook over low heat until the stew has thickened and is richly flavored, about 1 hour.
- Serve in bowls garnished with chopped parsley.

## Day 5

# Radicchio and Cauliflower Salad

2 servings

1 small head radicchio (about 1/3 lb)

1/4 cup extra-virgin olive oil

Celtic Sea Salt

1 small cauliflower cored and cut into 1-inch florets ( about 4 cups)

1 medium clove garlic

1 Tb apple cider vinegar

1 Tb fresh lemon juice

2 tsp Dijon mustard

Freshly ground black pepper

1/2 cup coarsely chopped fresh flat-leaf parsley

- Remove any damaged outer leaves from the radicchio, quarter it, remove the core, and cut each quarter crosswise into 1-inch widths.
- Bring a large pot of water to a boil over high heat. Cook the cauliflower in the boiling water until just tender, about 3 minutes.
- Drain, spread on a plate to cool, and set aside at room temperature.
- Put the garlic in a mortar, add a pinch of salt, and pound to a paste with a pestle. Or mince and then mash to a paste with the side of a chef's knife.
- Combine the garlic, vinegar, lemon juice, and mustard in a small bowl.
- Let sit for 5 to 10 minutes. Whisk in olive oil until emulsified. Taste with a piece of radicchio and season with more vinegar or salt if necessary.
- Put the cauliflower in a large bowl and season with salt and pepper. Gently toss with just enough vinaigrette to lightly coat.
- Add the radicchio and parsley, season with salt and pepper, and toss again with just enough vinaigrette to lightly coat. Taste and add more salt or vinaigrette if necessary.
- Pass around the remaining vinaigrette when you serve it.