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cleanse and rejuvenate

with raw and living foods

ZEN KITCHEN

7 DAY DETOX

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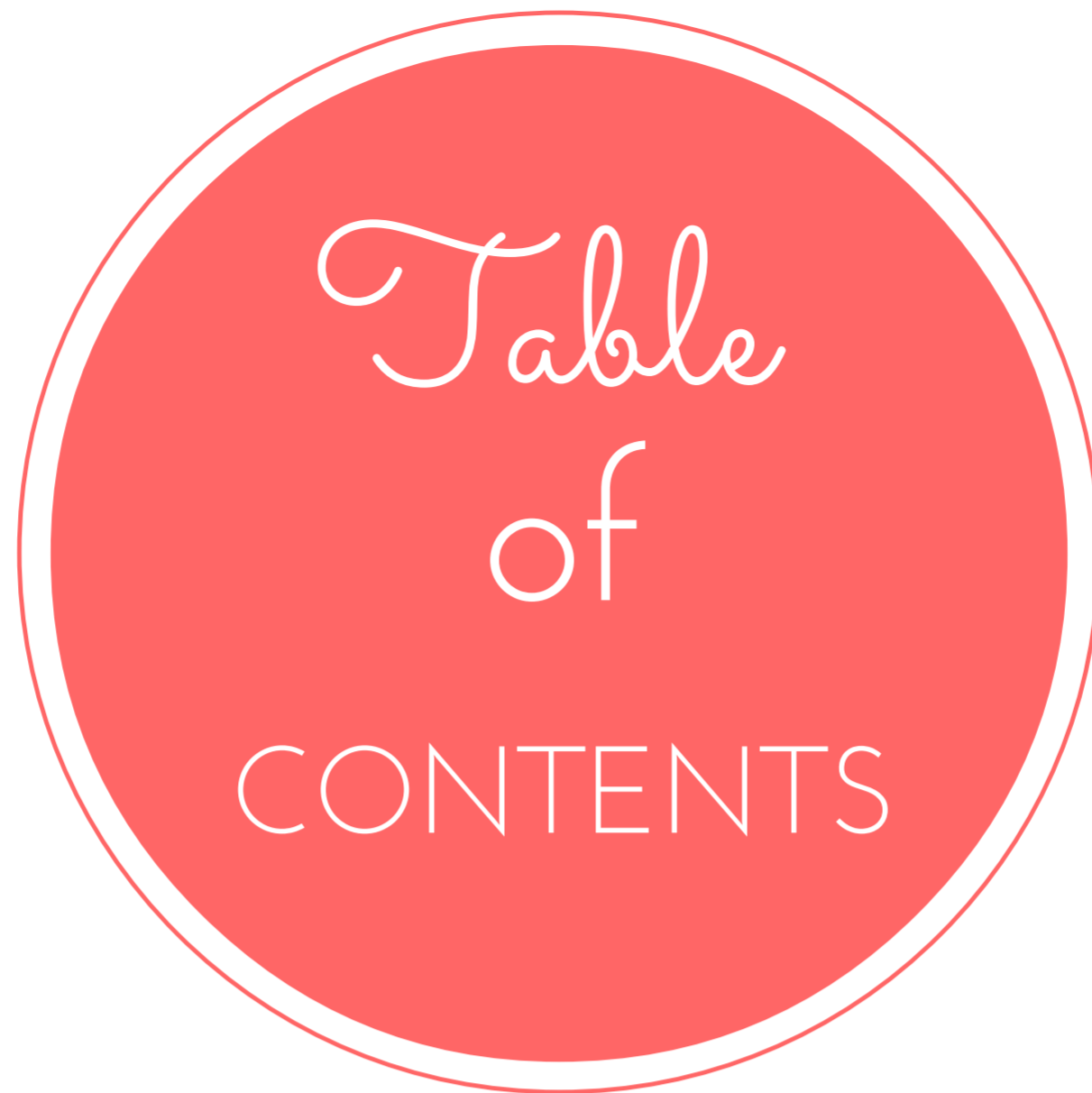


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Introduction

Welcome to our 7 Day Detox! If you've been curious about trying a raw food diet, or just taking a week to rejuvenate and cleanse, we know you'll love the easy, delicious recipes in this meal plan.

We've designed this plan to help you experience the benefits of a raw food diet, with a full day of juice fasting at the end!

And don't worry if you don't have a juicer—we give you the option of blending on the all liquid day.



about
our
CLEANSE

All of of recipes are meant to feed 1 person, but can be easily bulked up to feed 2. The smoothies and juices are specifically meant for only 1.

Day 1 begins with a high raw menu, to ease you into the process. Dinner is a warm, comforting cooked quinoa dish.

For the next 5 days, the menu is almost 100% raw.

The final day is a liquid fast, with a combination of smoothies and juices to make sure that you feel full, nourished and energized. AND if you don't have a juicer we have designed a day of all blended liquids.

THE POWER OF LIVING FOODS



BALANCE

It is not a heavy detoxification and has been created to feed, cleanse, and heal the body in an optimal manner, enabling natural processes to take over, run more efficiently, and to give you a sense of greater well-being. Much time and care have been taken to create a menu that will assure you a positive journey and a balanced healthful experience..

RESTORE

We encourage every person to listen to his/her body and to honor its signals. Occasional moments of resistance may arise during your experience, but in the end the body and the spirit will be rewarded with improved vibrancy and energy



CELEBRATE

Our body is the most complex 'machine' ever known to humankind. It has an incredible ability to sustain life and adapt in all sorts of environments, both healthy and unhealthy. However, with proper nutrition and nutrient-dense food, you will be astounded at the body's ability to repair, heal, and thrive.





WHY RAW & LIVING FOODS ?

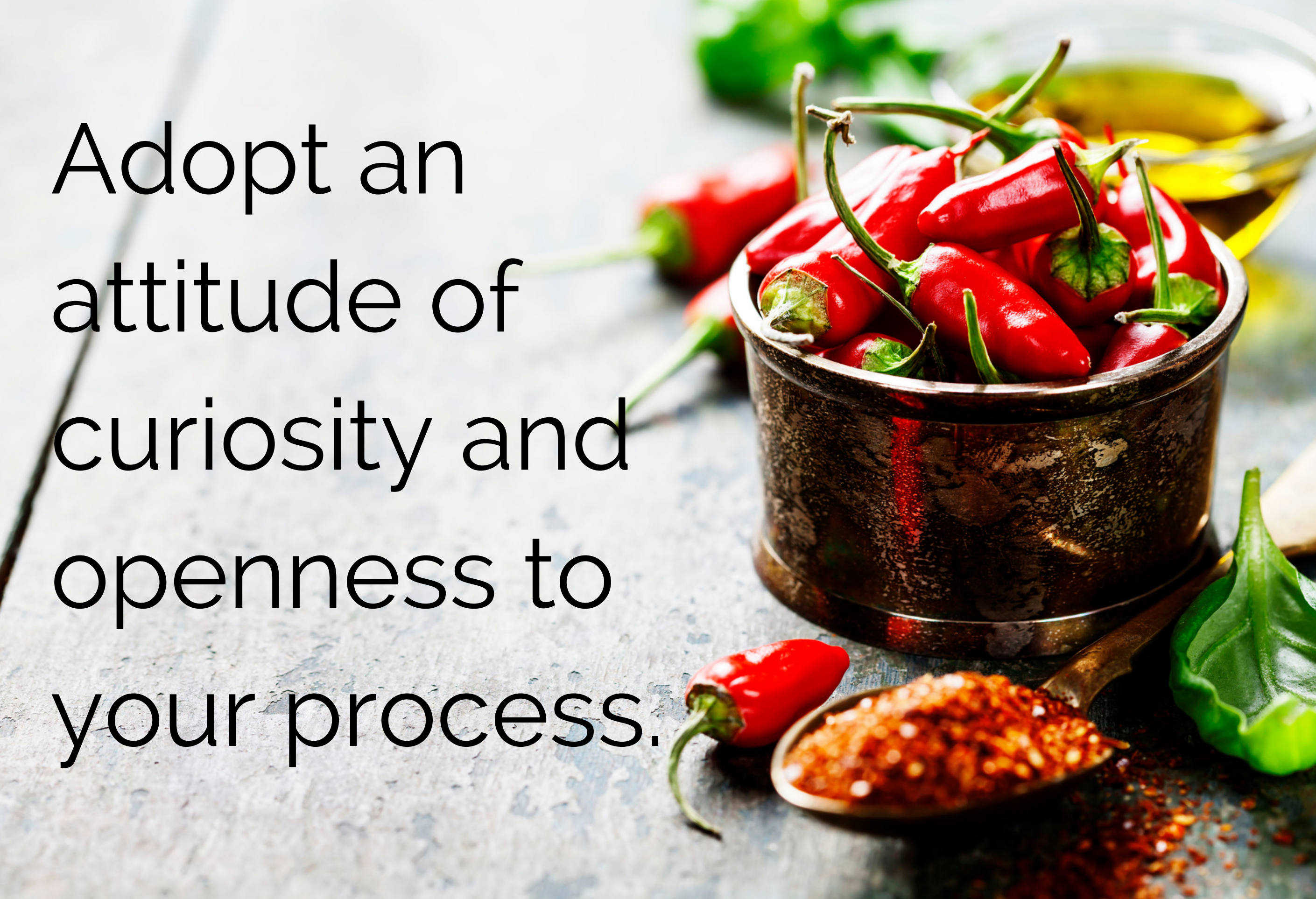
A diet consisting of at least 80% living (or raw) foods provides the essential enzymes and maximum nutritional benefit of our food sources.

Cooking or processing (anything packaged or altered from its natural-looking state) foods greatly diminishes the nutritional value of the food, can create toxins, and kills the natural enzymes that enable our bodies to process and digest nutrients.

Enzymes are responsible for almost all internal chemical reactions, and are the basis of the life-giving operations in the body.

Through the stress and strain of modern life, our bodies are exposed to relentless levels of enzyme inhibitors (which decrease the power and effectiveness of enzymes) and to free-radicals ("broken" cells which mutate other cells and cause illness).

A live food diet greatly increases the levels of active enzymes and of antioxidants (which repair the "broken" free-radicals).



Adopt an
attitude of
curiosity and
openness to
your process.

What to Expect

Each day of the cleanse has a complete set of recipes, and there is a shopping list and prep list at the beginning of the week to make sure you have everything you need.

We recommend that you prep your sauces, dressings and soups early in the week so that you will have only assembly and light vegetable prep during the week nights.

Juices and smoothies can also be made ahead and frozen or refrigerated if this will make your life easier. We think freezing is the way to go—your juices will oxidize less and retain more nutrients.

You can also buy juices from a juice bar and freeze them that day, if you don't have a juicer.

essential KITCHEN TOOLS

Blender—a high speed blender works great, but any model will do.

Food processor—handy for making cashew cheese and hummus. Even a small food processor like a \$30 Cuisinart Mini-Prep Processor will work perfectly.

Knife—a sharp knife will make your life so much easier and more enjoyable as you prepare your vegetables!

Vegetable peeler—you will need a peeler to tackle some of those veggies and as an option for making raw pasta.

Mandoline slicer—this is a great tool for slicing veggies extra thin and you can even use it to make raw pasta!

Spiral slicer—a Japanese tool that was originally designed for making sushi garnish, it has been adapted by the raw vegan community as vegetable pasta maker! One of our top recommendations for those wanting to get more into raw food.

Juicer—a new juicer can be quite an investment. If you don't have one, relax! You can still participate in this program and get all the benefits of a raw detox. More about juicing later.

Raw survival tips

- **Be Prepared:** Always have a snack on hand. Trail mix, fruit, a raw bar or anything you can grab in case of snacking emergency.
- **Share the Wealth:** Find a neighbor, friend or co-worker to share the duties of food prep. You will double your options, have instant support and learn some new recipes and tips along the way.
- **Drink Up:** Juices, smoothies and good ol' water can be a quick fix when you are hungry.
- **Keep it Simple:** Mono meals and fasts make the transition easy and stress free. See suggested mono meal options below for busy days.
- **Order Up:** Don't be afraid to request a big raw veggie salad at any restaurant. If they have it, they should be willing to give it to you! The more often these items are ordered, the more likely menu options will be available in the future.
- **Be a Good Guest:** Call ahead to explain your dietary choices to your host or hostess. Offer to bring a dish to share and don't make a big deal about your restrictions and diet.
- **Plan Ahead:** Mapping out your weekly shopping will help to keep costs down, minimize on waste.
- **Buy Seasonally and Locally:** Though this can be a challenge during the winter months, when local produce options are more limited.
- **Respect Yourself:** Know and understand that you are on a journey, the goal of which is to arrive at a place of optimal health, well being and energy to enjoy life. Be kind to yourself and know you are doing your best. Every person's body environment is different; a raw diet is not a fit for everyone, but fresh, healthy minimally processed foods are.

MENU

DAY 1

basic green juice
tuscan arugula salad
mushroom quinoa risotto

DAY 2

chocolate alchemy
wedge salad
raw lo mein

DAY 3

raw oatmeal
green protein smoothie
zucchini alfredo

DAY 4

ambrosia fruit salad
basic green juice
sun-dried tomato hummus wrap

DAY 5

blueberry chia pudding
kale salad with truffle cream
raw chili

DAY 6

pina green-lada
raw tacos
miso soup

DAY 7

all liquids-juices and smoothies
if you don't have a juicer follow the
blender edition of day 7.



Detox
Day
ONE

BREAKFAST-basic green juice

1 green apple or pear
2 stalks celery
5 leaves kale
1 cucumber
1 lime wedge

Juice everything in a juicer.

If you don't have a juicer, follow this simple blended smoothie recipe-

1 apple
1 banana or 1/4 avocado
2 cup coconut juice
1 teaspoon spirulina or chlorella powder
1 cup chopped kale
2 dates (optional)

Blend well until smooth.

LUNCH-tuscan arugula salad

4 cups baby arugula
1 avocado, cubed
1 cup cherry tomatoes
1/4 cup thinly sliced red onions
2 Tablespoons olive oil
Season to taste with S+P

Toss all ingredients together

For the dressing:

1/2 cup peeled garlic
1/2 cup extra virgin olive oil
1/2 cup apple cider vinegar
1 Tablespoon miso
2 Tablespoons fresh thyme
1 teaspoon sea salt
2 teaspoons black pepper
Roast garlic in a 325 F oven.
Blend everything together until smooth.



Detox
Day
ONE

DINNER-quinoa mushroom risotto

- 1 cup cooked quinoa
- 6 mushrooms
- 1/4 small onion chopped
- 1 Tablespoon olive oil or coconut oil
- 1 cup cashew milk (see recipe)*
- 1 clove garlic
- 1 Tablespoon nutritional recipe
- 1 Tablespoon tamari or Nama Shoyu

Saute onion and mushroom in oil until browned. Add quinoa and cashew milk into the pan, as well as the garlic, nutritional yeast and tamari. Cook until the quinoa has absorbed the cashew milk and has a creamy texture. Feel free to substitute rice, barley or farro for the quinoa.

CASHEW MILK

- 3 cups water
- 1 cup cashews, soaked overnight or a minimum of 2 hours.

Drain and rinse cashews well.

Blend the cashews and water well in a high powered blender.

Refrigerate until ready to use. Will last up to 3 days in your refrigerator, tightly covered.



Detox
Day
TWO

BREAKFAST-chocolate alchemy smoothie

- 1 Tablespoon cacao
- 1 teaspoon maca
- 1 banana (optional)
- 1 cup almond milk
- 1 teaspoon vanilla
- 1 Tablespoon tahini
- 1 Tablespoon agave or 1 date (optional or use stevia)

Blend until smooth!

LUNCH-romaine wedge salad

- ½ head romaine, sliced lengthwise
- ½ peeled cucumber, sliced, or 1 rib celery
- ½ green apple, julienned
- 1 handful hazelnuts
- 2-3 Tablespoons creamy truffle dressing

Toss salad ingredients together and serve immediately.

For the truffle dressing:

- 1 cups cashews
- ¼ cup olive oil
- ⅓ cup apple cider vinegar
- ¾ cup water
- ½ Tablespoon soy lecithin (
- 2½ teaspoons salt
- 2 small cloves garlic
- ⅓ Tablespoon peppercorns
- 1 Tablespoon truffle oil

Blend until smooth.



Detox
Day
TWO

DINNER-raw lo mein

- 1 zucchini, spiralized
- 1 carrot julienned
- 1 sheet nori, cut into strips
- ½ cup shredded red cabbage
- 3-4 shiitake mushrooms
- 2 scallions, chopped
- 1-2 Tablespoons toasted sesame oil
- 1 Tablespoon tamari
- Juice of 1 lime
- Salt and pepper to taste (if needed)
- ¼ cup kim chee or cultured vegetables as garnish (optional)
- ⅛ cup of sesame seeds as garnish
- 1 Tablespoon peeled grated ginger

Toss all ingredients together and allow to marinate 15 minutes before serving.

Garnish this with bean sprouts, and toasted cashews or peanuts for some extra crunch



Detox
Day
THREE

BREAKFAST-raw oatmeal

½ cup unsweetened plain almond milk
½ cup rolled oats
1 Tablespoon each crushed walnuts, coconut, sliced banana & strawberry
Pinch vanilla extract
Dash sea salt, maple syrup

Combine all ingredients (except the fruit) in a bowl and place in the fridge overnight. In the morning layer into a glass, bowl or jar with the sliced strawberries and banana, and drizzle with maple syrup.

LUNCH-green protein smoothie

2 tbsp hemp protein powder
1 teaspoon spirulina or chlorella
1 handful greens (kale, chard, romaine...)
1 date (optional or stevia to taste)
1 apple, green is best, cored and chopped, skin on
½ cup berries (strawberries, blueberries)
1 cup coconut water
1 teaspoon vanilla powder or alcohol free vanilla extract (optional)

Blend until smooth. Have your smoothie with a few pieces of your favorite fresh fruit, such as apple, banana or orange!

Green smoothies are a great way to get your daily greens!



Detox
Day
THREE

DINNER-zucchini alfredo

For the creamy herb sauce:

$\frac{3}{4}$ cup cashews, soaked 2 hours and rinsed

1 Tablespoon olive oil

$\frac{3}{4}$ cup water

$\frac{1}{2}$ Tablespoon soy lecithin (optional)

$\frac{1}{4}$ teaspoon salt or more to taste

1 clove garlic

2 Tablespoons nutritional yeast

$\frac{1}{4}$ cup chopped parsley

$\frac{1}{4}$ cup chopped chives

Blend everything together in a blender or whisk together in a bowl. Set aside until ready to use.

For the noodles:

4 zucchini cut with a spiral slicer into noodles OR $\frac{1}{2}$ package kelp noodles

Toss noodles (either zucchini or kelp noodles) with the sauce (about 2-4 tablespoons) right before serving. Kelp noodles are a great pantry item to have on hand—they are gluten free, rich in minerals and naturally help your body's detoxification process.



BREAKFAST-ambrosia fruit salad

- ½ large mango, peeled and chopped
- 1 banana, sliced
- ½ apple, chopped
- ½ orange, peeled and segmented
- 1 cup blueberries, frozen
- 2 Tablespoons coconut, shredded (optional)
- 1 Tablespoon agave
- Juice of 1 lemon wedge

Toss everything together and serve immediately. Try adding 1/2 and avocado if you tend to get hungry in the late morning. Fats help slow the absorption of the fruit sugars and keep you feeling full longer.

LUNCH-hummus wrap

- 1 zucchini, peeled and sliced
- ¼ cup lemon juice
- ¼ cup tahini
- 1 Tablespoon olive oil
- 1 teaspoon cumin
- 2-3 sundried tomatoes, soaked
- 2 cloves garlic
- Pinch paprika
- 1 teaspoon salt
- ¼ teaspoon black pepper (or more to taste)

In a food processor, add the lemon juice and the tahini and purée for about 30 seconds. Then add the zucchini, olive oil, cumin, garlic, paprika, sundried tomatoes, salt and pepper and process until smooth, making sure to scrape the sides of the processor occasionally so the mixture is smooth. Remove from the food processor, fold in the green onions and store in the refrigerator at least 30 minutes before serving.



Detox
Day
FOUR

LUNCH-hummus wrap

For the wrap:

2 collard leaves, washed
with stems removed

½ avocado

1 tomato

¼ cup alfalfa sprouts

1-2 cups mixed greens

Using the collard leaf as a tortilla or burrito wrap, first add a layer of the mixed greens, tomato, avocado, alfalfa sprouts and a few tablespoons of the hummus. Roll up tightly into a burrito and serve. It's great with any of the dressings inside as well!

*Collard greens make a great
burrito wrap-
just trim the stem lengthwise so
it stays rolled up nice and tight!*



Detox
Day
FIVE

BREAKFAST-blueberry chia pudding

3 Tablespoons chia seeds
1 cup almond milk
½-1 teaspoon cinnamon
½ teaspoon vanilla
Honey or agave to taste
¼ cup diced strawberries

Place almond milk in a bowl and sprinkle chia seeds in and stir immediately for a minute or so to avoid clumping. Add blueberries & spices as you stir along with 3 drops of stevia and the vanilla. Allow to stand for 30-40 mins to thicken, or covered in the fridge over night. Add berries and nuts as garnish.

LUNCH-kale salad with truffle dressing

2 cups kale, cut into a chiffonade
1 small handful crushed hazelnuts
2 Tablespoons raisins
½ avocado, chopped
1 Tablespoon finely minced onion
1 small handful shredded cabbage
2-3 Tablespoons Truffle Cream
(from Day 2)

Toss all ingredients and serve..

Detox
Day
FIVE



DINNER-raw chili

1 small zucchini
1 medium carrots
½ cup hazelnuts
½ cup mushrooms

Pulse all ingredients in a food processor with the S-blade separately and mix with the following in a bowl:

1 cup fresh corn kernels
¼ tsp. chopped red onion

For the sauce:

4 sun-dried tomatoes, soaked
1 Tablespoon soft raisins
1 clove garlic
½ jalapeño (optional)
1 Tablespoon olive oil
½ teaspoon each paprika, cumin, coriander, salt (or more to taste)
1 pinch chipotle powder (or other chili powder)

Blend all ingredients in a blender and add to the vegetable mixture in a bowl. Stir well. Top with avocado and chopped green onion. Will be good for 3-5 days.



Detox
Day
SIX

BREAKFAST-pina green-lada

- 1 cup pineapple (frozen is ok)
 - 1 cup mango (frozen is ok)
 - 16 oz. almond milk
 - 5 leaves chard, kale or similar dark green
 - 1 teaspoon vanilla
- Blend well until smooth.

LUNCH-raw romaine tacos

For the tacos:

- 4 large leaves of romaine
- 1/2 bell pepper, thinly sliced
- 12 cherry tomatoes, halved

For the guacamole:

- 1 avocado
- juice of 1 lime
- pinch salt
- 1/4 onion, minced

Using the romaine leaf as a taco shell, fill with guacamole, bell pepper, marinated portobello, and cherry tomato.

For the chili marinated mushrooms:

- 1 portobello, sliced
- Juice of 1 lime
- Pinch salt + 1/2 teaspoon chili powder
- 3 Tablespoon olive oil

Toss all the ingredients together and allow to marinate 15-20 minutes before serving.



DINNER-miso soup

- 2 Tablespoons unpasteurized miso
- 3 button mushrooms, sliced
- 1 carrot, chopped
- 3 scallions
- 1 inch ginger, grated
- 2 stalks celery, chopped
- 1 small handful dried nori
- 4 cups water
- 1 Tablespoon tamari
- 1 Tablespoon coconut oil

Heat oil in a sauce pan. Sauté vegetables until just tender. Add water, sea vegetables and ginger and bring to a boil. Simmer until vegetables are ready, about 10-15 minutes. Remove about a cup of the soup broth and stir in the miso until a paste is formed. Add to the rest of the soup broth along with the tamari. Serve with a green salad.

Detox
Day
SEVEN

all liquids!
juices and smoothies

8 am-master cleanse

Juice of two lemons
2 Tablespoons maple syrup or stevia
to taste
16 oz. Filtered water
Pinch cayenne
Juice everything in a juicer.
Drink as soon as possible.

10 am-basic green juice

1 green apple or pear
2 stalks celery
5 leaves kale
1 cucumber
1 lime wedge
Juice everything in a juicer.
Drink as soon as possible.

Noon-berry black

1 pint blueberries, fresh or frozen 1
banana or
½ avocado (for those preferring fewer
sweets)
1 cup strawberries
1 Tablespoon tahini
1 cup water
1 teaspoon spirulina or chlorella
(optional)
1 handful kale
½ cup ice (if desired)
Blend until smooth

2 pm-super immunity

1 " fresh ginger
4 leaves kale
2 green apples
2 stalks celery
1 lemon wedge
1 teaspoon chlorella, spirulina or
other blue green algae

Juice all the produce in a a juicer,
except the lemon. At the end,
add the lemon and algae and
mix well.

4 pm-skin saver juice

Two cucumbers
One lime, skin and all

Juice everything in a juicer. Drink
as soon as possible.

6 pm-coconut water

16 oz. coconut water

Detox
Day
SEVEN

all liquids!
blender edition

8 am-master cleanse

Juice of two lemons
2 Tablespoons maple syrup or stevia
to taste
16 oz. Filtered water
Pinch cayenne
Juice everything in a juicer.

10 am-basic green

1 green apple
1 banana
2 cup coconut juice
1 teaspoon spirulina or chlorella
powder
1 cup chopped kale
2 dates (optional)
Blend well until smooth..

Noon-berry black

1 pint blueberries, fresh or frozen
1 banana (or ½ avocado (for those
preferring fewer sweets)
1 cup strawberries
1 Tablespoon tahini
1 cup water
1 teaspoon spirulina or chlorella
(optional)
1 handful greens (such as kale, or
lettuce)
½ cup ice (if desired)
Blend until smooth

2 pm-pina greenlada

1 cup pineapple (frozen is ok)
1 cup mango (frozen is ok)
16 oz. coconut juice
5 leaves kale
1 teaspoon vanilla
Blend well until smooth

4 pm-basic green

1 green apple
1 banana or 1/4 avocado
2 cup coconut juice
1 teaspoon spirulina or chlorella
powder
1 cup chopped kale
2 dates (optional)
Blend well until smooth.

6 pm-coconut water

16 oz. coconut water