



# 5 Day Cleanse Menu

*because eating right  
shouldn't be difficult ...*

## DAY 1: LUNCH

1 cup kale, chopped  
2 tablespoons avocado  
½ cup yellow pepper, chopped  
½ cup cherry tomatoes, sliced in half  
¾ cup canned organic chickpeas, rinsed

- Use your hands to massage avocado into kale. Place in a bowl or plate.
- Top with pepper, tomatoes, and chickpeas.
- Enjoy!



## DAY 1: DINNER

1 medium sweet potato  
¾ cup canned organic black beans, heated  
½ cup red cabbage, chopped  
½ cup pico de gallo, or fresh salsa  
2 tablespoons avocado  
Lime juice

- Clean sweet potato and place on baking tray. Poke with fork several times for venting. Bake in 425 Fahrenheit oven 45 to 60 minutes, or until tender.
- Add red cabbage to a bowl and toss with a dash of lime juice.
- Slice sweet potato in half. Fill with black beans, cabbage, and top with salsa and avocado.





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## DAY 2: LUNCH

½ cup onion, chopped  
½ carrots, chopped  
½ celery, chopped  
½ diced tomatoes  
½ cup dry lentils  
2 cups veggie broth  
½ teaspoon each ground cumin, coriander,  
smoked paprika

- Heat a tablespoon of veggie broth over medium heat in a pot. Add onions, carrots, celery. Cook, stirring frequently for about 5 minutes.
- Add tomatoes, veggie broth, lentils, and spices. Bring to a boil then lower to a simmer for 20 minutes, until lentils are tender.



## DAY 2: DINNER

1 block extra firm tofu  
2 tablespoons olive oil  
2 tablespoons lime juice  
¼ cup cilantro, chopped  
2 cloves garlic, minced  
¼ teaspoon salt

- Cut the tofu into block sized pieces.
- In a bowl or bag, combine all other ingredients. Mix thoroughly. Add the tofu and seal tightly. Marinate in the fridge for 30 minutes or longer. The longer you let it soak up the flavors, the better it will be.
- Preheat oven to 400 degrees. Place tofu on parchment paper and bake for 15 minutes. Flip, and bake for another 10-15 minutes, or until crispy.
- Serve with steamed veggies.





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### DAY 3: LUNCH

1 cup mixed greens (kale, spinach, arugula, etc)  
½ cup cucumber, sliced  
½ cup radishes, sliced  
1 cup chickpeas  
1 teaspoon olive oil  
1 teaspoon lemon juice  
1 tablespoon hemp hearts

- Mix the olive oil and lemon juice at the bottom of a bowl. Add 1 cup mixed greens and toss. Arrange on serving plate.
- Place 1 cup chickpeas in the middle. Arrange cucumber and radishes alongside.
- Sprinkle hemp hearts on top. Enjoy!



### DAY 3: DINNER

1 cup extra firm tofu, crumbled  
½ cup spinach, chopped  
½ cup cherry tomatoes, halved  
½ teaspoon each cumin, turmeric, garlic powder, chili powder  
Handful of green beans  
Salt and pepper to taste

- Heat a tablespoon olive oil in a pan on medium heat. Crumb tofu to scrambled egg consistency and simmer for 5 minutes. Add spices and thoroughly mix.
- Mix in spinach until wilted.
- Turn off heat and stir in tomatoes.
- Heat a teaspoon of olive oil over medium heat. Add green beans and toss constantly until a deep green color comes out, 1 to 2 minutes. Salt and pepper to taste. Enjoy!







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## DAY 4: LUNCH

1 cup tofu (I use what's left over from day 4 dinner)  
1 cup mushrooms, chopped ( I use portabella)  
1 baby bok choy, white part chopped  
¼ cup peas  
2 cups veggie broth

- With scant amount of olive oil, saute mushrooms until they release their water.
- Add bok choy and cook for 2 minutes.
- Add veggie broth and bring to a boil. Reduce to a simmer. Add peas and tofu, and let simmer for 5 minutes.
- Enjoy!

## DAY 4: DINNER

1 medium yellow onion, chopped  
1 large carrot, chopped  
1 large celery stalk, chopped  
15 oz can organic diced tomatoes  
4 cups veggie broth  
1 bay leaf  
1 teaspoon dried thyme  
2 cans cannellini beans, rinsed and drained  
1 bunch kale, stems removed, chopped  
Salt and pepper to taste

- Use a tablespoon or two of veggie broth and heat the soup pot over medium heat. Add onion, carrot, and celery, and saute for 5 to 7 minutes or until soft.
- Add tomatoes, broth, bay leaf, and thyme, stirring to combine. Bring to a simmer and boil for 20 minutes. Stir in kale for the last 5 minutes.
- Remove from heat and remove bay leaf. Salt and pepper as desired. Enjoy!
- I made a big pot of this to use as leftovers. Yum!





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## DAY 5: LUNCH

Remember that big pot of soup you made in day 4? Heat 2 cups from the pot and enjoy! My sitting for a day, the flavors intensify. Plus, it makes lunch an easy grab-n-go meal.

Plant-based eating really is this easy. I eat this way every day of the year. And by making extras, my lunches are always covered, no matter how busy I get.



## DAY 5: DINNER

Romaine lettuce leaves  
1 block tofu  
1 cup finely chopped mushrooms  
½ cup finely chopped water chestnuts  
½ cup shredded carrots

- Press tofu for a few minutes to release some of the water. Using a fork, break apart tofu to resemble scrambled eggs.
- Heat pan over medium heat. Add tofu and heat for 5 minutes until moisture starts disappearing. Stir often.
- Add in mushrooms and water chestnuts and combine. Heat thoroughly and stir until mushrooms release water and chestnuts are tender. Salt and pepper to taste.
- Wash and dry individual romaine lettuce leaves and arrange on a plate. Spoon ½ to ¾ cup tofu mixture onto each leaf, depending on size of leaf. Sprinkle shredded carrots over the top.
- Enjoy!
- (While I avoid sauces on a cleanse, you can recreate this menu and stir in 3 tablespoons hoisin sauce, 3 tablespoons soy sauce, 2 tablespoons rice vinegar, and 1 teaspoon sesame oil once the mixture is done. This gives it a kick I love!)