thrive
A 7-DAY RESET
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Welcome to Thrive: A 7-Day Reset!

Over the next seven days, you’ll be treating your body to the all-natural power of whole foods while also discovering new ways to play in your kitchen. If you’re sick and tired of being sick and tired... then Thrive is for you. Oh, and a happy side effect to eating wholesome clean meals is a little weight loss. ;)

This short and power-packed detox is the perfect way to kickstart new habits, wean yourself off caffeine, sugars, and salts, and show you just how flippin’ amazing you can feel after a week of making nourishing (and yummy) choices. You’re literally about to eat your way to a rawkin’ bod. How cool is that?

For seven fantastically fit days, you’ll enjoy plant-powered meals, snacks, and (of course) green smoothies. All recipes are vegan, gluten-free, and packed with perfectly seasoned flavor. We’ve also included plant-based proteins and whole foods galore that act like magic scrubbers to help your body process all the toxins out of your system. And we make it all easy to follow with our in-depth meal plan and shopping list so you can stay organized every step of the way.

Peace, Love & Leafy Greens,
Jen Hansard + the Rawkstar Team
BEFORE YOU START THRIVE, WE WANT TO DISH UP A QUICK RUNDOWN OF WHAT YOU CAN EXPECT:

1 EDUCATION AROUND THE RESET PROCESS:
Making sure you reset, or detox, safely is our #1 priority. We don’t just want to show you what to do, but also why you should do it. In this guide, we’ve laid out the benefits of detoxing, the symptoms of toxic overload, and what’s going on in your body while you reset. This knowledge will help you make smart, empowered choices long after the seven days ends.

2 A SIMPLE MEAL PLAN + SHOPPING LIST + HOW-TO’S TO MATCH.
We’ve got a 7-day game plan ready to help you figure out how to shop, organize, and prep your heart and your kitchen for the reset.

3 A 7-DAY SLOWDOWN: MIND, BODY + SOUL.
Make sure you spend this week listening to your body. If you work out regularly, slow things down just a bit to make sure you’re not pushing yourself too hard. Get lots of sleep and drink a ton of water. Let yourself relax a bit and step into presence— savour the cooking, tasting the meals and really listening to your body.

Ready to make these next seven days the most rawesome, transformational days your body has ever known?

LET’S GET INTO IT!
WHY DETOX?
THE RHYMES AND REASONS TO SPEND SEVEN DAYS RAWKIN’ WHOLE FOODS.

8 SIGNS YOU NEED TO DETOX
Your body could be signaling for a detox with so many different S.O.S. You may even be hearing some of them right now, but have ignored them for the most part assuming you’re just feeling “off” or that they’re just signs of stress or getting older.

But the truth is, our bodies call out to us to make healthy changes when we need them. And your body could be calling out to you right now. Take a look at this list. Does anything sound familiar? If so, you’re in the right spot!

1 MOODINESS
Feeling a little down lately? Constantly stressed despite always trying to keep your cool?

It could be your body raising a red flag that something’s going on inside. So many of our detoxing rawkstars tell us their mood greatly improves as they move through the reset. With a little patience and dedication, you’ll see similar results!
2 CRAVINGS (for salts, sweets, carbs, etc.)

Does 3 PM find you hankerin’ for a snack? Tend to reach for a bag of chips or a sweet treat to give yourself a boost of energy?

We get it! We’re definitely guilty of caving to cravings.

But what you may not know is that highly processed and concentrated foods (like those pre-packaged cookies or BBQ chips) artificially cause the release of dopamine, your pleasure hormone, and a subsequent crash. That’s why you immediately feel better right after your snack, but it doesn’t last for long and you wind up with another craving at the same time the next day.

Once you detox, those cravings will slow down and eventually stop.

3 LOW ENERGY + A RELIANCE ON CAFFEINE

Ever catch yourself wishing naptime was the norm outside of kindergarten? (Us too!) That need to snooze could be a sign of something more going on. Sleep troubles and sugar crashes could be the sign that your body is working too hard to digest highly processed foods.

When you’re tuckered out 24/7 it’s easy to fall into a pattern of relying on caffeine to help you wake up. While it seems like the perfect quick fix, leaning on coffee or energy drinks to solve the problem is actually putting more stress on your body by piling on extra toxins and making the issue worse. This reset will help you ease out of your dependency, get a handle on any sleep or sugar challenges, and show you some great ways to keep your energy up.
4 INDIGESTION
Got tummy troubles? Bloating? A little gas a little too often? That may mean your digestive system is having trouble processing and removing toxins from your body. Your intestinal tract is a detox warrior! Giving it a break while eating delicious whole foods is a great way to kickstart a happy belly— and that’s exactly what these next 7 days is about. :)

5 BRAIN FOG
If you’re having trouble concentrating and focusing, there’s a possibility that a toxic buildup in your body is preventing your brain from firing on all cylinders! But never fear - whole foods are here. With a little leafy green and veggie TLC, the fog will lift, and you’ll feel sharper than ever - superwoman/man style!

6 TROUBLE LOSING WEIGHT
No matter how much you exercise and cut calories, sometimes those last few pounds can stick to your body like glue. The struggle is real, right?

Inflammation caused by toxic buildup just might be the culprit creating those un-shedable pounds. Combining that with an overload of your body’s natural stress hormone (cortisol) that’s brought on by overworking and under-sleeping can create the perfect storm. Replacing simple carbs with fruits and veggies can help with this! And you’ll be amazed how fast the weight slides off as a result.
DIFFICULTY SLEEPING
Did you know your body and liver do their absolute best detoxing work at night? Around 2 AM - 4 AM to be precise. So, if you find yourself jolting awake long before the sun’s up, it’s time to get cleansin’ so you can get your sleeping patterns back on track.

BREAKOUTS & SKIN FLARE-UPS
There’s nothing fun about rashes or adult acne, especially when nothing seems to fix it. When those topical creams or face washes don’t work, that means it’s time to cure those little red bumps at the root.

By switching out processed foods and drinking more water during the detox, your skin will calm down and start seriously glowing! Fortunately, this is one of the more immediate results of the detox.

SYMPTOMS SOUND FAMILIAR? HERE’S WHAT’S GOING ON.
According to Robin Berzin, MD, founder of Parsley Health, (one of the country’s leaders in cutting edge holistic medicine!) “A detox is an opportunity to reset and break bad patterns. It’s only by cutting out all potential trigger foods that you can really find out what you feel like at 100 percent clean.”

So now we know we can eliminate toxic build up by cutting out trigger foods, but what’s actually causing the toxic build up to happen? Why is it even there?

According to Woodson Merrell, MD, author of The Detox Prescription, it happens just by living our lives!
“We all walk around with accumulations of chemical toxins in our bodies,” he explains. Dr. Merrell is also chairman of the Department of Integrative Medicine at Mount Sinai Beth Israel in New York City, which ran a study that revealed some of us are walking around with over 200 environmental chemicals in our systems; like smoke by-products, flame retardants and pesticides.

Before you panic, rest assured, your body is designed to flush out toxins on its own. However, there’s only so much our liver, kidneys, lungs, and lymph nodes can do all on their own with no added help from us!

The reality is, we’re exposed to so many contaminants throughout our days - at our jobs, on our way to work, in the processed food we eat, the cleaning products we use, etc. - our body’s ability to clean it all out gradually starts to slow down. Add to that the popular habits that wear the heck out of our livers (alcohol, caffeine, medications, junk food), and the toxins just can’t help but build and build and build.

When there are too many toxins in our system, overload happens. That’s when we may start to notice weight gain, sleeping troubles, inflammation, moodiness, etc. Enter the miraculously natural toxin fighter—a detox.

**WHAT ARE THE BENEFITS OF DETOXING?**

At their core, whole food detoxes (like this one!) are an easy, safe way to clean out your system, eliminate toxic overload, and essentially hit the “reset” button on your health. But that’s not all!

Detoxing can also help you pinpoint food sensitivities, lose weight easily and naturally, and learn a whole new and exciting (and oh so tasty) approach to the food on your plate.
We never want to think of detoxing as food deprivation. Instead we focus on food replacement.

In Thrive: A 7-Day Reset, you’ll be removing hard-on-your-body foods like coffee, sugar, meat, dairy, etc., and adding in more leafy greens, produce, healthy fats, proteins, and grains. When you do this, you’re not only doing yourself a favor by paying careful attention to your body, you’re also boosting your metabolism and re-balancing your vitamin and mineral intake.

**WHAT MAKES OUR DETOX SO AWESOME?**
(Hint: There are ZERO “Juice Only” Days!)

This is a food lover’s detox with a big scoop of heart to match! These seven days are designed to give your body a break from caffeine, sugars and processed foods while still loading up on satisfying, nutrient-rich meals. It’s a quick transition to jump start your journey to health.

Over the next week, you’ll be fueling your body with a range of fiber-rich veggies (seasoned like a pro chef!), fresh fruits, nuts and seeds, and drinking down a whole bunch of water, green smoothies, and herbal teas to help your body flush out those toxins.

Remember- this reset is about loving yourself inside and out! So be gentle and gracious. Detoxing takes a little time and can use up your energy. Rest up, eat up, and slow down your lifestyle as needed. Don’t push yourself too hard during this week and take the break you deserve.

(The great news is - once you’re over the “slow down” hump, your skin will start to glow, your bloating will start to die down, and your energy levels will be through the roof. That’s when you’ll know you’re really rawkin!)
YOUR 7-DAY GAME PLAN
HOW TO SHOP AND PREP (MENTALLY AND PHYSICALLY) FOR A DETOX.

HOW TO PREP YOUR PANTRY—RAWKSTAR STYLE
This week-long reset comes complete with a shopping guide to match your recipes - so tracking down everything you’ll need in your pantry should be a breeze!

Before you start your own personal reset, we suggest you also reset your kitchen. Take some time to pull everything out of your pantry and fridge to fully assess what you have in your eating zone.

Once you’ve got it all laid out (on the kitchen floor or table), take a look through your supplies and sort out what you want to throw out, donate, or keep.

If you find yourself with any canned goods, pastas, etc. you won’t be using, set them aside to donate to your local food bank. We suggest trashing overly processed foods and any snacks packed with refined sugars and sodium. This way you kick temptation to the curb before it even has time to show up. (Woohoo!) You’ll also free up space for the all the tasty, wholesome food coming your way.
Hang onto any item that’s on your Thrive shopping list and of course any healthy essentials you use every day. If you find you’ve doubled up on anything accidentally (like whole grains, spices, etc), consolidate them to save space!

Then when you’re ready to put back the foods you have left, it’s organizing time! We recommend sorting them into sections so you know exactly where you’ll be storing your new ingredients too. For example, nuts, dried goods, canned goods, etc. should have their own spot.

**HOW TO SHOP ‘TIL YOU RAWK**

Ready to see your shopping cart packed with gorgeous colors and yummy produce? We’re so excited for you too! But, full disclosure—your bill at checkout may be a bit higher than normal. If that’s the case, just remind yourself that this is an investment in your health. Better a few extra dollars in line at the grocery store than, say, a whopping doctor’s bill in the future, right?

**HOT RAWKSTAR TIP:**

Do your shopping and prep work on the Sunday before you start Thrive, so you can hit the ground running when the week begins (and you get busy!)

**YOUR FOOD 411: WHAT TO ENJOY & WHAT TO AVOID**

We’ve been talking a lot about food so far. Processed foods, whole foods, detoxing foods. But what are we talking about specifically? What exactly will you be eating more + less of on your journey through Thrive: A 7-Day Reset?

In order to help your body push out those chemicals, additives, and toxins you’ve been holding onto, we’ll be filling up your plate with foods that offer your detoxifying organs a jumpstart and reduce any inflammation you might be experiencing. We also recommend buying organic as much as possible, which helps your body detox more effectively.
YOU’LL BE EATING MORE:
• fresh or frozen fruits and vegetables (organic when possible) • leafy greens and herbs (organic when possible) • healthy fats: avocado, nuts, seeds, olive and coconut oil • seasonings: all spices, all dried herbs, black pepper, miso, sea salt, vinegar, gluten-free tamari • herbal teas, coconut water, and nut milks • water: drink at least half your bodyweight in ounces of filtered water daily

YOU’LL BE EATING LESS:
• high glycemic fruits: bananas, melons, grapes • natural sweeteners: pure maple syrup, raw honey

HERE ARE THE FOODS ON THE NO-GO LIST:

⚠️ PROCESSED FOODS: Processed foods offer close to zero nutrients and can also come packed with chemicals and other artificial acidic substances that soak up nutrients from our bones and cells. They also put our kidneys and liver through the ringer. Sorry, microwave dinners and snacks in a wrapper. It’s not you, it’s us—we’re moving on!

HOT RAWKSTAR TIP:
We know working in an office means those breakroom doughnuts, order-in lunches, and vending machine goodies can be totally tempting! So if you’re a 9-to-5er, for the next week, do your best to bring your healthy Thrive snacks with you. You’ll be giving yourself the natural energy boost to kick those afternoon munchies!
GLUTEN: Finding out more and more of your friends have gluten sensitivities? That’s no coincidence - it’s one of the most common food allergies out there. Gluten is a protein composite that creates a sticky substance in the gut and takes significantly more energy for the body to digest. So we’re weaning you off of foods that contain it - like wheat, rye, barley, and other grains.

CAFFEINE: Put. The. Coffee. Down. (And sodas, energy drinks, and black teas too. We promise you can do it!) Caffeine messes with your sleep, stress levels, adrenal glands, and gut with a “high” that can also irritate your nervous system. The artificial additives and sweeteners in soda are also neurotoxins and have been linked to bone loss—yikes!

ALCOHOL: Did you know alcohol wreaks havoc on your body’s natural blood sugar regulation, which actually stimulates cravings for sugar and carbohydrates? (Yes, that explains those late night snacks after a night out.) It also interferes with nutrient absorption and is toxic to the liver. So a week off will do your body some serious good.

SOY: To be clear, small amounts of organic, non-GMO soy like miso or tamari are a-ok during the cleanse. It’s the highly processed soy products you should be steering clear of, as they can interfere with nutrient absorption and leach nutrients from your body.

HIGHLY ACIDIC MEATS: Carnivore rawkstars, hear us out! While meat is often presented as “part of a complete meal,” it’s highly acidic and can take up to four full days to get through your digestive system. We want to keep this cleanse full of fast-moving and easy-on-the-tummy foods only, so you’ll be eating largely vegan dishes for the next seven days.
LET’S TALK ABOUT WITHDRAWAL SYMPTOMS
We’ll level with you, rawkstar. Slicing sugar, alcohol, caffeine, etc., from your day-to-day can be a challenge. Over time, your body has become reliant on these things to get you through the morning, or your 3 PM slump, or help you unwind at the end of the day. So naturally, when you abstain, you’ll experience some withdrawal symptoms usually around the second or third day of the cleanse.

But don’t freak out just yet! Although they may vary in intensity, symptoms will likely be completely manageable. The cure? Keep going, and take it easy. Drink plenty of water and herbal/detox teas (dandelion root is our fave for this!) to help your liver along as it clears out your toxic overload. By the fifth day, you should be back to feeling great again.

So just wait it out, and if you ever feel uncomfortable, remember these symptoms are a green light that the detox is working, and your body is getting the TLC it needs to level back out again.

WANT TO STOP WITHDRAWAL SYMPTOMS BEFORE THEY START?
We recommend slowly cutting out the foods and drinks on the list a few days before you start the cleanse and replace them with water, fruits, and veggies.

For example, giving up coffee is often the most challenging part of detoxing. If you don’t want to go cold turkey all at once, try replacing one of your daily cups of coffee with a green smoothie before you start your cleanse. You can approach soda, alcohol, refined sugars, and processed foods the same way.
AND LAST BUT NOT LEAST:
EVERY JOURNEY NEEDS A MANTRA

Mantras are handy little phrases that have been used for centuries in Buddhism and a range of meditation disciplines. Choosing a mantra for our goals acts like an anchor, reminding us why we started and where we’re going, while keeping us motivated.

So we’ve created a detox mantra just for you!
(You can use this one, or create your own!)

YOUR THRIVE DETOX MANTRA:

_I love my beautiful body up with the nourishment it needs._ //
_I’m fueling my body for the next big adventure._ //
_Every day, I feel stronger, brighter, and more beautifully nourished._ //
_I’m loving my body and the good food on my plate. I’m a total rawkstar! _//
_I’m totally rawkin’ this cleanse!_

We recommend saying it to yourself at least once a day (preferably in the mirror in the morning) to remind yourself why you’re on this path and help you stay positive if it gets challenging.

It’s a perfect mini practice to keep you upbeat and excited for what’s ahead.
YOU'VE MADE IT TO THE STARTING LINE!

Now that you’ve got your pantry and fridge beautifully full of leafy greens, rainbows of veggies, nuts and seeds, and mason jars (our faves!) waiting to be filled up with smoothies - it’s your moment to get moving.

It’s time to jump in with both feet into a whole new world of nourishment and body-lovin’ green goodness. These seven days are going to show you just how amazing you can feel simply by eating foods that support and clear out your system.

Prepare for glowing skin, big-time energy, and happier tummies. It’s time to rawk with us!

YOU GOT THIS. LET’S GO!
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<td>Cherry Lemonade</td>
<td>Ginger Love</td>
<td>Cucumber Mint Cooler</td>
<td>Peach Bliss</td>
<td>Watermelon Blueberry Smoothie Bowl</td>
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<td>Tamari Almonds</td>
<td>Stuffed Avocado</td>
<td>Tamari Almonds</td>
<td>Agua Fresca Popsicle</td>
<td>Apple Cinnamon Donuts</td>
<td>Avocado Caprese Salad</td>
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<td>Almond Butter Zoodles</td>
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### MEAL PLAN

**SPICED ALMOND REMIX**

**APPLE CIDER VINEGAR TONIC**

**TURMERIC TONIC**
## Shopping List

### Veggies + Leafy Greens:
- **Avocados**: 5
- **Broccoli**: 1 large or 2 small heads
- **Carrots**: 4 medium
- **Cauliflower**: 1 medium-large head
- **Celery**: 2 stalks
- **Cucumbers**: 2 large
- **Garlic**: 1 head
- **Green Onions, fresh**: 1 bunch (5-6 green onions)
- **Kale, fresh**: 4.5 cups (1 large bunch)
- **Mushrooms**: .5 cup or 4 oz
- **Red Bell Peppers**: 2 large
- **Serrano or Jalapeno Peppers**: 2
- **Spinach, fresh**: 14 cups (about 16 ounces)
- **Sweet Potato**: 1 medium
- **Tomatoes**: 3 small
- **Yellow Onion**: 1
- **Zucchini**: 2 medium

### Fruits:
- **Bananas**: 2
- **Blueberries, frozen**: 2 cups or 10 oz bag
- **Cherries, frozen**: 2 cups or 10 oz bag
- **Green Apples**: 6 large and 1 small
- **Lemon**: 10
- **Lime**: 5
- **Mango, fresh or frozen**: 1.5 cups
- **Orange**: 3
- **Peaches, frozen**: 3 cups
- **Pear**: 1
- **Pineapple, fresh or frozen**: 1.75 cups
- **Raspberries, frozen**: 2 cups or 10 oz bag
- **Strawberries**: 1 cup fresh and 3 cups frozen
- **Watermelon**: 4 cups or 1 mini watermelon

### Liquid Bases:
- **Almond Milk, unsweetened**: 56 ounces
- **Coconut Milk, unsweetened**: 3-15 ounce cans full-fat coconut milk
- **Coconut Water, unsweetened**: 52 ounces
SHOPPING LIST

**OIL, SPREADS, ETC.:**
- Almond Butter: 16 ounce jar
- Apple Cider Vinegar: 16 ounce bottle (raw with the mother, if possible)
- Balsamic Vinegar: 8 ounce bottle
- Coconut Oil: 16 ounce jar
- Honey, raw: 8 ounce jar
- Maple Syrup, pure: 8-12 ounce bottle
- Olive Oil: 16 ounce bottle
- Rice Wine Vinegar (or Rice Vinegar): 8 ounce bottle
- Sesame Seed Oil (Toasted): 5 ounce bottle
- Tamari: 10 ounce bottle
- Thai Curry Paste, red or green: 4 ounce jar
- Vanilla Extract, pure: 4 ounce bottle

**SEASONINGS**
- Cayenne Pepper
- Ground Cinnamon
- Crushed Red Pepper Flakes
- Sea Salt
- Ground Black Pepper
- Ground Turmeric

**NUTS + SEEDS:**
- Almonds, raw: 1 cup (4.25 ounces or 120g)
- Cashews, raw: .75 cup (3.75 ounces or 105g)
- Chia Seeds: 4 Tbsp (1.75 ounces or 50g)
- Hemp Hearts: 4 Tbsp (1.5 ounces or 40g)
- Sesame Seeds, raw: 2 Tbsp (.75 ounces or 20g)
- Sliced Almonds, raw: .75 cup (2.75 ounces or 77g)
We’re big fans of prepping ahead for the week, and this cleanse is no different! It can be tiring to come home from work or be short on time and face a bunch of veggies to chop. Prepping everything ahead of time will not only lead to extra minutes in your day, but also success in sticking to the plan. (Those chips won’t be quite as tempting when dinner is ready in 5 minutes!)

Here are the things you can prep ahead for the week:

**TURMERIC TONIC**
Make enough for the whole week and store in a glass jar at room temperature. It’s important to note that turmeric stains (and doesn’t come out!) so a glass jar is a good idea. Stir together 7 teaspoons of raw honey and 3 1/2 teaspoons ground turmeric to make a paste. Each morning scoop out a rounded teaspoonful and place it into a mug. Add very hot, but not boiling, water, 1 tablespoon fresh lemon juice, and a good 1/2 teaspoon freshly ground black pepper.

**SMOOTHIE PACKS**
This is a total time saver! For each of the seven smoothie recipes, measure out greens, fruit, and even veggies into resealable freezer bags, mason jars, or another freezer-safe container and freeze. Don’t forget to label them with the name! Before blending, allow the packs to thaw a bit. A little extra liquid may need to be added for easier blending. Extra add-ins like chia or hemp seeds, coconut oil, and spices are best added when blending and don’t need to go into the smoothie packs.

**AGUA FRESCA POPSICLES**
Make these before you start the week-long plan, and they will keep for up to several weeks (if you don’t eat them all in one sitting!).
ALMOND BUTTER FOR “DONUTS”
Stir together the almond butter, cinnamon, and vanilla to be used for the “Donuts,” and store in a container at room temperature.

TAMARI ALMONDS
Make a batch ahead of time to enjoy throughout the week. If you really like almonds (and we think you’ll especially love these) you may want to make a double or triple batch. Keep them in an airtight container in a cool, dark place, and consume within 2-3 weeks.

PRODUCE
Most of the produce that needs to be chopped or sliced for the snacks and dinners can be prepped ahead of time, just be sure to store in separate airtight containers in the fridge.

- **Cucumber**: 1 cup sliced and ½ cup diced
- **Carrots**: ½ cup chopped and 1 cup sliced
- **Celery**: 2 stalks, diced
- **Serrano chili**: very thinly sliced to use in recipes and as garnish
- **Kale**: remove stems from leaves, cut 2 ½ cups into thin ribbons (store with a paper towel to absorb excess moisture), and roughly chop 2 cups for green smoothie pack.
- **Red bell pepper**: cut the 2 peppers into ½ cup thick slices and ¼ cup thin strips
- **Yellow onion**: ½ of the onion cut into ½-inch strips
- **Pineapple**: ¼ cup diced (for salsa) and ½ cup sliced (for salad)
- **Tomato**: dice 1 small tomato (for salsa), and cut thick slices of remaining tomatoes (for Caprese Salad)
- **Mushrooms**: ½ cup sliced
- **Green onions**: Slice 2 green onions into ½-inch diagonal pieces for stir-fry; thinly sliced the remaining onions for other recipes and garnishes.
- **Broccoli**: Cut head into four “steaks” that are 1-inch thick. Save the florets that fall to the side (½ cup at least) and store separately.

CAULIFLOWER “RICE”
Remove the hardest, bottommost, part of the cauliflower stem and roughly chop into florets. Place in a food processor and pulse until finely chopped. It will be reminiscent of couscous in size and texture. Store in an airtight container to use during the week. 1 ¼ cups of florets is equal to ¾ cup cauliflower “rice”. You will need to prepare 1 ½ cups cauliflower rice for the week.
ZOODLES
Spiralize the 2 medium zucchinis at the same time and store in airtight containers in the fridge. To keep them from drying out, toss with a little olive, but don’t add salt as it will draw out the liquid and the zoodles will become limp.

AVOCADOS
Avocados (and there are a lot of recipes using them) should be sliced and peeled just before serving to prevent them from turning brown. However, if they will be used within a day, toss them with lemon juice to prevent browning. They can also be frozen when used in smoothies. To freeze them, toss with lemon juice first and freeze individually (or you can simply toss them in your smoothie packs).

DRESSINGS AND SAUCES
All of the dressings and sauces can be made in advance and stored in airtight containers in the refrigerator until ready to be used.

SPICED ALMOND REMIX
Mix up all the ingredients, except the spices, to have enough to drink for the week. Add the spices just before serving because it gets spicier the longer it sits.
UPON WAKING
Turmeric Tonic

BREAKFAST
Tropi-Kale Heat

MORNING SNACK
Tamari Almonds

LUNCH
Tropi-Kale Heat

AFTERNOON SNACK
Apple Cinnamon Donuts

PM BEVERAGE
Apple Cider Vinegar Tonic

DINNER
Strawberry Cucumber Salad

BEFORE BED
Spiced Almond Remix
TURMERIC TONIC

The anti-inflammatory benefits of turmeric are well known. It’s easy to consume enough each day in this simple-to-make tonic. It can be consumed anytime, but we suggest starting off the morning with it to help get things “moving” (if you know what we mean) and jumpstart the daily detox process from the get-go.

INGREDIENTS

8 ounces very hot water
1 tablespoon fresh squeezed lemon juice
½ teaspoon ground turmeric
¼ teaspoon freshly ground black pepper
1 teaspoon honey

DIRECTIONS

1. Combine ingredients in a glass or mug.
2. Let stand for 2-3 minutes, then drink.

“I DON’T LIKE TO GAMBLE, BUT IF THERE’S ONE THING I’M WILLING TO BET ON, IT’S MYSELF.”

-BEYONCE
TROPI-KALE HEAT

GREEN SMOOTHIE

This smoothie contains a delicious combination of naturally detoxifying ingredients along with plenty of fiber, vitamins, minerals, and healthy fats. The pinch of cayenne gives it a nice little kick.

**INGREDIENTS**

- 2 cups kale, fresh
- 2 tablespoons cilantro, fresh
- 2 cups water
- 1 orange, peeled
- 1 cup pineapple, frozen
- 1 cup mango, frozen
- ½ avocado
- Juice of 1 lemon
- Pinch cayenne

**DIRECTIONS**

1. Blend kale, cilantro, and water until smooth.
2. Add remaining ingredients and blend again.

NOTE: Go easy on the cayenne and add to taste. The smoothie will get spicier as it sits; a little pinch is all you need for a nice heat without making it too spicy to handle. :)

“TROPICAL KALE HEAT”

“The Best of My Life.”

—Lady Beth

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**“I’M GOING TO MAKE THE REST OF MY LIFE THE BEST OF MY LIFE.”**

—Lady Beth
TAMARI ALMONDS

Tamari, the deeper flavored cousin of soy sauce, goes splendidly with toasted almonds. Each handful will satisfy a craving for a salty, crunchy snack. One batch is enough for the whole week, but feel free to make several batches to keep on hand for an easy, nourishing snack.

INGREDIENTS

- 1 cup raw almonds
- 1 tablespoon tamari

DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.

2. Place almonds in a mixing bowl and pour tamari over the top. Stir well. The almonds will start to absorb the tamari, but some may remain in the bottom of the bowl. Spread almonds on the baking sheet and drizzle any remaining tamari over the top. It will all be absorbed as the almonds are toasting.

3. Bake for 10-15 minutes. The almonds will be dry to the touch and golden when they are finished. Let cool completely on the baking sheet.

4. Store in airtight container until ready to eat. Makes four ¼ cup servings.

VARIATIONS:

Sweet: 1 cup raw almonds, 1 tablespoon pure maple syrup, ½ teaspoon vanilla extract, pinch of sea salt

Spicy: 1 cup raw almonds, 2 teaspoons fresh lime juice, pinch of cayenne pepper and sea salt

NOTE: All three variations work great with cashews too.

“If you retain nothing else, always remember the most important rule of beauty, which is: who cares?”

-TINA FEY
APPLE CINNAMON "DONUTS"

This tasty snack is a take on everyone’s favorite apple n’ nut butter combo. But we love how darling (and sneaky!) these fruity “donuts” are. Get creative and have fun topping the apple rings with your favorite toppings.

**INGREDIENTS**

1 green apple, cored and cut into ¼-inch rings  
1 tablespoon almond butter  
¼ teaspoon ground cinnamon  
¼ teaspoon vanilla extract

**OPTIONAL:** Top with shredded coconut, hemp hearts, sliced strawberries or bananas

**DIRECTIONS**

1. Stir cinnamon and vanilla extract into the almond butter.
2. Spread a thin layer of the almond butter on one side of each apple ring.
3. Sprinkle with desired toppings and eat immediately.

**NOTE:** Feel free to experiment with other fruits like peaches and pears!

“AND ABOVE ALL, WATCH WITH GLITTERING EYES THE WHOLE WORLD AROUND YOU…”

—ROALD DAHL
APPLE CIDER VINEGAR TONIC

Raw apple cider vinegar has been touted as a miracle cure-all due to its powerful cleansing and healing properties. We love drinking this tonic before meals to help with blood sugar levels or in the afternoon as a refresher.

INGREDIENTS

- 8 ounces filtered water
- 1 tablespoon raw apple cider vinegar
- 1 teaspoon raw honey
- ¼ teaspoon ground cinnamon

DIRECTIONS

1. In a glass, stir together the raw honey and ground cinnamon.

2. Add the apple cider vinegar and stir until honey is dissolved. Add the water and stir well.

3. Drink immediately or refrigerate until ready to drink.

NOTE: You can also drink this at room temperature or even warmed a bit.

“YOU MUST EXPECT GREAT THINGS FROM YOURSELF, BEFORE YOU CAN ACHIEVE THEM.”

-MICHAEL JORDAN
STRAWBERRY CUCUMBER SALAD

Lindsey created this salad several years ago to use up odds and ends in the fridge. It turned out to be one of the most delightful salads ever and has become a staple at her house each summer.

**INGREDIENTS**

2 cups spinach, *fresh*
1 cup strawberries, *sliced*
½ cup cucumber, *sliced*
½ avocado, *sliced*
¼ cup sliced almonds

**DRESSING:**

2 tablespoons full-fat coconut milk, *unsweetened*
1 tablespoon olive oil
1 tablespoon fresh lemon juice
1 tablespoon fresh basil, *thinly sliced* (or ½ teaspoon dried basil)
½ teaspoon maple syrup
Pinch each: sea salt and black pepper

**DIRECTIONS**

1. Place spinach, strawberries, cucumber, avocado, and sliced almonds onto a plate or in a shallow bowl.
2. Combine the dressing ingredients and whisk well. Add sea salt and pepper to taste.
3. Drizzle dressing over salad. Gently toss and eat immediately.

**NOTE:** Other berries can be substituted for the strawberries; blueberries are particularly delicious with the cucumber and basil; oranges, peaches, pineapple, or mango can also be substituted.

“BE CURIOUS, NOT JUDGMENTAL.”
–WALT WHITMAN
SPICED ALMOND REMIX

This delicious chilled spiced almond milk is reminiscent of Horchata. Lightly sweet and just a hint of spice, it tastes great as a little sweet treat before bed. Make up a big batch for the whole week. It can also be served over ice for an extra cold beverage.

INGREDIENTS

1 cup almond milk, unsweetened
2 teaspoons maple syrup
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
Pinch cayenne

DIRECTIONS

1. Stir together maple syrup, ground cinnamon, vanilla extract, and cayenne in the bottom of a mason jar. Add the almond milk.

2. Shake well to combine. Drink chilled.

NOTE: This is even more tasty when made with homemade almond milk.
UPON WAKING
Turmeric Tonic

BREAKFAST
Cherry Lemonade

MORNING SNACK
Stuffed Avocado

LUNCH
Cherry Lemonade

AFTERNOON SNACK
Tamari Almonds

PM BEVERAGE
Apple Cider Vinegar Tonic

DINNER
Cauliflower Rice Bowl with Pineapple

BEFORE BED
Spiced Almond Remix
TURMERIC TONIC
TURMERIC TONIC

The anti-inflammatory benefits of turmeric are well known. It’s easy to consume enough each day in this simple-to-make tonic. It can be consumed anytime, but we suggest starting off the morning with it to help get things “moving” (if you know what we mean) and jumpstart the daily detox process from the get-go.

INGREDIENTS

8 ounces very hot water
1 tablespoon fresh squeezed lemon juice
½ teaspoon ground turmeric
¼ teaspoon freshly ground black pepper
1 teaspoon honey

DIRECTIONS

1. Combine ingredients in a glass or mug.
2. Let stand for 2-3 minutes, then drink.

“FOCUS YOUR INTENTION ON YOUR DREAMS, YOU CAN WAVE MAGIC WHEN YOU SET YOUR HEART AND MIND TO IT.”

-MIRANDA KERR
Cherry Lemonade
Green Smoothie

Cherries, particularly the tart variety, are one of the best low-glycemic fruits out there. They are loaded with anthocyanins which provide anti-inflammatory benefits and can help prevent muscle soreness after exercise. Cherries are also a natural source of melatonin, the hormone that helps control sleep.

INGREDIENTS

- 2 cups spinach, fresh
- 2 cups coconut water, unsweetened
- 2 cups cherries, frozen
- 1 green apple, cored
- 2 tablespoons fresh lemon juice
- 2 tablespoons chia seeds

DIRECTIONS

1. Blend spinach and coconut water until smooth.
2. Add remaining ingredients and blend again.

NOTE: Sweet or tart cherries can be used. Adjust lemon juice accordingly so the smoothie isn't too sour if using tart cherries.

“YOU CAN’T BE THAT KID STANDING AT THE TOP OF THE WATER SLIDE OVER THINKING IT. YOU HAVE TO GO DOWN THE CHUTE.”

~TINA FEY
STUFFED AVOCADO

This snack comes to you courtesy of Jen’s brilliant mind. You’ll love this rawkstar combination of flavors and textures. Also, we love crushed red pepper flakes, but feel free to sprinkle on your favorite spice like ground cumin, chili powder, or even a sprinkle of fresh cilantro.

INGREDIENTS

½ avocado
1 celery stalk, diced
2 tablespoons sliced almonds
1-2 teaspoons fresh lemon juice
Pinch crushed red pepper flakes
Sea salt and freshly ground black pepper, to taste

DIRECTIONS

1. Place avocado on a plate. Toss celery with almonds and lemon juice. Fill center of avocado with the mixture. Sprinkle the top with red pepper flakes, sea salt, and fresh ground black pepper.

2. Eat immediately.

NOTE: If you’re not a fan of celery, diced cucumber or tomato is a great stand-in.

“I AM NOT AFRAID OF STORMS, FOR I AM LEARNING HOW TO SAIL MY SHIP.”
—LOUISA MAY ALCOTT
TAMARI ALMONDS

Tamari, the deeper flavored cousin of soy sauce, goes splendidly with toasted almonds. Each handful will satisfy a craving for a salty, crunchy snack. One batch is enough for the whole week, but feel free to make several batches to keep on hand for an easy, nourishing snack.

INGREDIENTS

1 cup raw almonds
1 tablespoon tamari

DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.

2. Place almonds in a mixing bowl and pour Tamari over the top. Stir well. The almonds will start to absorb the Tamari, but some may remain in the bottom of the bowl. Spread almonds on the baking sheet and drizzle any remaining Tamari over the top. It will all be absorbed as the almonds are toasting.

3. Bake for 10-15 minutes. The almonds will be dry to the touch and golden when they are finished. Let cool completely on the baking sheet.

4. Store in airtight container until ready to eat. Makes four ¼ cup servings.

VARIATIONS:

Sweet: 1 cup raw almonds, 1 tablespoon pure maple syrup, ½ teaspoon vanilla extract, pinch of sea salt

Spicy: 1 cup raw almonds, 2 teaspoons fresh lime juice, pinch of cayenne pepper and sea salt

NOTE: All three variations work great with cashews too.

“WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT.”

—ARISTOTLE

4 SERVINGS

PM SNACK
APPLE CIDER VINEGAR TONIC

Raw apple cider vinegar has been touted as a miracle cure-all due to its powerful cleansing and healing properties. We love drinking this tonic before meals to help with blood sugar levels or in the afternoon as a refresher.

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>8 ounces</td>
<td>filtered water</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>raw apple cider vinegar</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>raw honey</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>ground cinnamon</td>
</tr>
</tbody>
</table>

DIRECTIONS

1. In a glass, stir together the raw honey and ground cinnamon.

2. Add the apple cider vinegar and stir until honey is dissolved. Add the water and stir well.

3. Drink immediately or refrigerate until ready to drink.

NOTE: You can also drink this at room temperature or even warmed a bit.

“BEAUTY ISN’T ABOUT LOOKING PERFECT. IT’S ABOUT CELEBRATING YOUR INDIVIDUALITY.”

- BOBBI BROWN
CAULIFLOWER RICE BOWL

This bowl has a lot going on in the flavor department. The fruity Pineapple Avocado Salsa is perfection on top of the roasted veggies and cauliflower rice.

INGREDIENTS

FOR CAULIFLOWER RICE BOWL:
1 ¾ cups cauliflower florets  
(makes ¾ cup “rice”)  
1 teaspoon fresh lime juice  
¾ cup finely chopped fresh cilantro  
2 teaspoons melted coconut oil  
1 ½ cups sweet potato, cubed  
½ cup red bell pepper, cut into 1/2” thick strips  
½ yellow onion, cut into 1/2” strips  
Salt and pepper, to taste

FOR PINEAPPLE AVOCADO SALSA:
¼ cup pineapple, diced  
¼ cup avocado, diced  
1 small tomato, diced  
2 tablespoons finely chopped fresh cilantro  
1 tablespoon green onion, thinly sliced  
½ tablespoon serrano chili, thinly sliced  
(removes seeds and ribs for more mild salsa)  
1 tablespoon fresh lime juice  
1 teaspoon olive oil  
Sea salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 425°F. Toss the sweet potato cubes with 1 teaspoon of the oil and arrange in an even layer on one side of a parchment-lined baking sheet. Toss the red pepper and onion with the remaining oil and place on the other side of the baking sheet. (The separation is in case the peppers and onions roast more quickly than the sweet potatoes.) Roast for 15-20 minutes or until golden and tender.

2. While veggies are roasting, prepare the cauliflower rice. Place the florets in the bowl of a food processor. Pulse until finely chopped, but not pureed. Transfer to a medium bowl. Stir in the fresh lime juice and cilantro. Season well with salt and pepper. Set aside. (Note: this can be served cooked instead of raw. Simply sauté the “rice” in a little oil in a skillet over medium heat and cook for 5-7 minutes. Then add the lime and cilantro.)

3. Prepare the salsa by combining all of the ingredients in a small bowl. Taste and add more salt or lime juice if needed.

4. Place cauliflower rice in a shallow pasta or soup bowl. Top with the roasted veggies. Serve with the salsa.

“BE THE RAINBOW IN SOMEONE ELSE’S CLOUD.”
—MAYA ANGELOU
SPICED ALMOND REMIX

This delicious chilled spiced almond milk is reminiscent of Horchata. Lightly sweet and just a hint of spice, it tastes great as a little sweet treat before bed. Make up a big batch for the whole week. It can also be served over ice for an extra cold beverage.

INGREDIENTS

1 cup almond milk, unsweetened
2 teaspoons maple syrup
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
Pinch cayenne

DIRECTIONS

1. Stir together maple syrup, ground cinnamon, vanilla extract, and cayenne in the bottom of a mason jar. Add the almond milk.

2. Shake well to combine. Drink chilled.

NOTE: This is even more tasty when made with homemade almond milk.

“I’M THANKFUL FOR MY STRUGGLE BECAUSE WITHOUT IT, I WOULDN’T HAVE STUMBLED ACROSS MY STRENGTH.”

- ALEX ELLE
UPON WAKING
  Turmeric Tonic

BREAKFAST
  Ginger Love

MORNING SNACK
  Tamari Almonds

LUNCH
  Ginger Love

AFTERNOON SNACK
  Avocado Caprese Salad

PM BEVERAGE
  Apple Cider Vinegar Tonic

DINNER
  Almond Butter Zoodles

BEFORE BED
  Spiced Almond Remix
TURMERIC TONIC

The anti-inflammatory benefits of turmeric are well known. It’s easy to consume enough each day in this simple-to-make tonic. It can be consumed anytime, but we suggest starting off the morning with it to help get things “moving” (if you know what we mean) and jumpstart the daily detox process from the get-go.

INGREDIENTS

- 8 ounces very hot water
- 1 tablespoon fresh squeezed lemon juice
- ½ teaspoon ground turmeric
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon honey

DIRECTIONS

1. Combine ingredients in a glass or mug.

2. Let stand for 2-3 minutes, then drink.

“BY BEING YOURSELF, YOU PUT SOMETHING WONDERFUL IN THE WORLD THAT WAS NOT THERE BEFORE.”

—EDWIN ELLIOT
GINGER LOVE
GREEN SMOOTHIE

We love the cleansing benefits of ginger and its healthy effects on the digestive tract. Coconut oil adds healthy medium chain fatty acids, which are a good source of energy that is easy for the body to metabolize. Be sure to use unrefined coconut oil for the most health benefits.

INGREDIENTS

2 cups spinach, fresh
2 cups coconut water, unsweetened
2 cups strawberries, frozen
1 cup peaches, frozen
½-inch piece fresh ginger
2 tablespoons coconut oil

DIRECTIONS

1. Blend spinach and coconut water.
2. Add the remaining ingredients and blend again.

NOTE: Can substitute mango, nectarines, or apricots for the peaches. Other berries can be substitutes for strawberries.

“IF IT CAME FROM A PLANT, EAT IT; IF IT WAS MADE IN A PLANT, DON’T.”
-Michael Pollan
TAMARI ALMONDS

Tamari, the deeper flavored cousin of soy sauce, goes splendidly with toasted almonds. Each handful will satisfy a craving for a salty, crunchy snack. One batch is enough for the whole week, but feel free to make several batches to keep on hand for an easy, nourishing snack.

INGREDIENTS

1 cup raw almonds
1 tablespoon tamari

DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.

2. Place almonds in a mixing bowl and pour Tamari over the top. Stir well. The almonds will start to absorb the Tamari, but some may remain in the bottom of the bowl. Spread almonds on the baking sheet and drizzle any remaining Tamari over the top. It will all be absorbed as the almonds are toasting.

3. Bake for 10-15 minutes. The almonds will be dry to the touch and golden when they are finished. Let cool completely on the baking sheet.

4. Store in airtight container until ready to eat. Makes four ¼ cup servings.

VARIATIONS:

Sweet: 1 cup raw almonds, 1 tablespoon pure maple syrup, ½ teaspoon vanilla extract, pinch of sea salt

Spicy: 1 cup raw almonds, 2 teaspoons fresh lime juice, pinch of cayenne pepper and sea salt

NOTE: All three variations work great with cashews too.

“BEING DEEPLY LOVED GIVES YOU STRENGTH, LOVING DEEPLY GIVES YOU COURAGE.”

—LAO TZU
AVOCADO CAPRESE SALAD

It’s pretty hard to top a juicy, garden fresh, still-warm-from-the-sun tomato, but this comes pretty close. Creamy avocado stands in for cheese in our version of the classic Italian Caprese Salad. (We don’t think you’ll miss it.)

**INGREDIENTS**

½ avocado  
1 small ripe tomato  
¼ cup fresh basil leaves  
Sea salt and black pepper

**OPTIONAL**: Balsamic vinegar and olive oil, for drizzling

**DIRECTIONS**

1. Thickly slice the avocado and tomato.
2. Arrange on a plate along with the basil leaves.
3. Season well with salt and pepper. If desired, drizzle with balsamic vinegar and olive oil.

2. Eat immediately.

**NOTE**: If making this ahead, toss the avocado with a little fresh lemon juice to keep it from turning brown.

“YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM.”

—C.S. LEWIS
**APPLE CIDER VINEGAR TONIC**

Raw apple cider vinegar has been touted as a miracle cure-all due to its powerful cleansing and healing properties. We love drinking this tonic before meals to help with blood sugar levels or in the afternoon as a refresher.

**INGREDIENTS**

- 8 ounces filtered water
- 1 tablespoon raw apple cider vinegar
- 1 teaspoon raw honey
- ¼ teaspoon ground cinnamon

**DIRECTIONS**

1. In a glass, stir together the raw honey and ground cinnamon.

2. Add the apple cider vinegar and stir until honey is dissolved. Add the water and stir well.

3. Drink immediately or refrigerate until ready to drink.

**NOTE:** You can also drink this at room temperature or even warmed a bit.

“IT’S HELLUVA START, BEING ABLE TO RECOGNIZE WHAT MAKES YOU HAPPY!”

—Lucille Ball
ALMOND BUTTER AND VEGGIE ZOODLES

One of our recipe testers said this was better than any Asian restaurant — a compliment we don’t take lightly. The sauce is absolutely IRRESISTIBLE. It’s full of bright colors and flavors for a satisfying veggie meal.

INGREDIENTS

1 tablespoon melted coconut oil
2 tablespoons green onions, sliced diagonally into ½” pieces
½ cup broccoli, cut into small florets
½ cup red bell pepper, sliced
½ cup carrots, thinly sliced
1 medium zucchini, spiralized
Red pepper flakes, for sprinkling
OPTIONAL: Sesame seeds, for sprinkling

FOR SAUCE:
2 tablespoons full-fat coconut milk, unsweetened
2 tablespoons almond butter
1 tablespoon tamari
1 teaspoon maple syrup
1 teaspoon fresh ginger, finely grated
½ teaspoon crushed red pepper flakes
1 garlic clove, finely minced

DIRECTIONS

1. Whisk sauce ingredients together in a medium bowl and set aside.

2. Heat oil in large pan. Add the green onions and sauté for 1–2 minutes, then add broccoli, carrots, and red bell pepper. Lower heat if needed. Cook until vegetables are bright in color and just barely tender.

3. Toss gently to coat the veggies with the sauce. Let simmer to thicken the sauce.

4. Remove from heat and serve immediately on top of the zoodles. Garnish with red pepper flakes and sesame seeds if desired.

NOTE: The sauce and veggies can be made ahead, and the zucchini can be spiralized ahead. But don’t combine with the “zoodles” until right before serving. Otherwise, the liquid from the zucchini will seep out and make the sauce watery.

“I HAVE CHOSEN TO BE HAPPY BECAUSE IT IS GOOD FOR MY HEALTH.”
—VOLTAIRE
SPICED ALMOND REMIX
SPICED ALMOND REMIX

This delicious chilled spiced almond milk is reminiscent of Horchata. Lightly sweet and just a hint of spice, it tastes great as a little sweet treat before bed. Make up a big batch for the whole week. It can also be served over ice for an extra cold beverage.

INGREDIENTS

1 cup almond milk, unsweetened
2 teaspoons maple syrup
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
Pinch cayenne

DIRECTIONS

1. Stir together maple syrup, ground cinnamon, vanilla extract, and cayenne in the bottom of a mason jar. Add the almond milk.

2. Shake well to combine. Drink chilled.

NOTE: This is even more tasty when made with homemade almond milk.

“THE FLOWER DOESN’T DREAM OF THE BEE. IT BLOOMS AND THE BEE COMES.”

-MARK NEPO
UPON WAKING
Turmeric Tonic

BREAKFAST
Cucumber Mint Cooler

MORNING SNACK
Agua Fresca Popsicle

LUNCH
Cucumber Mint Cooler

AFTERNOON SNACK
Apple Cinnamon Donuts

PM BEVERAGE
Apple Cider Vinegar Tonic

DINNER
Thai Cauliflower Salad

BEFORE BED
Spiced Almond Remix
TURMERIC TONIC
TURMERIC TONIC

The anti-inflammatory benefits of turmeric are well known. It’s easy to consume enough each day in this simple-to-make tonic. It can be consumed anytime, but we suggest starting off the morning with it to help get things “moving” (if you know what we mean) and jumpstart the daily detox process from the get-go.

INGREDIENTS

- 8 ounces very hot water
- 1 tablespoon fresh squeezed lemon juice
- ½ teaspoon ground turmeric
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon honey

DIRECTIONS

1. Combine ingredients in a glass or mug.
2. Let stand for 2-3 minutes, then drink.

“COURAGE MEANS DOING WHAT YOU NEED TO DO BEFORE LIFE FORCES YOU TO DO IT.”

-IYANLA VANZANT
CUCUMBER MINT COOLER GREEN SMOOTHIE

The cool, refreshing taste of mint perfectly complements the equally cool and refreshing taste of cucumber. Green apple and pear add the right amount of sweetness, and chia seeds are a great source of protein and omega-3 fatty acids.

**INGREDIENTS**

2 cups spinach, *fresh*
2 tablespoons mint, *fresh*
2 cups coconut water, *unsweetened*
1 large green apple, *cored*
1 ripe pear, *peeled and cored* *
1 cup cucumber
2 tablespoons chia seeds

**DIRECTIONS**

1. Blend spinach, mint, and coconut water until smooth.
2. Add the remaining ingredients and blend again.

**NOTE:** The pear doesn’t have to be peeled, but it makes the smoothie a little less gritty. Also, dice and freeze the apple and pear ahead of time to make the smoothie extra cold.
AGUA FRESCA POPSICLES
AGUA FRESCA POPSICLES

Hot summer days call for popsicles. These pretty pops are naturally sweetened only with fruit. Two ingredients and little time in the freezer is all that’s needed for a refreshing cold treat.

INGREDIENTS

2 cups watermelon, seeded and cubed
1 cup strawberries

DIRECTIONS

1. Place watermelon and strawberries into a blender or food processor. Puree until smooth.

2. Pour the mixture into popsicle molds and insert popsicle sticks. Freeze several hours or preferably overnight before eating.

NOTE: Popsicle molds differ in capacity. For this recipe we used ¾ cup (6 ounce) molds. Paper or silicone cups can be used in place of the popsicle molds.

“TELL ME, WHAT IS IT YOU PLAN TO DO WITH YOUR ONE WILD AND PRECIOUS LIFE?”

—MARY OLIVER
APPLE CINNAMON DONUTS

- Apple slices
- Banana slices
- Almond slices
- Strawberry slices
- Chocolate spread
- Cinnamon sticks
- Hemp seeds
- Coconut flakes

Directions:
1. Core and slice the apples.
2. Spread chocolate spread on the apple slices.
3. Top with banana, almond, and strawberry slices.
4. Sprinkle with cinnamon sticks and hemp seeds.
APPLE CINNAMON "DONUTS"

This tasty snack is a take on everyone’s favorite apple n’ nut butter combo. But we love how darling (and sneaky!) these fruity “donuts” are. Get creative and have fun topping the apple rings with your favorite toppings.

INGREDIENTS

1 green apple, cored and cut into ¼-inch rings
1 tablespoon almond butter
¼ teaspoon ground cinnamon
¼ teaspoon vanilla extract

OPTIONAL: Top with shredded coconut, hemp hearts, sliced strawberries or bananas

DIRECTIONS

1. Stir cinnamon and vanilla extract into the almond butter.

2. Spread a thin layer of the almond butter on one side of each apple ring.

3. Sprinkle with desired toppings and eat immediately.

NOTE: Feel free to experiment with other fruits like peaches and pears!

“THE MIRACLE IS THE MORE WE SHARE, THE MORE WE HAVE.”

~LEONARD NIMOY
APPLE CIDER VINEGAR TONIC

Raw apple cider vinegar has been touted as a miracle cure—all due to its powerful cleansing and healing properties. We love drinking this tonic before meals to help with blood sugar levels or in the afternoon as a refresher.

INGREDIENTS

8 ounces filtered water
1 tablespoon raw apple cider vinegar
1 teaspoon raw honey
¼ teaspoon ground cinnamon

DIRECTIONS

1. In a glass, stir together the raw honey and ground cinnamon.

2. Add the apple cider vinegar and stir until honey is dissolved. Add the water and stir well.

3. Drink immediately or refrigerate until ready to drink.

NOTE: You can also drink this at room temperature or even warmed a bit.

“IT’S NEVER TOO LATE--NEVER TOO LATE TO START OVER, NEVER TOO LATE TO BE HAPPY.”

-JANE FONDA
THAI CAULIFLOWER SALAD
THAI CAULIFLOWER SALAD

At first glance, this may seem like a lot of ingredients – and it is! However, each one adds an element of flavor and texture that make this salad come alive.

INGREDIENTS

FOR SALAD:
- 1 ¼ cups cauliflower florets (to make ¾ cup “rice”)
- ½ cup raw kale, cut into thin ribbons
- 1 small green apple, peeled and diced
- ½ cup cucumber, peeled and diced
- ½ cup carrots, chopped
- ½ cup red pepper, diced
- ½ cup raw cashews, roughly chopped
- ¼ cup fresh mint
- ¼ cup fresh cilantro
- 2 tablespoons green onion, thinly sliced
- ½ tablespoon serrano chili, thinly sliced*

DRESSING:
- 1 tablespoon fresh lime juice
- 1 teaspoon olive oil
- 1 teaspoon sesame seed oil
- 1 teaspoon finely minced ginger
- 1 teaspoon finely minced garlic
- Sea salt, to taste

OPTIONAL: Extra mint, cilantro, lime wedges, and cashews

DIRECTIONS

1. Place cauliflower florets into the bowl of a food processor fitted with the chopping blade. Pulse until it finely chopped and transfer to a large bowl.

2. Add the kale, apple, cucumber, carrots, red pepper, cashews, herbs, serrano chili, and green onions. Toss to combine.

3. In a small bowl, whisk together the lime juice, oils, ginger, and garlic, and a good pinch of salt. Pour over the vegetables. Toss again.

NOTE: Chilis often vary in intensity. For a more mild version, remove seeds and ribs before slicing. Or use a milder chili such as a jalapeno.

“BELIEVE YOU CAN & YOU’RE HALFWAY THERE.”
- T. ROOSEVELT

thrive
SPICED ALMOND REMIX
SPICED ALMOND REMIX

This delicious chilled spiced almond milk is reminiscent of Horchata. Lightly sweet and just a hint of spice, it tastes great as a little sweet treat before bed. Make up a big batch for the whole week. It can also be served over ice for an extra cold beverage.

INGREDIENTS

1 cup almond milk, unsweetened
2 teaspoons maple syrup
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
Pinch cayenne

DIRECTIONS

1. Stir together maple syrup, ground cinnamon, vanilla extract, and cayenne in the bottom of a mason jar. Add the almond milk.

2. Shake well to combine. Drink chilled.

NOTE: This is even more tasty when made with homemade almond milk.

“SOME DAYS I’M ALL ABOUT GREEN SMOOTHIES, GINGER SHOTS, SUNSHINE & YOGA. SOME DAYS I JUST WANT TO INHALE A BOX OF DONUTS.”

-AUTHOR UNKNOWN
UPON WAKING
Turmeric Tonic

BREAKFAST
Peach Bliss

MORNING SNACK
Apple Cinnamon Donuts

LUNCH
Peach Bliss

AFTERNOON SNACK
Tamari Almonds

PM BEVERAGE
Apple Cider Vinegar Tonic

DINNER
Grilled Broccoli “Steaks”

BEFORE BED
Spiced Almond Remix
TURMERIC TONIC
TURMERIC TONIC

The anti-inflammatory benefits of turmeric are well known. It’s easy to consume enough each day in this simple-to-make tonic. It can be consumed anytime, but we suggest starting off the morning with it to help get things “moving” (if you know what we mean) and jumpstart the daily detox process from the get-go.

INGREDIENTS

8 ounces very hot water
1 tablespoon fresh squeezed lemon juice
½ teaspoon ground turmeric
¼ teaspoon freshly ground black pepper
1 teaspoon honey

DIRECTIONS

1. Combine ingredients in a glass or mug.
2. Let stand for 2-3 minutes, then drink.

“IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY.”

—RAOLD DAHL
PEACH BLISS
GREEN SMOOTHIE

Peaches are one of the best things about summer. They also happen to be one of the best fruits to eat for weight loss. This ultra creamy smoothie tastes like a fruity milkshake, but with the added benefits of beta-carotene, vitamin C, potassium, fiber, and healthy fats.

**INGREDIENTS**

- 2 cups spinach, *fresh*
- 1 cup full-fat coconut milk, *unsweetened*
- 1 cup water
- 1 orange, *peeled*
- 2 cups peaches
- ½ avocado
- ½ teaspoon vanilla extract

**DIRECTIONS**

1. Blend spinach, coconut milk, and water until smooth.

2. Add the remaining ingredients and blend again.

**NOTE:** Light or full-fat coconut milk can be used; or 1 cup full-fat coconut milk plus 1 cup water

“EVERY DAY WE CHOOSE WHO WE ARE BY HOW WE DEFINE OURSELVES.”

—Angelina Jolie
APPLE CINNAMON "DONUTS"

This tasty snack is a take on everyone’s favorite apple n’ nut butter combo. But we love how darling (and sneaky!) these fruity “donuts” are. Get creative and have fun topping the apple rings with your favorite toppings.

**INGREDIENTS**

1 green apple, cored and cut into ⅛-inch rings
1 tablespoon almond butter
¼ teaspoon ground cinnamon
¼ teaspoon vanilla extract

**DIRECTIONS**

1. Stir cinnamon and vanilla extract into the almond butter.

2. Spread a thin layer of the almond butter on one side of each apple ring.

3. Sprinkle with desired toppings and eat immediately.

**OPTIONAL:** Top with shredded coconut, hemp hearts, sliced strawberries or bananas

**NOTE:** Feel free to experiment with other fruits like peaches and pears!

“EVERYTHING YOU’VE EVER WANTED IS ON THE OTHER SIDE OF FEAR.”

—GEORGE ADDAIR
TAMARI ALMONDS

Tamari, the deeper flavored cousin of soy sauce, goes splendidly with toasted almonds. Each handful will satisfy a craving for a salty, crunchy snack. One batch is enough for the whole week, but feel free to make several batches to keep on hand for an easy, nourishing snack.

INGREDIENTS

1 cup raw almonds
1 tablespoon tamari

VARIATIONS:

Sweet: 1 cup raw almonds, 1 tablespoon pure maple syrup, ½ teaspoon vanilla extract, pinch of sea salt

Spicy: 1 cup raw almonds, 2 teaspoons fresh lime juice, pinch of cayenne pepper and sea salt

NOTE: All three variations work great with cashews too.

DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.

2. Place almonds in a mixing bowl and pour Tamari over the top. Stir well. The almonds will start to absorb the Tamari, but some may remain in the bottom of the bowl. Spread almonds on the baking sheet and drizzle any remaining Tamari over the top. It will all be absorbed as the almonds are toasting.

3. Bake for 10-15 minutes. The almonds will be dry to the touch and golden when they are finished. Let cool completely on the baking sheet.

4. Store in airtight container until ready to eat. Makes four ¼ cup servings.

“I NEVER LOSE. I EITHER WIN OR LEARN.”

-Anonymous
APPLE CIDER VINEGAR TONIC
APPLE CIDER VINEGAR TONIC

Raw apple cider vinegar has been touted as a miracle cure-all due to its powerful cleansing and healing properties. We love drinking this tonic before meals to help with blood sugar levels or in the afternoon as a refresher.

INGREDIENTS

- 8 ounces filtered water
- 1 tablespoon raw apple cider vinegar
- 1 teaspoon raw honey
- ¼ teaspoon ground cinnamon

DIRECTIONS

1. In a glass, stir together the raw honey and ground cinnamon.

2. Add the apple cider vinegar and stir until honey is dissolved. Add the water and stir well.

3. Drink immediately or refrigerate until ready to drink.

NOTE: You can also drink this at room temperature or even warmed a bit.

“We first make our habits, then our habits make us.”

—John Dryden
GRILLED BROCCOLI “STEAKS”
GRILLED BROCCOLI "STEAKS"

Broccoli, one of our favorite cruciferous veggies, is also one of the healthiest. Grilling or roasting it on high heat brings out its natural sweetness. The dressing has just the right amount of ginger to play off the tartness of the rice vinegar and sweetness of the carrots.

**INGREDIENTS**

**FOR SALAD:**
- 1 small broccoli head
- 1 tablespoon olive oil, *for brushing*
- Sea salt and black pepper, *for seasoning*

**DRESSING:**
- ½ cup finely chopped or shredded carrots
- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon tamari
- 1 tablespoon fresh ginger, *finely grated*
- 2 teaspoons pure maple syrup
- 1 teaspoon sesame oil

**FOR SERVING:**
- ½ avocado, *sliced*
- ¼ cup sliced almonds
- 2 tablespoons green onion, *thinly sliced*
- ¼ to ½ teaspoon red pepper flakes, *to taste*

**DIRECTIONS**

1. Preheat oven to 425°F or prepare barbecue grill. If using oven, line a baking sheet with parchment paper.

2. Trim the stem a bit and place the broccoli on a cutting board floret side down. Use a sharp to cut the broccoli stem through florets into about four 1-inch “steaks” or large florets. (Some broccoli crowns have larger stems which are better for steaks, and others may be better suited to making large florets). Brush with the oil and season well with salt and pepper. Place on baking sheet. Roast for 10-15 minutes. Or if using grill, cook on each side for 3-5 minutes or until tender.

3. While broccoli is cooking, make the dressing. Combine the dressing ingredients in a blender or food processor. Puree until smooth. Set aside.

4. To serve, place the cooked broccoli on a plate along with the sliced avocado. Drizzle some of the dressing on top. (You may have more than you need.) Sprinkle with the sliced almonds, green onion, and red pepper flakes. Eat while warm.

“IT ALWAYS SEEMS IMPOSSIBLE, UNTIL IT’S DONE.”

—NELSON MANDELA
SPICED ALMOND REMIX
### Spiced Almond Remix

This delicious chilled spiced almond milk is reminiscent of Horchata. Lightly sweet and just a hint of spice, it tastes great as a little sweet treat before bed. Make up a big batch for the whole week. It can also be served over ice for an extra cold beverage.

**INGREDIENTS**

- 1 cup almond milk, *unsweetened*
- 2 teaspoons maple syrup
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- Pinch cayenne

**DIRECTIONS**

1. Stir together maple syrup, ground cinnamon, vanilla extract, and cayenne in the bottom of a mason jar. Add the almond milk.

2. Shake well to combine. Drink chilled.

**NOTE:** This is even more tasty when made with homemade almond milk.

"THINK OF ALL THE BEAUTY STILL LEFT AROUND YOU AND BE HAPPY."

—Anne Frank
UPON WAKING
Turmeric Tonic

BREAKFAST
Watermelon Blueberry Smoothie Bowl

MORNING SNACK
Avocado Caprese Salad

LUNCH
Watermelon Blueberry Smoothie Bowl

AFTERNOON SNACK
Apple Cinnamon Donuts

PM BEVERAGE
Apple Cider Vinegar Tonic

DINNER
Raw Kale Salad

BEFORE BED
Spiced Almond Remix
TURMERIC TONIC

The anti-inflammatory benefits of turmeric are well known. It’s easy to consume enough each day in this simple-to-make tonic. It can be consumed anytime, but we suggest starting off the morning with it to help get things “moving” (if you know what we mean) and jumpstart the daily detox process from the get-go.

INGREDIENTS

- 8 ounces very hot water
- 1 tablespoon fresh squeezed lemon juice
- ½ teaspoon ground turmeric
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon honey

DIRECTIONS

1. Combine ingredients in a glass or mug.
2. Let stand for 2-3 minutes, then drink.
WATERMELON BLUEBERRY SMOOTHIE BOWL

Watermelon contains vitamins A, B6 and C, a ton of lycopene, antioxidants and amino acids. Not to mention, this vibrant fruit, which is over 90% water by weight, is incredibly refreshing on a hot day. We’ve added blueberries for some superfood power (hello, anthocyanins!) and banana to make it nice and creamy. Serve it up in your favorite bowl topped with hemp hearts, almonds, and extra fruit.

**INGREDIENTS**

- 2 cups spinach, fresh
- 1 cup water
- 2 cups watermelon, cubed and seeded, preferably frozen
- 2 cups blueberries, frozen
- 1 banana, preferably frozen
- 2 tablespoons fresh lemon juice
- 4 tablespoons hemp hearts, divided

**DIRECTIONS**

1. Blend spinach and water.

2. Add watermelon, blueberries, banana, lemon juice, and 2 tablespoons of the hemp hearts. Blend again. Stop and scrape down sides as needed, the smoothie will be on the thicker side.

3. Divide between two bowls. (Save one half for lunch!) Before serving, top each smoothie bowl.

**NOTE:** Watermelon can also be frozen for a thicker smoothie bowl. To keep smoothie bowl nice and thick, place in freezer until lunchtime. Other types of melon can be substituted for the watermelon such as honeydew, cantaloupe, and yellow watermelon.

“THE FUTURE BELongs TO THose WHO BELIEve IN THE BEAUTy OF THEIR DREAMs.”

—ELEANOR ROOSEVELT
AVOCADO CAPRESE SALAD
AVOCADO CAPRESE SALAD

It’s pretty hard to top a juicy, garden fresh, still-warm-from-the-sun tomato, but this comes pretty close. Creamy avocado stands in for cheese in our version of the classic Italian Caprese Salad. (We don’t think you’ll miss it.)

INGREDIENTS

½ avocado
1 small ripe tomato
¼ cup fresh basil leaves
(about 8-10)
Sea salt and black pepper

OPTIONAL: Balsamic vinegar and olive oil, for drizzling

DIRECTIONS

1. Thickly slice the avocado and tomato.
2. Arrange on a plate along with the basil leaves.
3. Season well with salt and pepper. If desired, drizzle with balsamic vinegar and olive oil.

2. Eat immediately.

NOTE: If making this ahead, toss the avocado with a little fresh lemon juice to keep it from turning brown.

“IF YOU’RE ALWAYS TRYING TO BE NORMAL, YOU’LL NEVER KNOW HOW AMAZING YOU CAN BE.”

-MAYA ANGELOU
APPLE CINNAMON "DONUTS"

This tasty snack is a take on everyone’s favorite apple n’ nut butter combo. But we love how darling (and sneaky!) these fruity “donuts” are. Get creative and have fun topping the apple rings with your favorite toppings.

**INGREDIENTS**

1 green apple, cored and cut into ¼-inch rings  
1 tablespoon almond butter  
¼ teaspoon ground cinnamon  
¼ teaspoon vanilla extract  

**DIRECTIONS**

1. Stir cinnamon and vanilla extract into the almond butter.  
2. Spread a thin layer of the almond butter on one side of each apple ring.  
3. Sprinkle with desired toppings and eat immediately.

**NOTE:** Feel free to experiment with other fruits like peaches and pears!

“YOU ARE WHAT YOU EAT... SO DON’T BE FAST, CHEAP, EASY OR FAKE!”

-AUTHOR UNKNOWN
APPLE CIDER VINEGAR TONIC
### INGREDIENTS

- 8 ounces filtered water
- 1 tablespoon raw apple cider vinegar
- 1 teaspoon raw honey
- ¼ teaspoon ground cinnamon

### DIRECTIONS

1. In a glass, stir together the raw honey and ground cinnamon.
2. Add the apple cider vinegar and stir until honey is dissolved. Add the water and stir well.
3. Drink immediately or refrigerate until ready to drink.

**NOTE:** You can also drink this at room temperature or even warmed a bit.

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Raw apple cider vinegar has been touted as a miracle cure-all due to its powerful cleansing and healing properties. We love drinking this tonic before meals to help with blood sugar levels or in the afternoon as a refresher.

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"YOU DON’T HAVE TO BE GREAT TO START, BUT YOU HAVE TO START TO BE GREAT."

—AUTHOR UNKNOWN
RAW KALE SALAD

Everyone needs a good raw kale salad in their arsenal, and this might just become a favorite. Tenderized kale ribbons, crunchy cucumber, red pepper, and tart pineapple add gorgeous color and loads of nutrients.

**INGREDIENTS**

**FOR SALAD:**
- 2 cups kale, stemmed and cut into ribbons
- 1 tablespoon fresh lemon juice
- ½ teaspoon sesame seed oil
- ½ cup cucumber, thinly sliced
- ½ cup fresh pineapple, sliced
- ¼ cup red bell pepper, thinly sliced
- ¼ cup fresh cilantro, roughly chopped
- ¼ cup raw cashews, roughly chopped
- 2 teaspoons raw sesame seeds

**DRESSING:**
- ½ cup diced mango
- 2 tablespoons fresh squeezed orange juice
- 1 tablespoon olive oil
- 2 teaspoons fresh lime juice
- ¼ teaspoon crushed red pepper flakes
- Sea salt, to taste

**NOTE:** Frozen mango can be thawed and used for the dressing.

**DIRECTIONS**

1. Place kale in a mixing bowl and the lemon juice over the kale. Use your hands to squeeze and “massage” the kale to tenderize it.

2. Add the sesame oil and sliced veggies and fruit. Toss gently to mix. Set aside while preparing dressing.

3. For dressing - puree the mango with orange and lime juice. Add the crushed red pepper flakes and sea salt.

4. Drizzle the dressing over the top of the salad. Toss to coat. Sprinkle the cashews and sesame seeds on top and serve immediately.
SPICED ALMOND REMIX

This delicious chilled spiced almond milk is reminiscent of Horchata. Lightly sweet and just a hint of spice, it tastes great as a little sweet treat before bed. Make up a big batch for the whole week. It can also be served over ice for an extra cold beverage.

INGREDIENTS

1 cup almond milk, unsweetened
2 teaspoons maple syrup
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
Pinch cayenne

DIRECTIONS

1. Stir together maple syrup, ground cinnamon, vanilla extract, and cayenne in the bottom of a mason jar. Add the almond milk.

2. Shake well to combine. Drink chilled.

NOTE: This is even more tasty when made with homemade almond milk.

“IF YOU’RE LOOKING FOR THE ONE PERSON THAT WILL CHANGE YOUR LIFE, TAKE A LOOK IN THE MIRROR.”

-Author Unknown
UPON WAKING
Turmeric Tonic

BREAKFAST
Raspberry Almond Butter

MORNING SNACK
Stuffed Avocado

LUNCH
Raspberry Almond Butter

AFTERNOON SNACK
Agua Fresca Popsicle

PM BEVERAGE
Apple Cider Vinegar Tonic

DINNER
Coconut Soup

BEFORE BED
Spiced Almond Remix
TURMERIC TONIC

The anti-inflammatory benefits of turmeric are well known. It’s easy to consume enough each day in this simple-to-make tonic. It can be consumed anytime, but we suggest starting off the morning with it to help get things “moving” (if you know what we mean) and jumpstart the daily detox process from the get-go.

INGREDIENTS

8 ounces very hot water
1 tablespoon fresh squeezed lemon juice
½ teaspoon ground turmeric
¾ teaspoon freshly ground black pepper
1 teaspoon honey

DIRECTIONS

1. Combine ingredients in a glass or mug.
2. Let stand for 2-3 minutes, then drink.

“THE ONLY TIME YOU SHOULD LOOK BACK IS TO SEE HOW FAR YOU’VE COME.”
-AUTHOR UNKNOWN
RASPBERRY ALMOND BUTTER GREEN SMOOTHIE

Berries and banana are a classic smoothie combo. We’ve given it an upgrade by adding almond butter to make it extra creamy with the added bonus of protein and fiber. Raspberries are naturally low in sugar and high in dietary fiber and vitamin C. Banana adds a touch of natural sweetness, while adding potassium.

INGREDIENTS

- 2 cups spinach, fresh
- 2 cups water
- 2 cups raspberries, frozen
- 1 banana, frozen
- 2 tablespoons almond butter

DIRECTIONS

1. Blend spinach and water until smooth.
2. Add the remaining ingredients and blend again.

“YOUR TIME IS LIMITED, SO DON’T WASTE IT LIVING SOMEONE ELSE’S LIFE.”
- STEVE JOBS
STUFFED AVOCADO

This snack comes to you courtesy of Jen’s brilliant mind. You’ll love this rawkstar combination of flavors and textures. Also, we love crushed red pepper flakes, but feel free to sprinkle on your favorite spice like ground cumin, chili powder, or even a sprinkle of fresh cilantro.

INGREDIENTS

½ avocado
1 celery stalk, diced
2 tablespoons sliced almonds
1-2 teaspoons fresh lemon juice
Pinch crushed red pepper flakes
Sea salt and freshly ground black pepper, to taste

DIRECTIONS

1. Place avocado on a plate. Toss celery with almonds and lemon juice. Fill center of avocado with the mixture. Sprinkle the top with red pepper flakes, sea salt, and fresh ground black pepper.

2. Eat immediately.

NOTE: If you’re not a fan of celery, diced cucumber or tomato is a great stand-in.

“THROW KINDNESS AROUND LIKE CONFETTI.”
~AUTHOR UNKNOWN

thrive
AGUA FRESCA POPSICLES
AGUA FRESCA POPSICLES

Hot summer days call for popsicles. These pretty pops are naturally sweetened only with fruit. Two ingredients and little time in the freezer is all that’s needed for a refreshing cold treat.

**INGREDIENTS**

- 2 cups watermelon, seeded and cubed
- 1 cup strawberries

**DIRECTIONS**

1. Place watermelon and strawberries into a blender or food processor. Puree until smooth.

2. Pour the mixture into popsicle molds and insert popsicle sticks. Freeze several hours or preferably overnight before eating.

**NOTE:** Popsicle molds differ in capacity. For this recipe we used ¾ cup (6 ounce) molds. Paper or silicone cups can be used in place of the popsicle molds.

“LOVE DOES WHATEVER IT TAKES TO MULTIPLY ITSELF AND SOMEHOW ALONG THE WAY EVERYONE BECOMES A PART OF IT.”

—BOB GOFF
APPLE CIDER VINEGAR TONIC

Raw apple cider vinegar has been touted as a miracle cure-all due to its powerful cleansing and healing properties. We love drinking this tonic before meals to help with blood sugar levels or in the afternoon as a refresher.

INGREDIENTS

8 ounces filtered water
1 tablespoon raw apple cider vinegar
1 teaspoon raw honey
¼ teaspoon ground cinnamon

DIRECTIONS

1. In a glass, stir together the raw honey and ground cinnamon.

2. Add the apple cider vinegar and stir until honey is dissolved. Add the water and stir well.

3. Drink immediately or refrigerate until ready to drink.

NOTE: You can also drink this at room temperature or even warmed a bit.

“MOST PEOPLE HAVE NO IDEA HOW GOOD THEIR BODY IS DESIGNED TO FEEL.”

~KEVIN TRUDEAU
COCONUT SOUP

Curry is one of the most delicious ways to eat your veggies. This creamy, coconut milk-based soup is simple to make. Use as much or as little curry paste as you like depending on the level of desired spiciness. Add maple syrup and fresh lime juice to taste.

INGREDIENTS

15 ounce can full-fat coconut milk, unsweetened*  
2-4 tablespoons Thai curry paste, to taste**  
1 teaspoon pure maple syrup, to taste  
Sea salt, to taste  
¼ cup carrots, very thinly sliced  
¼ cup mushrooms, thinly sliced  
1 medium zucchini, spiralized  
For serving: green onions, sliced serrano chili, chopped raw cashews, lime wedge

*D full-fat coconut is preferred here for flavor and to make the soup more filling. Light coconut milk can be substituted if desired.

**We like Thai Kitchen green or red curry paste because of the ingredient lists, lack of additives and preservatives, and its wide availability in standard grocery stores (and online). Yellow curry paste may be substituted, if desired.

DIRECTIONS

1. In a 3 to 4-quart saucepan, whisk together the coconut milk and curry paste. Bring to a simmer over medium heat. Stir in the maple syrup and sea salt, to taste.

2. Add the carrot and mushrooms. Simmer until carrots are tender. Add the zucchini. Taste and add more salt if needed.

3. Transfer to a bowl and garnish with sliced green onions, serrano chili, chopped cashews, and a squeeze of lime juice.

“I DON’T KNOW WHAT MY PATH IS YET. I’M JUST WALKING ON IT.”

-OLIVIA NEWTON JOHN

thrive 127
SPICED ALMOND REMIX

This delicious chilled spiced almond milk is reminiscent of Horchata. Lightly sweet and just a hint of spice, it tastes great as a little sweet treat before bed. Make up a big batch for the whole week. It can also be served over ice for an extra cold beverage.

INGREDIENTS

1 cup almond milk, unsweetened
2 teaspoons maple syrup
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
Pinch cayenne

DIRECTIONS

1. Stir together maple syrup, ground cinnamon, vanilla extract, and cayenne in the bottom of a mason jar. Add the almond milk.

2. Shake well to combine. Drink chilled.

NOTE: This is even more tasty when made with homemade almond milk.

“NOTHING IS IMPOSSIBLE, THE WORD ITSELF SAYS ‘I’M POSSIBLE.’”

-AUDREY HEPBURN
# Conversion Charts

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*Approximate measurements for raw whole cashews, almonds, etc.
## Conversion Charts

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<td>200° F</td>
<td>95° C</td>
<td></td>
</tr>
</tbody>
</table>

**Substitute:**

10" x 2" round with 9" x 9" x 2" square pan. Depending on pan size, baking times will vary. (Deeper pans require longer baking times)
## METRIC CONVERSION

### FORMULAS

<table>
<thead>
<tr>
<th>TO CONVERT</th>
<th>MULTIPLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>ounces to grams</td>
<td>ounces by 28.35</td>
</tr>
<tr>
<td>pounds to kilograms</td>
<td>pounds by .454</td>
</tr>
<tr>
<td>teaspoons to milliliters</td>
<td>teaspoons by 4.93</td>
</tr>
<tr>
<td>tablespoons to milliliters</td>
<td>tablespoons by 14.79</td>
</tr>
<tr>
<td>fluid ounces to milliliters</td>
<td>fluid ounces by 29.57</td>
</tr>
<tr>
<td>cups to milliliters</td>
<td>cups by 236.59</td>
</tr>
<tr>
<td>cups to liters</td>
<td>cups by .236</td>
</tr>
<tr>
<td>pints to liters</td>
<td>pints by .473</td>
</tr>
<tr>
<td>quarts to liters</td>
<td>quart by .946</td>
</tr>
<tr>
<td>gallons to liters</td>
<td>gallons by 3.785</td>
</tr>
<tr>
<td>inches to centimeters</td>
<td>inches by 2.54</td>
</tr>
</tbody>
</table>

### LENGTH

<table>
<thead>
<tr>
<th>CONVERSION</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ inch</td>
<td>3 millimeters</td>
</tr>
<tr>
<td>¼ inch</td>
<td>6 millimeters</td>
</tr>
<tr>
<td>½ inch</td>
<td>1 ¼ centimeters</td>
</tr>
<tr>
<td>1 inch</td>
<td>2 ½ centimeters</td>
</tr>
<tr>
<td>2 inches</td>
<td>5 centimeters</td>
</tr>
</tbody>
</table>
THAT’S IT, RAWKSTAR!

You did it! Can you believe it?

You made it through Thrive: 7-Day Reset... you just finished an entire week of treating your body to deliciously satisfying and detoxifying whole foods.

How are you feeling? Is your head a little clearer? Energy up? Are you turning into a whole new version of you? (Fueled by greens, veggies, and grains, of course!)

We’re so proud of you for making it this far. Even though this detox is just seven days, it’s still a challenge to make shifts to these kinds of habits. And shift you did!

By now, your caffeine, sugar, and salt cravings should be significantly lowered, and your body’s probably craving even more of that whole food goodness, right? How magical is that?

THE BEST PART OF IT ALL IS YOUR JOURNEY DOESN’T HAVE TO END HERE.

Want to keep going and keep making your health a delicious priority? We’ve got some seriously booty-kickin’ products to help you do just that.

Wishing you health and happy adventures!
FRESH START 21 is our world-famous 21-day vegan, gluten-free, whole foods cleanse. The food is seriously fantastic and you’ll keep experiencing even more of those super happy side effects of looking, feeling, and being totally rawsome!

LEARN MORE HERE!

LET’S EAT is month-long dinner meal plan, filled with everything you need to get back into the routine of home cooked suppers for you, two, or the whole fam... without spending hours or days figuring out confusing recipes or spending way too much time in Trader Joe’s.

LEARN MORE HERE!

RAWKSTAR RECIPES is a mobile-friendly recipe card PDF that’ll keep our top-shelf recipes at your fingertips at all times. No more searching for recipes—you’ll have instant access to 52 yummy green smoothie recipes of them all right on your mobile phone.

LEARN MORE HERE!