



eat well
live simply
be happy
feel awesome



Cleanse Guide

10-Day Cleanse for a healthier, brighter YOU!

Be *Vibrant*

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Welcome Be Vibrant Cleanser!!

Congratulations on taking the first step to a healthier
YOU!

I am SO happy you are here!

The **Be Vibrant** 10-Day Cleanse is the easiest cleanse you will ever do and you will be amazed at how good you feel, inside and out, after just 10 short days! Get ready to clear out the old junk and weightiness, and make room for new vibrancy, new foods, new energy and new aspirations.

Each day has a delicious meal plan that includes recipes for breakfast, lunch, dinner and snacks, as well as an easy to use shopping list. I have also thrown in tons of helpful tips and tricks (told you I was making this easy for you!). If you know where the kitchen is and can use a blender, then easy peasy...the **Be Vibrant** Cleanse is for you!

WARNING: Your **Be Vibrant** Cleanse may result in the following side effects: weight loss, boost in energy levels, less bloating and puffiness, clearer skin, improved digestion, better sleep and relief from aches and pain. I believe that it is only fair that I disclose this information to you!



Take a minute and picture this...

Your body is tired and lacks energy, you drag yourself out of bed in the morning for a hot cup of Joe, you're hanging onto excess weight (especially that stubborn belly pooch), you feel sluggish and just plain run down. You are exercising and working out and just not seeing the results you want. And sadly, you just accept the fact that this is the way it is. Sound familiar? Yes? Well then guess what...you are in the right place! The **Be Vibrant** Cleanse is a great way to lovingly give your mind and body a break and rid itself of all of the toxins that it has stored for years. It's time to finally get rid of the junk!

Here's the scary truth

Toxins and chemicals from today's standard diet of unnatural and processed "foods", especially sugar, build up in your body over a period of time and create an acidic environment in your system, which can lead to all kinds of nasty things like inflammation, mood swings, digestive issues, constipation, blood sugar imbalances, weight gain, slow metabolism, skin problems and even disease, such as diabetes and cancer!. Scary, right? Actually, your body is naturally built to detoxify every day as part of its normal process, but today's Standard American Diet (SAD) makes it extra hard for your body to work its magic.

Your body works hard to eliminate and neutralize toxins through your colon, liver, kidneys, lungs, lymph and skin. Unfortunately, in this day in age, you are exposed to way too much crap for your body to keep up with. From the air you breathe, to the water you drink and the food you eat. A chemical-laden diet loaded with large amounts of animal protein and dairy, sugar, processed food, saturated and trans fats, caffeine and alcohol will inhibit your body from properly performing at its peak and from naturally cleansing from the inside out. Who wants that?



Why is cleansing and detoxing the body & mind is so important?

Regular cleansing is so important because it allows your system to reset itself and come back to a place of balance, emotionally and physically, while building newer healthier habits. It's *super* important to balance your blood sugar levels so that you can experience even moods and energy levels throughout the day, and to keep that dynamite metabolism working properly. And, I have made it easy for you and mapped it all out. How? Well, cleansing and detoxing through the DIET (what you put in your mouth everyday!) is a great way to give your body a break and support its natural self-cleaning system. No nasty powders or pills, no starving yourself and no running to the bathroom every five minutes! Just real food, made easy and made delicious!

So step away from the labels and just EAT REAL FOOD!

Our motto, "If it comes from a plant, eat it. If it was made in a plant, don't!!" So, if this all sounds great but you are unsure of how, you are in the right place because this cleanse will feed that beautiful body of yours what it needs and craves and is just what it needs to reset and re-energize. And if you are a seasoned whole foods eater hold onto your hat because you are in for some super tasty recipes.

Never fear...you will NOT starve on this cleanse!

I promise (pinky swear....and you KNOW that you are NEVER allowed to break a pinky swear!!) You will get to enjoy plenty of fresh, whole foods, like beautiful crunchy salads, savory soups, yummy snacks and even succulent juices and smoothies. Your kitchen will be your best friend for the next 10 days.

You will learn how to prepare all the healthy and delicious foods, all simple and easy to prepare recipes that your entire family will enjoy! Hooray! And guess what? I can bet that those old habits of yours that you will throw out the window at the start of your cleanse, will not make their



way back in your life! Why? Because there will no longer be room for them....this is the start of a lifestyle change, not a quickie diet so you can fit into your skinny jeans! (Although you just might be rockin' those jeans in ten days!)

I know you're eager to get started...

But before you get going with the meal plan, there are a few things I want you to do first:

- ⌚ Remember you are doing this for YOU and only you. Not your partner, or your kids, or your family. Don't let anyone get you down!
- ⌚ Write down your WHY and keep it where you can see it when you need reinforcement. Dig deep here and really think about what is important to you, why you want this and why you are making the commitment to give your body, mind and soul the amazing gift of love and nourishment for the next 10 days, and beyond! The changes you are about to make are creating a new healthy lifestyle....you have to want this and have to know that you are awesome and WORTH IT!!
- ⌚ Please give yourself the gift of easing your body into the cleanse by slowly eliminating coffee, caffeine, alcohol and sugar at least 3 days before the start of your cleanse. This will help your body wean off the toxic foods and be able to manage the detox and cleansing effects even better.

Now you are ready to go!

Fasten your seat belt and be prepared for an unbelievable, healthy and VIBRANT ride to absolute health and wellness! Be sure to check your email each day as you will be receiving informational, motivational and fun emails from us to help you along your journey.



You are doing the work for YOU!

But what's better than having us with you along the way to help and cheer you on? And of course always feel free to email me at any time with your questions.

Also, be sure to join our private Facebook Page at to connect with other incredibly awesome **Be Vibrant** cleansers!

Remember, this is **your** program, so the more you put into it, the more you will get out of it. You are going to ROCK this!! I believe in YOU!!

I am so grateful you are here!



Be Vibrant Daily Guidelines

To best cleanse your rockin' bod and keep it going strong and detoxing like a champ, follow these simple guidelines every day. Honor your body, mind and soul with some self love, nourishment and pampering because baby, you're worth it!

Be Awake - First things first

Replace your morning cup of Joe with a cup of warm water with a hefty squeeze of lemon in your favorite mug. Drink this first thing when you wake up, before breakfast, to really kick start your day. Lemons are great for cleansing your liver, aiding in digestion (they really get things moving!) and boosting your metabolism.

DYK that lemons are full of vitamin C and will give you beautiful skin from the inside out? Hooray for lemons!

Tip: Drinking water prior to and between meals may help to curb your appetite and dull hunger pangs. So fill up that fancy water bottle and keep it with you all day long... and chug a lug. Check out the **Be Hydrated Anti Bloat Water** recipe on the next page!

Be Hydrated - Water, water and more water!

Your body cannot effectively cleanse without the water it needs to flush out all those nasty toxins. Not only that, it will help you to feel full and satisfied during the day! A good rule of thumb is to drink $\frac{1}{2}$ oz for every lb you weigh, so if you weigh 150 pounds you need 75 oz of water, or about 9 glasses.

Did you know that it's best to drink water before meals, rather than during meals because drinking while you eat can slow down your digestion process significantly? Who knew!? When the food you eat takes too long to digest and go through your system, it can cause digestive problems. Since you are looking to release toxins and cleanse your colon, you really do not want to clog it up with



more junk! Water also prepares, opens, cleans and lubricates the digestive track, getting your body primed and ready for the food that is on its way! A good rule of thumb is to stop drinking water about 30 minutes prior to your meal. Don't worry, you will get used to this one quickly....drinking while eating is a habit more than anything really!

Be Hydrated Lemon Cucumber Water

Try this delicious tried and true recipe to really keep you hydrated, flush the toxins and tone down the belly bloat. Plus it tastes amazing! You will need a large container to fill up and store this drink in since it steeps over night:

2 liters water (about 8 ½ cups)

1 teaspoon freshly grated ginger

1 medium cucumber, peeled and thinly sliced

1 medium lemon, thinly sliced

12 small mint leaves.

Combine all ingredients in a large pitcher and let flavors blend overnight.

Drink the entire pitcher by the end of each day to stay happy and hydrated

Did you know most people don't drink enough water each day? And did you know water will not only keep you hydrated, it will keep your bowels moving nicely, and will keep your skin soft, supple and hydrated as well. Yep, that's right; water is the BEST skin moisturizer in town. If you find your skin is super dry, especially during the winter when water consumption goes way down, be sure to really pay attention to your water intake.

**Drinking this Be Hydrated water every day will make your body so happy,
inside and out!**



Be Zen - A Little Yoga Does A Body Good

Sorry, but strenuous exercise during the cleanse is **not** recommended. The **Be Vibrant** program is giving your body a workout from the inside out, so it's best to stay relaxed and refrain from asking your body to repair muscle tissue at the same time it is working hard to clean up and release those nasty toxins! Don't worry you exercise buffs, you will NOT lose muscle tone!! You will gain all of the benefits of a muscular system that has been given the time and the permission to rest and recharge. That's right, I am telling you that you are allowed to unlace your sneakers, hang them up and put your workouts on hold for entire ten days! Although, you may do some light yoga or take a walk every day to loosen up your body. I actually recommend it, but remember not to overdo it.

Be Mindful when Eating

You worked hard to make that meal so take time to sit down and enjoy it! No TV, no cell phone or computer and no eating at your desk while you work! This may surprise you, when you realize how accustomed we have become to electronic distractions! Pull out the fine china, put your juice in a wine glass, and even set the table with flowers or candles. When you eat with all of this extra "noise", it's easy to inhale your meal and not really taste your food and that can leave you wanting more which leads to..you guessed it, overeating. So SLOW DOWN! Take your time, chew each bite slowly and savor every nibble. Be mindful of every delicious bite and enjoy the party of flavors going on in your mouth!



Be Aware

If you find yourself longing to snack on processed foods, sugar or caffeine during the cleanse step back and pause. Take a breath and think about what might really be going on. Has someone hurt you, are you angry, maybe you are overtired or stressed out. Sometimes just taking that moment to realize you're not really hungry and are eating emotionally can really help you get over the hump. This would be a good time to reach for a glass of lemon water, step outside and soak up some Vitamin D. Or, grab a pen, take out your journal and just write. Not about anything in particular really, just enough to clear your mind...a nice brain dump, as I like to call it! Rip up the paper and throw it away when you're done...you will feel so much better. Sometimes the simple fact of being aware of what's going on for you can help. You will get lots of opportunities to practice self care during the cleanse which will make you feel amazing.

Be Relaxed and Breathe

Your body is so amazing and it is detoxing with every breath you take! Breathing increases your oxygen supply and nutrients to all of the cells throughout your body and clears your system of carbon dioxide waste (yuck!). With proper, conscious breathing, you will improve your circulation, calm your nervous system, reduce mental fatigue and brain fog, ease unwanted pressure on your heart, massage and stimulate all of your organs AND reduce stress!! Most of us do not even know how to breathe properly! Yes, that's right!

Here is a short lesson on how to inhale and exhale to get the most benefit:

- o Inhale through your nose and fill your lungs completely, without force. Expand and fill your diaphragm fully, hold for a few seconds and then slowly exhale through your mouth. Repeat 4 times to center your body and mind.

If you are going to do one thing and one thing only for your health, then breathe properly!!! And guess what? It's free! :)



Recipe:

1-2 cups water

1-2 teaspoon ACV

2 Tablespoons fresh lemon juice

½ - 1 teaspoon cinnamon

½ - 1 Tablespoon Pure Maple Syrup (optional)

Drink 1-2 cups per day

Try it cold or warm. Add a dash of cayenne for even more fat burning madness. Yum!

Be Rejuvenated Afternoon Cocktail

Afternoons can be tough. You're feeling tired and sluggish, you're having trouble focusing and all you want to do is grab a candy bar or a giant cup of coffee to wake you up. STOP! Your body is craving water and nutrients, not sugar and caffeine. To help you over the afternoon slump, I have the perfect **Be Vibrant** drinky-poo for you! This fancy drink is a perfect "Afternoon Delight" to curb your hunger, give you an energy boost and tame those cravings!

Benefits of Apple Cider Vinegar

ACV has been used for centuries for so many things!

- Increases metabolism which promotes weight loss
- Improves digestion
- Improves energy levels
- Strengthens the immune system
- Alleviates symptoms of arthritis
- Aides to control high blood sugar
- Improves skin conditions such as acne



Be Clear

Over the next ten days it's really important for you to remember this phrase **"I Commit to ME!"** Post it on the bathroom mirror, put it on your smart phone, and write it on your hand...just say it over and over again.

Cleansing is not always easy, and you might possibly come up against some uncomfortable feelings physically, mentally and emotionally. There will be times where you want to give up and just go back to your old, unhealthy ways. It's easier right? But who needs easy? Certainly not you! Your old habits are like little devils on your shoulder trying to get your attention. Well it's time to flick those little devils off and show them who's boss.

Be Honest - What's Your Why?

Let's take a few minutes to think about these following questions and answer them honestly. The first step in all of this is to be truthful with ourselves!

Ask yourself these questions. I have given you room to write down your answers so you can look at them when you need extra strength:

"What's in it for me to do this cleanse as a step in getting healthier?"



"Am I willing to step outside of my comfort zone and create new, life changing habits for myself?"

"What (or who) could keep me from stepping outside of the box and what can I do to prevent these road blocks?"

"Am I happy with how I feel, with my current habits and what I put into my body?"

"How can changing my eating habits benefit me?"

“What will it cost me not to change?”

“How will I feel about ME once I have started to honor my body and myself?”

Be Committed to Yourself

Remember, this is about you and no one else. Your relationship with food is harmonious with your relationship to your whole life. This means that you really are what you eat and food can shape your life in ways you may not even realize. It can control you, control your moods, control your weight and energy levels. It's time for you to take back control and by committing to the **Be Vibrant** Cleanse and to yourself; you are taking a big huge step in the right direction!



Be Loved



Do you practice self care? Unfortunately most busy women answer “no” (or maybe they have no idea what the heck "self care" even means!), but nothing can make you feel more rejuvenated than practicing impeccable "me time"! It's vital to your physical, mental and emotional well being!! Take time for *YOU* every day, even if it's just for a few moments! The benefits

are so good for your body and soul. Enjoy and be free! I don't care how busy you are with life...it's time to put yourself in the #1 slot!

Be Peaceful – Unwind, Relax and Spoil Yourself!

Enjoy an Epsom Salt & Lavender bath: Nothing relaxes the body and mind like a warm bath with some lovely scents and candles...ahhh. Add a few tablespoons of Epsom salts to help rid the body of toxins and a few drops of lavender oil to help your body and mind relax. Now take a deep breath and feel all that tension just melting away.

Practice Dry Brushing: Before getting in the bath use a dry brush, and lightly brush your skin in circular motions towards your heart, starting at your toes and fingertips. Your beautiful skin is your body's biggest organ and a great place to get rid of toxins. Follow up your bath with an all natural moisturizer such as coconut oil. Now doesn't that sound like it will feel amazing?

Write in a Journal: Remember when you used to keep a diary and wrote down all your deep, dark secrets? And it was under lock and key for your eyes only. Write freely and let your emotions go and release whatever it is you're holding on to in your busy, noisy brain.



Keep a journal, or write it all down on a piece of paper and crumple it up and throw it away. Remember, no one will read your journal so there is no pressure about what to write. Give yourself permission to just let go and dump your brain of all of its contents! Journaling is good for the soul.

Practice Quiet time or Meditation. If you have never meditated before you are in for a treat! In as little as 10 minutes, a daily meditation practice can counteract that stress and bring you so many powerful benefits. It's incredibly effective, and it's free! Meditation helps alleviate stress, pain, anxiety, cardiovascular disease and insomnia.

Here are three online tools that will help you meditate:

1. Meditation Oasis – iTunes podcast

With Meditation Oasis, the idea of the cleared mind is not the goal. It's the idea of observing the mind.

2. Headspace – iTunes app

This is a great app that jump-starts you into the habit of meditating. You get reminders to go back each day.

3. Deepak Chopra's Meditation Challenges

Every few months, Chopra offers 21-day meditation challenges free online



"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

- Lucille Ball



Be Happy

Try these quick tips for adding some fun and happiness into your life:

- ∂ Play! Run around the yard, play with the kids, and throw the ball for the dog.
- ∂ Turn up the music and dance like crazy! Sing at the top of your lungs!
- ∂ Try something new and fun like Zumba or yoga
- ∂ Have tea and catch up with a friend
- ∂ Snuggle with someone you love
- ∂ Watch a funny movie and LAUGH out loud
- ∂ Treat yourself to a massage or mani/pedi
- ∂ Hug somebody! Give and get lots of **Vitamin L – LOVE**

**Taking time for YOU each day is crucial to your well being and happiness.
You deserve it!**

*Practicing self care every day during your **Be Vibrant** Cleanse, and beyond, will help your body let go of negativity, toxins and bad habits and will unleash your beauty within!!*

Now you are ready to take on the world!

Be Devoted

(Yes, there are rules too!)

Here is a list of what you should AVOID & ENJOY, now, during your cleanse and beyond!

No, you CAN'T

Processed Foods
Artificial ingredients
Refined Sugar
Artificial Sweeteners (includes gum
& mints)
Gluten and starchy foods (bread, pasta,
potatoes, corn)
GMO (Genetically Modified Organisms)
Caffeine
Alcohol
Soda & Bubbly Beverages
Animal Products (meat, dairy and eggs)
Unfermented Soy Products
People who are Unsupportive
Calorie Counting
Mindless eating
Stress
Toxic people and relationships

Yes, you CAN

Veggies and Fruits
Quinoa and brown rice
Legumes
Nuts & Seeds
Nut butters and nut milks
Being Creative in the Kitchen
Cooking & preparing your own delicious
meals
Daily light exercise
Plenty of water & herbal tea
Mindful eating
Seeing & Feeling the changes in your body
Meditation
Journaling
Impeccable Self-Care
People who support and love you
Knowing you are doing something positive for
YOU!

Be Organic

I know it's now always possible to buy 100% organic, so follow this easy chart to decide when it really makes sense to spend the extra buck! You and your health are worth it, don't you think?



Be Vibrant Delicious & Nutritious 10 Day Meal Plan

Here is your Meal Plan for the next 10 days!

In order to receive the most benefit from your Be Vibrant Cleanse, I encourage you to follow the meal plan as closely as possible.

Although, please note that this is also *your roadmap* on your own journey to better health and nutrition.

You may customize your meals, using this plan as your guide.
It is essential that you are willing and open to expanding your palate.
Be adventurous, and try new things!

A lot of thought, time and love went into creating this meal plan in order to deliver to you an amazing and delicious variety of awesome food!

Some of the recipes that are included in your cleanse packet serve more than one. So have *fun* cooking for your family and friends, share the love of healthy food!

Bon Appetite and Enjoy!



	Breakfast	Opt. Snack	Lunch	Opt. Snack	Dinner
Day 1	BE SUPER Quinoa Berry Bowl	Organic apple with 2 tbsp almond butter	BE FULFILLED Veggie Wrap	BE RADIANT Green Juice or Smoothie	BE ZESTY Veggie Fajitas
Day 2	BE RADIANT Green Juice or Smoothie	BE SASSY Veggies and hummus	BE PRESENT Chickpea Salad	1 tangerine	BE HAPPY Kale & Quinoa Salad and Roasted Root Veggies
Day 3	BE LOVELY Oatmeal Bowl	BE FREE Avocado Nut Shake	BE TRANSFORMED Apple Walnut Salad	2 large stalks celery with 2 tbsp almond butter	BE ADVENTUROUS Asian Lettuce Wraps
Day 4	BE AWAKENED Juice or Smoothie	BE JOLLY Basil Lime Juice or Smoothie	BE RELIEVED Leftovers or BE CREATIVE Salad Bar	BE SPICY Veggies and dip	BE SUNNY Baked Spaghetti Squash
Day 5	BE KIND Apple Cinnamon Quinoa Bowl	BE CAREFREE Stuffed Avocado	BE CHIC Chickpea Taco's	1 cup of grapes or 1 orange	BE POWERFUL Lentil Soup
Day 6	BE FRESH Fruit Bowl with Vanilla Maple Cream	BE FREE Avocado Nut Shake	BE GROUNDED Black Beans & Rice	BE SASSY Veggies and hummus	BE EXOTIC Coconut Stir Fry
Day 7	BE LOVELY Oatmeal Bowl	BE DIVINE Apple with Pumpkin Hummus	BE RELIEVED Leftovers or BE CREATIVE Salad Bar	1 cup cherry tomatoes	BE COZY Butternut Squash Soup
Day 8	BE AWAKENED Juice or Smoothie	BE VIVACIOUS Tickle Pink Juice or Smoothie	BE LUCIOUS Artichoke & White Bean Wrap	BE SASSY Veggies and hummus	BE CONNECTED Sweet Potato Quinoa Chili
Day 9	BE SUPER Quinoa Berry Bowl	2 large stalks celery with 2 tbsp almond butter	BE CREATIVE Salad Bar and leftover soup or chili	BE JOLLY Basil Lime Juice or Smoothie	BE AMAZING Chickpea Ratatouille
Day 10	BE RADIANT Green Juice or Smoothie	BE FREE Avocado Nut Shake	BE SEXY Spinach Salad	BE DIVINE Apple with Pumpkin Hummus	BE BRAVE Stuffed Peppers

Breakfast Bowls

BE SUPER QUINOA BERRY BOWL

3/4 cooked quinoa

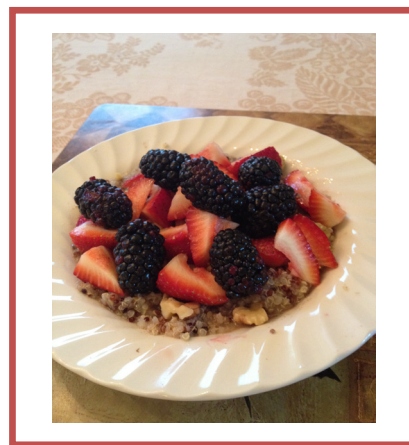
1 handful raw walnuts, chopped

3/4 cup fresh organic berries

1 tablespoon coconut oil

Almond or coconut milk (about 1-2 tablespoons, optional to your liking)

Add a drizzle of maple syrup and a sprinkle of cinnamon



Heat quinoa with coconut oil and stir well. Add walnuts, cinnamon, almond or coconut milk and stir, incorporating all of the flavors together. Top with fresh organic berries and drizzle with grade b maple syrup.

BE KIND APPLE CINNAMON QUINOA BOWL

1 cup cooked quinoa

1 handful raw walnuts

1 apple, unpeeled & chopped

1 Tablespoon Coconut Oil

Almond or coconut milk (about 1-2 tablespoons, optional to your liking)

Add a drizzle of maple syrup and a generous sprinkle of cinnamon

Heat coconut oil on medium heat. Add chopped apple and sauté until crisp-tender. Stir in quinoa to heat through. Remove from heat, stir in maple syrup, spices and top with walnuts. Enjoy

BE LOVELY OATMEAL BOWL

1/2 cup uncooked Oatmeal (gluten free)

1 cup almond milk

Cook the oatmeal according to directions using almond milk. Now get creative and add one of the following!

Tip: Add the apple or pumpkin to the uncooked oatmeal and cook them together.



Apple Pie Oatmeal Bowl

1 small apple, chopped

Small handful walnuts

Generous sprinkle of cinnamon

Drizzle of maple syrup

Berrylicious Oatmeal Bowl

1 cup berries

Small handful almonds

1 tablespoon coconut oil

Drizzle of maple syrup

Pumpkin Spice Oatmeal Bowl

1/4 cup organic pumpkin

Small handful walnuts

Generous sprinkle cinnamon & nutmeg

1/4 teaspoon vanilla

Drizzle of maple syrup



BE FRESH FRUIT BOWL

Serves 2

1 large sweet apple

1 large Granny Smith apple

2 medium oranges

2 large lemons, juiced

3/4 tsp cinnamon

2 Tbsp maple syrup

1/2 cup raw walnuts

Dice apples and add to a large mixing bowl. Add in the lemon juice. Peel and slice the orange and add to the bowl. Add in the cinnamon, maple syrup and walnuts. Toss well. Top with BE OH-SO YUMMY VANILLA MAPLE SAUCE

BE OH-SO-YUMMY VANILLA MAPLE CREAM

1 cup cashews, soaked for a few hours (or overnight) to soften

One 12-ounce can or package unsweetened coconut milk

1 tablespoon vanilla extract

3 tablespoons maple syrup

Sea salt to taste

Put all ingredients in high speed blender and blend until smooth. Slowly add water if cream is too thick for your liking Drizzle cream on top of fresh fruit and enjoy! Leftovers keep in the fridge for up to 4 days.



Be Juicy Juices

To make an amazing Be Juicy Juice, simply juice all ingredients, and strain through a fine metal strainer (if necessary). Serve in a fancy wine glass and cheers to you! All juices serve 1

Be Radiant Green Juice

- 3 leaves organic kale
- 3 handfuls organic spinach
- 1 organic cucumber
- 1 organic green apple
- 1/2 lemon, skin peeled (keeping pith)
- 1/2 lime, skin peeled (keeping pith)
- 1/2 inch piece of ginger

Be Jolly Basil Lime Juice

- 1 large cucumber
- 1 large green apple
- 2 cups fresh basil, chopped
- 1 small (or 1/2 large) lime, peeled and pith removed

Be Awakened Beet Juice

- 1 large beet, scrubbed well
- 2 large carrots
- 2-3 oranges, peeled (depending on size)
- 1 lemon, peeled
- 1/2 inch - 1 inch piece of ginger
- 3-4 romaine leaves, chopped

Be Energized Green Juice

- 2 green apples
- 2 cucumbers
- 8 stalks celery
- 1 inch ginger

Be Vivacious Pink Juice

- 1 small head of romaine
- 1 pink grapefruit, peeled
- 1 orange, peeled
- 1 small beet, scrubbed clean

Be Smooth Smoothies

If you don't have a fancy juicer never fear, smoothies are here! You can make a great smoothie in most blenders. Simply throw in all the ingredients and blend. **Add additional water to thin if needed.** To thicken your smoothie, or make it icy cold, use frozen fruit or add in some ice. Grab a fancy straw and chug-a-lug. I can almost hear your belly sing!

Be Radiant Green Smoothie

- 2 leaves organic kale
- 2 handfuls organic spinach
- 1/2 organic apple peeled
- 1/2 lemon, peeled and seeded
- 1/2 lime, peeled and seeded
- 1/2 inch piece of ginger
- 2 tablespoons chia seeds
- 1 cup coconut water or water
- 1 tbsp honey or maple syrup (optional)

Be Energized Smoothie

- 1 small cucumber, chopped
- 1 handful parsley
- 1 celery rib, cut into pieces
- 6 strawberries
- 1 apple, seeded, peeled and chopped
- 2 tablespoons chia seeds
- 1 cup coconut water or water
- 1 tbsp honey or maple syrup (optional)

Be Vivacious Pink Juice

- 1 small head of romaine
- 1 pink grapefruit, peeled
- 1 orange, peeled
- 1 small beet, scrubbed clean

Be Awakened Fresh Fruit Smoothie

- 1 cup organic berries
- 1 cup pineapple
- 1 apple seeded, peeled and chopped
- 1/2 lemon, peeled and seeded
- 2 tablespoons chia seeds
- 1 small piece ginger
- 1/4 teaspoon cinnamon
- 1 cup coconut water or water

Be Free Avocado Nut Shake

- 1 ripe avocado
- 1/2 cup cashews (soaked for 1-2 hours for easier blending and digestion)
- 2 cups coconut water or almond milk
- 1 teaspoon vanilla
- 2 teaspoon maple syrup
- dash of nutmeg & cinnamon
- handful of ice

Be Jolly Basil Lime Smoothie

- 1/2 cup fresh basil, chopped
- 1 small lime, peeled and pith removed
- 1 large green apple
- 1 large cucumber
- 1 cup coconut water

Lunch and Dinner Recipes

BE HAPPY KALE & QUINOA SALAD

Serves 2

2 cups cooked quinoa

2 cups kale, chopped or ripped into small pieces

3 tablespoons pine nuts

3 tablespoons dried cranberries

2 tablespoons fresh lemon juice

1 tablespoon olive oil

Sea salt & fresh ground pepper to taste



Cook quinoa according to directions, set aside, keeping it warm.

Next, prepare kale by chopping or ripping into small pieces (throw away stems). Add kale to the cooked quinoa while it's still hot and cover, allowing the kale to steam. Or steam the kale separately and add to the cooked quinoa.

Add pine nuts, dried cranberries, lemon juice, olive oil, salt and pepper. Mix everything together and adjust ingredients (lemon, salt & pepper) according to taste. Serve with roasted veggies.

SERVE WITH - ROASTED ROOT VEGGIES

3-4 cups root veggies of choice (here are some ideas: sweet potato, parsnips, carrots, beets, onion)

Olive or coconut oil

A drizzle of Maple Syrup (optional)

Chop veggies and toss with olive oil. Spread on a baking sheet and bake at 400 until soft and slightly browned. Serve with the Kale & Quinoa Salad.

BE PRESENT CHICK PEA "TUNA" SALAD

Serves 2

1 can (15 oz) organic chickpeas - drained & rinsed

1/4 small red onion, finely chopped

2 tablespoons chopped walnuts

2 tablespoons Veganaise

1-2 celery stalks cut into small pieces

1/2 red grapes, sliced in quarters

Juice of one lemon

Sea salt & fresh ground pepper to taste



Grind chick peas into small flaky pieces using your food processor. In a large bowl, mix chick peas, red onion, walnuts & Veganaise. Add sea salt & fresh ground pepper to taste.

Then, add lemon juice, celery and sliced grapes to your liking. Serve over greens and top with 1/4 avocado and a side of slice fresh garden tomato.

TIP: *Chickpeas*, also called chickpea beans, are an amazing super food. They are high in fiber and protein, and are a significant source of calcium. They make a great addition to soups and salads and can even be made into flour. For a crunchy snack, toss chickpeas in olive oil and your favorite spice, bake in the oven at 350 until crisp. Cool and enjoy!

BE FULFILLED VEGGIE WRAP

Serves 1

1 gluten-free brown rice wrap

2-3 tablespoons hummus of your choice!

Veggies of your choice including:

Cucumber, bell pepper, tomato,

Avocado, onion, sprouts

Spinach or romaine

Drizzle of balsamic vinegar (optional)

Lemon (optional)

Sea salt and pepper to taste

Heat brown rice wrap either in toaster oven or on the stove top, until soft and warm. Spread with your favorite hummus and load the wrap with all of your favorite veggies and lettuce!! Then top with sliced avocado and, if desired, drizzle with your favorite balsamic vinegar and/or lemon.

DYK: Cucumbers are 95% water and super low in calories. They taste great in salads, smoothies, water and even alone as a crunchy refreshing snack. Plus they smell amazing. Put cold slices of cucumbers on your tired eyes to reduce puffiness and look like you slept all night!

BE ZESTY VEGGIE FAJITAS

Serves 2

1 large Portobello mushroom (wiped clean, gills removed), thinly sliced	1/2 teaspoon oregano
1/2 – 1 onion, thinly sliced	2 teaspoons chili powder
1 red bell pepper, thinly sliced	2 tablespoons freshly chopped cilantro
1 yellow or orange bell pepper, thinly sliced	Sea salt, to taste
1 zucchini, cut into thin strips	Juice of one lime
1 tablespoon olive oil	1 cup brown rice or quinoa
1 teaspoon cumin	1 avocado
	Salsa

In a large skillet over medium heat, heat the olive oil and sauté the sliced onion and mushrooms, for a few minutes until soft. Add the peppers, zucchini, cumin, oregano, chili powder and cilantro. Gently stir to incorporate all of the spices and flavors. Cover and lower the heat, allowing the veggies to steam for about 5 minutes (stir occasionally).

Remove cover and add the lemon juice. Allow to cook for about 1-2 more minutes and then remove from heat. Add salt, if needed, to taste.

Get it while it's hot and serve over the brown rice or quinoa, top with avocado and your favorite salsa. Arriba!

BE TRANSFORMED APPLE WALNUT SALAD

Serves 2

3 cups chopped kale	1 Tablespoon
1 medium apple	1/2 teaspoon pepper
1/3 cup raw walnut halves	1 clove of crushed or finely minced garlic
1/2 cup fresh bell pepper strips	1 Tablespoon maple syrup (optional)
1/4 cup dried cranberries	2 Tablespoon coconut oil
Juice of 1 lemon	1 teaspoon cinnamon
1 teaspoon salt	Dash of allspice (optional)

Preheat oven to 350 degrees.

Chop the apple, put into a small bowl and toss with the lemon juice and set in the fridge. Remove the leaves from the kale and tear into bite sized pieces. Add to a large salad bowl and add the salt, apple cider vinegar, oil, and garlic. With your hands, toss the ingredients and massage the dressing into the kale. Add the bell pepper and cranberries, toss a little more. Place the entire bowl in the refrigerator to rest for 15 minutes.

While the salad is resting, toss the walnuts in a drizzle of oil and sprinkle them with cinnamon and allspice. Place in the preheated oven and toast for about 10 minutes, tossing occasionally to prevent burning. Remove the nuts from the oven to cool.

To assemble the salad, pour the apples (lemon juice and all) and walnuts into the kale mixture and toss to combine. Serve immediately and enjoy!



BE ADVENTUROUS ASIAN LETTUCE WRAPS

Tempeh is a soybean product similar to tofu, except that tempeh retains the whole body of the soybean. It also has much more protein, dietary fiber and vitamins than tofu. Try it, you'll like it!

Serves 2

1 package (8 ounces) tempeh

2 teaspoons olive oil (enough to cover the bottom of the pan for browning tempeh)

2 tablespoons tomato paste

2 tablespoons apple cider vinegar

2 tablespoons vegan Worcestershire sauce

2 tablespoons sesame seeds

2 tablespoons sesame oil

1 tablespoon grade b maple syrup

Heat olive oil in a large skillet over medium heat. Crumble tempeh and add to pan. Cook until lightly brown, stirring frequently. In a small bowl, add remaining ingredients and whisk well. Pour over tempeh and cook for another 3-4 minutes, stirring frequently, until sauce is well absorbed. (Swap out black beans or chickpeas for the tempeh if desired)

Serve over a bowl of chopped romaine (or greens of your choice), or scooped into romaine leaves, and top with sliced avocado. Yum!

BE BEAUTIFUL BLACK BEANS & RICE

Serves 4

1 bunch organic curly kale, broken into small pieces (discard stems)

2 cups cooked brown rice

3 cups organic black beans, drained and rinsed well

Cashew cream sauce (pre-made) to taste

Optional: olive oil, fresh minced garlic

Cook brown rice as directed. Sauté the black beans with a little olive oil, splash of water and sea salt and if desired, add about 1/4 teaspoon fresh garlic.

You can slightly steam or sauté (with a little water and salt) your kale to soften, or even massage with a little olive oil to soften and take the bite out!

Mix the kale and the black beans together in a large bowl. Add the rice (you can play around with the amount of rice you want to use here, depending on taste) on top of the kale and bean mixture. Finish with cashew cream sauce. Oh yum....enjoy!!

BE EXOCTIC COCONUT STIR FRY

Serves 4

Basil Coconut Sauce

- 1 cup fresh basil leaves, chopped
- 1 cup coconut milk
- 1 tablespoon Braggs Liquid Aminos
- 1 tablespoon fresh lime juice
- 1 teaspoon fresh ginger, minced
- 2 teaspoons maple syrup

Stir Fry

- | | |
|----------------------------------|---|
| 1 tablespoon coconut oil | 1 red bell pepper, seeded and cut into strips |
| 2 cloves garlic, minced | 1 zucchini, thinly sliced |
| 1 teaspoon fresh ginger, grated | 1 cup crimini mushrooms, thinly sliced |
| 1 small red onion, thinly sliced | 1 cup bok choy or cabbage, thinly sliced |
| 4 carrots, diced | 2 cups cooked brown rice or quinoa |
| 1 cup broccoli florets | 1 cup snow peas (optional) |

To make the sauce, place all ingredients in a blender and blend until well combined.

In a large sauté pan or wok, heat coconut oil over medium-high heat. Sauté onion and garlic until soft then add ginger and sauté for another minute. Add carrots, red peppers, zucchini, and mushrooms and cook for about 3-4 minutes. Then add the broccoli, bok choy and basil coconut sauce. Cover with a lid, reduce heat and let the veggies steam in the sauce for a few minutes until the sauce begins to thicken, stirring occasionally. Veggies should remain firm...avoid overcooking; you do not want mushy veggies!!

Serve over ½ cup brown rice, serves 4. Enjoy! *Remember* – a stir fry is a free for all. Throw in whatever fresh veggies you have on hand and voila, dinner is on the table in no time.

BE SUNNY SPAGHETTI SQUASH ITALIAN STYLE!

Serves 4

- 1 medium spaghetti squash
- 2 Tbsp. extra-virgin olive oil
- 1/4 onion, chopped
- 2 garlic cloves, diced
- ¼ teaspoon red pepper flakes
- 1 cup chopped mushroom (crimini or portabello)
- 2 tsp balsamic vinegar
- 1 cup spinach, chopped
- 1 15oz can fire roasted tomatoes
- 1 teaspoon oregano
- 1 teaspoon basil
- Salt and pepper to taste



Preheat oven to 400 degrees. Cut off the top of each squash just below the stem. Cut each squash in half lengthwise. Use a spoon to scoop out the seeds. Brush cut sides of the squash with oil, sprinkle with salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet. Bake until tender, about 45 minutes.

Sauté the onion, garlic and red pepper flakes in the remaining olive oil. Add mushrooms, spinach, vinegar, oregano and basil. Cook for 5 minutes. Add the tomatoes, salt and pepper. Simmer while you prepare the squash. Take the squash out of the oven. Use a fork to shred the squash so it looks like spaghetti. Leave the squash in the rind and use it as your bowl. Top with your delicious sauce, garnish with fresh basil and dive it!

BE CHIC CHICKPEA TACO'S

Serves 4

1 tablespoon Braggs Liquid Aminos	1/8 teaspoon cayenne pepper
2 teaspoons fresh lemon juice	1/4 teaspoon dried oregano
1 tablespoon chili powder	1 can (15 oz) organic chick peas, drained and rinsed well
1 1/2 teaspoon ground cumin	4 brown rice wraps
1 teaspoon salt	Romaine (or other lettuce of your choice)
1 teaspoon pepper	Sliced avocado
1/2 teaspoon paprika	Fresh tomato, diced
1-2 cloves fresh garlic, minced	
1 tablespoon fresh onion, finely chopped	

Preheat oven to 400 degrees. Lightly spray cookie sheet or roasting pan with cooking spray. In a large mixing bowl, combine Braggs, lemon juice and spices and whisk well. Add chick peas and stir, incorporating all of the flavors, until well combined. Transfer in a single layer on cookie sheet or baking pan and bake for 20-40 minutes, until chick peas are nice and crisp!

Lightly toast or warm a brown rice wrap to create a soft taco. Spoon the chick pea mixture into the wrap and top with greens, avocado and tomato. Or, create a taco salad using organic blue corn chips by crumbling into pieces in a bowl and then topping with chick peas, greens, avocado and tomatoes.

Tips:

- You can use 1/4 teaspoon ground garlic and onion powders in place of the fresh garlic and onions.
- Slather cashew cream on 1/2 of your brown rice wrap, top with all ingredients and then fold over and enjoy (yes, this is messy....but oh so good!)

BE LUCIOUS ARTICHOKE & WHITE BEAN WRAP

Serves 2

Filling/Dip

2 cans white beans, drains and rinsed well

2-3 tablespoons fresh lemon juice

1 tablespoon fresh rosemary

1 can artichoke hearts, drained

2 cloves fresh garlic

sea salt & fresh ground pepper to taste

Place all ingredients in high speed blender or food processor and puree together. This makes a lot...the recipe can easily be halved!

Wrap

2 brown rice wraps

1 avocado

1 tomato diced

1 cucumber, chopped

Balsamic to taste

Put a generous amount of the mixture on a brown rice wrap. Top with avocado, cucumber, tomato and a drizzle of balsamic dressing. Get creative and use any veggies you have on hand. This wrap is messy but oh so good!

Tip: Use the leftover dip to use as a snack with sliced veggies. It will keep in the fridge for 3-4 days.

BE CONNECTED SWEET POTATO QUINOA CHILI

Makes 6 hearty bowls (awesome for leftovers too!)

- 2 cans (15 oz) organic black beans
- 1 6 ounce can organic tomato paste
- 32 ounces organic veggie stock
- 1 medium onion, chopped
- 4 cloves garlic, finely chopped
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon oregano
- 1 tablespoon olive oil
- 1 medium sweet potato, peeled and cut into bite sized chunks
- 1 cup dry quinoa
- Sea salt & fresh ground pepper, to taste
- Avocado and fresh cilantro for garnish (optional)



Heat oil in a large heavy soup pot over medium low heat. Add onions and cook until they soften and start to turn brown (about 10 minutes). Add the garlic and cook for another couple of minutes, stirring frequently. Add the tomato paste, chili powder, cumin and oregano and cook for about two minutes, constantly stirring to incorporate all of the flavors. Add the beans, veggie stock and sweet potatoes and season with sea salt and pepper.

Cook for about 5 minutes and then add the quinoa. Continue cooking for about 15 - 30 minutes, stirring frequently, until the quinoa and sweet potatoes are cooked and the chili has thickened. If the chili becomes too thick for your liking, add a little water. Serve and top with sliced avocado and fresh cilantro (optional). So delish!! :)

BE AMAZING CHICKPEA RATATOUILLE

Serves 3-4

1 small eggplant
1 lb roma tomato, chopped
2-3 zucchini
1 onion, chopped
2 red or yellow peppers, chopped
5 gloves garlic, halved
1 tsp salt
1/4 cup olive oil
1 can (15 oz) chickpeas, drained and rinsed
1 Tablespoon chopped fresh thyme or 1/2
cup fresh basil



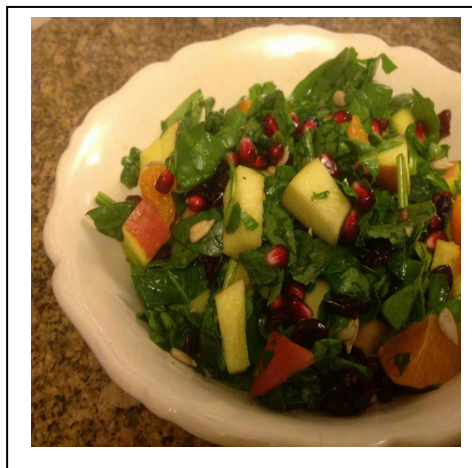
Preheat oven to 425 degrees. Toss together eggplant, tomatoes, zucchini, onion, peppers, garlic, salt and oil. Lie on a roasting pan and roast 30-40 minutes until veggies are tender and lightly browned; and some of the water has released from the tomatoes to create a sauce. Stir once during roasting.

Add chickpeas and roast another 10 minutes. Stir in thyme or basil. Season with salt and pepper, to taste. Serve warm. Excellent with a drizzle of cashew cheese! Serve with a side salad. This dish may also be made in a single pan on the stove. Simply sauté the eggplant, tomatoes, zucchini, onion, peppers, garlic, salt and oil until tender. Add the chickpeas and spices until warm. Season with salt and pepper to taste. Ta-da!

BE SEXY SPINACH SALAD

Salad

- 1 bunch organic spinach, chopped
- 1/3 cup pomegranate seeds
- 3/4 cup frozen red globe grapes, sliced
- 2 mandarin oranges, chopped
- 1 small onion, diced
- 1/4-1/2 cup chopped pecans or walnuts, raw
- 2 Tbsp dried cranberries
- 1 small apple, organic – chopped



Dressing

- | | |
|----------------------------|-------------------------------|
| 2 Tbsp apple cider vinegar | 1/8 tsp coriander |
| 1 Tbsp maple syrup | a pinch of cayenne (optional) |
| 1/3 tsp salt (or to taste) | 1/8 tsp turmeric powder |
| 1/4 tsp black pepper | a few pinches of orange zest |

Toss all salad ingredients in a large bowl. Drizzle the dressing and toss and mix well to help distribute the flavors.

Other **optional ingredients** that would be fabulous: pear, avocado, dates, bell pepper, grains like quinoa or brown rice, beans, tomatoes, diced roasted squash or sweet potato, pretty much anything yummy would be beautiful in this salad!

BE BRAVE STUFFED PEPPERS

Serves 4

- 1 medium onion finely chopped
- 2 tablespoon olive oil
- 2 celery, finely chopped
- 2 cloves minced garlic
- 1 15oz can black beans
- 2 15oz can diced tomatoes
- 3/4 cup quinoa
- 4 large bell peppers mix up red, yellow, orange and green (rainbow!)
- 2 cups water

Preheat oven to 350 degrees. Sauté onion, celery, and garlic until tender. Stir in black beans, quinoa, and drained tomatoes. Add in 2 cups of water and cook until the quinoa is tender, about 10-15 minutes. Cut the tops off bell peppers and remove seeds. If your peppers will not stand up, you may cut them lengthwise instead. Fill bell peppers with the quinoa mixture. Place in baking pan and cover with foil and bake for 1 hour. Delish topped with cilantro and avocado or cashew cream.

Serve with Maple Dijon Brussels Sprouts

- 1 lb Brussels sprouts, halved lengthwise
- 2 Tbsp Dijon mustard*
- 3 Tbsp pure maple syrup
- 1 Tbsp olive oil
- Generous pinch salt & pepper

In a small bowl, whisk together Dijon, maple syrup, olive oil, salt, and pepper. Toss dressing with Brussels sprouts. Place Brussels sprouts cut side down on a baking sheet. Drizzle over any remaining dressing. Roast at 350 degrees 45-45 minutes, or until golden, caramelized, and lovely.



BE RELIEVED LEFTOVER NIGHT or SALAD BAR

Any time you see this on the menu it's time to take a break from cooking and enjoy some amazing leftovers. If you don't have leftovers, or just don't feel like eating them again, then help yourself to the Be Creative Salad Bar below. This is your opportunity to go crazy with your salad bowl!

BE CREATIVE SALAD BAR

Step 1 – Add Greens and Veggies unlimited so go crazy!

Leafy Greens – kale, spinach, romaine, arugula, red or green leaf lettuce

Fresh Veggies – cucumbers, tomatoes, mushrooms, peppers, zucchini, broccoli, cabbage, cauliflower, onions, beets, carrots (no corn or starchy veggies) *the possibilities are endless!!

Fresh herbs – cilantro, mint, parsley, basil, dill

Step 2 – Add a Protein or grain (choose 1 cup of your choice)

Beans – black beans, mung beans, white beans, pinto beans, chickpea, lentils

Quinoa

Brown Rice

Step 3 – Add a Healthy Fat and Salad Dressing

Nuts – 1 handful of walnut, pine nut, raw almond, raw cashew, raw sunflower seeds

½ Avocado

Dressing of your choice

Soups

BE POWERFUL LENTIL SOUP

Serves 4

2 cloves Garlic
1 Yellow Onion
2 Carrots
1 rib Celery
2 tbsp Olive Oil
1 Cup Lentils
½ cup quinoa
32oz Vegetable Broth
1 Bay Leaf
2 whole sprigs Thyme
Salt and Pepper to taste



Add the olive oil to a large soup pot. Chop the onion, carrots, and celery, and mince the garlic and add them to the pot until tender and slightly browned. Add the broth, lentils, bay leaf and thyme sprigs. Cover the pot and simmer until tender, about 30 minutes. Your house will smell amazing! Once the lentils are soft, pull out the bay leaf and thyme sprigs. Season with salt and pepper to taste. I like this soup all on its own, but it's kind of amazing with a little extra. Stir in some spinach or top with sliced avocado and definitely serve with a big side salad!

For a smoother less chunky soup, use an immersion blender to lightly blend your soup.

TIP: If you're short on time, throw everything in your soup pot, turn on the burner and let it simmer until the beans and veggies are soft. Easy peasy!

BE COZY BUTTERNUT SQUASH SOUP

Serves 4-6

1 large butternut squash, roasted	1/2 teaspoon cumin
2 tablespoons coconut oil	4 cups organic vegetable broth
1 sweet yellow onion, chopped	2 tablespoons maple syrup (optional)
1 inch piece fresh ginger, grated	1 teaspoon cinnamon
1 large sweet potato, peeled and cubed	1/4 teaspoon nutmeg
2 stalks celery, chopped	Sea salt and fresh ground pepper, to taste
4-5 carrots, peeled and chopped	1 1/2 cups coconut milk

Save time by roasting the butternut squash ahead of time. Heat oven to 400 degrees. Cut butternut squash in half lengthwise. Brush the squash with coconut oil and place (seed side down) on the baking sheet. Poke holes in the skin of the squash using a fork. Bake for about 45 minutes. Take out of the oven and let cool.

In a large pot, heat oil and then add the onion and ginger and sauté until soft, about 3-4 minutes. Add the sweet potato, celery, carrots and cumin; continue to sauté for another couple of minutes. Stir well to incorporate all of the flavors. Add the vegetable broth, stir and bring to a boil. Turn down the heat, cover and simmer for about 20-30 minutes, until all of the vegetables are soft.

While the veggies are cooking, scoop the seeds out of the squash and throw away. Next, scoop out the flesh from the skin and add to the pot. Stir well to incorporate all of the veggies. You may add more broth, if necessary. Cook for about 5-10 minutes and then remove from the heat. Add maple syrup, cinnamon, nutmeg coconut milk, salt and pepper and stir well. Puree the soup in batches using your blender (either a hand blender or regular blender). ** Please use caution when pureeing HOT soup in your high speed blender!

Serve soup in large bowl, grab a book and a warm blanket and enjoy!

Snacks

BE CAREFREE STUFFED AVOCADO

Serves 1

1/2 cup organic chickpeas, drained and rinsed

1 teaspoon extra virgin olive oil

1 clove garlic, finely minced (you can use less, depending on taste)

1 tablespoon fresh lemon juice

Sea salt to taste

1/2 avocado

Mash chickpeas in a small bowl with olive oil. Combine with garlic, lemon juice and salt (to taste). Scoop the chickpea mixture into the avocado. Sail away to deliciousness!

BE SASSY CILANTRO LIME HUMMUS

Serves 8

2 cans (15 oz) chickpea beans, drained and rinsed

2 cloves garlic, minced

3 tablespoons fresh lime juice

1-2 jalapeños, seeded and finely chopped

3/4 cup fresh cilantro, chopped

Sea salt (about 1/4 teaspoon) & fresh ground black pepper to taste

In a food processor or blender, puree beans, garlic, lime juice, salt & pepper. If it is too thick for your liking, slowly add a little water to thin out. Put in a large bowl and stir in jalapeños and fresh cilantro. Chill in the refrigerator until ready to serve. Serve with veggies.

BE DIVINE PUMPKIN HUMMUS

1 can (15 oz) chickpeas (drained and rinsed well)
1 cup canned organic pumpkin
1/2 cup cashews (soaked for a minimum of 2 hours to soften)
1 tablespoon apple cider vinegar
1 tablespoon maple syrup
1 tablespoon fresh orange juice (give or take a little to taste, add some zest if you desire)
1/4 teaspoon spice blend (cinnamon, nutmeg, ginger...think apple pie here!)
1/2 teaspoon salt
Olive oil as needed to thin

Blend all ingredients in high speed blender or food processor. Stop halfway through to scrape sides and be sure all flavors are being fully blended together. You can add olive oil and/or orange juice until your desired consistency is achieved.

BE SPICY BLACK BEAN DIP

Serves 4

- 1 can (15 oz) organic black beans
- 1/2 jalapeno, deseeded and finely chopped (more or less depending on taste)
- 1 red bell pepper, deseeded and chopped
- 1/2 red onion, finely chopped
- 1 clove garlic, finely chopped
- 1/2 teaspoon chili powder
- 1 teaspoon cumin
- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 2 teaspoons grade b maple syrup
- Sea salt to taste (about 1/2 teaspoon)

Over medium heat, add 1 tablespoon of olive oil and sauté the jalapeno, red bell pepper, onion and garlic until veggies are soft. Add the chili powder and cumin and stir to incorporate all of the flavors, stirring well. Once the veggies are caramelized, remove from heat.

In a food processor or blender, add the onion mixture with black beans, apple cider vinegar and maple syrup. Purée and add the remaining olive oil while running, until smooth

This dip is delicious served warm or can be kept in the fridge and served cold. Serve with cut up veggies, or spread on a gluten-free brown rice wrap and make a delicious veggie wrap!

Salad Dressing & Sauces

Bet you didn't know making your own salad dressing could be so exciting! But it is! You can play around with flavors and make it just the way you like it. Store bought dressing can be full of trans fats, artificial flavors and other scary ingredients you don't want to put in your rockin' bod. And think of all the money you'll save! These dressings will keep well refrigerated for up to a week.

All of these amazing dressings can be made quickly in blender to make them smooth and creamy. Use fresh herbs when possible but dried will work in a pinch. Enjoy!

BE DREAMY CREAMY GARLIC DRESSING

1/2 cup extra virgin olive oil
1/4 cup apple cider vinegar
3 cloves garlic, crushed
3 tablespoons fresh lemon juice
2 tablespoons fresh parsley, chopped
1 teaspoon sea salt
1/2 teaspoon Dijon mustard
1 tablespoon maple syrup



BE BRIGHT DIJON VINAIGRETTE

1/4 cup Dijon mustard

1/4 cup olive oil

3 tablespoons grade b maple syrup

3 cloves fresh garlic, minced

1/4 cup balsamic vinegar

Sea salt & fresh ground pepper to taste

BE LOUD AND PROUD BASIC ITALIAN DRESSING

3/4 cup olive oil

1/4 cup apple cider vinegar

1/4 cup fresh lemon juice

1/4 maple syrup

4 cloves garlic, finely minced

1 small shallot, finely minced

2 tablespoons chopped fresh oregano

1 1/2 tablespoons minced thyme

Sea salt & fresh ground pepper to taste

BE SIMPLE LIGHT & FRESH DRESSING FOR ANY SALAD

Olive Oil

Lemon juice

Sea salt

Drizzle olive oil, fresh lemon juice and sea salt onto any salad to bring out the flavors and add a nice light, fresh taste! Try using infused olive oils and a splash of good balsamic or infused



flavored balsamic as well. This combo helps to pop the flavor of your salad ingredients without being overpowering!

BE NUTTY CASHEW CREAM SAUCE

1 cup cashews, soaked 4-6 hours or overnight

Juice of one lemon (about 3 tablespoons, or less depending on taste)

1/2 - 1/2 cup water

Sea salt, to taste (about 1/4 - 1/2 teaspoon)

In a blender, add soaked cashews (drain water first), 1/4 cup water, 1 tablespoon lemon and sea salt. Blend well. Add more water and blend to a creamy consistency. Add more lemon juice and salt to taste. What you are looking for is a creamy and slightly tart sauce.

I make a big batch of this sauce and keep it in my fridge. It is amazing, so delicious and can be added to almost anything!! I add it to sautéed tomatoes to make a rich, yummy sauce, drizzle it on my grilled veggies, add it to my kale, black bean and quinoa dish....it's endless!!

***Variations**

- o Add fresh basil and garlic for a creamy pesto
- o Add vanilla, honey or maple syrup and drizzle over fruit
- o Add nutritional yeast and garlic for alfredo sauce

Cooking & Shopping Tips

Prep Your Pantry and Fridge

Before you go shopping take some time to go through your fridge, and pantry to see what items on the shopping list you already have on hand such as spices, condiments, oils etc. It's easy to forget what's in there! Check all of your spices, too, and toss or recycle any that are older than 6 months replace them with what you need. Spices will lose their potency once they are opened and your foods won't taste as vibrant and who wants bland spices? Not us!

This is also a great time to get rid of all the "temptation foods" that may cause you trouble while you cleanse like that half-eaten bag of chips (you know you have one!).

Plan Ahead - Shop Only for the 3-5 days of fresh food at a time

I know you are excited and ready to get started, but first things first. Don't go out and buy everything to make meals for the entire 10 days! Why you ask? Because you are buying a lot of fresh fruits and veggies and you don't want them to turn to mush before you eat them. And fresh is best.

So I have provided a shopping list that includes all the mainstays you will need like quinoa, brown rice, oils, spices, grains, nuts and seeds. I also include fresh fruits and veggies but don't go overboard. Take a look at the recipes and assess what you need now, and what can wait. Once you go through that food, reassess and buy what you need for the remainder of the cleanse based on leftovers and unused food. Quantities will vary, so double check recipes and use your discretion when shopping (if you are only shopping for one, buy less)



Wash Your Greens

It's important to clean your greens as soon as you return home from shopping. This will help your greens stay fresh and crisp. Wash them really well, spin in a salad spinner or drain well and dry then store in an airtight bag or container with a damp paper towel. This will keep your greens from wilting and losing all those yummy vitamins that make you strong like Popeye.

Buy Organic

Do your best to buy all veggies and fruits, without thick skins, organic. To see a more comprehensive list of what you need to buy organic, see page 18. This is a great time to spend time at your local farmers market to see what is in season and get to know your farmers.

Cooking and Prepping Ahead Makes Life Easy!

Before you start the week take a look at the meal plan and recipes so you know what to cook ahead.

Here are a few tips tricks

- ∂ **Make Ahead Lunches and Dinners** – Every evening, check tomorrows Lunch and Dinner menu to see what pre-prep is needed especially if you work outside the home.
- ∂ **Soups** – Soups can easily be made a few days in advance. They will keep up to 4 days in the refrigerator or longer if frozen.
- ∂ **Be Nutty Cashew Cream** - It is best to soak the cashews overnight so they get nice and plump. Then simply drain, rinse and use for the recipe. This recipe is also the base for the Berry Cream.



- ⌚ **Juices and Smoothies** – A quick tip is to pre wash and cut all the ingredients for tomorrow's juices and smoothies and put them in a baggie, or bowl, so you can easily dump them into your juicer or blender. You can even do this for 3-4 days of recipes. You can also make your drink in the morning and take it on the go for your snack drinks. They will keep well when refrigerated up to one day.
- ⌚ **Brown Rice and Quinoa** – Cook a few servings in advance to make meal time a breeze. Both can be frozen for up to 30 days.

I recommend spending a few hours on the weekend to crank up some dancing tunes and cook, chop, mash, stir and package your meals for the week. Having food already done so you can grab and go makes your life much easier.

Shopping List

Remember, since you will be eating tons of fresh veggies and fruit, it's important to shop for those items every 3-4 days to have the freshest food to put into your rockin bod.

Veggies

- ☐ Mixed Greens/arugula
- ☐ 3 head Kale
- ☐ 1 head spinach
- ☐ 1 bunch Red or Golden Beets
- ☐ 4 zucchini
- ☐ 6 carrots
- ☐ 2 bunch celery
- ☐ 5 sweet potato
- ☐ 1 pack cherry tomatoes
- ☐ 1 lb roma tomatoes
- ☐ 4 avocado
- ☐ 8 red/yellow pepper
- ☐ 4 yellow onions and 1 red onion
- ☐ 4 cucumbers
- ☐ 1 butternut squash
- ☐ 10 crimini mushrooms

- ☐ 1-2 portabella
- ☐ 1 bunch bok choy
- ☐ 1 small eggplant

Fruit

- ☐ 1 pkg fresh or frozen strawberries
- ☐ 1 pineapple (frozen ok)
- ☐ 2- 4 green apples
- ☐ 2-4 sweet apples
- ☐ 1 bunch red grapes
- ☐ 1 grapefruit
- ☐ 2-4 oranges
- ☐ 2 mandarin oranges
- ☐ 10 lemons
- ☐ 5 limes

Fresh Herbs

- ☐ 1 bunch parsley
- ☐ 1 bunch cilantro
- ☐ 1 bunch basil

- ☐ 1 bunch thyme sprigs
- ☐ 1 knuckle ginger
- ☐ 2 jalapeno

Grains & Beans

- ☐ 1 bag quinoa
- ☐ 1 bag brown rice
- ☐ 1 bag lentils
- ☐ Oatmeal (gluten free if avail)
- ☐ 4 cans chickpeas (chickpea beans)
- ☐ 4 cans black beans
- ☐ 1 pkg brown rice wraps

Milks, Waters and Broths

- ☐ 2 cans Coconut Milk
- ☐ 1 large container Coconut Water (optional)
- ☐ Almond Milk (or other milk substitute e.g. rice, hemp)
- ☐ 4 – 32 oz vegetable broth

Sweeteners

- ☐ Organic Grade B Maple Syrup
- ☐ Organic Agave (optional)

Spices

- ☐ Cumin
- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Oregano
- ☐ Sea Salt
- ☐ Ground Pepper
- ☐ Red pepper flakes

Condiments and Oils

- ☐ Braggs Amino Acids
- ☐ Braggs Apple Cider Vinegar
- ☐ Dijon Mustard
- ☐ Veganaise
- ☐ Balsamic Vinegar
- ☐ Coconut Oil
- ☐ Olive Oil
- ☐ Sesame Oil (may use olive oil)
- ☐ Vegan Worchester (optional)

Nuts/Seeds & Nut Butters –

raw only

- ☐ Raw Pine nuts
- ☐ Raw Almonds
- ☐ Raw Walnuts
- ☐ Raw Cashews
- ☐ Raw pecans
- ☐ Chia Seeds (may use flax)
- ☐ Raw Almond Butter

Other

- ☐ 1 – 8 oz pkg Tempeh
- ☐ 2 cans organic tomato paste
- ☐ 3 cans diced tomatoes
- ☐ 1 jar artichokes in water
- ☐ 1 pkg dried cranberries
- ☐ Unsweetened shredded coconut (optional)
- ☐ Organic Hummus (or make your own)
- ☐ 1 can organic pumpkin

***Please note: if some items are not available or not feasible to buy, please use the following substitutions:*

- ☐ Olive Oil for Sesame Oil
- ☐ Black Beans or chickpeas for Tempeh
- ☐ Walnuts or Almonds for Pine Nuts
- ☐ Flax seeds for chia seeds
- ☐ Maple syrup for Agave
- ☐ Braggs Amino Acids for Vegan Worchester

Optional Items

- ☐ Hemp Seeds – add to your smoothies and salads
- ☐ Pumpkin Seeds – top salads and soups
- ☐ Grape seed oil – use in place of olive oil
- ☐ Medjool dates – in place of maple syrup to sweeten

FAQ

I thought you might have some burning questions so here are some FAQ's to help you out. If you need more clarification or have a question that was not answered here, please call or email us. I am here to support you!!

Q. What about my morning coffee?

A. Sorry but a true cleanse is coffee-free because coffee (and it's high caffeine content) decreases nutrient absorption which is essential for an effective cleanse, dulls the taste buds which makes food less satisfying, makes the body more acidic, taxes the organs (the lovely liver and the kidneys), fires up your adrenal gland in a not-so-pretty detox way, and often contains other naturopath no-no's like sugar and creamer. Brutal, right?!

Q. Can I have tea?

A. Yes! Green tea has many cleansing benefits and white tea is loaded with antioxidants so enjoy a cup of tea hot or iced. Any tea is fine and you may sweeten it with a spoonful of maple syrup.

Q. Can I chew gum or have mints?

A. It depends. Most gum and mints contain artificial sweeteners and additives that are toxic to your body. If you must chew gum, choose some sweetened with xylitol, a natural sweetener. Also, you swallow air when you chew gum and that air ends up in your tummy like a little balloon. Yikes.

Q. Why can't I exercise vigorously?

A. In order to get the greatest benefit out of your cleanse it's really important to let that rockin' bod rest for 10 days. That way your body gets a chance to focus on clearing out the junk and



not focusing on storing energy for exercise. Remember, light yoga or a casual walk is fine, running and weight lifting is off limits.

Q. What if I don't like some of the ingredients?

A. That's ok! I don't expect you to love everything. If you find you don't like something or are allergic to a food, simply omit it from the recipe or find a comparable substitute that you do like. For instance, swapping olive oil for coconut oil, or leaving out the onions, or even adding in spice that the recipe doesn't call for.

Q. I'm gluten free, can I do the cleanse?

A. Yes! All of the ingredients I put in the recipes are naturally gluten free but that does not guarantee that some products don't contain gluten so be a label inspector! I know many people are concerned about gluten, which is I chose Braggs Amino Acids over traditional soy sauce which contains gluten. Who knew soy sauce had wheat?

Q. Do I have to follow the meal plan exactly?

A. No way! As long as you are eating off the meal plan I don't care which day you eat what. The meal plan is a guide but certainly not written in stone. If you want a salad for breakfast and a smoothie for dinner, go for it! And as a special surprise I will send you some additional recipes during the cleanse.



Testimonials from Be Vibrant Cleansers

"Today is day 9 for me and we (me and hubs) are doing GREAT! He's down 8 lbs. I didn't step on the scale at all. I'm going by the way my clothes fit (I can totally tell when I've gained or lost 5 lbs). Which I believe I'm down 5-6 lbs too! I am so addicted to this now, I haven't had coffee in over two weeks now and don't miss it. This is the first thing I do every morning, warm lemon water.""

-Bonnie

"Ok seriously, this cleanse was so easy! I thought for sure I would starve. My favorite recipes are the Quinoa Berry Bowl and the Tempeh Tacos, who knew I liked tempeh? I lost 6.5 pounds and feel great. Loved the daily emails from you crazy ladies. I'm a vegan for life! "

-Kim G.

"Not only do I feel awesome, but I lost 5 1/2 pounds, am off of my 3 Starbucks a day habit and I learned to cook amazing food that even my kids eat! My favorite is still the kale & quinoa salad and the chick pea salad...so good, so easy and so delicious! Thank you...I am loving my new, healthy lifestyle...the Be Vibrant Cleanse ROCKS!" - a very happy and satisfied BE VIBRANT Cleanser



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Lemons & Love

Be Healthy, Be Vibrant!

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