



**daily**  
**GREENS**  
**4-DAY CLEANSE**

**Jump-Start Your Body,  
Reset Your Energy Levels,  
and Lose Weight**

**Shauna Martin**  
creator of Daily Greens vegetable juices

## DEDICATION

*I dedicate this book to all the young breast cancer warriors out there.*

**Live life like you mean it!**

*In memory of all the fallen cowgirls (young women who have lost their battle with breast cancer). You may be gone from this earth, but you will not be forgotten.*

*In honor of and in memoriam to my sisterhood of fellow breast cancer warriors, 1% of the royalties from this book will be donated to programs that provide support and services to young women battling breast cancer.*



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## foreword

**In my almost forty years on the planet,** I have seen many eating and dieting trends come and go. No fat, low fat, high protein, no carbohydrates, raw, only cauliflower soup. . . You name it, and people have tried it! However, what remains consistently recommended by every leading doctor of every persuasion is that we need to eat less processed foods, more fruits and vegetables, and more foods in their natural state. Period.

I have been vegan for almost seven years and had been vegetarian for twenty years before that. I ate pretty healthily, but I have a confession to make: Since becoming a mom almost ten years ago, I have gotten in the habit of grabbing a handful of chips or pretzels or cookies here and there. Well, the “here and there” had lodged itself literally here and there, mainly around my hips and belly. This Mama had accumulated a little bit too much “here and there” . . . here and there.

This past year, I heard about juicing as a way of life, and honestly, it sounded weird, even though it held the possibility of helping me get rid of my “here and there,” among other benefits. When I heard about Daily Greens through its founder, Shauna, her story really inspired me. I could relate to her perspective as a young mom who wanted to improve her health and designed these juices from that desire, but her experience battling cancer was really what touched me. I felt empowered because of her dedication and her motivation not only for her health, but for the health of others.

I had some concerns about attempting a juice cleanse despite all of my optimistic posturing. Although I never considered myself to have an unhealthy relationship with food, as I prepared to

start the cleanse, I started to feel a sense of panic and impending doom. I felt like food was being taken away from me forever (even though that makes no logical sense!). Thankfully, I was able to acknowledge that these kinds of fears and this kind of panic were things that I could cleanse as well.

To make a four-day-juice-cleanse-story short, the juices tasted good enough that I didn’t feel like I was being punished by drinking them. I snacked on raw stuff throughout the day like fruits and veggies. I simply wasn’t hungry or grumpy at all. I felt full of energy. Simple foods started tasting really good to me, and that hasn’t gone away even months after I’ve finished the cleanse.

I felt so good after my four-day cleanse that I kept going. I ended up eating raw for nine whole days, with one or two juices a day. I lost weight off my hips and tummy and can fit into my old jeans again!

I took a chance and was inspired enough to commit to disciplining my eating for four days. It transformed my palate, made my body healthier, and put me back in control of my eating and my relationship with food.

**If that’s trendy, count me in.**

—Mayim Bialik



## introduction

**In the spring of 2007**, I experienced sudden weakness and some numbing on my left side: leg, arm, and midsection. At first, I thought I had experienced a stroke, but after two MRIs and other tests it was determined that I had sclerotic scar tissue on my brain, signs of multiple sclerosis. When the official diagnosis came in, I was both scared and shocked. Multiple sclerosis did not run in my family, and I had experienced no health problems before this. What was I supposed to do? How could I slow the progression? I was only in my early 20s and as a registered dietician and nutritionist, I was familiar with the painful progression of MS in patients who had been diagnosed with the disease.

It has been almost eight years since the diagnosis, and I am proud to say that I am practically symptom-free. I attribute it to the power of raw foods and daily green juices in my life! After the scar tissue was discovered on my brain, I turned to nutrition for treatment. I began incorporating more raw produce into my diet, focusing mostly on leafy greens and other non-starchy vegetables. I completed a juice cleanse very similar to the Daily Greens 4-Day Cleanse and began replacing toxic food-like products and processed foods with raw fruits and veggies and other whole foods. Within a few months' time, my symptoms began to improve. Hip and back pain and tightness went away, as did the exhaustion and migraines. I felt stronger and more alert, I was able to complete my workouts successfully, and I was able to maintain balance and increase strength on my left side. I was amazed at the results. Since then, raw produce, green juices, and green tea (another great brain booster and antioxidant-rich food) have become a

part of my daily routine. Even when I'm traveling, I try to get in as much as I can. Oh, the power of raw food!

The Daily Greens 4-Day Cleanse is a gentle, nourishing way to rid your body of unwanted toxins, and it may help reduce your risk of chronic diseases. I not only claim this with my background in clinical nutrition, but also out of my very personal experience. There are many ways to cleanse your body and get rid of the toxin buildup there, but not all cleanses are created equal. Some are more effective and efficient than others, and Daily Greens 4-Day Cleanse provides belongs in the former category.

### THE KEYS TO A SUCCESSFUL CLEANSE

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#### ANTIOXIDANTS

Consuming a variety of antioxidants is essential to cleansing well. Each type of antioxidant serves a specific purpose. None of them complete the same task in your body, which is why consuming a variety helps to ensure that your body is ridding itself of toxins thoroughly. All antioxidants protect your cells, but each type targets specific cell groups and body systems. For example, beta-carotene, found in leafy greens and carrots, targets the cells of the prostate, digestive tract, and eyes, helping to protect from cancer and degeneration. The Daily Greens 4-Day Cleanse incorporates a wide range of fruits and vegetables that provide you with a broad repertoire of vital antioxidants to support and improve your body's cleansing process.

## HYDRATION

Adequate hydration is essential to cleansing well. The 4-Day Cleanse ensures that you stay hydrated with lemon water and green tea when you first wake up, the three green juices throughout the day, and plenty of cool, fresh water. All these fluids will assist the kidneys and intestines in moving the toxic buildup out of your body.

## GIVE YOUR DIGESTIVE TRACT A BREAK

Doctors and health-care professionals frequently stress the need for whole grains and protein in our diets, as well as noting the beneficial resveratrol in wine and the mental benefits of caffeine. So why should we remove these items during the 4-Day cleanse? While it's true these foods and substances provide valuable nutrients or benefits on a daily basis, they can place a heavy digestive burden on your body. In fact, did you know that digestion can require as much as half of your body's available energy on a daily basis? Animal protein, alcohol, and caffeine in particular require increased energy to break down and absorb the available nutrients in those foods. Additionally, with mass agricultural practices as they are today, many animal proteins, alcoholic drinks, and caffeinated sources contain hormones, chemicals, and additives that simply add to the toxin buildup in your body. The Daily Greens 4-Day Cleanse gives your digestive tract a break from these hefty compounds by incorporating simple juices throughout the day that require no breakdown in the digestive tract. So raw fruits and veggies can be consumed as needed, decreasing the energy required for digestion and allowing it to be funneled elsewhere—like recharging your body!

## THE RAW DIFFERENCE

Raw fruits and vegetables naturally contain large amounts of vitamins, minerals, antioxidants, digestive enzymes, and phytonutrients. When fruits and

vegetables are cooked, many of these vital nutrients are lost, either through heat or water, decreasing the concentration of nutrients in a given amount of fruit or vegetable. While incorporating some cooked fruits and veggies on a regular basis is perfectly fine, it is important to maximize your body's cleansing process with a high intake of raw fruits and veggies. The consumption of specific raw foods during your cleanse can potentially decrease some of the negative side effects that often accompany cleanses and detox diets, like headaches, fatigue, and stomachaches.

What makes the Daily Greens 4-Day Cleanse different from many other cleanses is that it incorporates raw foods high in fiber, plant protein, and healthy fats at the end of each day for your dinner meal. Many cleanses simply provide your body with the tools to gather toxins from your body's tissues and move them into your digestive tract; however, a vital part of successful cleansing is the elimination of those gathered toxins from your body altogether. Fiber, plant protein, and healthy fats do just that. They provide the bulk, or the "glue," to help your digestive tract bind and eliminate the toxic buildup. Without these vital macronutrients at the end of the day, the gathered toxins will sit in your digestive tract. This can potentially cause cellular damage to your tract and other bodily tissues, as well as constipation and unnecessary digestive discomfort. You might even know someone who has tried a cleanse and has complained about headaches or skin breakouts, crankiness or irritability. Eliminating the gathered toxins at the end of each day on the Daily Greens 4-Day Cleanse will allow your body to expunge maximum buildup without causing unnecessary discomfort.

After completing the 4-Day Cleanse, you should feel light, energized, and de-bloated. Your digestion will be easier and improved (as well as your bowel movements, if you want to go there!), and you'll likely get a better night's sleep. Providing your body with nutrients in their natural, raw form is ultimately fueling your body to cleanse and heal as it needs to. Your body is an incredible machine! Feed it well, and enjoy the energy and life you get

# preface

I vividly recall sitting on the floor of my shower with water and tears streaming down my face trying to figure it all out. I could not stop thinking . . . why? Why me? What did I do wrong? On July 28, 2004, my son's first birthday, I had been diagnosed with breast cancer at the age of thirty-three. And then, just a few weeks later, my younger sister was also diagnosed with breast cancer at thirty-one years old.

Happier periods of my life started flashing through my mind as I sat in that shower. I remembered racing with my younger sister through banana plantations by a house we lived in during a four-year stint in Puerto Rico. We were probably eight and ten years old at the time, and I recall running barefoot through the trees, stopping to pick a banana or an orange here and there. Sometimes we would gather mangos and avocados to take back to our mother to serve with dinner. As I sat on my shower floor mourning the loss of my breasts, I tried hard to remember. Didn't I also remember plantation workers spraying down those banana trees with pesticides? Were those pesticides the reason why my sister and I came to have aggressive breast cancer, mine having grown unchecked into stage II breast cancer while I breastfed my son for nine months?

I flashed-forward a number of years to my grandmother's garden in Arkansas. My sister and I spent many happy hours helping her plant and pick tomatoes, okra, cucumbers, and all kinds of other wonderful vegetables. Again, I strained to remember that pesticide she used to put on the vegetables to keep the bugs away. What was it called? Sevin dust? Wasn't it so poisonous that we

had to keep the cats away from it for fear of their ingesting and dying from it? I remember Grandma hollering at us not to eat the vegetables until she had a chance to wash off the "poison," and even the CDC reported in a study that a single dose of 250mg consumed by an adult male resulted in "moderate poisoning." Was this why we had breast cancer? Had we eaten fruits and vegetables covered in poisonous pesticides that later settled in our breast tissue to form cancer cells? Was that possible?

I started thinking about our college days and the TV dinners heated with plastic wrap and consumed quickly while cramming for exams. Was it all the chemicals in the processed food that we ate?

We had no family history of breast cancer until we were both simultaneously diagnosed with the disease—years before our doctors would normally start screening us for breast cancer. In fact, no one in our immediate family tree ever had any type of cancer. I had been to at least a half-dozen doctors who really had no answer for the "why." Most agreed that it was probably somehow genetic, although they admitted they were stumped by the fact that both my sister and I had tested negative for the known genetic mutations for breast cancer. Most just threw up their hands and said we would probably never know. They confirmed that not enough information is known about the genetic predisposition to breast cancer and certainly not enough information is known about the environmental and food-supply factors that could potentially cause breast cancer.

**“We had no family history of breast cancer until we were both simultaneously diagnosed. . .”**

One thing they did all seem to agree upon was that our treatment plans should be the most aggressive available. Before it was all said and done, we each underwent a year of mind-numbing chemotherapy, double mastectomies, and multiple surgeries to reconstruct our breasts. Due to my advanced breast cancer, all of my lymph nodes had to be removed from under one of my arms, leaving me with lymphedema (the swelling of my left arm, hand, and torso) for the rest of my life. And then, after six years of hormone therapy, my team of doctors advised that I should also remove my ovaries to eliminate the risk of more breast cancer or, even worse, ovarian cancer. So at the age of thirty-nine, I had both ovaries removed, putting my body into premature and permanent menopause.

Prior to our breast cancer diagnosis, my sister and I were the picture of health. We were raised as vegetarians by our military doctor father and our registered nurse mother, who are both very health conscious and taught us to eat right, exercise daily, and watch our weight carefully. We have never been even remotely obese, smoked a cigarette, or touched a piece of red meat (all the supposed top risk factors for breast cancer). So again, I had to ask, why?

## THE JOURNEY FOR ANSWERS

It has now been over nine years since that fateful day when my doctor told me I had breast cancer, and I finally know the answer to the “why?” I was meant to have breast cancer so that I would go on a journey in search of answers. That journey would not only change my life, but also allow me to educate

others, to assist in the growing movement to change the way America thinks about food and diet.

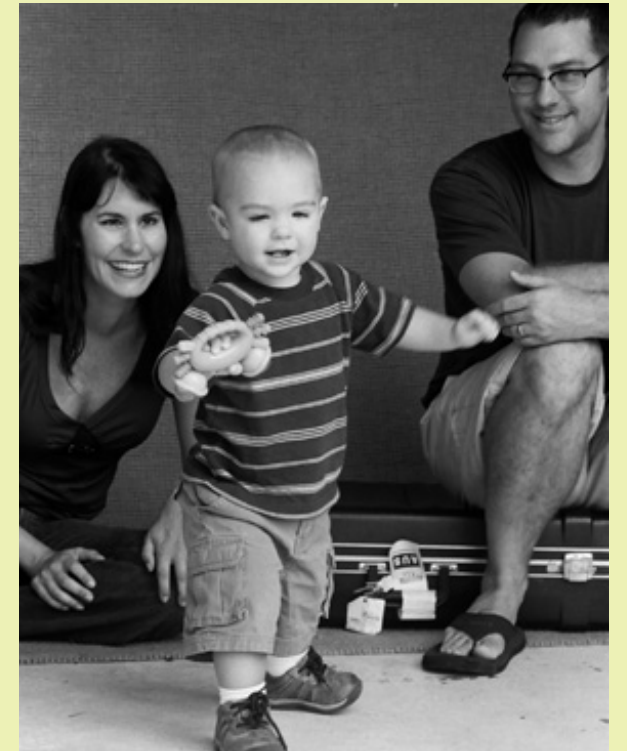
The first part in my journey for answers was to read everything I could get my hands on about the connection between food and disease, and in particular the connection between food and cancer. On my required reading list were *The China Study*, by Dr. T. Colin Campbell and Thomas M. Campbell II, and Michael Pollan’s *The Omnivore’s Dilemma* and *In Defense of Food*. I learned from Dr. Campbell that there was likely a connection between the foods I had consumed and my untimely breast cancer. Dr. Campbell’s fifty-year study of rural populations in China provides evidence of a direct connection between not only the consumption of animal products and cancer, but also between the overconsumption of animal products and a host of modern diseases currently plaguing the western world, including heart disease, obesity, and autoimmune diseases.

From Michael Pollan, I learned the history of how we have applied the principles of Ford’s mass production of cars to the mass production of food, which of course lead to McDonald’s and the proliferation of fast food in our country. Mr. Pollan educated me on the compromises made in the growing of food and the raising of animals in order to satiate the world’s ever-growing demand for fast and processed foods—these compromises include the proliferation of genetically altered versions of our most consumed crops and animals, along with the introduction of pesticides and antibiotics to our food sources and onto our dinner plates. I realized that much of what I had been putting in my body for the first thirty-three years of my life was likely laden with poisonous pesticides or packaged with numerous chemical preservatives to create years of shelf life. What I was eating was not actually “food.” I was eating a diet that, while healthy by the measuring stick of the FDA and other government

standards, was quite possibly a contributing factor to my breast cancer.

I gained further inspiration from Kris Carr and her *Crazy Sexy Cancer* movie and books, which chronicle her journey from an incurable cancer into remission through her consumption of a raw, plant-based diet. I realized, with hope, that there might be some explanations as to “why” cancer had started to grow in my young body. While I was vegetarian for the most part, I over-consumed dairy products and processed foods. We are the only mammal that consumes the milk of another mammal, and as it turns out, our bodies do not process it very well. Dr. Campbell’s studies showed a link between overconsumption of cow’s milk products and cancer.

I will never forget the first time I got my hands on Kris Carr’s first book, *Crazy, Sexy Cancer Tips*, which included a short but powerful chapter on food. It contained an overview of her diet recommendations, and there was a picture that jumped out at me from the page: It showed the first and, at the time, only juice bar in Austin and the establishment’s sign read simply: “Disease Can’t Fight Oxygen and Light.” Tears streamed down my face as I realized that I may have finally found something in my own crazy breast cancer journey that was under my control. I did not choose breast cancer, nor would I have chosen to remove my breasts and ultimately my ovaries in my thirties. But when you have a small child and a loving husband, you do whatever it takes to stay alive for them. You do what your doctors tell you to do, even if that means poisoning your body with toxic chemotherapy and removing all the offending body parts that harbor cancer. Finally, I had found something that was completely under my control and within my power. From my research, I believed that I could not only heal my body from breast cancer treatment, but I could also help prevent a recurrence of my breast



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cancer. I was sold. I was willing to try anything that could increase the chances that I would be around to see my beautiful son Cooper grow up. I would become vegan, and even consume a diet of only raw vegan foods, if that was what it would take to get me healthy. I would start drinking a green juice every morning. I would eliminate all animal products from my diet, including my beloved cheese.

**“When you have a small child and a loving husband, you do whatever it takes to stay alive . . .”**

## GETTING STARTED

I dove into the deep end, immediately ordering a simple two-speed Breville juice fountain. I will never



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forget making my first green juice in my kitchen. My husband, Kirk, thought I was crazy. It was so green, but the smell of the “real” fruits and vegetables coming from my juicer was intoxicating. At first, I put an entire apple in my green juice each morning, but as time went by, I noticed that I was losing the sweet tooth that I had been known for my entire life (I never skipped dessert). The apple started tasting too sweet, so I gradually used less and less until I left it out altogether, drinking a simple combination of kale, cucumber, and celery. I would juice 32 ounces of these ingredients and head out the door each morning with what my friends came to call my “pond water.”

The results of drinking a simple green juice every day were amazing. I had an incredible amount of energy all the time. My immune system—which had been completely wiped out by the chemotherapy—rebounded. My skin glowed, and my hair (which was finally growing back) was black and shiny once again. Mentally, I was sharp and clear. And I was happy. For me, the daily flush of nutrients from my green juice was like the fountain of youth.

Over time, I realized that I no longer needed

coffee and dropped it in favor of green tea. I also realized that I did not need anything else to eat until lunch. This created a mini juice fast each day, from dinner the night before until I ate solid food at lunch the next day. This daily mini-fast helped my intestines to cleanse my body of toxins from bad eating. Nine years later, I still drink a green juice every day. I am convinced that it has changed the outcome of my life. I am not just surviving my breast cancer, but thriving in every way. I have more energy

and drive than many of my friends and counterparts my age. I also require far less exercise to maintain my weight than my friends of a similar age. While I absolutely love and enjoy exercise, I work out regularly to feel good mentally and look good physically, not to maintain my weight. My weight is maintained by the smart food choices I am making, and by the fact that my food and nutrients are completely absorbed by my squeaky-clean intestines. Since my body fully absorbs the nutrients consumed, it requires far less food. As a result, I naturally only consume the calories needed to maintain a normal weight. My body is not starved of nutrients and thus is not constantly telling my brain to eat something. My eyesight is also still remarkable. Despite the fact that I am at the age when most start using readers, I can still see perfectly without glasses.

Perhaps the most important thing I know with every fiber in my body is that I will not only be around to see my son Cooper grow up, but also to grow old with my husband. Unfortunately, breast cancer is one of those dreaded diseases from which you are never considered cured. It can rear its ugly head at any time, and often does for those of us

diagnosed at such young ages. For that reason, I always stay the course. Each day when I drink my daily green juice, I reaffirm my dedication to my diet, to my healthy way of life, and to staying alive for Cooper and Kirk. They need me. Plain and simple. I am so blessed to be able to share my story and the healing power of green juice with the world. I am confident that this is the answer to the “why.”

## PAYING IT FORWARD

After years of spreading the gospel about drinking a daily green juice to my friends and family, in 2012, I decided that it was time to get serious about “paying it forward.” Many of my friends and family members had already purchased juicers and started making a green juice every morning. While they all agreed that the health benefits they experienced were undeniable, after a few months they would ultimately put the juicer away, declaring that it was “too hard,” “too messy,” and “took too much time.” I soon realized that if I was going to keep my friends and family drinking a daily green juice, I was going to have to make it for them. So on December 1, 2012, I made sixty bottles of cold-pressed green juice and took it to the local farmers market in Austin, Texas. It sold out in less than two hours. So the next weekend, I made sixty more bottles and did it again. At the time, I was still working my day job as a corporate attorney, so I had to rope in my then-eight-year-old son and husband to help hand-label the bottles and support me at the farmers market. After selling out at two consecutive farmers markets, I realized that there was a serious need for ready-to-drink green juice made the way I make it (with mostly greens, low in fruit, and with no water added). In 2012, fresh green juice was only available in cities that were lucky enough to have a juice bar—or in New York and along the West Coast, where a couple of cold-pressed

juice companies had launched locally. I made it my mission to get a green juice into the hands of every American every day. And so it was that my company, Daily Greens, was born. After four short months, I left my corporate attorney job behind and dove headfirst into the business of making green juice available to anyone and everyone who would listen to me. Only five months after taking that very first batch to the farmers market, Daily Greens launched at Whole Foods Markets—and the rest is history. Today, Daily Greens juices are available coast to coast in thousands of retail outlets. See the website for the location nearest you: [www.drinkdailygreens.com/location](http://www.drinkdailygreens.com/location).

During my own battle with breast cancer, I co-founded an organization in Texas known as the Pink Ribbon Cowgirls. It is a program that provides a social network and support services to young women battling breast cancer. The concept grew out of the support and companionship my sister and I were able to provide to each other during our two years of treatment together. Over the years, the Pink Ribbon Cowgirls have provided support and sisterhood to hundreds of young women battling breast cancer. Resources for such women are still scarce in this country—despite the increase of breast cancer in young women. For this reason, we set aside a portion of the revenues at Daily Greens to help fund organizations that provide services to young women fighting breast cancer. In order to further this vision and mission, we will also be donating 1 percent of the royalties from this book to those organizations. If you have been touched by someone courageously battling breast cancer, I encourage you to visit our website and see how you can make a difference too: [www.drinkdailygreens.com/we-give-back/](http://www.drinkdailygreens.com/we-give-back/).

I no longer ask myself, why me. I know now that it was my destiny to battle breast cancer at thirty-three. It made me who I am today. It created in me a burning desire not only to help other young women facing this disease, but to help you, the reader of my book, to get healthy and stay healthy so you can thrive for the important people in your life.



## CHAPTER 1

# before you CLEANSE

Before you begin your 4-Day Cleanse, take the time to read this chapter in order to get an overview of cleansing in general, as well as to learn the basics of the meal plan and the equipment you'll need for juicing. Note that you should start preparing your body for the cleanse at least one week prior to beginning it: I've provided seven delicious green breakfast smoothie recipes (see page XX) that will help get your system accustomed to juice fasting and your palate used to "green" flavors. I will also highlight the foods and beverages you will be eliminating during the cleanse and explain why doing so is important.

Note that the Daily Greens 4-Day Cleanse is safe for most people who are in good health. However, if you are immune-compromised, pregnant, breastfeeding, or suffering from a chronic illness or ongoing health problem, doing a cleanse may not be safe for you. For this reason, I highly recommend that you consult your physician before starting the cleanse if any of these situations apply to you, or if you have any health issues, questions, or concerns about the safety of cleansing.



## WHY JUICE?

It was common for our ancient ancestors to eat up to six pounds of leaves per day. But in modern-day throwback “hunter-gatherer” diets, much emphasis is placed on the “hunting” of meat by our ancestors, and we forget that wild game kills were few and far between. While our ancestors mostly subsisted on leaves, berries, and nuts, today the standard American diet consists mostly of animal protein. According to a 2010 study by the Produce for Better Health Foundation, only 8 percent of individuals get the recommended portion of fruits and only 6 percent manage to consume the recommended daily intake of vegetables. But these foods provide vital nutrients needed to fight disease and maintain good health. What’s more, the majority of the standard American diet consists of cooked food, and cooking kills most of the nutrients in the scarce fruits and vegetables that we do consume. And with our modern, fast-paced lifestyle, who has time to eat six pounds of “leaves” a day.

So what is the solution? Juice! Juicing leaves, along with other green vegetables and some fruit, into a 16-ounce serving of green juice can provide the same amount of nutrients that our ancestors had. The other benefit of juicing? You are condensing these nutrients into a liquid form that is immediately absorbed by the body, with very few of the nutrients lost through the digestive process.

## WHY GREEN JUICE?

Dark green vegetables offer higher concentrations of nutrients than other fruits or vegetables. They are a rich source of minerals, including iron, calcium, potassium, and magnesium, as well as vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients, including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage. Dark green leaves even contain small amounts of

omega-3 fats, which are good for you, playing a role in lowering triglyceride levels.

Perhaps the star of these nutrients is vitamin K. Two cups of dark leafy greens provides more than the minimum daily recommended amount of vitamin K. Research cited by the American Cancer Society has provided evidence that this vitamin may be even more important than we once thought—and many people do not get nearly enough of it. Not only is vitamin K essential for normal blood clotting, recent studies suggest that deficient levels of vitamin K are linked to an increased risk of some cancers. In addition, studies have revealed that vitamin K may have a role in keeping bones strong, especially in older people.

You might be wondering: *If dark leafy greens are so great, why not just juice kale?* Well, put simply, because it tastes like crap. However, by combining them with other green vegetables and some added fruit and herbs, you can create a green juice that both tastes delicious and is chock-full of vital nutrients that your body needs for long-term health.

## THE TRUTH ABOUT VITAMIN SUPPLEMENTS

Did you know that our bodies absorb over 97 percent of the nutrients contained in raw vegetables and fruit? Compare that to vitamin supplements made in a laboratory, which have an absorption rate of 5 to 25 percent.

My doctors require frequent bone-density tests and are always very surprised to note that my bone density is fantastic, given my plant-based diet and refusal to take nutrient and mineral supplements. They always tell me that whatever I am doing with my diet is certainly working and to keep up the good work.

The third most-frequent question I am asked is: If you don’t eat meat, how do you get calcium and iron? Again, the answer is simple: I eat plants.

Specifically, I consume dark leafy greens every day in the form of green juice and vegetable salads. Dark leafy greens such as spinach, kale, collard greens, watercress, and dandelion greens contain more iron and calcium than an equivalent serving of cow’s milk. Moreover, these nutrients are fully digestible and absorbed through the intestines when consumed in the form of a green juice.

## WHY CLEANSE?

You’ve probably heard diet advice over the past decade or so indicating that you should be eating very small meals every two or three hours. Sound familiar? The problem with this type of diet is that it never gives the digestive tract a break, allowing it to clean the body of its toxins. Since this is one of the primary directives of the intestinal tract, that’s a big deal. Our digestive system was not designed to work all day long, seven days a week.

**THE MINI JUICE FAST:** I discovered the first way to steadily detoxing my body was to conduct a mini juice fast every day. So I replaced my usual breakfast with a green juice. On an empty stomach, the juice will make its way through to the intestines in minutes. So while I give my digestive system a break from the hard work of digesting solid food in the morning, I also infuse my body with a huge flush of vital nutrients and minerals. My first meal of solid food is always lunch. This creates a mini-juice-fast of eighteen hours or more each day, from dinner until lunch the following day, during which my intestines get down to business. The small intestines clean the cells in my body, removing toxins and moving them into the large intestine so they can exit the body. I found this to be such a useful tool that I continue this daily mini juice fast almost ten years later. Even though I don’t consume solid food until lunch or later, I don’t experience low blood sugar, hunger pangs, or any of the other

symptoms one would expect from skipping a solid breakfast each day in favor of a low-calorie green juice (my juices are approximately 100 calories or less). The most important benefit of the mini juice fast is that I am full of energy all day long.

**MULTI-DAY FASTING:** The second way I learned to cleanse and detoxify my body was through periodic longer multi-day juice fasts, another form of intermittent fasting. At first, I tried just drinking juice for several days in a row, but I quickly learned that this did not work, and it even seemed to make me feel more toxic. Why? Simply because I was not completing the job of actually moving the toxins out of my body. I was juice-fasting for long periods of time (only drinking green juice), which was pulling toxins out of my cells and into my bloodstream. However, I was not moving them out of my body through my bowels. As a result, those toxins were accumulating in my bloodstream and giving me horrible detox symptoms like headaches and flu-like symptoms. If I wanted to continue the juice fast, my options at this point were either: 1) take a large fiber pill each day to help move my bowels, or 2) subject myself to a lower intestinal colonic to assist in the process. But neither of these options appealed to me at all.

So I came up with a third option. I decided to consume only green juice during the day, but at night I would eat a raw vegetable dinner. Raw vegetables are digested very quickly and will move through the digestive tract rapidly, allowing the body to quickly get back to fasting and cleansing. I realized that the benefit of a raw vegetable dinner as part of a healthy cleanse was twofold: First, it allowed me to actually eat something during my multi-day cleanses, providing vital energy to help me function. Second, all the roughage and fiber from dinner prompted my bowels to move and expel the toxins accumulated during my full day of juice fasting. Since fruit also moves through the di-

gestive tract very quickly, I added small amounts of fruit (or raw vegetables) during the day to maintain a healthy blood sugar level and sustained energy levels. So while I was continuously flooding my body all day long with large quantities of nutrients and minerals from my green juice, I was simultaneously collecting toxins from my cells and getting rid of them. And I was accomplishing all of this by simply consuming raw plants. No supplements, no processed foods, no added anything. Isn't simplicity a beautiful thing?

## AN OVERVIEW OF THE DAILY GREENS 4-DAY SEASONAL CLEANSSES

During your 4-Day Cleanse, you will drink three green juices daily while eating sufficient raw fruits and vegetables to maintain a normal level of energy throughout the day. This will create an extended period of fasting throughout the day that will allow your body to start gathering up and expelling toxins (the juice does not count as food since it will immediately assimilate into the bloodstream when consumed on an empty stomach). Because all the green juice recipes in this book are low in sugar content, you may need to consume additional fruit or vegetables to maintain a normal level of blood sugar and sufficient energy to go about your normal daily routine.

For each seasonal cleanse, we provide a selection of delicious green juices that you can make yourself. If making three juices per day sounds like a lot of work (and time you don't have!), feel free to make larger quantities of your Morning Green Juice, or any other green juice recipes you like, and substitute them for your lunch and snack juices later in the day. You can double or triple the recipes on any of these. When making a large batch, store your juice in an airtight container right after juicing, and keep it refrigerated until you are ready

to consume. Note that the recipes get "greener" as you move through the cleanse, because your taste buds should be adjusting to more "green" flavor and you should start losing your sweet tooth. For this reason, I strongly encourage you to try a variety of the recipes for each day of your cleanse.

If time and convenience are issues for you, also note that all of the green juices produced by my company, Daily Greens, are low in sugar and can be substituted for the green juice recipes provided. While substituting a 16-ounce bottle of Daily Greens is a great time-saving measure, I still highly recommend getting your hands dirty by making some of your own green juices as well. You might come up with your own perfect green juice blend!

In the evening, you will prepare a delicious raw vegetable appetizer and salad to consume for dinner. These recipes can all be mixed and matched depending on what you have available in your fridge. I also encourage you to improvise and substitute your own raw vegetable dishes. The idea is simply to consume a big raw vegetable dinner in order to provide your body with sufficient fiber and roughage to move your intestines and expel all those toxins that you have accumulated during your day of juice fasting (this may occur immediately or the next morning). Repeat this cycle for three more days, and I promise your body will thank you for it!

## WHY EAT SEASONALLY?

Wondering why there are four cleanses, one for each season? I started doing these four-day cleanses every couple of months, and fell into a rhythm of doing one at the beginning of each season. I would do one the first week of January to start off the new year right. I would do another one as soon as spring arrived, feeling the need for a good spring cleaning. I would do one the first week of summer to kick off swimsuit season in style. And I also loved doing a back-to-school

cleanse, as I started my fall routines. The different recipes featured in the different seasonal cleanses are based on my own philosophy for consuming fruits and vegetables that are in season or available from my local farmers market. There are three very important reasons to eat seasonally:

1. Ideally, fruits and vegetables are harvested when they are ripe. This is when they contain the highest level of nutrients they will ever contain during their life cycle.
2. Eating foods in season often means that you can select your produce from your local farmer or farmers market and lessen the environmental impact of shipping produce across the country.
3. Finally, eating seasonally will save you money. The price of produce is lower when it is in season and available locally.

## ORGANIC PRODUCE

I recommend that your fruits and vegetables be organic to the greatest extent possible. I know they can cost a lot more at the grocery store, but the benefits far outweigh the cost.

1. Organic produce always tastes better and, while there is differing research on the topic, I believe that organic produce also contains higher levels of nutrients (the Organic Trade Association at ota.com lists the results of several major scientific studies).
2. Produce that comes from organic farms does not contain pesticides and other poisons commonly used to kill insects and maximize production. As reported by the National Cancer Institute, it is many of these same pesticides that are now being linked

to cancer, and which I personally hold responsible for my untimely battle with breast cancer.

3. Another important reason to buy organic is to support organic farmers, as they use sustainable farming practices that protect and rehabilitate the soil, as well as prevent further contamination of our environment by employing natural fertilizers and pest repellents instead of poisonous chemicals that contribute to the contamination of our ground water, lakes, rivers, and oceans.

If you are on a budget, I would still highly recommend that—at a minimum—you consider purchasing organic versions of the produce that appears on the "dirty dozen" list. This is a list of the fruits and vegetables that retain the most residual poisons from pesticides used by non-organic farmers. Below is the 2014 list published by Dr. Andrew Weil, a health expert who is internationally recognized for his views on leading a healthy lifestyle, his philosophy of healthy aging, and his critique of the future of medicine and health care.

### *Dr. Weil's "Dirty Dozen Plus":*

- ◆ Apples
- ◆ Strawberries
- ◆ Grapes
- ◆ Celery
- ◆ Peaches
- ◆ Spinach
- ◆ Sweet bell peppers
- ◆ Nectarines (imported)
- ◆ Cucumbers
- ◆ Cherry tomatoes
- ◆ Snap peas (imported)
- ◆ Potatoes

**Plus these two that may contain “highly toxic” insecticides:**

- ◆ Hot peppers
- ◆ Blueberries (domestic)

## FOODS TO ELIMINATE

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During your cleanse, you will need to eliminate several items from your diet. Some of these will be tough, but do make the effort. You'll be happy you did.

### COFFEE

Coffee has several side effects that are not conducive to cleansing and optimal “gut” health. First, it causes your stomach to produce large amounts of hydrochloric acid. Then it causes a “laxative effect” by prematurely dumping food and nutrients from your stomach into your intestines before they have had a chance to properly digest. When the acidic stomach contents are dumped into the small intestine, this results in injury or inflammation in the very place that is supposed to be absorbing most of your nutrients. Finally, caffeine is a diuretic causing dehydration, which is counter-productive to your cleanse goal of fully hydrating and cleansing your body.

### ALCOHOL

As you've probably suspected, alcohol is not conducive to cleansing. It is dehydrating, spikes blood sugar levels, causes inflammation, and adds “empty” calories that are devoid of nutrients. Drinking alcohol in any form, including wine, is simply not productive during a cleanse.

### REFINED AND PACKAGED FOODS

Refined and packaged foods are not usually what I consider “real food,” as they contain countless preservatives and added mystery ingredients. As a rule, if a package contains any ingredients that I don't recognize or can't pronounce, I will not buy

it. All these refined and packaged foods are at the heart of the current food and health crisis we have in America, since they lack any real nutrients and often contain potentially harmful ingredients used to preserve and add shelf life. Some of these packaged foods are “fortified” with artificial and chemically based nutrients like iron, calcium, and vitamins, but these are a poor substitute for the nutrients that naturally occur in real food. During your 4-Day cleanse, you will enjoy the full benefits of a plant-based diet, minus these artificial additives, and you will see a dramatic difference in your mood and energy level.

### ANIMAL PRODUCTS (INCLUDING DAIRY)

Animal protein takes hours to digest and is not conducive to cleansing. It is important to eat foods that digest rapidly to give your intestines a break. Note that animal protein also usually contains toxins from pesticides that are used in the animals' food supply, as well as hormones and antibiotics used to optimize production of animal protein. This places an even greater burden on the body to get rid of the animal toxic waste.

### GRAIN PRODUCTS

While cooked whole grains are an important part of a long-term healthy diet, they also take a long time to digest, and for some people, the gluten in many of these (wheat, rye, barley) causes inflammation in the intestines. One of the goals for your 4-Day Cleanse is to reduce inflammation and give your intestines a rest, so it is best to eliminate cooked grains while cleansing.

## EQUIPMENT NEEDED FOR YOUR 4-DAY CLEANSE

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While you will need a few basic pieces of equipment like a home juicer and a high-speed blender, the 4-Day Cleanse is pretty simple and does not

require much preparation. Here is list of equipment you should make sure you have at home before you start your cleanse.

### HOME JUICER

While I own several high-end expensive juicers, I almost always use my simple Breville Juice Fountain to make green juice at home. It is inexpensive in the juicing world, works wonderfully, and is easy to use. I recommend the two-speed version, which will allow you to alter the speed depending on the produce you are juicing. Using the recommended speed will prevent waste. The fountain opening allows you to put larger pieces of fruit and vegetables into the juicer, thus requiring less time for cutting your produce into small portions. It also breaks down into three parts for easy washing. As of late, there are a number of juicers on the market that attempt to bridge the gap between cold-pressed juicers, like the professional-grade Norwalk, and the centrifugal juicers like the Breville. I have experimented with several of these, including the Huron. While they are nice and may extract slightly more nutrients, they do slow down the process of making juice. I encourage you to do some research on the best juicer for your budget.

A word of caution: Do not attempt to use a blender as a juicer. It just cannot be done. A blender retains all the fiber and, thus, works for making a green smoothie, but not a green *juice*.

### HIGH-SPEED BLENDER

You will be using a blender to make green smoothies during the week prior to your cleanse (see page XX) and to make raw soups for dinner during your cleanse. As you will see later on, I am very passionate about my Vitamix. I could not live without it. When trying to break down raw produce into a creamy texture for smoothies, I find it is the only blender that truly gets the job done. I know it

## SIMPLE GREEN JUICE FORMULA

My hope for you is that once you do a 4-Day Cleanse, you will crave a morning green juice as much as I do. In case you want to experiment with your own recipes, here are some guidelines for the perfect proportions for making a fantastic green juice.

2 parts sweet juicy greens  
(celery, cucumber, romaine)

1 part fruit  
(apple, watermelon, pear, pineapple)

1 part dark leafy greens  
(kale, spinach, collard greens)

¼ part herb  
(mint, basil, cilantro, parsley)

comes with a high price tag, so feel free to substitute a regular high-speed blender.

### COLANDER

Over the course of your 4-Day Cleanse, you will be washing large quantities of fruits and vegetables, both for your juices and for your raw food dinners; a large colander will make this process easier.

### SHARP KNIVES

You will also be chopping up large quantities of fruits and vegetables, so a set of sharp knives is highly recommended. If your knives are dull, you can sharpen them yourself or take them to a knife-sharpening store before you begin your cleanse. Take extra care when using ultra-sharp knives—you don't want to hurt yourself!

### SALAD SPINNER (OPTIONAL)

You will be making a big raw salad most evenings, and a salad spinner can make it easier to prepare

your greens. If you don't already have one, a colander to drain your washed lettuce will work just fine as a substitute.

### **SPRALIZER AND MANDOLIN (OPTIONAL)**

These tools can come in handy for preparing paper-thin veggie slices (on the mandolin) or spaghetti-thin vegetable curls (on the spiralizer). Both are inexpensive and can easily be found online or in retail stores carrying kitchenware.

### **CLEAN UP YOUR ACT!**

There are three key changes in your diet that I highly recommend you incorporate a week prior to starting the 4-Day Cleanse. These are particularly important if you have never cleansed before, and even more important if you are not accustomed to drinking a green juice every day. If you already drink a green juice on a daily basis and consume a diet high in raw vegetables and fruits, then these early preparations will be unnecessary, and you can proceed right away with your 4-Day Cleanse.

### **PREP TIP #1: SWITCH FROM COFFEE TO TEA.**

If you drink coffee every day, then I strongly recommend switching to black tea one week prior to starting your 4-Day Cleanse. This will give you a reasonable dose of caffeine every morning so as to limit your caffeine withdrawal symptoms, yet allow your bowels to heal from the damaging effects of coffee as you prepare for your 4-Day Cleanse. During your cleanse, you will switch from black tea to green tea, which contains less caffeine and also has the added benefit of providing you with wonderful antioxidants, including high quantities of catechins, an antioxidant that fights and may even prevent cell damage. What's more, some research shows that green tea improves blood flow and helps lower cholesterol.

### **PREP TIP #2: START DRINKING A GREEN SMOOTHIE FOR BREAKFAST.**

So now that I have taken away your morning cup of coffee to get your bowels moving, what next? You can start motivating your bowels the natural way: by filling them with fiber and roughage from raw fruits and vegetables in the form of a thick, delicious green smoothie. I have included a number of fabulous green smoothie recipes in this chapter (see page XX) in order to provide you with a wide variety of options for the week. Note that it is important to swap out your regular breakfast for a green smoothie. This will start to get you accustomed to the "fasting" element of the 4-Day Cleanse so it won't be as much of a shock to your system. Another reason you'll be drinking a green smoothie for breakfast is so you can start developing your "green palate"—your taste for greens. The more consistently you drink green juice, the more you will crave greens and the less you will crave sugar and sweet things.

### **PREP TIP #3: MOVE MEAT AND GRAINS TO DINNER.**

Swap out your normal burger or cold cuts at lunch for a raw salad. Any type of raw salad will work, but eliminate animal protein and grains from it. Save the meat and grains for dinner. This will start preparing your body for the new eating routines you will practice during your 4-Day Cleanse. Take note of how you feel eating just raw vegetables and fruits during the day. You should feel energized, since your body is not burdened with channeling so much energy into digesting food all day long, as the raw fruit and vegetables will digest very quickly using only a fraction of the energy.

Note that all of these tips are also great food habits for life. As we will discuss in Chapter 6: Maintaining Post Cleanse (see page XXX), these wonderful habits will help you maintain optimal health following your 4-Day Cleanse.

## **FREQUENTLY ASKED QUESTIONS**

### ***Is cleansing safe for everyone?***

No. If you are immune-compromised, pregnant, breastfeeding, or suffering from a chronic disease or ongoing health problem, cleansing may not be safe for you. As such, I highly recommend that you consult your physician before starting the cleanse if any of these apply to you, or if you have any health issues or questions about the safety of cleansing.

### ***Can I continue the cleanse for more than four days?***

Yes! This is one of the questions I get asked most frequently. By the fourth day of the Daily Greens Cleanse, most people will start to feel really amazing, and as a result decide they might want to extend their cleanse. I encourage everyone to continue the Daily Greens Cleanse as long as you feel comfortable, and always consult your doctor if you're not sure. I usually end up continuing a few extra days or until I have some social engagement that gets in the way. Mayim Bialik, a star from the hit TV show *The Big Bang Theory* and a vegan diet and lifestyle ambassador, continued the Daily Greens Cleanse for nine days the first time she tried it. When you are ready to break the cleanse, be sure to follow the plan laid out in Chapter 6: Maintaining Post Cleanse (see page XXX).

### ***Should I cleanse when I am pregnant or nursing?***

No. Drinking a daily green juice is a great supplement to your diet when you are pregnant or nursing, but a cleanse is not a good idea during this time. One of the problems with cleansing is that the body releases a substantial amount of toxins into the system while it detoxes, and this can be harmful for your baby. Adding green juice to your

diet while nursing and/or pregnant, however, is perfectly safe and will give your body the added nourishment it needs.

### ***What happens if I can't finish the cleanse?***

A 4-day cleanse is what personally feels right for me and seems to be the magic number for most people looking to reset and recharge. Through years of practice, I have found this to be the most effective time frame for cleansing. However, every person will have his or her own unique response, and I have found that even one or two days of cleansing is a helpful boost to your system. Any decision to move toward a healthier you is a positive one, so congratulations on taking the first step!

### ***Can I work out while I am on the cleanse?***

Yes! The Daily Greens 4-Day Cleanse is designed to provide you with sufficient energy to do your normal day-to-day activities, including exercise. I do recommend, however, that during a cleanse you stick with lighter forms of exercise that do not cause increased hunger. You'll have to determine which forms of exercise are right for you, but during a cleanse I try to stick with light strength classes like yoga and barre or light cardio like a short run or spin class.



## SHAUNA'S green smoothie

In my hometown of Austin, Texas, I am well known for this green smoothie. I started making it over nine years ago at the beginning of my own journey back to good health. I used to take a pitcher of it to my workout to share with everyone in my fitness class. They thought I was crazy for asking them to drink a smoothie that was a brilliant shade of green. Plus, my gym already had a smoothie bar—but they made the type of smoothies popular at the time, with berries or bananas, some form of milk (usually cow's milk), and a big scoop of animal-based protein powder. Since they did not make anything that I would drink, I brought my own. Once folks got past the “greenness” of this smoothie, it was a universal crowd-pleaser.

### INGREDIENTS

Big handful of spinach ( $\frac{2}{3}$  bunch)

Handful of mint leaves (from 3 to 4 stems)

$\frac{1}{4}$ -inch (0.6 cm) piece ginger root

$\frac{1}{2}$  banana (fresh or frozen)

$\frac{1}{2}$  cup (88g) mango chunks or sliced peaches (fresh or frozen)

$\frac{1}{2}$  cup (120ml) filtered water

G/D

- 1 Wash the spinach, mint, and ginger root.
- 2 Add all ingredients to your high-speed blender or Vitamix, and blend on High until smooth and creamy.
- 3 Add more water if needed to obtain desired consistency for drinking.



## spicy pineapple- kale SMOOTHIE

G/D

This smoothie is nice and green, but has a fun spicy kick to it because of the ginger and cayenne. It will definitely wake up your taste buds first thing in the morning.

### INGREDIENTS

3 to 4 kale leaves

Handful of cilantro leaves (from 3 to 4 stems)

¼-inch (0.6 cm) piece ginger root

1 cup (165g) pineapple chunks (fresh or frozen)

½ cup (120ml) filtered water

Pinch of cayenne pepper

- 1 Wash the kale, cilantro, and ginger root.
- 2 Add all ingredients to your high-speed blender or Vitamix, and blend on High until smooth and creamy.
- 3 Add more water if needed to obtain desired consistency for drinking.

### ⌚ TIME SAVER

Most grocery stores carry bags of frozen fruit that are perfect for making smoothies. I try to keep a variety of frozen fruits on hand to assist with quick smoothie making.



## simple green SMOOTHIE

G/D

It does not get any more basic than combining spinach, banana, and orange into a super-simple green smoothie. I love making this one in the winter, when oranges are in season and a bit sweeter. It takes less than five minutes to prepare, so this is a great go-to recipe when you are in a hurry in the morning.

### INGREDIENTS

Big handful of spinach (⅔ bunch)

½ banana (fresh or frozen)

1 medium orange or two small oranges

1 cup (235ml) filtered water

- 1 Wash the spinach.
- 2 Add all ingredients to your high-speed blender or Vitamix, and blend on High until smooth and creamy.
- 3 Add more water if needed to obtain desired consistency for drinking.



## creamy avocado SMOOTHIE

D  
G

Avocados get a bad wrap for being high in calories and fat. However, these are the good kinds of fats—the ones that help lower your cholesterol. Even better? Avocado makes a smoothie creamy, filling, and delicious.

### INGREDIENTS

Big handful of spinach (2/3 bunch)

1/2 large avocado or 1 small avocado

1/2 banana (fresh or frozen)

1 cup (235ml) filtered water (or coconut water if desired)

1 tsp vanilla extract

Dash of cinnamon (optional)

- 1 Wash the spinach.
- 2 Remove the meat from the avocado.
- 3 Add all ingredients to your high-speed blender or Vitamix, and blend on High until smooth and creamy.
- 4 Add more water if needed to obtain desired consistency for drinking.



## glowing skin SMOOTHIE

D  
G

The ingredients in this smoothie all promote beautiful glowing skin, especially the kiwi. If you want to switch things up a bit, it's fun to swap regular water for coconut water. This will add electrolytes to your smoothie while offering a fun tropical taste.

### INGREDIENTS

Big handful of spinach (2/3 bunch)

1/2 large avocado or 1 small avocado

1/2 banana (fresh or frozen)

2 kiwi

1 cup (235ml) filtered water (or coconut water, if desired)

- 1 Wash the spinach.
- 2 Remove the meat from the avocado.
- 3 Add all ingredients to your high-speed blender or Vitamix, and blend on High until smooth and creamy.
- 4 Add more water if needed to obtain desired consistency for drinking.



## summer greens SMOOTHIE

D  
G

This smoothie is great for summer, combining two of my favorite summer fruits: strawberries and peaches. My son loves this one because it also combines two of his favorite fruits. If you are looking for some extra protein, throw in some ground chia seeds. You will feel full a lot longer.

### INGREDIENTS

Big handful of spinach ( $\frac{2}{3}$  bunch)

$\frac{1}{2}$  cup (100g) sliced peaches (fresh or frozen)

$\frac{1}{2}$  cup (55g) whole strawberries (fresh or frozen), stems removed

1 cup (235ml) filtered water (or coconut water if desired)

1 to 2 Tbsp ground chia seeds (optional)

**1** Wash the spinach, peaches, and strawberries (if fresh).

**2** Add all ingredients to your high-speed blender or Vitamix, and blend on High until smooth and creamy.

**3** Add more water if needed to obtain desired consistency for drinking.



## kale- grape- melon SMOOTHIE

D  
G

Green grapes and honeydew melon combine so well to form a super-sweet base for a smoothie. Again, if you are looking for a boost of protein, add a couple spoonfuls of ground chia seeds. Make sure they are ground up so all the good stuff can be absorbed by your intestines.

### INGREDIENTS

3 to 4 kale leaves

$\frac{1}{2}$  cup (75g) green grapes (fresh or frozen)

$\frac{1}{2}$  cup (90g) cubed honeydew melon (fresh or frozen)

$\frac{1}{2}$  cup (120ml) filtered water

2 Tbsp ground chia seeds (optional)

**1** Wash the kale and grapes.

**2** Add all ingredients to your high-speed blender or Vitamix, and blend on High until smooth and creamy.

**3** Add more water if needed to obtain desired consistency for drinking.





At first, I had to add a ton of apple to my juice to make it palatable. But day after day, I noticed my palate being cleansed of my cravings for sugar, and the apple started to taste sickeningly sweet. The act of drinking greens every morning truly changed my palate in dramatic ways. After several months of drinking this every morning, I could actually taste every single ingredient in it with a newly refreshed palate, similar to the one I had as a child. I started to really crave my Morning Greens.

#### INGREDIENTS

½ bunch of kale (or other dark greens, if desired)

1 cucumber

5 celery stalks, bottoms removed (or 1 head of romaine)

*to cut the greenness:*

¼ lemon, peeled

¼-inch (0.6 cm) piece ginger root

*to add flair:*

Handful of basil or mint (6 to 7 leaves)

*to add sweetness:*

½ apple or pear, or ¼ of either or both, cored and cut into pieces

## shauna's daily morning greens JUICE

G/D

- 1 Wash all ingredients except lemon (if using).
- 2 Cut and core the apple or pear (if using) and cut into pieces that will fit through your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



## CHAPTER 3

# new year 4-DAY GREEN JUICE & RAW FOOD CLEANSE

Is there a better time of year to begin a cleanse? If you're anything like the majority of the world, you've indulged and enjoyed the wonderful foods of the holidays, and you're ready for a cleanse reset. If you're too busy to make all the juices yourself at home, you can substitute any of our cold-pressed juices sold in stores for the homemade recipes in this chapter. Our website ([www.drinkdailygreens.com](http://www.drinkdailygreens.com)) can give you the closest store locations.

To make it easier, we've provided a shopping list on the next page and broken it up by juice ingredients and raw food ingredients (which you will need for your dinner each night). If you plan to buy ready-to-drink Daily Greens juices for your cleanse, simply skip to the food shopping list.

Not sure where to shop? I love supporting local farmers, so I highly recommend hitting up your farmers market to see if you can find the majority of the ingredients there. You will most likely also need to make a quick trip to the grocery store. Happy shopping!

## juice shopping list

**VEGETABLES**      **QUANTITY**

Carrots	2 medium
Celery	2 heads
Cucumbers	2 medium
Fennel	1 bulb
Ginger root	½ small root cluster
Green cabbage	1 head
Kale	4 bunches
Romaine	2 heads
Spinach	1 bunch or 1 small box, pre-washed
Swiss chard	1 bunch
Watercress	2 bunches

**FRUIT**      **QUANTITY**

Green grapes (seedless)	1 bunch
Granny Smith apple	1 medium
Grapefruits	1 medium
Kiwi	1 small
Lemons	2 medium
Lime	1 small
Pineapple	½ whole
Oranges	1 medium

**HERBS**      **QUANTITY**

Basil	1 bunch
Cilantro	2 bunches
Parsley	1 bunch

**OTHER**      **QUANTITY**

Blue-green algae (E3-Live AFA)	1 small container of powdered supplement
Cayenne pepper	small amount of dried powder
Sea salt (pink Himalayan)	1 shaker of whole crystals
Vanilla extract	1 small vile

## food shopping list

**VEGETABLES**      **QUANTITY**

Avocados	4 medium
Baby kale	1 box, pre-washed
Butter lettuce	1 head
Carrots	1 bag sticks 1 bag shredded
Cauliflower	1 head
Celery	2 stalks
Cucumbers	2 medium
Fennel	1 bulb
Garlic	3 cloves
Ginger root	½ small root cluster
Green onions	1 bunch
Onion (sweet or white)	1 medium
Romaine	2 heads
Sprouts	1 small container
Tomatoes	8 medium
Watercress	1 bunch
Zucchini	2 medium

**FRUIT**      **QUANTITY**

Fuji apple	1 medium
Green grapes (seedless)	1 bunch
Grapefruits	3 medium
Kiwi	1 small
Lemons	1 medium
Pineapple	1 pint of raw pineapple chunks
Oranges	1 medium

**HERBS**      **QUANTITY**

Basil	1 bunch
Cilantro	1 bunch
Oregano	1 bunch
Parsley	1 bunch

**NUTS/SEEDS**      **QUANTITY**

Pine nuts (raw)	¼ cup (35g)
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**OTHER**      **QUANTITY**

Agave nectar (raw)	1 small container
Almond butter (raw)	1 small container
Almond oil	1 small container
Apple cider vinegar (Bragg's)	1 small container
Cayenne pepper	small amount of dried powder
Green tea servings	4 individual
Italian spice of dried spice	small amount
Miso paste (raw, white)	1 small container
Mustard (whole-grain)	1 small container
Nori seaweed sheets	1 package
Olive oil (extra-virgin)	1 small container
Pepper	1 shaker of (black, cracked) whole seeds
Sea salt (pink Himalayan)	1 shaker of whole crystals
Soy sauce (nama shoyu)	1 small container

DAY

1

Congratulations on starting your New Year 4-Day Cleanse! It's a time of new beginnings, so start the year off right by ridding your body of all that holiday indulgence.

BREAKFAST



**1 glass of lemon water  
(12 ounces)**

Upon rising, drink a big glass of water with a squeeze of lemon. If you don't mind it, I suggest heating it up a bit. Lemon will help your digestive tract start moving. This will be especially important during the first couple days of your cleanse as you drop your morning coffee.

**1 cup of green tea  
(8 ounces/235ml)**

Next, enjoy a hot cup of green tea. The warmth from the tea will also help start moving your digestive tract along, and if you are experiencing caffeine withdrawal, the tea will help quell your headache. Green tea is also full of antioxidants and contains less caffeine than black tea, so it is less dehydrating.



**new year  
morning  
green  
JUICE**

BREAKFAST

G/D

Finally, my favorite part of the morning: preparing my Morning Green Juice. As you can probably tell by now, this morning juice is an essential part of my day. And it can be an essential part of yours too! If you prefer to try your own recipe, keep it simple and follow my "Simple Green Juice Formula" (see page XX).

**INGREDIENTS**

4 to 5 romaine leaves

2 to 3 kale leaves

¼ pineapple or 1½ cups (250g)  
pineapple chunks

Handful of cilantro leaves (from 3 to  
4 stems)

- 1 Wash the romaine, kale, and cilantro.
- 2 Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

Kiwi is a fun and unusual choice that gives your green juice a tropical twist. I love incorporating tropical fruits into my juices in the winter to help chase away the winter blues. It makes me feel like I have taken a momentary beach vacation on a faraway island.

🍋 **Optional addition:** 1 kiwi, peeled and quartered. On the first day in particular, you may be hungry. If your green juice does not satiate you, enjoy this cut-up fruit as part of your lunch.

#### INGREDIENTS

½ Granny Smith apple  
2 to 3 romaine leaves  
Handful of watercress (⅓ bunch)  
¼-inch (0.6 cm) piece ginger root  
1 kiwi

## kiwi green JUICE

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G

- 1 Wash the apple, romaine leaves, watercress, and ginger.
- 2 Peel the kiwi and cut into pieces that will fit through the juicer.
- 3 Cut and core the apple and cut into pieces that will fit through your juicer.
- 4 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



## orange- romaine green JUICE

D  
G

Combining orange with your greens offers a healthy boost to the traditional orange juice. It adds loads of Vitamin C to your green juice, which is already packed with Vitamin A and all the B vitamins, making this recipe a nutritious (and delicious!) powerhouse.

🍊 **Optional addition:** 1 orange, quartered. Again, only snack on the fruit if you are not feeling satiated from your mid-afternoon green juice.

#### INGREDIENTS

4 to 5 kale leaves  
2 to 3 romaine leaves  
Handful of cilantro leaves (from 3 to 4 stems) (optional)  
1 orange

- 1 Wash the kale, romaine, and cilantro.
- 2 Peel the orange and cut into pieces that will fit in your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy.

Romaine wraps are one of my go-to quick and easy appetizers. You can put all kinds of fun things into a romaine leaf, roll it up, and replicate the flavors of your favorite sandwich, taco, or wrap. I prefer using prewashed heart of romaine, which does not include the outside dark green leaves that tend to be stronger in flavor and a bit bitter. The leaves at the heart are juicier and sweeter—making them ideal for these scrumptious wraps.

### INGREDIENTS

- 5 to 6 heart of romaine leaves
- 3 tbsp raw almond butter
- 1 tsp raw agave nectar
- 2 medium carrots, thinly sliced or shredded
- 2 medium celery stalks, thinly sliced or shredded

## almond butter WRAPS

- 1** Arrange the romaine leaves on a plate and spread ½ tablespoon of almond butter on the inside of each leaf.
- 2** Drizzle agave nectar over the almond butter.
- 3** Distribute veggies evenly onto each leaf.
- 4** To eat, wrap the sides of each leaf inward to cover the filling, and enjoy!

### 🕒 TIME SAVER

Most grocery stores carry bags shredded carrots. In addition to my usual supply of carrots, I always keep a bag of these in the fridge to aid in quick assembly of wraps and salads.

Grapefruit is one of my favorite fruits, especially in the winter. It's also low in sugar compared with other fruits. In Texas, we have the most delicious Ruby Red grapefruit that grows all winter long. I keep it on hand at all times during the winter to add to green juices, smoothies, and salads. Kale of course is a wonderful winter green, so baby kale is usually available all winter long (see tip below).

### INGREDIENTS

- 2 cups (134g) baby kale leaves
- Handful of watercress (½ bunch), stems removed
- 1 avocado, thinly sliced
- ½ fennel bulb, thinly sliced
- Handful of basil (6 to 7 leaves), finely chopped
- Handful of cilantro leaves (from 5 to 6 stems), finely chopped
- 1 large grapefruit or 2 small grapefruit
- 1 tsp almond oil
- Sea salt and pepper, to taste

## winter grapefruit SALAD

- 1** Combine the kale leaves and watercress in a salad bowl and toss well.
- 2** Add avocado and fennel to kale mixture, then add basil and cilantro. Toss gently to combine.
- 3** Peel the grapefruit and remove meat from the skins, collecting any juice as you do so. Set aside the grapefruit slices.
- 4** To make the dressing, whisk together the grapefruit juice and almond oil in a small bowl.
- 5** Pour the dressing over the salad and toss well.
- 6** Add grapefruit and toss gently, then season with salt and pepper to taste.

### 🕒 TIME SAVER

Short on time? Most grocery stores now carry pre-washed containers of baby kale leaves.

DAY

2

Day 2 has arrived. I know that yesterday was tough, but today will be better. Your energy will begin to pick up and you will feel less hungry. This is a sign that your intestines are starting to more fully absorb the nutrients from all the raw fruit and veggies in your green juice and your raw food dinner.

BREAKFAST



**1 glass of lemon water  
(12 ounces/355ml)**

Like yesterday, when you rise, have a glass of water, preferably heated, with a squeeze of lemon in it. If your bowels did not move yesterday, hopefully this will get things moving.

**1 cup of green tea  
(8 ounces/235ml)**

Your need for caffeine should be a bit less today, as you start to gain energy from your green juice.

**1 glass of New Year Morning Green Juice  
(16 ounces/475ml)  
(see recipe on page XX)**

Today should be an easier experience with the juicer—hopefully you're getting the hang of it. To help develop your "green palate," I find it best to stick with the same simple green juice each morning.



**vanilla-  
grapefruit  
green  
JUICE**

LUNCH

G/D

The vanilla in this green juice provides a nice touch of sweetness without adding calories.

🌱 **Optional addition:** 1 grapefruit, peeled and sliced. Your need for additional fruit should decrease each day of the cleanse. However, you don't want to run out of energy, so continue supplementing with fruit if your blood sugar is running low.

**INGREDIENTS**

- 1 cucumber
- 3 to 4 kale leaves
- Handful of cilantro leaves (from 3 to 4 stems)
- 1/2 grapefruit
- 1/4 lime
- 1 tbsp vanilla extract

- 1 Wash the cucumber, kale, and cilantro.
- 2 Peel the grapefruit and lime and cut each into quarters that will fit through your juicer.
- 3 Run all ingredients through your juicer and scrape off foam (if desired).
- 4 Stir in the vanilla, and enjoy this wonderful combination!

Watercress is a favorite green superfood of mine. It grows naturally in springs and along the riverbanks of slow-moving rivers. When I was a young girl I used to harvest it straight out of the spring on our farm, and my mother would toss it into our salads for a dash of spicy flavor.

🍷 **Optional addition:** 1 small bowl of grapes (no more than 10). Again, only consume more fruit with your green juice snack if you feel hungry or have low energy.

#### INGREDIENTS

1 cup (150g) seedless green grapes  
 Big handful of spinach (2/3 bunch)  
 1 cucumber, whole  
 Handful of watercress (1/3 bunch)  
 Handful of basil (3 to 4 leaves)

## watercress green JUICE

**1** Wash the grapes, spinach, cucumber, watercress, and basil.

**2** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

D  
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### SUPERFOOD HIGHLIGHT: watercress

In addition to being a great source of antioxidants, vitamin C, beta-carotene, folate, potassium, and phosphorous, watercress actually contains more calcium than milk and more iron than spinach. Watercress also shows extraordinary potential in the realm of cancer prevention and management: It can increase the level of antioxidants in the blood and help protect DNA against damage.

Preparing watercress is simple: After trimming the stems, rinse the greens in cold water and dry on a paper towel or in a salad spinner. Use immediately, or store in a closed container in the refrigerator for up to four days. Watercress can take the place of lettuce in any salad, sandwich, or other recipe, and can be used as a nutritious garnish. It also makes a wonderful ingredient in a green juice.



## sweet nori WRAP

A popular pastime among our friends and family is sushi night. Several of us converge on a house and make an evening of it. As the resident vegan, it is my job to make all the vegetable sushi, and this recipe has become a crowd favorite.

#### INGREDIENTS

2 to 3 nori seaweed sheets  
 1 Fuji apple, thinly sliced  
 1/2 avocado, thinly sliced  
 1 medium carrot, thinly sliced or shredded  
 Handful of basil leaves (6 to 7 leaves)  
 Raw agave nectar, for drizzling  
 Sea salt, to taste

**1** Cut the nori sheets into thirds with kitchen scissors and place on a cutting board with the shiny side down.

**2** Distribute apple, avocado and carrot evenly onto each nori sheet.

**3** Add a bit of ripped basil leaf onto each sheet and follow with a drizzle of raw agave nectar.

**4** Season with a touch of salt to taste.

**5** Wet the edge of one nori sheet and roll up tightly. Repeat with remaining sheets, and serve.

D  
G



These are such a fun addition to sushi night. Plus, they're very filling. I discovered this recipe after struggling to make vegetable sushi rolls that were not all damp and droopy—a tall order when you eliminate cooked rice from the mix. I substituted a romaine leaf for the rice and found that it adds a wonderful crispy texture to a sushi roll.

### INGREDIENTS

- 3 nori seaweed sheets
- 6 small heart of romaine leaves
- 1 to 2 tbsp raw miso paste
- 1 avocado, thinly sliced
- 1 medium carrot, thinly sliced or shredded
- ½ cucumber, peeled and thinly sliced
- 1 cup (50g) sprouts (any kind)
- Sea salt, to taste
- 1-inch (2.5 cm) piece ginger root
- 1 to 2 tbsp raw soy sauce (nama shoyu), for dipping

## veggie hand ROLLS

- 1** Cut the nori sheets in half with kitchen scissors and place on a cutting board with the shiny side down.
- 2** Place a romaine leaf on each nori sheet, with the tip of the leaf aligned with the corner of the nori.
- 3** Coat the inside of each leaf with miso paste.
- 4** Distribute avocado, carrot, and cucumber evenly onto each nori sheet.
- 5** Add a few sprouts on top and season with a touch of salt to taste.
- 6** Wet the edge of one nori sheet and roll up tightly. Repeat with remaining sheets.
- 7** Peel the fresh ginger root and slice thinly, then arrange on plate as a garnish. Serve with soy sauce for dipping.

### ⌚ TIME SAVER

Most grocery stores carry pre-made veggie sushi, but be sure that it does not include cooked rice, which is not consistent with your raw food cleanse.

[not sure of the edit here](#)

G/D

## DAY

3

Welcome to Day 3 of your cleanse. You should really have the hang of things now. You should also start to experience increased mental clarity as your body continues to eliminate toxins. Your intestines should be getting into more of a rhythm now, as you develop new habits. By Day 3, you might also start noticing an awakening of your taste buds. You'll really start to taste all the fresh fruit and veggies. While your green juice should be sustaining your appetite for longer periods now, I often find it comforting to chew something during lunch. If I have extra fruits or veggies at lunch, I skip having them with my snack.



### **1 glass of lemon water (12 ounces/355ml)**

Your bowels should be much happier now, moving either at night after your big raw dinner or first thing in the morning. It is still always a good idea to drink a big glass of water upon rising for immediate hydration.

### **1 cup of green tea (8 ounces/235ml)**

Green tea is optional, so if you are not experiencing any caffeine headaches, feel free to skip it.

### **1 glass of New Year Morning Green Juice (16 ounces/475ml) (see recipe on page XX)**

By now, you are hopefully really enjoying and looking forward to your green juice each morning. I really love the flavor profile of this recipe. If cilantro is not your thing, don't include it. Also, if it the juice starts to taste too sweet, just reduce the amount of pineapple.

Swiss chard has been ranked by the World's Healthiest Foods Organization as the second-most nutrient-rich vegetable in the world (after spinach). Most Swiss chard has a bit of red coloring, so it may stain your juicer or even turn your juice a faint brown. Don't be alarmed! Know that you are getting a healthy dose of one of the most nutrient-dense foods on the planet.

🌱 **Optional addition:** 1 cup (120g) of carrot sticks

#### INGREDIENTS

1 large carrot or 2 small carrots, top and bottom removed

4 to 5 celery stalks, bottoms removed

3 to 4 Swiss chard leaves

¼ lemon, peeled, remainder reserved for morning lemon water (optional)

## chard-carrot green JUICE

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G

**1** Wash the carrot, celery, and chard leaves.

**2** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



### SUPERFOOD HIGHLIGHT: swiss chard

Swiss chard is one of those wonderful super greens full of antioxidants, including kaempferol, the same phytonutrient found in broccoli and kale that helps prevent cancer. Why not add it to your green juice? Swiss chard is also a cousin to the beet family, and it contains phytonutrients found in beets called betalains, which have been shown to provide antioxidant, anti-inflammatory, and detoxification support. Baby Swiss chard is also a great addition to salads, as it mixes well with other super greens like baby spinach and watercress. To prepare Swiss chard, just rinse before running it through your juicer, stems and all.





## spicy winter green JUICE

Sometimes in the midst of the winter cold, a little spice can be a big pick-me-up. I've found that the winter blues are no match for a hot kick of cayenne in my green juice—it wakes up my taste buds and offers a jolt to my body and mind.

### INGREDIENTS

3 to 4 celery stalks, bottoms removed

Big handful of spinach (2/3 bunch)

1/8 pineapple or 1 cup (165g) pineapple chunks

1/8 tsp sea salt

Pinch of cayenne pepper (1/8 tsp or less)

- 1 Wash the celery and spinach.
- 2 Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 3 Run the vegetables and pineapple through your juicer and scrape off foam (if desired).
- 4 Season with salt and cayenne, and enjoy!

G/D



## avocado tomato DELIGHT

When I travel, I always try to hit a grocery store when I get to my destination city, and I purchase two items without fail: an avocado and a tomato. With these, I can make a meal. When I am not eating raw, I'll add them to whole-grain bread for a sandwich. When I am, I enjoy them all on their own with a touch of sea salt and a drizzle of extra-virgin olive oil. Heavenly!

### INGREDIENTS

1 avocado, thinly sliced

1 ripe tomato, thinly sliced

Extra-virgin olive oil, for drizzling

Sea salt, to taste

- 1 Arrange tomato and avocado slices on a plate.
- 2 Sprinkle with salt to taste and drizzle with olive oil.

G/D

Who said you can't have spaghetti on a cleanse? Making spaghetti out of raw zucchini is super easy with a spiralizer, a very inexpensive tool that makes raw cooking a lot more fun. I highly recommend purchasing one, and then try this recipe, which will really satiate you.

### INGREDIENTS

- 5 to 6 ripe tomatoes, cut into chunks
- ¼ sweet onion, cut into chunks
- 2 garlic cloves
- Handful of basil (6 to 7 leaves)
- 1 to 2 stems fresh oregano
- 1 to 2 tbsp extra-virgin olive oil
- Sea salt and pepper, to taste
- 1 to 2 small zucchinis

## raw zucchini SPAGHETTI

- 1** To create a fantastic raw marinara, in a high-speed blender or Vitamix, combine tomatoes, onion, garlic gloves, basil, oregano, and olive oil. Pulse until smooth, then add salt and pepper to taste.
- 2** If you have one, use a spiralizer to create spaghetti-like curls out of the zucchinis. If you don't have one, just shred the zucchini with a carrot peeler, peeling and all, or finely chop into small sticks.
- 3** Arrange the zucchini "spaghetti" in a bowl and top with the marinara sauce.

G/D

DAY

4

Today is your day. You should feel fully energized and totally comfortable with this new way of eating. My hope is that, as you return gradually to your former eating habits, you will take with you several of your new habits, the most important of which is drinking a green juice every morning.



### 1 glass of lemon water (12 ounces/355ml)

Your bowels should be running like clockwork now, allowing you to fully absorb the nutrients from all the wonderful fruits and vegetables you're consuming. Keep up your water habit first thing in the morning—not just during a cleanse, but for every single day of your life.

### 1 cup of green tea (8 ounces/235ml)

Still optional. If you don't need the caffeine, skip it.

### 1 glass of New Year Morning Green Juice (16 ounces/475ml) (see recipe on page XX)

Did you wake up craving your morning greens? You should notice a definite change in your "green palate" since the first day of your cleanse. If your Morning Green Juice tastes too sweet, that means you have succeeded in cleansing your body of the toxins that lead sweet cravings. Good for you! If you continue to drink a green juice every morning, you can start use less and less fruit and move toward a purely green juice (no fruit included). Start today by cutting the pineapple in half.

Today is the day to let go of the fruit and start making your green juice as green as can be, as your sugar cravings should have subsided. Cabbage is related to the broccoli family, and in addition to containing high quantities of vitamin C and other antioxidants, it contains a variety of nutrients that promote overall stomach and intestinal health.

🌱 **Optional addition:** 1 cup (100g) of sliced cucumbers and celery sticks (add sea salt to taste)

#### INGREDIENTS

2 to 3 green cabbage leaves

3 to 5 celery stalks, bottoms removed

1 cucumber

Handful of parsley leaves (from 3 to 4 stems)

¼ lemon, peeled (optional)

## cabbage green JUICE

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G

- 1 Wash the cabbage, celery, cucumber, and parsley.
- 2 If you need to cut the greenness, use ¼ lemon. If not, skip it.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



### SUPERFOOD HIGHLIGHT: freshwater blue-green algae

Composed of almost 70 percent protein, blue-green algae also offers dozens upon dozens of vitamins and minerals as well as essential fatty acids. In particular, it's loaded with all the crucial B vitamins, which help improve brain function, stabilize moods, and generate red blood cells for improved vitality—among their many other wonderful benefits. Plus, because blue-green algae is a natural substance and not a vitamin supplement, our bodies absorb 97 percent of its nutrients, which is four times more than we absorb from laboratory-made supplements. E-3Live is a wonderful source, harvesting and drying the algae naturally to preserve its nutrients.

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## blue-green algae JUICE

(aka happy juice)

Freshwater blue-green algae (*Aphanizomenon flos-aquae*, or AFA) is an ancient, nutrient-packed plant sold in powder form at natural food stores. When I add it to my juice, it increases my energy and boosts my mood, so I call it “happy juice.”

🌱 **Optional addition:** 1 cup (110g) of carrot and celery sticks. Nosh on these veggies if your snack juice doesn't satiate you.

#### INGREDIENTS

1 cucumber

3 to 5 celery stalks, bottoms removed

3 to 4 kale leaves

½ lemon, peeled (optional)

1 to 2 tsp blue-green algae (E-3 Live AFA brand recommended)

- 1 Wash the cucumber, celery, and kale.
- 2 If you need to cut the greenness, use ½ lemon. If not, skip it.
- 3 Run all vegetables and lemon through your juicer and scrape off foam (if desired).
- 4 Add the algae, and enjoy!

Time for some tasty raw soup. I highly recommend using a Vitamix; however, a high-speed blender will work as well. By this point in your cleanse, you might want a little something warm in your tummy, so I definitely recommend the extra step of heating this up a bit on the stove. Food is still considered raw as long as it is not heated above 115°F (50°C). Above this temperature, the vegetables start losing nutrients to the heat.

### INGREDIENTS

¼ cup (35g) pine nuts

1 cup (235ml) water

½ head of cauliflower, cut up into florets

1 garlic clove

¼ sweet onion

1 to 2 tsp Italian spice

2 to 3 tsp extra-virgin olive oil

Sea salt and pepper, to taste

Parsley leaves, to garnish

# raw cauliflower SOUP

- 1** Place the pine nuts and water in the Vitamix or high-speed blender, and run on High for a minute or two to create a creamy base.
- 2** Add the cauliflower florets, garlic, and onion. Blend until the texture is smooth.
- 3** Add the Italian spice and olive oil, and season with salt and pepper to taste.
- 4** Blend on High until smooth, adding more water as needed until it reaches desired consistency.
- 5** If you would like a warm soup while keeping it raw, pour it into a saucepan on the stove and heat over the lowest possible temperature. Stir constantly until the soup is warm to the touch, and remove immediately. Ladle into a bowl and garnish with parsley and black cracked pepper.



# simple winter SALAD

This salad is so simple and delicious. I often use it as a base for more complicated salads, as it contains such great building blocks. However, it's also great just broken down and simple.

## INGREDIENTS

1 head of butter lettuce, torn or chopped

1 medium carrot, shredded

½ cucumber, peeled and thinly sliced

2 to 3 green onions, thinly sliced

Handful of watercress (½ bunch), stems removed (optional)

1 tbsp whole-grain mustard

1 tbsp raw apple cider vinegar

2 tbsp extra-virgin olive oil

Sea salt and pepper, to taste

Pinch of cayenne

G/D

**1** Combine the butter lettuce, shredded carrot, cucumber slices, and green onions in a large salad bowl. Add watercress, if using, and toss well.

**2** To make the dressing, whisk together the mustard, apple cider vinegar, and olive oil in a separate bowl. Season with salt and pepper to taste, add a pinch of cayenne, and whisk to combine.

**3** Sprinkle salt onto the salad, pour dressing over the top, and toss gently.

**CONGRATS!** You have successfully completed your New Year 4-Day Cleanse. Your intestines, body, and mind should be thanking you now. You should be feeling more energized than ever. In addition, you might notice that you have more mental clarity and even a nice glow to your skin. For information and recipes that will help you maintain the wonderful benefits of your cleanse and help you transition to post-cleanse eating, please turn to page XXX.



## CHAPTER 4

# spring 4-DAY GREEN JUICE & RAW FOOD CLEANSE

Spring is one of the most popular seasons to begin a cleanse. Why? Well, there's a reason they call it spring cleaning! After all, a winter spent indulging in comfort food and cozing up in warm sweaters would make anyone lethargic and desperate for an energy boost.

If you're too busy to make all the juices yourself at home for this cleanse, you can substitute any of our cold-pressed juices in stores for the homemade recipes in this chapter. Our website ([www.drinkdailygreens.com](http://www.drinkdailygreens.com)) will give you the closest store locations.

To make it easier, we've provided a shopping list on the pages that follow and broken it up by juice ingredients and raw food ingredients (which you will need for your dinner each night). If you plan to buy ready-to-drink Daily Greens juices for your cleanse, simply skip directly to the food shopping list.

Not sure where to shop? I love shopping locally and supporting local farmers, so I highly recommend hitting up your farmers' market to see if you can find the majority of your list there. You will most likely also need to make a quick trip to the grocery store. Happy shopping!



## juice shopping list

**VEGETABLES**      **QUANTITY**

Bok choy	1 stalk
Carrots	4 medium
Celery	1 head
Cucumbers	8 medium
Kale	2 bunches
Romaine	1 head
Spinach	8 bunches or 2 large boxes, pre-washed

**FRUIT**      **QUANTITY**

Fuji apples	2 medium
Lemons	2 medium
Lime	1 small
Pears	6 medium
Pineapple	1 whole
Strawberries	1 pint

**HERBS**      **QUANTITY**

Basil	1 bunch
Cilantro	1 bunch
Mint	1 bunch
Parsley	1 bunch

**OTHER**      **QUANTITY**

Vanilla extract	1 small vile
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## food shopping list

**VEGETABLES**      **QUANTITY**

Arugula	1 box, pre-washed
Avocados	2 medium
Bok choy	1 head
Carrots	1 bag sticks, 1 bag shredded
Celery	2 stalks
Chinese cabbage*	1 head
Collard greens	1 bunch
Cucumbers	2 medium
Endive	1 head
Fennel	1 bulb
Garlic	2 cloves
Ginger root	1 small root cluster
Green onions	1 bunch
Radishes	8 small
Red cabbage	1 head
Red bell pepper	1 medium
Super greens	1 box, pre-washed
Watercress	1 bunch

**FRUIT**      **QUANTITY**

Blood orange	1 medium
Fuji apples	2 medium
Pears	2 medium
Pineapple	1 whole
Pomegranate	1 whole
Strawberries	1 pint

**HERBS**      **QUANTITY**

Basil	1 bunch
Mint	1 bunch
Parsley	1 bunch
Tarragon	1 bunch

**NUTS/SEEDS**      **QUANTITY**

Almonds (whole, raw)	¼ cup (38g)
Almond slivers (raw)	¼ cup (30g)
Pine nuts (raw)	1 tbsp
Sesame seeds (black)	1 tbsp
Walnuts (raw)	2 tbsp

**OTHER**      **QUANTITY**

Apple cider vinegar (Bragg's)	1 small container
Cayenne pepper dried powder	small amount of
Coconut nectar (raw)	1 small container
Coconut vinegar (raw)	1 small container
Green tea packages	4 individual
Kimchi* (raw)	1 medium jar
Maple syrup	1 small container
Miso paste (raw, white)	1 small container
Mustard (whole-grain)	1 small container
Olive oil (extra-virgin)	1 small container
Pepper (black, cracked)	1 shaker of whole seeds
Sea salt (pink Himalayan)	1 shaker of whole crystals
Soy sauce (nama shoyu)	1 small container

\*If you plan to purchase pre-made kimchi, there is no need to also purchase Chinese cabbage to make your own kimchi.

DAY

1

Congratulations on starting your Spring 4-Day Cleanse! This is the beginning of a whole new you. It's spring outside, and now it's time to do your own internal spring cleaning! My hope for you is that it will also be the beginning a lifelong love affair with drinking a daily green juice. I know it was for me.

BREAKFAST



**1 glass of lemon water  
(12 ounces/355ml)**

Upon rising, drink a big glass of water with a squeeze of lemon. If you don't mind it, I suggest heating it up a bit. Lemon will help your digestive tract start moving. This will be especially important during the first couple days of your cleanse as you drop your morning coffee.

**1 cup of green tea  
(8 ounces/235ml)**

Next, enjoy a hot cup of green tea. The warmth from the tea will also help start moving your digestive tract along, and if you are experiencing caffeine withdrawal, the tea will help quell your headache. Green tea is also full of antioxidants and contains less caffeine than black tea, so it is less dehydrating.



spring  
morning  
green  
JUICE

BREAKFAST

G/D

Finally, my favorite part of the morning: preparing my Morning Green Juice. As you can probably tell by now, this morning juice is an essential part of my day. And it can be an essential part of yours too! If you prefer to try your own recipe, keep it simple and follow my "Simple Green Juice Formula" (see page XX).

**INGREDIENTS**

- 1 cucumber
- Big handful of spinach (2/3 bunch)
- 1 pear
- Handful of basil (3 to 4 leaves)

- 1 Wash the cucumber, spinach, pear, and basil.
- 2 Cut and core the pear and cut into pieces that will fit through your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



## pineapple- mint green JUICE

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I always love the combination of pineapple and mint. Mint in particular really wakes up my taste buds: It's so aromatic and adds a refreshing kick to any green juice.

🍃 **Optional addition:** 1 Fuji apple, sliced. On the first day in particular, you may be hungry. If your green juice does not satiate you, enjoy this cut-up fruit as part of your lunch.

### INGREDIENTS

1 cucumber  
Big handful of spinach (2/3 bunch)  
1/2 Fuji apple  
Handful of mint (3 to 4 leaves)  
1/8 pineapple or 1 cup (165g) pineapple chunks

- 1 Wash the cucumber, spinach, apple, and mint.
- 2 Cut and core the apple and cut into pieces that will fit in your juicer.
- 3 Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 4 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

## sweet greens JUICE with ginger

D  
G

Fresh ginger root is wonderful in vegetable stir-fry dishes, and it adds a touch of spice to any green juice or smoothie. You can find it year-round in the produce section of your local market.

🍃 **Optional addition:** 1 pear, sliced. Again, only snack on the fruit if you are not feeling satiated from your mid-afternoon green juice.

### INGREDIENTS

1/2 Fuji apple  
1/2 pear  
5 kale leaves  
5 celery stalks, bottoms removed  
1/4-inch (0.6 cm) piece ginger root (optional)  
1/4 lemon, peeled, remainder reserved for morning lemon water (optional)

- 1 Wash the apple, pear, kale, celery, and ginger.
- 2 Cut and core the apple and pear and cut into pieces that will fit through your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



### SUPERFOOD HIGHLIGHT: ginger root

Ginger root has been used for centuries to alleviate symptoms of gastrointestinal upset and as an aid for digestion. Recently, ginger has been shown in studies to help prevent and ease symptoms of motion sickness, including nausea, vomiting, and dizziness. It can be easily stored, unsealed, in the crisper drawer of your refrigerator for long periods of time.

These finger-food cups offer a unique and delicious sweet-savory flavor combination. I adore blood oranges. They are incredibly beautiful and so different from regular oranges. Endive is such an interesting and mild green, and here it also functions as a fun ready-made appetizer cup.

#### INGREDIENTS

- 1 head of endive
- 1 blood orange (or regular orange, if you can't find a blood orange)
- 2 tbsp raw apple cider vinegar
- ½ cup (90g) pomegranate seeds
- 1 tbsp raw pine nuts

## blood orange & pomegranate ENDIVE CUPS

**1** Remove individual endive leaves and arrange them in a star-shaped circle on a plate.

**2** Peel and slice the orange, making sure to remove the membrane. Squeeze the remaining juice from the membrane into a separate dish and combine with an equal amount of apple cider vinegar to form the dressing.

**3** Place the orange slices on the open endive leaves, then sprinkle pomegranate seeds and pine nuts on top.

**4** Drizzle the dressing over each endive cup, and enjoy!





## red cabbage & walnut SALAD

This fun and hearty salad came about as I was preparing for a hamburger cookout. I needed something to complement all the burgers and pickles, and this salad was an instant hit.

### INGREDIENTS

½ head of red cabbage, thinly sliced  
 1 to 2 green onions, thinly sliced  
 3 tbsp extra-virgin olive oil  
 2 tbsp whole-grain mustard  
 2 tbsp raw apple cider vinegar  
 Sea salt and pepper, to taste  
 2 tbsp raw halved walnuts  
 Maple syrup, for drizzling

- 1** Combine the cabbage and green onions in a large salad bowl.
- 2** To make the vinaigrette, whisk together the olive oil, mustard, and apple cider vinegar in a separate bowl, and season with salt and pepper to taste.
- 3** Pour the vinaigrette over the cabbage mixture and toss well.
- 4** Top with walnuts, drizzle with maple syrup, and serve!

G/D

## DAY

2

Day 2 has arrived. I know that yesterday was tough, but today will be better. Your energy will begin to pick up and you will feel less hungry. This is a sign that your intestines are starting to more fully absorb the nutrients from all the raw fruit and veggies in your green juice and your raw food dinner.



### **1 glass of lemon water (12 ounces/355ml)**

Like yesterday, when you rise, have a glass of water, preferably heated, with a squeeze of lemon in it. If your bowels did not move yesterday, hopefully this will get things moving.

### **1 cup of green tea (8 ounces/235ml)**

Your need for caffeine should be a bit less today, as you start to gain energy from your green juice.

### **1 glass of Spring Morning Green Juice (16 ounces/475ml) (see page XX)**

Today should be an easier experience with the juicer—hopefully you're getting the hang of it. To help develop your "green palate," I find it best to stick with the same simple green juice each morning.



## carrot- pineapple green JUICE

G/D

Carrots make a great substitute for fruit in a green juice, adding sweetness and loads of vitamin A, which promotes good eyesight.

🍃 **Optional addition:** 1 cup (165g) chopped pineapple. Your need for additional fruit should lessen each day of the cleanse. However, you don't want to run out of energy, so if your blood sugar is running low, have this portion of fruit after your juice.

### INGREDIENTS

- 1 cucumber
- 2 carrots, tops and bottoms removed
- 3 celery stalks, bottoms removed
- 4 to 5 kale leaves
- 1/8 pineapple or 1 cup (165g) pineapple chunks

- 1 Wash the cucumber, carrots, celery, and kale.
- 2 Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



## strawberry green JUICE

G/D

Strawberries are chock-full of vitamin C and many other essential nutrients and antioxidants. For parents out there, this green juice comes kid-tested, as my son Cooper loves it.

🍃 **Optional addition:** 1 cup (110g) of strawberries. Again, only consume more fruit with your green juice snack if you feel hungry or have low energy.

### INGREDIENTS

- 5 strawberries
- Big handful of spinach (2/3 bunch)
- 4 romaine leaves
- 1/2 apple
- Handful of mint (3 to 4 leaves)
- 1/8 pineapple or 1 cup (165g) pineapple chunks

- 1 Wash the strawberries, spinach, romaine, apple, and mint.
- 2 Cut and core the apple and cut into pieces that will fit through your juicer.
- 3 Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 4 Run all ingredients through your juicer, scrape off foam (if desired) and enjoy!



## collard green WRAPS

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G

This is fun and hearty salad came about as I was preparing for a hamburger cookout. I needed something to complement all the burgers and pickles, and this salad was an instant hit.

### INGREDIENTS

- 4 collard green leaves
- 2 tbsp raw miso paste
- 1 medium carrot, thinly sliced or shredded
- ½ red bell pepper, thinly sliced
- 1 celery stalk, thinly sliced or shredded
- ¼ cucumber, finely chopped
- 1 avocado, thinly sliced
- 1 large basil leaf, torn into bits (or several small ones)

- 1** Wash the collard green leaves, then steam them ever so slightly by dipping them very briefly in boiling water, approximately one minute. This cook time should be just long enough to make them pliable for forming wraps, but not long enough to lose nutrients to the heat.
- 2** Coat each leaf with ½ tablespoon miso paste.
- 3** Distribute veggies evenly onto each leaf, including the carrot sticks, red peppers, celery sticks, and cucumbers.
- 4** Top each leaf with avocado slices, and sprinkle with torn basil.
- 5** To eat, wrap the sides of each leaf inward to cover the filling, and enjoy!

My dear chef friend, Mike Ne-  
whouse—also godfather to my  
son Cooper—inspired this salad  
while we were visiting in Boze-  
man, Montana, one spring. Mike  
prepared this beautiful spread of  
chopped fennel, apple, cucum-  
bers, and torn mint drizzled with  
some wonderful balsamic reduc-  
tion that he and his wife Meta had  
brought back from their travels  
in Italy. The aromatic properties  
of the mint and fennel combined  
with the crispness of the apples  
and cucumbers made me im-  
mediately forget that it was 18  
degrees outside. When I got back  
home, I immediately created a  
hearty salad out of these ingredi-  
ents, combining them with super  
greens. Super greens are a mix  
of greens such as watercress,  
chard, baby kale, mâche, arugula,  
spinach, and tatsoi, to name a  
few.

### INGREDIENTS

- ½ Fuji apple, thinly sliced
- ½ fennel bulb, thinly sliced
- ½ cucumber, thinly sliced
- Handful of mint (6 to 7 leaves),  
chopped
- Bowl of super greens (spinach,  
kale, arugula, watercress [stems  
removed], swiss chard, mâche, and  
tatsoi)
- 2 tbsp raw coconut vinegar
- 3 tbsp extra-virgin olive oil
- Sea salt and pepper, to taste

## super greens & mint SALAD

D  
G

- 1** Combine the sliced apple, fennel, cucumber, and chopped mint in a bowl and toss gently.
- 2** Transfer the mixture to a large bowl with baby super greens such as spinach, kale, arugula, watercress, swiss chard, mâche, and tatsoi. Toss well to combine.
- 3** To make the dressing, whisk together the coconut vinegar and olive oil in a separate bowl.
- 4** Pour the dressing over the salad and toss gently. Season with salt and pepper to taste, and serve!

### ⌚ TIME SAVER

Most grocery stores now carry pre-washed containers of super greens.

DAY

3

Welcome to Day 3 of your cleanse. You should really have the hang of things now. You should also start to experience increased mental clarity as your body continues to eliminate toxins. Your intestines should be getting into more of a rhythm now, as you develop new habits. By Day 3, you might also start noticing an awakening of your taste buds. You'll really start to taste all the fresh fruits and veggies. While your green juice should be sustaining your appetite for longer periods now, I often find it comforting to chew something during lunch. If I have extra fruits or veggies at lunch, I skip having them with my snack.

BREAKFAST



**1 glass of lemon water  
(12 ounces/355ml)**

Your bowels should be much happier now, moving either at night after your big raw dinner or first thing in the morning. It is still always a good idea to drink a big glass of water upon rising for immediate hydration.

**1 cup of green tea  
(8 ounces/235ml)**

Green tea is optional, so if you are not experiencing any caffeine headaches, feel free to skip it.

**1 glass of Spring Morning Green Juice  
(16 ounces/475ml)  
(see recipe on page XX)**

By now, you are hopefully really enjoying and looking forward to your green juice each morning. If the juice starts to taste too sweet, just reduce the amount of pear.



# pear- vanilla green JUICE

LUNCH

G/D

Vanilla adds a note of sweetness to this green juice without adding calories.

🌿 **Optional addition:** 1 sliced pear.

### INGREDIENTS

1 pear

1 cucumber

Big handful of spinach (2/3 bunch)

Handful of cilantro leaves (from 3 to 4 stems) (optional, but recommended)

1/4 lime, peeled

2 tsp vanilla extract

**1** Wash the pear, cucumber, spinach, and cilantro.

**2** Cut and core the pear and cut into pieces that will fit in your juicer.

**3** Run all ingredients except vanilla through your juicer and scrape off foam (if desired).

**4** Add the vanilla extract, stir, and enjoy!





# carrot-cilantro green JUICE

Carrots have many wonderful nutrients, but like fruit, they contain a lot of natural sugar. Thanks to their sweetness, they are a great substitute for fruit in a green juice—but be careful not to add too many. I love this recipe’s combination of carrots and cilantro.

🌱 **Optional addition:** 1 cup (120g) of carrot sticks. Again, if you don’t need extra fruit or veggies, skip them.

## INGREDIENTS

- 4 to 5 small carrots, tops and bottoms removed
- 1 cucumber
- 4 to 5 kale leaves
- Handful of cilantro leaves (from 3 to 4 stems) (optional, but recommended)
- ¼ lime, peeled

G/D

- 1 TKTKTKTKTKTKTKT
- 2 TKTKTKTKTKTKTKT
- 3 TKTKTKTKTKTKTKT
- 4 TKTKTKTKTKTKTKT



## mixed radish SLICES

D  
G

Radishes are one of the first spring veggies to make an appearance at the farmers market. Take advantage of this early-spring crop by sampling the different varieties available, including the always-gorgeous watermelon varietal. Enjoy these herby finger-food appetizers while you prepare your salad.

### INGREDIENTS

5 to 6 radishes (all types), sliced paper-thin

Extra-virgin olive oil, for drizzling

Handful of parsley leaves (from 5 to 6 stems), chopped

Handful of basil (6 to 7 leaves), chopped

Sea salt, to taste

- 1 Arrange radish slices on a plate and drizzle with olive oil.
- 2 Sprinkle with chopped parsley and basil, then season with salt to taste.



## watercress arugula SALAD

D  
G

I love the combination of these two super greens. They are both a touch spicy, and make for a party in your mouth. To me, this salad tastes like spring in a bowl.

### INGREDIENTS

2 cups (40g) baby arugula

2 cups (70g) watercress, stems removed

Handful of tarragon (from 2 to 3 stems), chopped

3 tbsp extra-virgin olive oil

2 tbsp raw apple cider vinegar

1 tbsp thinly chopped shallots

Sea salt and pepper, to taste

2 to 3 radishes, thinly sliced

¼ cup (25g) chopped raw almonds

- 1 Combine arugula and watercress in a large salad bowl and toss well. Add tarragon and toss again.
- 2 To make the dressing, whisk together the olive oil, apple cider vinegar, and shallots in a separate bowl. Add salt and pepper to taste.
- 3 Pour dressing over the greens, add thinly sliced radishes and almonds, and toss gently. Enjoy!

DAY

4

Today is your day. You should feel fully energized and totally comfortable with this new way of eating. My hope is that, as you return gradually to your former eating habits, you will take with you several of your new habits, the most important of which is drinking a green juice every morning.

BREAKFAST



**1 glass of lemon water  
(12 ounces/355ml)**

Your bowels should be running like clockwork now, allowing you to fully absorb the nutrients from all the wonderful fruits and vegetables you're consuming. Keep up your water habit first thing in the morning—not just during a cleanse, but for every single day of your life.

**1 cup of green tea  
(8 ounces/235ml)**

Still optional. If you don't need the caffeine, skip it.

**1 glass of Spring Morning Green Juice  
(16 ounces/475ml)  
(see recipe on page XX)**

Did you wake up craving your morning greens? You should notice a definite change in your "green palate" since the first day of your cleanse. If your Morning Green Juice tastes too sweet, that means you have succeeded in cleansing your body of the toxins that lead to sweet cravings. Good for you! If you continue to drink a green juice every morning, you can start use less and less fruit and move toward a purely green juice (no fruit included). Start today by cutting the pear in half.



super  
green  
JUICE

LUNCH

G/D

Today is the day to let go of the fruit and start making your green juice as green as can be. This juice contains an amazing superfood—collard greens.

🍃 **Optional addition:** 1 cup (90–120g) of chopped veggies (such as carrots, cucumbers, celery, and red peppers). If your juice isn't enough, nosh on some veggies today instead of fruit.

**INGREDIENTS**

- 1 cucumber
- 3 celery stalks, bottoms removed
- 3 romaine leaves
- 2 collard green leaves
- Handful of parsley leaves (from 3 to 4 stems)
- 1/2 lemon, peeled (optional)

- 1** Wash the cucumber, celery, romaine, collard green leaves, and parsley.
- 2** If you need to cut the greenness, use 1/2 lemon. If not, skip it.
- 3** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



## bok choy green JUICE

Bok choy is another veggie that makes an early appearance at the spring farmers market. It is very satiating, especially when I'm craving Asian food.

### INGREDIENTS

- 1 cucumber
- 1 head of bok choy
- Big handful of spinach (2/3 bunch)
- Handful of basil (3 to 4 leaves)
- 1/2 lemon, peeled (optional)

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- 1** Wash the cucumber, bok choy, spinach, and basil.
- 2** If you need to cut the greenness, use 1/2 lemon. If not, skip it.
- 3** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

## raw kimchi

Kimchi is a combination of flavorful Korean-style fermented vegetables. It's a wonderful raw food option: The fermentation process softens the texture of nutrient-rich vegetables (making them easier to chew and digest) without cooking away the nutrients. Fermentation also produces probiotic bacteria, which is so important for your overall immune system and digestive health. For a hearty appetizer, combine your kimchi with raw almond slivers or peanuts.

### INGREDIENTS

- 1/2 head of cabbage (preferably Chinese cabbage), cored and chopped into bite-size pieces
- 1/2 cup (145g) sea salt
- 2 small green onions, thinly sliced
- 1/2 garlic clove, minced
- 1 tbsp raw coconut nectar
- 1/4-inch (0.6 cm) piece ginger root, minced
- 1/2 tbsp cayenne pepper (or less, if too spicy)

D

- 1** Place the chopped cabbage in a large bowl and add the salt. Toss to combine.
- 2** Transfer to a large zip-tight plastic bag and remove excess air. Leave the bag at room temperature for at least six hours or overnight.
- 3** Drain the excess liquid from the cabbage.
- 4** Combine the remaining ingredients in a large bowl. Add the cabbage and toss well, coating it completely with the onion mixture.
- 5** Transfer to an airtight mason jar and leave at room temperature for four days.
- 6** After four days, carefully open the jar to let the gas escape. Prepare to serve, or store in the fridge.

### ⌚ TIME SAVER

While it's fun to make kimchi yourself, it is also very time consuming. Thankfully, most supermarkets and natural-food stores carry several great raw kimchi brands. My personal favorites are made by Oh-Kimchi. Look for them in the refrigerated section next to the tofu.



# raw bok choy SALAD

Bok choy is another veggie that makes an early appearance at the spring farmers market. It is very satiating, especially when I'm craving Asian food.

## INGREDIENTS

- ½ head of bok choy, roughly chopped
- 2 to 3 green onions, thinly sliced
- 1 small avocado, diced
- ¼ cup (30g) raw almond slivers
- 1 tbsp black sesame seeds
- 3 tbsp extra-virgin olive oil
- 1½ tbsp coconut vinegar
- 1 tbsp raw soy sauce (nama shoyu)
- 3 tbsp maple syrup
- ¼-inch (0.6 cm) piece ginger root, minced
- ½ garlic clove, minced

D  
G

- 1 Arrange bok choy on a platter. Add green onions, avocado, almonds, and sesame seeds.
- 2 To make the dressing, whisk together the olive oil, coconut vinegar, soy sauce, maple syrup, ginger, and garlic.
- 3 Drizzle over bok choy platter and serve.

**CONGRATS!** You have successfully completed your Spring 4-Day Green Juice and Raw Food Cleanse. Your intestines, body, and mind should be thanking you now. You should be feeling more energized than ever. In addition, you might notice that you have more mental clarity and even a nice glow to your skin. For information and recipes that will help you maintain the wonderful benefits of your cleanse and help you transition to post-cleanse eating, please turn to page XXX.



## CHAPTER 5

# summer 4-DAY GREEN JUICE & RAW FOOD CLEANSE

Summer might seem like an odd time to cleanse since we're naturally more active in this season, but barbecues and trips to the beach can mean a big increase in the consumption of animal proteins...and a big drop in your energy levels! So if you've got an upcoming vacation or wedding that you'd like to look your best for, the 4-day cleanse is the best way to jump-start your progress. If you're too busy to make all the juices yourself at home, you can substitute any of our cold-pressed juices in stores for the homemade recipes in this chapter. Our website ([www.drinkdailygreens.com](http://www.drinkdailygreens.com)) can give you the closest store locations.

To make it easier, we've provided a shopping list on the pages that follow and broken it up by juice ingredients and raw food ingredients (which you will need for your dinner each night). If you plan to buy ready-to-drink Daily Greens juices for your cleanse, simply skip directly to the food shopping list.

Not sure where to shop? I love shopping locally and supporting local farmers, so I highly recommend hitting up your farmers' market to see if you can find the majority of your list there. You will most likely also need to make a quick trip to the grocery store. Happy shopping!

## juice shopping list

**VEGETABLES**      **QUANTITY**

Celery	1 head
Collard greens	1 bunches
Cucumbers	7 medium
Dandelion greens	1 bunch
Ginger root	1 small root cluster
Kale	1 bunch
Spinach	9 bunches or 2 large boxes, pre-washed
Watercress	1 bunch
Yellow peppers	1 medium
Zucchini	2 medium

**FRUIT**      **QUANTITY**

Cantaloupe	½ melon
Honeydew	½ melon
Green grapes	1 bunch
Lemons	2 medium
Peaches	1 medium
Pear	1 medium
Pineapple	1 pint of raw chunks
Watermelon	1 small melon

**HERBS**      **QUANTITY**

Basil	1 bunch
Cilantro	1 bunch
Mint	1 bunch

**NUTS/SEEDS**      **QUANTITY**

Chia seeds (white)	½ cup (80g)
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**OTHER**      **QUANTITY**

Sea salt (pink Himalayan)	1 shaker of whole crystals
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## food shopping list

**VEGETABLES**      **QUANTITY**

Avocados	6 small
Carrots	1 bag carrot sticks
Celery	2 stalks
Cherry tomatoes	1 pint
Cucumbers	3 medium
Garlic	3 cloves
Green cabbage	1 head
Green onion	1 bunch
Romaine	1 head of hearts
Jalapeño	1 small
Kale	1 bunch
Onion (sweet or white)	1 small
Purple cabbage	1 head
Red onion	1 small
Red bell peppers	2 medium
Roma tomatoes	2 medium
Super greens	1 box, pre-washed
Tomatoes	5 medium
Yellow bell peppers	4 medium

**FRUIT**      **QUANTITY**

Cantaloupe	½ melon
Honeydew	½ melon
Lemons	2 medium
Lime	1 small
Peaches	1 medium
Pear	1 medium
Watermelon	½ small melon

**HERBS**      **QUANTITY**

Basil	1 bunch
Cilantro	1 bunch
Mint	1 bunch
Parsley	1 bunch

**NUTS/SEEDS**      **QUANTITY**

Almond slivers (raw)	½ cup (60g)
Cashews or pine nuts (raw)	½ cup (75g)

**OTHER**      **QUANTITY**

Almond oil	1 small container
Apple cider vinegar (Bragg's)	1 small container
Cayenne pepper	small amount of dried powder
Coconut nectar (raw)	1 small container
Green tea	4 individual servings
Mustard (whole-grain)	1 small container
Nutritional yeast	small amount of dried powder
Olive oil (extra-virgin)	1 small container
Pepper (black, cracked)	1 shaker of whole seeds
Sea salt (pink Himalayan)	1 shaker of whole crystals
White vinegar	1 small container

DAY

1

Congratulations on starting your Summer 4-Day Cleanse. This is the beginning of a whole new you. You're off your normal routine during the summertime, and this is a great time to do a quick cleanse to reset your mind and body.

BREAKFAST



**1 glass of lemon water  
(12 ounces/355ml)**

Upon rising, drink a big glass of water with a squeeze of lemon. If you don't mind it, I suggest heating it up a bit. Lemon will help your digestive tract start moving. This will be especially important during the first couple days of your cleanse as you drop your morning coffee.

**1 cup of green tea  
(8 ounces/235ml)**

Next, enjoy a hot cup of green tea. The warmth from the tea will also help start moving your digestive tract along, and if you are having caffeine withdrawal, this will help quell your headache. Green tea is also full of antioxidants and contains less caffeine than black tea, so it is less dehydrating.



**summer  
morning  
green  
JUICE**

BREAKFAST

G/D

Finally, my favorite part of the morning: preparing my Morning Green Juice. As you can probably tell by now, this morning juice is an essential part of my day. And it can be an essential part of yours too! If you prefer to try your own recipe, keep it simple and follow my "Simple Green Juice Formula" (see page XX).

**INGREDIENTS**

- 1 cucumber
- 1 to 2 collard green leaves
- Handful of mint (3 to 4 leaves)
- 1 ½ cups (230g) watermelon chunks

- 1 Wash the cucumber, collard green leaves, and mint.
- 2 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



Several years ago, my sister turned me onto the benefit of consuming chia seeds for hydration. She would put them in a mason jar with water, a little lime, and Stevia to soak overnight. She would drink it the next morning after her run, to rehydrate and replenish. I tried it a few times and liked it so much that I started soaking the chia seeds overnight in filtered water and then adding them to my green juice the next day. Soaking chia seeds releases all of their fabulous nutrients—including super-hydrating electrolyte minerals, which will make your green juice more hydrating than ever. They also give your green juice an interesting texture.

🍃 **Optional addition:** 1 small bowl of cubed watermelon and cantaloupe (add salt to bring out the sweetness). On the first day in particular, you may be hungry. If your green juice does not satiate you, enjoy this cut-up fruit with your lunch.

#### INGREDIENTS

1 cucumber  
 Big handful of spinach (2/3 bunch)  
 Handful of mint (3 to 4 leaves) (optional)  
 1/2 cup (80g) cubed cantaloupe  
 1/2 cup (80g) cubed watermelon  
 1/8 tsp sea salt  
 1/4 cup (40g) chia seeds, soaked overnight in filtered water (optional)

## melon green JUICE with chia seeds

D/G

- 1 Wash the cucumber, spinach, and mint.
- 2 Run all ingredients except salt and seeds through your juicer and scrape off foam (if desired).
- 3 Sprinkle in the salt and chia seeds (if using), stir, and enjoy!

### SUPERFOOD HIGHLIGHT: chia seeds

Chia seeds are a true superfood. The ancient Mayans and Aztecs of Mexico used them for energy; in fact, “Chia” is the Mayan word for “strength.” Packed with soluble fiber and those ultra-healthy Omega-3 fats, these whole-grain seeds offer double the protein of other grains, and they beat milk in the calcium department five times over. Chia seeds are also wonderful in ground form, which can be added to a green smoothie or sprinkled on top of a raw salad. You’ll find them in dried form at your local health-food store, and when kept dry, they can be stored for long periods of time (read: years!).



D/G

## sweet honeydew green JUICE

Honeydew is one of my favorite summertime fruits. Related to watermelon and cantaloupe (but better!), it simply melts in your mouth. It really sweetens up a green juice so nicely.

🍃 **Optional addition:** 1/2 cup (90g) of cubed honeydew melon. Only snack on the fruit if you are not feeling satiated from your mid-afternoon green juice.

#### INGREDIENTS

1 cucumber  
 Big handful of spinach (2/3 bunch)  
 1/2 cup (75g) seedless green grapes  
 1/2 cup (90g) cubed honeydew melon

- 1 Wash the cucumber, spinach, and grapes.
- 2 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy.

Nothing makes me happier in the summer than fresh guacamole. When I am doing a cleanse, I simply substitute corn chips for raw crisp veggies to get the same satisfying experience.

### INGREDIENTS

#### *guacamole*

2 avocados, cubed

2 roma tomatoes, chopped

¼ red onion, finely chopped

1 to 2 garlic cloves, minced

½ jalapeño, seeded and minced

½ bunch of cilantro, leaves only, chopped

Juice of ½ lime

Sea salt and pepper, to taste

Dash of cayenne pepper (optional)

#### *veggies for dipping*

½ cup (60g) carrot sticks

½ cup (50g) celery sticks

½ cup (45g) sliced red bell pepper

subheads are lowercase no colon here

## raw guacamole & veggies

**1** Combine avocado, tomatoes, onion, garlic, and jalapeño in a small bowl. Stir with a fork until the avocado is chunky.

**2** Add cilantro and lime juice, then season with salt and pepper to taste.

**3** If you like spice, add a dash of cayenne and mix well into the guacamole.

**4** Dip the carrots, celery, and red peppers in the guacamole, and enjoy!

### 🕒 TIME SAVER

Most grocery stores now carry pre-made fresh guacamole that will save you the time of making it on your own. Be sure that it is freshly made and not something in a vacuum-sealed package, which will not be fresh or necessarily raw.



same avo / tom image as page 63? or keep as is?

## cherry tomato & avocado SALAD

This is such a simple salad, but it really hits the spot on a hot summer day. I love anything that combines my two favorite veggies: avocado and tomatoes.

### INGREDIENTS

Bowl of super greens (spinach, kale, arugula, watercress (stems removed), swiss chard, mâche, and tatsoi)

½ cup (75g) cherry tomatoes, halved

1 small avocado, cubed

2 tbsp extra-virgin olive oil

2 tbsp raw apple cider vinegar

Sea salt and pepper, to taste

**1** Combine super greens with tomatoes and avocado in a large bowl.

**2** To make the dressing, whisk together the olive oil and apple cider vinegar in a separate bowl, then season with salt and pepper to taste.

**3** Pour the dressing over the salad and toss gently.

### 🕒 TIME SAVER

To skim a few minutes off your prep time, most grocery stores carry containers of pre-washed super greens.

DAY

2

Day 2 has arrived. I know that yesterday was tough, but today will be better. Your energy will begin to pick up and you will feel less hungry. This is a sign that your intestines are starting to more fully absorb the nutrients from all the raw fruit and veggies in your green juice and your raw food dinner.



**1 glass of lemon water  
(12 ounces/355ml)**

Like yesterday, when you rise, have a glass of water, preferably heated, with a squeeze of lemon in it. If your bowels did not move yesterday, hopefully this will get things moving.

**1 cup of green tea  
(8 ounces/235ml)**

Your need for caffeine should be a bit less today, as you start to gain energy from your green juice.

**1 glass of Summer Morning Green Juice (16 ounces/475ml) (see page XX)**

Today should be an easier experience with the juicer—hopefully you're getting the hang of it. To help develop your "green palate," I find it best to stick with the same simple green juice each morning.

Peaches may be my all-time favorite fruit during the summer. I love stopping at farm stands and buying them directly from farmers. Never refrigerate them, as they taste much better warm and ripe straight from the farm. They make a scrumptious addition to a green juice.

🌱 **Optional addition:** 1 peach, sliced. Your need for additional fruit should decrease each day of the cleanse. However, you don't want to run out of energy, so if your energy or blood sugar is running low, have this sliced fruit in addition to your juice.

**INGREDIENTS**

1 cucumber  
1 peach  
Big handful of spinach (2/3 bunch)  
Handful of mint (3 to 4 leaves)  
1/4-inch (0.6 cm) piece ginger root  
1/8 pineapple or 1 cup (165g) pineapple chunks

**peach  
green  
JUICE**

G/D

- 1** Wash the cucumber, peach, spinach, mint, and ginger.
- 2** Cut and core the peach and cut into pieces that will fit through your juicer.
- 3** Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 4** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

Zucchini makes a perfect substitute for cucumber in any green juice. It gives the juice a slightly creamy texture. I love using zucchini in my green juice all summer long while they are in season.

🌱 **Optional addition:** 1 pear, sliced. Again, only consume more fruit with your green juice snack if you feel hungry or have low energy.

#### INGREDIENTS

1 pear  
1 zucchini  
Big handful of spinach (2/3 bunch)  
Handful of cilantro (from 3 to 4 stems)

## zucchini-pear green JUICE with cilantro

D  
G

- 1 Wash all ingredients well.
- 2 Cut and core the pear and cut into pieces that will fit through your juicer.
- 3 Chop the zucchini into pieces that will fit through your juicer.
- 4 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!



### SUPERFOOD HIGHLIGHT: cilantro

Some people absolutely love cilantro. Others report that it tastes like soap. If you are in the “soap” category, just skip it in lieu of another dark leafy herb. However, if you are one of the lucky folks who find the smell “intoxicating,” use it often in green juices or smoothies or tossed into your favorite salad. Cilantro offers loads of antioxidants, phytonutrients, and minerals such as calcium and potassium. You’ll also get vitamins A, C, and K, and even some B vitamins from this potent herb. It’s truly a cleansing and healing dynamo that’s fantastic during a juice cleanse. To store cilantro, loosely wrap the stems in a paper towel to keep it free of moisture. Put it in a plastic bag and store in the fridge to preserve it for a longer period of time. Stored properly, it can last up to three days. When juicing, cut off the long stems, as they can be bitter.

<http://www.shutterstock.com/pic-192032861/stock-photo-slices-of-watermelon-on-a-plate-on-a-wooden-background.html?src=ecbPrZscmaPwZ7HOTUdc0A-1-4&ws=1>

D  
G

## watermelon cucumber SALAD

I was inspired to create this salad one Fourth of July. The secret to the success is the sea salt, which brings out the sweetness in the watermelon and cucumbers.

#### INGREDIENTS

1 cucumber, peeled and cubed  
Sea salt, to taste  
2 cups (300g) chopped watermelon  
Handful of mint (6 to 7 leaves)  
Handful of basil (6 to 7 leaves)

- 1 Place the cucumber into a salad bowl and sprinkle a light layer of salt over the top.
- 2 Add the watermelon and sprinkle another light layer of salt on top.
- 3 Tear up pieces of mint and basil and sprinkle over the salad. Toss gently, and enjoy.

This is a crowd favorite among my friends and family. Living in Texas, I get invited to more than my share of BBQs. Since my diet is 100 percent plant-based, this always presents a challenge for me. I often volunteer to bring a dish that will complement the standard BBQ fare. Coleslaw always seems to fit the bill, but Southern-style coleslaw is usually drowning in a creamy mayonnaise dressing. So, I came up with my own healthy version that is 100 percent raw and plant-based. The result is a hearty blend of familiar coleslaw ingredients that will really fill you up.

### INGREDIENTS

¼ head of purple cabbage, thinly sliced  
 ¼ head of green cabbage, thinly sliced  
 ½ yellow pepper, finely chopped  
 2 to 3 green onions, thinly sliced  
 1 small avocado, chopped  
 1 tbsp raw almond oil  
 ¼ cup (30g) raw almond slivers  
 Sea salt, to taste

## summer COLESLAW

- 1** Combine the cabbages, pepper, and green onions in a salad bowl and toss to mix well.
- 2** Add the avocado, almond oil, and almond slivers and toss gently until the mixture is coated with avocado.
- 3** Season with salt to taste, and serve!

G/D

## DAY

3

Welcome to Day 3 of your cleanse. You should really have the hang of things now. You should also start to experience increased mental clarity as your body continues to eliminate toxins. Your intestines should be getting into more of a rhythm now, as you develop new habits. By Day 3, you might also start noticing an awakening of your taste buds. You'll really start to taste all the fresh fruit and veggies. While your green juice should be sustaining your appetite for longer periods now, I often find it comforting to chew something during lunch. If I have extra fruits or veggies at lunch, I skip having them with my snack.



### **1 glass of lemon water (12 ounces/355ml)**

Your bowels should be much happier now, moving either at night after your big raw dinner or first thing in the morning. It is still always a good idea to drink a big glass of water upon rising for immediate hydration.

### **1 cup of green tea (8 ounces/235ml)**

Green tea is optional, so if you are not experiencing any caffeine headaches, feel free to skip it.

### **1 glass of Summer Morning Green Juice (16 ounces/475ml) (see recipe on page XX)**

By now, you are hopefully really enjoying and looking forward to your green juice each morning. If mint is not your thing, don't include it. Also, if the juice starts to taste too sweet, reduce the amount of watermelon.

Cantaloupe and zucchini actually come from the same plant family, so they also combine well in a green juice. They both grow from vines that crawl across the ground. In my mom's garden growing up, I loved hunting and picking them.

🍃 **Optional addition:** 1 cup (160g) of chopped cantaloupe.

### INGREDIENTS

1 zucchini

Big handful of spinach (approximately 2/3 bunch)

Handful of basil (3 to 4 leaves)

1 cup (160g) cubed cantaloupe

1/4 lemon, peeled, remainder reserved for morning lemon water

Sea salt, to taste

## zucchini-cantaloupe green JUICE

D  
G

- 1 Wash the zucchini, spinach, and basil.
- 2 Run all ingredients except salt through your juicer and scrape off foam (if desired).
- 3 Sprinkle in a dash of salt, stir, and enjoy



### SUPERFOOD HIGHLIGHT: spinach

One of the most nutrient-dense foods in existence, a single cup of spinach is a great source of calcium and iron, and it contains far more nutrients than a daily allowance of vitamin K, high doses of vitamin A as well as magnesium. Spinach, unlike most other dark leafy greens, is actually pretty neutral from a flavor perspective. As a result, it makes a fantastic base for a green juice or green smoothie. Baby spinach is also a wonderful addition to any salad.

Do not wash spinach before storing, as the exposure to water encourages spoilage. Place spinach in a plastic storage bag and wrap the bag tightly around the spinach, squeezing out as much of the air as possible. Store in the refrigerator, where it will keep fresh for up to five days.

## honeydew-watercress green JUICE

D  
G

This green juice combines three of my favorite summer ingredients: sweet honeydew, creamy zucchini, and a touch of spiciness from the watercress.

🍃 **Optional addition:** 1 cup (180g) of cubed honeydew melon. Again, if you don't need extra fruit, skip it.

### INGREDIENTS

1 zucchini

Handful of watercress (1/3 bunch)

Handful of cilantro leaves (from 3 to 4 stems)

3 to 4 celery stalks, bottoms removed

1 cup (180g) cubed honeydew melon

1/8 tsp sea salt (optional, but recommended)

- 1 Wash the zucchini, watercress, cilantro, and celery.
- 2 Run all ingredients through your juicer and scrape off foam (if desired).
- 3 Season with salt, if desired, stir, and enjoy!



One of my favorite summer treats is freshly made raw gazpacho. I love grabbing all the ingredients from a summer farmers market and blending up a big batch to enjoy over the course of several days. It takes just seconds to prepare, and it's even better the next day—stored in an airtight container in the refrigerator overnight.

#### INGREDIENTS

- 1 yellow bell pepper
- Handful of basil (6 to 7 leaves)
- ½ jalapeño, seeded
- 1 cucumber, peeled and cut into large chunks
- 1 sweet onion, cut into quarters
- 2 garlic cloves
- 1 cup (235ml) water
- 2 tbsp extra-virgin olive oil
- 2 tbsp white vinegar
- 4 to 5 ripe tomatoes, cut in halves or quarters
- Sea salt and pepper, to taste

# gazpacho SOUP

DINNER

G/D

- 1 Combine all ingredients except tomatoes in a high-speed blender or Vitamix and blend on chopped setting.
- 2 Add tomatoes and pulse until desired consistency.
- 3 Season with salt and pepper to taste.



# vegan caesar SALAD

I love the flavor profile of Caesar salad, but I missed out on it for years until I figured out a substitute for the dressing.

## INGREDIENTS

- 4 to 5 heart of romaine leaves, roughly chopped
- Handful of parsley leaves (from 5 to 6 stems), chopped
- ½ cup (75g) raw cashew nuts or pine nuts (I prefer pine nuts)
- 2 tbsp lemon juice
- ½ tsp raw coconut nectar
- 3 tbsp nutritional yeast flakes
- 1 to 2 garlic cloves
- ½ tsp sea salt, or more, to taste
- ½ tsp pepper, or more, to taste



- 1 Combine the romaine and parsley in a salad bowl and toss.
- 2 To make the dressing, combine all remaining ingredients in your high-speed blender or Vita-mix, and blend on High.
- 3 Pour the dressing over the chopped romaine and toss to mix well.

### 🕒 TIME SAVER

Several natural-food brands now make ready-to-go vegan Caesar dressings that I always keep in my fridge. My personal favorite is from Follow Your Heart.



DAY

4

Today is your day. You should feel fully energized and be totally comfortable with this new way of eating. My hope is that, as you return gradually to your former eating habits, you will take with you several of your new habits, the most important of which is drinking a green juice every morning.

BREAKFAST



**1 glass of lemon water (12 ounces/355ml)**

Your bowels should be running like clockwork now, allowing you to fully absorb the nutrients from all the wonderful fruits and vegetables you're consuming. Keep up your water habit first thing in the morning—not just during a cleanse, but for every single day of your life.

**1 cup of green tea (8 ounces/235ml)**

Still optional. If you don't need the caffeine, skip it.

**1 glass of Summer Morning Green Juice (16 ounces/475ml) (see recipe on page XX)**

Did you wake up craving your morning greens? You should notice a definite change in your "green palate" since the first day of your cleanse. If your Morning Green Juice tastes too sweet, that means you have succeeded in cleansing your body of the toxins that lead to sweet cravings. Good for you! If you continue to drink a green juice every morning, you can start use less and less fruit and move toward a purely green juice (no fruit included). Start today by cutting the watermelon in half.



# yellow bell pepper JUICE

LUNCH

G/D

Today is the day to let go of the fruit and start making your green juice as green as can be.

🍋 **Optional addition:** 1 cup (90) of sliced yellow bell pepper. If your juice isn't enough, nosh on some veggies today instead of fruit.

### INGREDIENTS

- 1 cucumber
- 3 to 5 celery stalks, bottoms removed
- 2 to 3 kale leaves
- 1 yellow bell pepper
- Handful of basil (3 to 4 leaves)
- 1/2 lemon, peeled (optional)

- 1 Wash the cucumber, celery, kale, bell pepper, and basil.
- 2 Remove the top and seeds from the bell pepper and cut into pieces that will fit through your juicer.
- 3 If you need to cut the greenness, use 1/2 lemon. If not, skip it.
- 4 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

You can buy dandelion greens at your local health-food store. Never pick them from your yard! Pesticides are used abundantly on lawns, and even if you don't use pesticides on your lawn, your neighbors most likely do on theirs, and these pesticides will find their way onto the weeds. Store dandelion greens in an airtight bag in the refrigerator. Do not wash them before storing, as contact with water can facilitate spoilage. When you are ready to use them, wash them well and throw them into your juicer, stems and all.

🌱 **Optional addition:** 1 cup (90–120g) of chopped veggies (such as carrots, cucumbers, celery, and red bell peppers).

### INGREDIENTS

- 1 cucumber
- 3 celery stalks, bottoms removed
- Big handful of spinach (2/3 bunch)
- Handful of dandelion greens (5 to 6 stems)
- Handful of basil (3 to 4 leaves)
- 1/2 lemon, peeled (optional)

## dandelion green JUICE

D/G

- 1** Wash the cucumber, celery, spinach, dandelion greens, and basil.
- 2** If you need to cut the greenness, use 1/2 lemon. If not, skip it.
- 3** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

### SUPERFOOD HIGHLIGHT: dandelion greens

Who knew that your most dreaded front-yard weed would be one of the best things to throw into your juicer? Dandelion weed has some powerful health benefits: It's detoxifying, provides allergy relief, and helps normalize blood sugar. Cultivated in the wild, dandelion greens are high in vitamins A, B1, B2, B6, and magnesium, and they are also packed with iron, potassium, and calcium. Dandelions are one of the most potent greens in assisting with rehabilitation and detoxification of the liver.

Kale is often not very palatable in salads, but adding a bit of salt and lemon will soften it up and break it down to a friendlier texture. The secret to this salad, however, is the avocado, which forms a nice creamy coat on the kale.

### INGREDIENTS

- 5 to 6 kale leaves (1 bunch), torn into bite-size pieces
- 2 to 3 green onions, thinly sliced
- 1 yellow or red bell pepper, finely chopped
- Handful of parsley leaves (from 5 to 6 stems), finely chopped
- 2 tbsp lemon juice
- 2 tbsp almond oil
- 1/8 tsp cayenne pepper
- Sea salt and pepper, to taste
- 1 avocado, chopped
- 1/4 cup (30g) raw almond slivers, for garnish

## raw kale SALAD

D/G

- 1** Combine the kale, green onions, bell pepper, and parsley in a large bowl and toss.
- 2** To make the dressing, whisk together the lemon juice, almond oil, and cayenne in a separate bowl. Season with salt and pepper to taste.
- 3** Pour dressing over the salad and toss gently.
- 4** Add avocado to the bowl, and massage into the kale leaves to form a creamy dressing from the mixture. Wash your hands after massaging to remove any cayenne pepper.
- 5** Sprinkle with almond slivers and enjoy!

I've switched the kale salad and romaine wraps on following spread. let me know if this doesn't work.



## romaine lettuce WRAPS

These wraps are super basic and very easy to assemble. Romaine wraps are my go-to meal when I don't have time to prepare a more sophisticated salad. These contain all the flavors of a salad, but without all the chopping and tossing.

### INGREDIENTS

5 heart of romaine leaves

2 tbsp whole-grain mustard

1 avocado, sliced

1 medium carrot, thinly sliced or shredded

G | D

- 1 Arrange the romaine leaves on a plate and spread a small amount of mustard on each leaf.
- 2 Distribute avocado and carrot evenly onto each leaf.
- 3 To eat, wrap the sides of each leaf inward to cover the filling, and enjoy!

**CONGRATS!** You have successfully completed your Summer 4-Day Green Juice and Raw Food Cleanse. Your intestines, body, and mind should be thanking you now. You should be feeling more energized than ever. In addition, you might notice that you have more mental clarity and even a nice glow to your skin. For information and recipes that will help you maintain the wonderful benefits of your cleanse and help you transition to post-cleanse eating, please turn to page XXX.



## CHAPTER 5

# fall 4-DAY GREEN JUICE & RAW FOOD CLEANSE

The wonderful flavors of fall make this season an incredible time to cleanse. Succulent butternut squash, creamy pumpkin, and flavorful zucchini—delicious! Plus fall cleansing is a fantastic way to get healthy and focused before the upcoming holiday season.

If you're too busy to make all the juices yourself at home, you can substitute any of our cold-pressed juices in stores for the homemade recipes in this chapter. Our website ([www.drinkdailygreens.com](http://www.drinkdailygreens.com)) can give you the closest store locations.

To make it easier, we've provided a shopping list on the pages that follow and broken it up by juice ingredients and raw food ingredients (which you will need for your dinner each night). If you plan to buy ready-to-drink Daily Greens juices for your cleanse, simply skip directly to the food shopping list.

Not sure where to shop? I love shopping locally and supporting local farmers, so I highly recommend hitting up your farmers' market to see if you can find the majority of your list there. You will most likely also need to make a quick trip to the grocery store. Happy shopping!

## juice shopping list

## VEGETABLES

## QUANTITY

Broccoli	½ stalk (florets removed)
Carrots	2 medium
Celery	2 heads
Cucumbers	4 medium
Fennel	½ bulb
Ginger	½ small root cluster
Kale	3 bunches
Jalapeño	1 small
Red bell pepper	1 medium
Romaine	1 head
Spinach	½ bunch or 1 small box, pre-washed
Zucchini	2 medium

## FRUIT

## QUANTITY

Apples	5 medium sized
Granny Smith apple	1 medium
Green grapes	½ bunch (seedless)
Lemons	3 medium
Oranges	1 medium
Pineapple	½ whole

## HERBS

## QUANTITY

Basil	1 bunch
Parsley	1 bunch

## OTHER

## QUANTITY

Sea salt (pink Himalayan)	1 shaker of whole crystals
Turmeric powder	dash of dried powder

## food shopping list

## VEGETABLES

## QUANTITY

Avocados	7 medium
Broccoli	3-4 florets
Butternut squash	1 small
Carrots	2 medium and 1 bag of sticks
Celery	2 stalks
Cherry tomatoes	1 pint
Fennel	½ bulb
Garlic	6 cloves
Ginger	½ small root cluster
Jalapeño	1 small
Mixed baby greens	2 boxes, pre-washed
Red bell peppers	2 medium
Red onion	1 small
Romaine	½ head
Roma tomatoes	6 medium
Sprouts	1 small container

## FRUIT

## QUANTITY

Apples	1 medium sized
Green grapes (seedless)	½ bunch
Lemons	1 medium
Limes	2 small
Oranges	1 medium
Pineapple	½ whole

## HERBS

## QUANTITY

Basil	1 bunch
Cilantro	1 bunch
Mint	1 bunch
Parsley	1 bunch
Rosemary	1 bunch
Tarragon	1 bunch

## NUTS/SEEDS

## QUANTITY

Almonds (raw)	¼ cup (35g)
Hemp seeds (raw)	¼ cup (30g)
Pine nuts (raw)	¼ cup (35g)
Pistachios (raw hulled)	1 tbsp
Pumpkin seeds (raw)	¼ cup (40g)

## OTHER

## QUANTITY

Agave nectar (raw)	1 small container
Almond oil	1 small container
Cayenne Pepper	dash of dried powder (optional)
Crackers (raw)	1 package
Cranberries (dried)	1 tbsp
Currants (dried)	¼ cup (40g)
Green tea	4 individual servings
Olive oil (extra-virgin)	1 small container
Pepper (black, cracked)	1 shaker of whole seeds
Sea salt (pink Himalayan)	1 shaker of whole crystals

DAY

1

Congratulations on starting your Fall 4-Day Cleanse. This is the beginning of a whole new you. With the crispness of fall in the air, it's time to settle into your normal routines and detox your body from all that summer fun and overindulgence. My hope for you is that it will also be the beginning of a lifelong love affair with drinking a daily green juice. I know it was for me.

BREAKFAST



**1 glass of lemon water  
(12 ounces/355ml)**

Upon rising, drink a big glass of water with a squeeze of lemon. If you don't mind it, I suggest heating it up a bit. Lemon will help your digestive tract start moving. This will be especially important during the first couple days of your cleanse as you drop your morning coffee.

**1 cup of green tea  
(8 ounces/235ml)**

Next, enjoy a hot cup of green tea. The warmth from the tea will also help start moving your digestive tract along, and if you are having caffeine withdrawal, this will help quell your headache. Green tea is also full of antioxidants and contains less caffeine than black tea, so it is less dehydrating.



# fall morning green JUICE

BREAKFAST

G/D

Finally, my favorite part of the morning: preparing my Morning Green Juice. As you can probably tell by now, I have a serious love affair with my Morning Green Juice. Now it is time to start your own love affair! If you prefer to try your own recipe, keep it simple and follow my "Simple Green Juice Formula" (see page XX).

## INGREDIENTS

- 5 to 6 celery stalks, bottoms removed
- 4 to 5 kale leaves
- 1 apple
- Handful of parsley leaves (from 3 to 4 stems)

- 1 Wash the celery, kale, apple, and parsley.
- 2 Cut and core the apple and cut into pieces that will fit through your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

This is a great beginner green juice. It doesn't contain any dark leafy greens, so it technically does not follow the "Simple Green Juice Formula." However, it's a terrific way to ease into green juice and it makes a satisfying first-day lunch.

🍃 **Optional addition:** 1 cup (165g) of pineapple chunks. On the first day in particular, you may be hungry. If your green juice does not satiate you, enjoy this cut-up fruit as part of your lunch.

#### INGREDIENTS

1 cucumber  
 4 to 5 celery stalks, bottoms removed  
 2 to 3 romaine leaves  
 ¼ pineapple or 1½ cups (250g) pineapple chunks  
 ¼ lemon, peeled, remainder reserved for morning lemon water

## pineapple with greens JUICE

D  
G

- 1 Wash the cucumber, celery, and romaine.
- 2 Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

Fennel is one of my favorite ingredients to add to both salads and green juice. Although related to carrots, dill, parsley, and coriander, fennel has such a distinct taste (kind of like licorice) that it adds a big punch of flavor to your juice.

🍃 **Optional addition:** 1 apple, sliced. Only snack on the fruit if you are not feeling satiated from your mid-afternoon green juice.

#### INGREDIENTS

4 to 5 celery stalks, bottoms removed  
 4 to 5 kale leaves  
 1 apple  
 ¼ fennel bulb  
 ¼ lemon, peeled

## fennel-apple green JUICE

D  
G

- 1 Wash the celery, kale, apple, and fennel .
- 2 Cut and core the apple and cut into pieces that will fit through your juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy.

### SUPERFOOD HIGHLIGHT: fennel

Fennel is rich in vitamin C, which helps boost the immune system, and it also contains potassium, calcium, iron, manganese, copper, phosphorus, and folate. Another bonus? You can eat the whole vegetable, from its white or light-green bulb to its stalks and fluffy green fronds. I tend to use the bulb for salads and the whole thing for juicing. Fennel is in season from fall through spring and can be found at your local natural-food store. When shopping for fennel, look for bulbs that are clean, firm, and solid. Store fresh fennel in your refrigerator's crisper, where it should keep fresh for about four days.





# raw carrot SOUP

G/D

When I step into fall, I get the urge to make soup. However, most soups cook down vegetables to the point where there are not many nutrients left. I learned about raw soups many years ago and became hooked. The basic concept of a raw soup is to use your high-speed blender, or preferably a Vitamix, to pulverize your veggies until they reach a smooth soup-like texture. If you really feel like you need a little warmth, you can heat the soup a bit on the stove without cooking away all the nutrients. The raw food temperature limit is 115°F (50°C). When your food spends any time above this temperature, it will start to lose nutrients at a rapid rate.

## INGREDIENTS

2 medium carrots, roughly chopped  
½ red bell pepper, seeded and roughly chopped  
¼-inch (0.6 cm) piece ginger root  
Handful of parsley leaves (from 5 to 6 stems)  
1 avocado  
½ to 1 cup (120 to 235ml) water  
Sea salt and pepper, to taste  
Extra-virgin olive oil, for drizzling

- 1 Wash the carrots, bell pepper, ginger, and parsley.
- 2 Place the carrots, bell pepper, ginger, half of parsley, and avocado meat in a high-speed blender or Vitamix.
- 3 Blend on High until smooth, adding water as needed until it reaches desired consistency.
- 4 Season with salt and pepper to taste.
- 5 If you would like a warm soup while keeping it raw, pour it into a saucepan on the stove and heat over the lowest possible temperature. Stir constantly until the soup is warm to the touch, and remove immediately. Ladle into a bowl, drizzle with olive oil, and garnish with remaining parsley leaves.





# fall fennel SALAD

This is one of my favorite salads as the summer fades into cooler weather. While fennel is traditionally a spring crop, it has an extended growing season in the south and can be found at the farmers market as late as early fall. I love it in both spring and fall recipes to give them a fun twist and to add depth. I have been making this salad for years for my friends and family, and I seem to make it a bit differently each time depending on what herbs and nuts I have on hand. The taste can change dramatically if you alter the combinations, so feel free to experiment and find the perfect blend of herbs and nuts for your Fennel Salad.

## INGREDIENTS

Bowl of mixed baby greens (such as baby red and green romaine)

½ fennel bulb, finely sliced

½ cup (75g) cherry tomatoes, halved

Handful of tarragon (2 to 3 stems), finely chopped

Handful of basil (6 to 7 leaves), finely chopped

¼ cup (35g) pine nuts

2 tsp lemon juice (juice of ½ lemon)

2 tsp almond oil

Sea salt and pepper, to taste

½ avocado or 1 small avocado, thinly sliced

G/D

- 1 Combine the mixed greens, fennel, tomatoes, tarragon, and basil in a large bowl. Toss gently.
- 2 Add the pine nuts, lemon juice, and almond oil and toss to combine.
- 3 Season with salt and pepper to taste.
- 4 Layer the sliced avocado over the top of the salad, and enjoy!

### 🕒 TIME SAVER

If you're trying to save time, most grocery stores now carry containers of pre-washed mixed baby greens. My favorite brand is Organic Girls.

## DAY

2

Day 2 has arrived. I know that yesterday was tough, but today will be better. Your energy will begin to pick up and you will feel less hungry. This is a sign that your intestines are starting to more fully absorb the nutrients from all the raw fruit and veggies in your green juice and your raw food dinner.



**1 glass of lemon water  
(12 ounces/355ml)**

Like yesterday, when you rise, have a glass of water, preferably heated, with a squeeze of lemon in it. If your bowels did not move yesterday, hopefully this will get things moving.

**1 cup of green tea  
(8 ounces/235ml)**

Your need for caffeine should be a bit less today, as you start to gain energy from your green juice.

**1 glass of Fall Morning Green Juice  
(16 ounces/475ml)  
(see recipe on page XX)**

Today should be an easier experience with the juicer—hopefully you're getting the hang of it. To help develop your "green palate," I find it best to stick with the same simple green juice each morning.

When shopping for kale, you might see a few different varieties, including curly kale, ornamental kale, and dinosaur kale. You can use them all for juicing, but I recommend dinosaur kale, as it usually results in the most juice.

🌿 **Optional addition:** 1 small bowl of grapes (no more than 10). Again, only eat this fruit with your green juice snack if you feel hungry or have low energy.

**INGREDIENTS**

- 1 cup (150g) seedless green grapes
- 5 to 6 kale leaves
- 2 to 3 romaine leaves
- ¼-inch (0.6 cm) piece ginger root
- ¼ lemon, peeled

## kale- grape green JUICE

- 1** Wash the grapes, kale, romaine, and ginger.
- 2** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy



### SUPERFOOD HIGHLIGHT: kale

While kale has received a ton of hype, it's actually well deserved. Kale contains high quantities of powerful antioxidants, such as vitamins A and C, and it's loaded with vitamin K. It's a good source of vitamins B1, B2, and B6, as well as the all-important electrolyte minerals sodium, potassium, calcium, and magnesium. Kale is also known to help reduce the risk of cancer, and its effects have recently been shown to reach five forms of cancer: bladder, breast, colon, ovary, and prostate. It's also a detoxing dynamo, helping the body to clear out toxins. Store your kale in an airtight plastic bag in the refrigerator for up to five days. Don't wash kale before storing. When you're ready for juicing, simply wash and use the entire leaf. However, if you're making a delicate salad, use only the leaves and either discard the stems or save them for juicing.



## orange-carrot JUICE with greens

G/D

While I usually stick to juice recipes that are green in color, drinking your carrots is highly beneficial.

🍋 **Optional addition:** 1 orange, quartered. Your need for additional fruit should lessen each day, but eat this fruit if your blood sugar is low.

### INGREDIENTS

2 medium carrots, tops and bottoms removed

1 cucumber

Small handful of spinach (½ bunch)

⅛ pineapple or 1 cup (165g) pineapple chunks

½ orange, peeled

¼ lemon, peeled, remainder reserved for morning lemon water

Dash of turmeric powder (½ tsp or less)

- 1 Wash the carrots, cucumber, and spinach.
- 2 Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 3 Run all ingredients except turmeric through your juicer and scrape off foam (if desired).
- 4 Add turmeric, stir, and enjoy!



## raw salsa & veggies

G/D

Raw salsa is very easy to make, especially in a high-speed blender or a Vitamix. Once you have the basics down, you can have fun adding interesting ingredients, like pineapple, or substituting tomatillos for the roma tomatoes.

### INGREDIENTS

*Salsa:*

½ sweet onion, roughly chopped

¼ bunch of cilantro, leaves only

1 to 2 garlic cloves

½ jalapeño, seeded and roughly chopped

4 roma tomatoes, quartered

Juice of ½ lime

Sea salt and pepper, to taste

*Veggies for dipping:*

½ cup (60g) carrot sticks

½ cup (50g) celery sticks

½ cup (45g) sliced red bell pepper

- 1 Combine the onion, cilantro, garlic, and jalapeño in a high-speed blender or Vitamix, and run on high until minced.
- 2 Add tomatoes and lime juice and pulse until it reaches desired consistency.
- 3 Season with salt and pepper to taste.
- 4 Dip the carrots, celery, and red peppers in the salsa, and enjoy!

### 🕒 TIME SAVER

Many grocery stores now carry pre-made raw salsa. Be sure it says “fresh” and “raw,” as most salsa is cooked or includes cooked ingredients.

subheads are uc/lc with colons here



# raw guacamole TACOS

These tacos are so fun and should hit the spot for Tex-Mex night. A Texas staple, guacamole is also a wonderful raw, vegan dip. It works perfectly as the base in a romaine lettuce wrap.

## INGREDIENTS

### *guacamole*

2 avocados, chopped

2 roma tomatoes, chopped

¼ red onion, finely chopped

1 to 2 garlic cloves, finely chopped

½ jalapeño, seeds removed and finely chopped

½ bunch of cilantro, leaves only, chopped

Juice of ½ lime

Sea salt and pepper, to taste

Dash of cayenne pepper (optional)

### *tacos*

4 to 5 heart of romaine leaves

2 to 3 tbsp raw pumpkin seeds

1 cup (50g) sprouts (any kind)

subheads are lowercase no colon here

G/D

- 1 Combine avocado, tomatoes, onion, garlic, and jalapeño in a small bowl. Stir with a fork until the avocado is chunky.
- 2 Add the cilantro and lime juice, then season with salt and pepper to taste.
- 3 If you like spice, add a dash of cayenne and mix well into the guacamole.
- 4 Arrange the romaine leaves on a plate, and add a scoop of guacamole on each leaf. Top with pumpkin seeds and sprouts.
- 5 To eat, fold up the sides of the leaf like a taco, and enjoy.

## 🕒 TIME SAVER

Most grocery stores now carry pre-made fresh guacamole that will save you the time of making it on your own. Be sure that it is freshly made and not something in a vacuum-sealed package, which will not be fresh or necessarily raw.

DAY

3

Welcome to Day 3 of your cleanse. You should really have the hang of things now. You should also start to experience increased mental clarity as your body continues to eliminate toxins. Your intestines should be getting into more of a rhythm now, as you develop new habits. By Day 3, you might also start noticing an awakening of your taste buds. You'll really start to taste all the fresh fruit and veggies. While your green juice should be sustaining your appetite for longer periods now, I often find it comforting to chew something during lunch. If I have extra fruits or veggies at lunch, I skip having them with my snack.

BREAKFAST



**1 glass of lemon water  
(12 ounces/355ml)**

Your bowels should be much happier now, moving either at night after your big raw dinner or first thing in the morning. It is still always a good idea to drink a big glass of water upon rising for immediate hydration.

**1 cup of green tea  
(8 ounces/235ml)**

Green tea is optional, so if you are not experiencing any caffeine headaches, feel free to skip it.

**1 glass of Fall Morning Green Juice  
(16 ounces/475ml)  
(see recipe on page XX)**

By now, you are hopefully really enjoying and looking forward to your green juice each morning. I really love the simplicity of this recipe. While any apple will work, try using a Fuji apple. It's a bit crisper, while not too sweet. But, if it does start to taste too sweet, try cutting the apple in half.



# kale- zucchini green JUICE

LUNCH

G/D

Zucchini is a wonderful substitute for cucumber in a green juice, and it adds a nice creamy texture. While it is technically a summer vegetable, it usually peaks late in the season and can often be found at early-fall farmers markets.

🍏 **Optional addition:** 1 Granny Smith apple, sliced.

## INGREDIENTS

- 1 zucchini
- 4 to 5 kale leaves
- 1 Granny Smith apple
- ¼ lemon, peeled, remainder reserved for morning lemon water (optional)

- 1 Wash the zucchini, kale, and apple.
- 2 Cut and core the apple and cut into pieces that will fit through the juicer.
- 3 Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

Jalapeños have so many fantastic nutrients, including high doses of vitamin C. In fact, one small jalapeño provides a day's worth of vitamin C. Adding a bit of jalapeño to a green juice really mixes things up and adds a fun new dimension.

🌿 **Optional addition:** 1 to 2 cups (135 to 270g) chopped cucumber (add sea salt for flavor). Again, if you don't need extra veggies, skip it.

#### INGREDIENTS

½ cucumber

3 to 4 celery stalks, bottoms removed

4 to 5 kale leaves

¼ jalapeño or more if desired, seeded (optional, but recommended)

⅓ pineapple or 1 cup (165g) pineapple chunks

⅛ tsp sea salt (optional, but recommended)

## pineapple-jalapeño green JUICE

D  
G

- 1 Wash the cucumber, celery, kale and jalapeño.
- 2 Top and tail the pineapple, peel it, and cut into pieces that will fit through your juicer.
- 3 Run all ingredients except jalapeño through your juicer.
- 4 Add ¼ portion of jalapeño and taste to check spice level. If more spice is needed, add more jalapeño a little at a time until the desired spiciness is obtained.
- 5 Scrape off foam and sprinkle with sea salt (if desired), stir, and enjoy!



D  
G

## avocado SOUP

My husband, Kirk, made up this little gem. Although he definitely prefers grilling to any other form of food preparation, he sometimes comes up with some ingenious raw dishes. This is so simple and takes only seconds to prepare, yet it is extremely satisfying.

#### INGREDIENTS

½ avocado (pit removed)

1 tbsp raw hulled pistachios

Almond oil (or other nut oil), for drizzling

Sea salt, to taste

- 1 Sprinkle avocado with pistachios, then drizzle with almond oil.
- 2 Season with salt to taste and enjoy!



# heavenly herb SALAD

This salad is one of my all-time favorites—it's like a comfort food. The mixture of avocado and almonds makes it hearty and filling. But for me, the essence of a salad is in its herbs, and this one has all three of my favorites: mint, basil, and cilantro. One of my dear chef friends, John Cain, requests that I make this salad for him frequently. It is so fun to watch him eat it, as he makes cute happy noises the entire time. I think that he too is completely seduced by the heavenly combination of herbs.

## INGREDIENTS

Bowl of baby mixed greens (such as red and green romaine)

Handful of mint (6 to 7 leaves), finely chopped

Handful of basil (6 to 7 leaves), finely chopped

Handful of cilantro leaves (from 5 to 6 stems), finely chopped

1 small avocado or ½ large avocado, diced

1 tbsp dried currants

1 tbsp roughly chopped almonds

1 tbsp almond oil

1 tsp agave nectar

Juice of ½ lime

Sea salt, to taste

G/D

- 1 Combine the mixed greens, mint, basil, and cilantro in a salad bowl and toss.
- 2 Add the avocado, currants, almonds, almond oil, agave nectar, and lime juice and toss gently.
- 3 Season with salt to taste, and enjoy!

DAY

4

Today is your day. You should feel fully energized and totally comfortable with this new way of eating. My hope is that, as you return gradually to your former eating habits, you will take with you several of your new habits, the most important of which is drinking a green juice every morning.

BREAKFAST



**1 glass of lemon water  
(12 ounces/355ml)**

Your bowels should be running like clockwork now, allowing you to fully absorb the nutrients from all the wonderful fruits and vegetables you're consuming. Keep up your water habit first thing in the morning—not just during a cleanse, but for every single day of your life.

**1 cup of green tea  
(8 ounces/235ml)**

Still optional. If you don't need the caffeine, skip it.

**1 glass of Fall Morning Green Juice  
(16 ounces/475ml)  
(see recipe on page XX)**

Did you wake up craving your morning greens? You should notice a definite change in your "green palate" since the first day of your cleanse. If your morning green juice tastes too sweet, that means you have succeeded in cleansing your body of the toxins that lead to sweet cravings. Good for you! If you continue to drink a green juice every morning, you can start use less and less fruit and move toward a purely green juice (no fruit included). Start today by cutting the apple in half (you may have already begun to do this on Day 3).



red  
bell  
pepper  
JUICE

LUNCH

G/D

Red peppers are not only full of vitamin C and other antioxidants, they also give wonderful sweetness to a green juice.

🍋 **Optional addition:** 1 cup (150g) of chopped red peppers. Eat the chopped peppers if your lunch juice doesn't satiate you.

**INGREDIENTS**

3 to 5 celery stalks, bottoms removed

Big handful of spinach (2/3 bunch)

2 to 3 romaine leaves

1 red bell pepper

Handful of parsley leaves (from 3 to 4 stems)

1/4 lemon, peeled (optional)

**1** Wash the celery, spinach, romaine, bell pepper, and parsley.

**2** Remove the top and seeds from the bell pepper and cut into pieces that will fit through your juicer.

**3** If you need to cut the greenness, use 1/4 lemon. If not, skip it.

**4** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!





## broccoli green JUICE

When my son, Cooper, was young, I used to steam broccoli for him and he would only eat the tops—or the “trees,” as he called them. Trying to find a use for the remaining broccoli stalks, one day I threw a stalk in the juicer with my morning green juice. I was hooked.

### INGREDIENTS

- 1 cucumber
- 3 celery stalks, bottoms removed
- 3 to 4 kale leaves
- ½ stalk of broccoli (no floret)
- Handful of basil (6 to 7 leaves)
- ½ lemon, peeled (optional)

$\frac{D}{G}$

- 1** Wash the cucumber, celery, kale, broccoli, and basil.
- 2** If you need to cut the greenness, use ½ lemon. If not, skip it.
- 3** Run all ingredients through your juicer, scrape off foam (if desired), and enjoy!

### SUPERFOOD HIGHLIGHT: broccoli

With an impressive lineup of nutrients, including high quantities of vitamins A and C, broccoli is also packed with potassium, calcium, and iron. Researchers are constantly studying the wonderful cancer-fighting qualities of broccoli along with its ability to help lower cholesterol. Broccoli also contains the all-important vitamin D which can assist with the continued vitamin D deficient epidemic in America. To store, place broccoli in a plastic bag, removing as much of the air from the bag as possible. It should stay fresh in the fridge for up to ten days, but be sure to store it dry.

## raw butternut squash SOUP

Time for some delicious raw soup! This recipe is a raw version of my favorite holiday vegetable dish, which I prepare for both Thanksgiving and Christmas. The cooked version involves a baked butternut squash garnished with dried or fresh cranberries and wilted garlic spinach. I was determined to recreate these wonderful flavors in the form of a raw soup. If you've been using a Vitamix, you should now be deeply in love. It's a fantastic tool for making soups. If you don't have one, use a high speed blender. By this point in the cleanse, you may want a little something warm in your tummy, so I recommend the extra step of heating this soup a bit on the stove.

### INGREDIENTS

- ½ small butternut squash, peeled and cubed
- ½ medium avocado or 1 small avocado
- 1 cup (235ml) filtered water
- 1 tbsp extra-virgin olive oil
- 2 tbsp maple syrup
- 1 garlic clove
- Sea salt and pepper, to taste
- Handful of dried cranberries (for garnish)

$\frac{D}{G}$

- 1** Combine the butternut squash, avocado, water, olive oil, maple syrup, and garlic in a high-speed blender or Vitamix.
- 2** Blend on High until smooth, adding more water as needed until it reaches desired consistency.
- 3** Season with salt and pepper to taste.
- 4** If you would like a warm soup while keeping it raw, pour it into a saucepan on the stove and heat over the lowest possible temperature. Stir constantly until the soup is warm to the touch, and remove immediately. Ladle into a bowl and garnish with pepper and dried cranberries.



## crunchy rosemary SALAD

These wraps are super basic and very easy to assemble. Romaine wraps are my go-to meal when I don't have time to prepare a more sophisticated salad. These contain all the flavors of a salad, but without all the chopping and tossing.

### INGREDIENTS

5 heart of romaine leaves

2 tbsp whole-grain mustard

1 avocado, sliced

1 medium carrot, thinly sliced or shredded

G/D

**1** Arrange the romaine leaves on a plate and spread a small amount of mustard on each leaf.

**2** Distribute avocado and carrot evenly onto each leaf.

**3** To eat, wrap the sides of each leaf inward to cover the filling, and enjoy!

**CONGRATS!** You have successfully completed your Fall 4-Day Green Juice and Raw Food Cleanse. Your intestines, body and mind should be thanking you now. You should be feeling more energized than ever. In addition you should notice that you have more mental clarity and even a nice glow to your skin. For information and recipes that will help you maintain the wonderful benefits of your cleanse and help you transition to post-cleanse eating, please turn to page XXX.



## CHAPTER 7

# maintaining POST CLEANSE

Congrats on completing your 4-Day Cleanse! If this is your first cleanse, then extra congratulations are in order. You may be asking yourself: Now what?! This chapter will provide a detailed roadmap for easing back into more mainstream eating, while at the same time maintaining some of your newfound healthy eating habits.

You should now be a champion juicer. Hopefully you have perfected your Morning Green Juice. If you only pick up one habit during your cleanse, make it this one. Drinking a green juice every morning should be a lifelong routine—and it'll pay off for the rest of your life. If you are burned out on using your juicer, switch to a bottle of ready-made Daily Greens juice. Any of the 16-ounce Daily Greens green juices are a great substitute for a homemade juice. They also have a longer shelf life, as a result of the high-pressure process (HPP) used to make them FDA compliant and grocery-store ready. This process does not reduce any nutrients, but it does kill the bacteria that normally start the fermentation process, thereby extending its shelf life significantly. You should also continue your morning routine of drinking a 12-ounce (355 ml) glass of water with lemon upon rising. And if you're up for it, I strongly recommend you stay off the coffee and continue having a cup of green tea in the morning. If this is not quite strong enough for you, try a stronger tea, such as black tea, which has a bit more caffeine yet doesn't have the laxative and dehydrating effects of coffee.

## DAY 1

On your first day post cleanse, whatever you do, please do not go out and eat a hamburger or other hefty serving of meat. You will seriously regret it. It will bring your newly cleansed intestines to a screeching halt and put you into an instant food coma, likely making you feel very ill.

Instead for lunch on your first day post cleanse, I highly recommend sticking with a raw salad. A good choice would be one of your favorite dinner salads from the cleanse. However, any raw salad will work. If you are eating out at a restaurant, which is always fun after eating at home for four days, just order the biggest salad on the menu and ask them to hold the cheese and the animal protein. You will not be ready for either of these yet, and any animal-based protein will make you feel really sluggish and sleepy. This tends to happen because all of your blood will rush to your stomach to begin some hefty digestive activity. So stay light and skip the animal protein today.

For dinner, I recommend moving gradually back into cooked food by consuming a plant-based cooked dinner. This will ease you back into your more typical diet without burdening your newly cleansed intestines with hard-to-digest foods like grains and animal proteins. Some recipes appropriate for your first post-cleanse dinner can be found on pages TK-TK.

It is worth noting that this Day 1 Post Cleanse Menu is actually the way I usually eat on a day-to-day basis. While I maintain a 100 percent plant-based diet, I do not eat 100 percent raw. There is great benefit, I find, in cooking some vegetables that are not palatable in their raw form. For example, potatoes, legumes, and whole grains would all be missing from my diet because they're inedible raw, yet these foods supply vital nutrients as well as protein to a plant-based diet. However, I do try to limit

my consumption of "cooked" plants: I only eat them in my evening meal. Since cooked plants take longer to digest than raw plants, eating them only at night allows that slower digestion to occur as I sleep, avoiding the noticeable drop in energy I would experience during the day. This type of diet is commonly referred to as "raw until dinner." If you're still fired up from your 4-Day Cleanse and want to continue with this way of eating, linger as long as you want in the raw-until-dinner phase. I love it so much that I have adopted it as my lifelong way of eating.

## DAY 2

On Day 2 post cleanse, I usually recommend slowly reintroducing grains and dairy—that is, if you plan to go back to consuming dairy at all. Dairy is one of the single most inflammation-causing foods you can consume, so if you have trouble with inflammation or other allergies, I would highly recommend that you consider becoming dairy free. See page XXX for more information about going dairy free.

As stated previously, in the morning I hope you will continue your routine of a glass of lemon water, followed by green or black tea (instead of coffee) and a 16-ounce (475 ml) glass of Morning Green Juice. Midday, even when you fully return to a more normalized diet, I recommend that you consider eating much lighter for lunch. Consider how great you have felt on your cleanse during the day: This was because you were not burdening your digestive tract with large quantities of hard-to-digest foods like animal protein and grains. Digesting these types of foods can consume more than 50 percent of your energy, leaving you feeling very tired and low-energy in the middle of the day when you are trying to get things done. Save the animal protein and grains for dinner. For three additional raw vegetable salads that are hearty and should assist you in assimilating, see pages TK-TK.

For dinner on your second day post cleanse, I recommend adding back cooked grains or easy-to-digest animal protein like eggs. However, I would pick either grains or eggs to add to dinner, not both, as they do not mix well from a digestion perspective. Animal protein activates acidic digestive enzymes, while grain carbohydrates activate alkaline digestive enzymes. When mixed together, these digestive enzymes neutralize each other, making it difficult for either to digest and causing a logjam in your digestive tract. (For example, this is why beans usually cause gas: Beans are half-protein and half-grain carbohydrate, so they trigger both acidic and alkaline digestive enzymes that neutralize and allow the beans to sit in your gut for a long time fermenting and putting off gas. Yuck. I try to limit my consumption of beans, as they usually make my intestines very unhappy). For some great seasonal recipes to choose from, see pages TK-TK.

## DAY 3

If a salad is not cutting it for you for lunch, try adding grains to lunch by swapping out your salad for a whole-grain vegetable sandwich. I make a mean Hungry Girl Sandwich (or Hungry Guy Sandwich, as the case may be; see page TK) that would fill up and satiate a linebacker. By incorporating cooked whole grains back into your lunch, you will feel more satiated. But be careful not to fall into the trap of making it a full-on meat sandwich: That will stop you in your tracks and send you straight to a siesta or mid-afternoon nap. For a couple of hearty vegetable sandwiches that will make you very happy, see pages TK-TK.

On Day 3, I recommend reintroducing fish or meat. While I am 100 percent plant-based, it is not something that I necessarily recommend for others. For most, it is difficult to feel fulfilled and satiated by

a diet consisting solely of plants. However, I would encourage you to consider eating less meat in your day-to-day diet. Try limiting your fish or meat consumption to only dinner. There are several reasons for this. First, I promise you will feel better. By saving fish or meat for your evening meal, you will be giving your body all night long to digest the animal protein. Meat and fish, unlike fruits and vegetables, take hours to digest and require massive amounts of energy to process. Since cooked plants take longer to digest than raw plants, eating them only at night allows that slower digestion to occur as I sleep, avoiding the noticeable drop in energy I would experience during the day. Second, by limiting fish or meat to only once per day, you are eliminating a large number of toxins from your system. When you eat fish or meat, your body has to process and attempt to dispose of the pesticides, hormones, and antibiotics dwelling in the animal protein. So restricting your fish and meat intake reduces stress on vital organs like your kidneys and liver.

If you are going to consume animal protein, I always recommend fish over any other kind. It is easier to digest, thus putting less stress on your vital organs. It is also lower in calories and bad fats, while still containing lots of the good stuff like healthy Omega-3 and Omega-6 fatty acids. But don't forget your veggies! Consider eating a cooked vegetable meal with meat or fish as your side dish, focusing on your newfound love for vegetables.



I love the combination of oranges and pomegranate seeds in the winter with sweet winter kale. This salad is so fun to make with winter-early spring kale from the farmers market.

#### INGREDIENTS

- 1 orange
- 2 tbsp extra-virgin olive oil
- 1-inch (2.5 cm) piece ginger root, minced
- 1 tsp agave nectar
- 4 to 5 kale leaves, torn into bite-size pieces
- Sea salt and pepper, to taste
- ½ lemon
- 1 pomegranate, seeds only
- ¼ cup (30g) almond slivers

## kale orange SALAD

G/D

- 1** Peel the orange and remove slices from membrane, collecting the juice as you do so. Set aside the orange slices.
- 2** To make the dressing, whisk together the orange juice, olive oil, ginger, and agave nectar in a small bowl. Set aside.
- 3** Place the kale leaves in a salad bowl and season with salt and pepper.
- 4** Squeeze lemon juice onto the kale leaves, and massage the juice into the kale to break it down a bit.
- 5** Toss in orange slices, pomegranate seeds, and almond slivers.
- 6** Pour the dressing over the salad and toss gently. Season with more salt and pepper to taste, and enjoy!



## heirloom tomatoes & cucumber SALAD

G/D

My favorite local Community-Shared Agriculture (CSA) farmer in Austin, Texas, Johnson's Backyard Farm, grows the most amazing heirloom tomatoes. In this salad, they pair beautifully with cucumbers and dill.

### INGREDIENTS

- 1 cucumber, peeled and chopped
- 1 to 2 heirloom tomatoes, sliced into bite-size pieces
- 2 to 3 green onions (bulb and top), thinly sliced
- Handful of dill (from 3 to 4 sprigs)
- Sea salt, to taste
- 2 tbsp extra-virgin olive oil
- 1 tbsp white vinegar
- Pepper, to taste

- 1** Combine cucumber, tomatoes, onions, and dill in a salad bowl. Season with salt to bring out the flavors in the tomatoes and cucumbers.
- 2** To make vinaigrette, combine the olive oil and vinegar in a separate bowl, and season with salt and pepper to taste.
- 3** Pour the vinaigrette over the salad, toss gently, and enjoy.



## sweet collard greens summer SALAD

G/D

This is such a fun late-summer or fall salad. I was inspired to use collard greens in a salad when I had extra on hand. This turned out so fresh with a hint of sweetness. While I generally try to stay away from using vegan substitutes for animal products, I do love the products made by Follow Your Heart—in particular, their Veganise, which is a staple in my fridge.

### INGREDIENTS

- 4 to 5 collard green leaves, thinly sliced
- ¼ cup (22g) dried apple slices
- 2 tbsp dried cranberries
- 2 tbsp almond slivers
- 2 tbsp Veganise dressing (such as Follow Your Heart brand)
- 2 tbsp filtered water
- 1 tbsp agave nectar

- 1** Combine collard greens, dried apples, dried cranberries, and almond slivers in a salad bowl. Toss to combine.
- 2** To make the dressing, combine the Veganise, water (to thin it out), and agave nectar (to sweeten it up). Whisk together and test it for sweetness. If more sweetness is desired, add a touch more agave nectar.
- 3** Pour the dressing over the salad and toss, making sure the collard leaves are coated well.

Sometimes, a good old-fashioned sandwich really hits the spot. When making a sandwich, I always try to use whole-grain breads instead of refined breads. One favorite is the sprouted Ezekiel grain breads made by Food for Life. Because the grains are sprouted, they have more nutrients than regular grains plus additional fiber. I find them very filling.

### INGREDIENTS

2 slices of sprouted-grain bread  
 1 tbsp Veganise dressing (such as Follow Your Heart brand)  
 ½ avocado, sliced  
 ½ medium tomato, sliced  
 1 to 2 butter lettuce leaves  
 1 to 2 basil leaves  
 Handful of sprouts (any kind)

## shauna's hungry girl (OR GUY) SANDWICH

- 1** Spread the sprouted-grain slices with Veganise.
- 2** Add the avocado and tomato slices.
- 3** Layer on the lettuce and basil leaves.
- 4** Add sprouts, close up the sandwich, and enjoy



## portobello mushroom SANDWICH

I love grilled portobello mushrooms, and they make a very hearty sandwich with tons of flavor. This recipe has a few more steps than my usual recipe, but trust me, it's worth it!

### INGREDIENTS

1 portobello mushroom  
 1 tbsp balsamic vinegar  
 4 tbsp extra-virgin olive oil, divided  
 ½ red bell pepper, sliced  
 Sea salt and black pepper, to taste  
 1 big bunch of basil  
 ¼ cup (35g) pine nuts  
 2 slices of whole-grain bread (preferably sprouted grain)

- 1** Preheat the oven to 400°F (200°C).
- 2** To marinate the mushroom, pour balsamic vinegar and 1 tablespoon of olive oil into the center of the upside-down mushroom and let stand for a few minutes.
- 3** Brush the bell pepper slices with olive oil and season with salt and pepper.
- 4** Place the mushroom and red pepper into a baking dish, cover with foil, and bake for about 20 minutes or until both are tender.
- 5** To make a vegan pesto, combine the basil, pine nuts, and remaining 2 to 3 tablespoons of olive oil in a high-speed blender or Vitamix. Blend on high until smooth, approximately one minute. Season with salt and pepper to taste. Add more oil as needed to reach desired consistency.
- 6** When ready to prepare your sandwich, toast the bread and coat each slice with pesto.
- 7** Layer the mushroom and roasted red peppers onto one slice of bread, close up your sandwich, and enjoy!



# winter sweet potato- asparagus CASSEROLE

When you are vegan, you learn that it is best to bring your own dish to all potluck events, especially brunch events in Texas, which tend to mostly consist of bacon and egg tacos. My good friend Jennifer Anderson introduced me to this wonderful plant-based casserole, which is always a huge hit at potlucks, particularly at brunch, but also makes for a very filling dinner dish. Allow yourself about forty-five minutes baking time, but it takes less than ten minutes to prep.

## INGREDIENTS

- 2 sweet potatoes, peeled and cubed
- 1 bunch of green asparagus, cut into 3-inch pieces
- 3 to 4 garlic cloves, minced
- Handful of fresh thyme leaves (from 2 to 3 sprigs), finely chopped
- 1 to 2 plant-based sausages (such as Field Roast brand)
- 3 to 4 tbsp extra-virgin olive oil
- Sea salt and pepper, to taste

- 1 Preheat the oven to 425°F (220°C).
- 2 Arrange the sweet potatoes in a glass casserole dish.
- 3 Arrange the asparagus on top, then sprinkle with garlic and thyme.
- 4 Break up the sausage into bite-size chunks and sprinkle over the top.
- 5 Drizzle olive oil over the casserole, distributing evenly across the surface. Season with salt and pepper.
- 6 Place foil over the casserole and bake for 45 minutes or until the sweet potatoes are soft. Remove foil and bake a few more minutes until everything is a bit crispy.



I came up with this recipe one day on the fly, when I didn't have time to hit the grocery store and only had a random assortment of vegetables in my crisper drawer. It turned out so great that this is one of my frequent standbys when I'm in a hurry and the fridge isn't fully stocked. I simply use what I have on hand and mix and match the veggies for an Asian-inspired stir-fry. This recipe uses my favorite veggies, but almost any vegetable can serve as an acceptable substitute.

## INGREDIENTS

- ½ container firm tofu
- 3 tbsp sesame oil, divided
- 3 tbsp raw almond butter, divided
- 4 to 5 tbsp raw soy sauce (nama shoyu), divided
- 2 garlic cloves, minced
- 1 tbsp minced fresh ginger root
- 2 to 3 green onions, thinly sliced
- 1 head bok choy (or cabbage or zucchini), roughly chopped
- 3 mushrooms (any kind), roughly chopped
- 1 cup (70g) broccoli florets, chopped
- ½ medium carrot, thinly sliced or shredded
- Dash of cayenne to taste (optional)
- Handful of cilantro leaves (from 5 to 6 stems), torn into pieces

# asian STIR FRY

**1** Squeeze the excess water out of the tofu and cut into bite-sized chunks.

**2** Heat 1 tablespoon of sesame oil in a wok or large non-stick sauté pan over high heat.

**3** Add 1 tablespoon of almond butter, 1 tablespoon of soy sauce, and tofu to wok and stir until tofu is crispy on the outside. Remove from wok and set aside.

**4** Add remaining sesame oil, remaining almond butter, garlic, ginger, and green onions. Stir until crispy.

**5** Add all the remaining vegetables and stir constantly.

**6** After a couple minutes, add the remaining soy sauce. If desired, sprinkle with a dash of cayenne to add spice.

**7** Stir until vegetables are crispy but not fully cooked. (You don't want to cook all the nutrients out of your vegetables.) When vegetables are almost done, toss in the tofu and stir until warm.

**8** Remove from heat and serve garnished with cilantro.





## summer grilled SALAD

G/D

During the summer, all my friends and family are usually grilling burgers and hot dogs outdoors. Not wanting to miss out on the fun, I decided to come up with my own grilled plant-based dish.

### INGREDIENTS

- 1 head of romaine lettuce
- 1 head of radicchio lettuce
- 4 to 5 tbsp extra-virgin olive oil
- Sea salt and black cracked pepper, to taste
- 1 package (roll) of polenta
- 1 tbsp raw apple cider vinegar (I recommend Bragg's)
- 1 tbsp whole-grain mustard
- 1 green onion, thinly sliced

- 1** Prep the grill to normal grilling temperature.
- 2** Separate the romaine leaves and chop the head of radicchio in half. Brush each leaf and each radicchio half with olive oil and sprinkle with salt and pepper.
- 3** Slice the roll of polenta lengthwise into three or four slices that are each about 1-inch (2.5 cm) thick. Brush the polenta slices with olive oil and sprinkle with salt and pepper.
- 4** To prepare a dip or dressing for the grilled vegetables, combine 3 tablespoons of olive oil with the apple cider vinegar, mustard, and green onion and whisk until well mixed.
- 5** Grill the lettuce and polenta, taking care not to burn them. The lettuce should just be wilted in order to get a grilled flavor.
- 6** Roughly chop the grilled romaine, radicchio, and polenta and combine on a plate or serving platter.
- 7** Pour the dressing over the salad and toss, or use as a dip.

## autumn butternut squash WITH SPINACH

G/D

I came up with this dish for our annual Halloween potluck gathering at a dear friend's house. Her husband is a chef and other chef friends attend, so the dishes are always fantastic and I wanted to duly impress all my chef friends. I have always loved to bake butternut squash, which is the sweetest of all the fall squashes. I love how the sweetness of the squash in this dish combines with the bite of garlic and the bitterness of the spinach. This has become such a hit that I usually make it for Thanksgiving and Christmas holiday potlucks as well. I have sized this recipe down to make a hearty dinner for one.

### INGREDIENTS

- ½ butternut squash, seeded
- 3 tbsp extra-virgin olive oil, divided
- 1 tbsp maple syrup
- 2 tbsp dried cranberries
- 2 tbsp pine nuts
- 1 bunch of spinach, stems removed, or 1 bag of baby spinach
- 2 to 3 garlic cloves, minced

- 1** Preheat the oven to 425°F (220°C).
- 2** Place the squash half into a small glass casserole dish and add 1 tablespoon of olive oil and maple syrup into the center hole of the squash.
- 3** Cover with foil and bake for 45 minutes or until squash is soft (check for doneness by inserting a knife into thickest portion of squash to make sure it is soft all the way through).
- 4** Meanwhile, in a medium non-stick sauté pan, sauté the cranberries and pine nuts in 1 tablespoon of olive oil until the pine nuts are brown. Remove and set aside.
- 5** Heat the remaining olive oil in the same sauté pan. Add the minced garlic and sauté for 1 minute or until brown.
- 6** Add the spinach and sauté for 2 to 3 minutes, mixing with the garlic, until the spinach is wilted but not cooked.
- 7** To serve, place the butternut squash on a plate or serving platter and arrange the wilted spinach around the outside. Sprinkle the squash with pine nuts and cranberries, and enjoy!



# warm spinach & eggs

(aka breakfast for dinner)

G/D

Although I don't eat eggs myself anymore, I do prepare them frequently for my husband and son. Eggs are a wonderful source of protein. Out of all the animal proteins, they are the most easily digested and assimilated by the body. As such, eggs are a great transition food as you move back into heavier animal proteins. (Plus, it's fun to eat eggs for dinner instead of breakfast!) However, a word of caution: As discussed earlier, do not combine eggs with grains, as animal proteins and grains eaten together significantly slow down the digestive process. For example, eggs and toast, when combined together in one meal, can take up to eight hours to digest. So skip the toast and eat these delicious eggs with vegetables instead.

## INGREDIENTS

- 2 to 3 eggs
- Dash of cayenne pepper (optional)
- 2 tbsp olive oil, divided
- 1 green onion, thinly sliced
- 1 to 2 garlic cloves, minced
- 1 bunch of spinach, stems removed, or 1 bag of baby spinach

**1** Whisk the eggs, and add a dash of cayenne if you like spice.

**2** Heat 1 tablespoon of olive oil in a sauté pan over medium heat. Scramble the eggs, being sure not to overcook them. Set aside on a plate.

**3** In the same pan, add the remaining olive oil, green onions, and garlic and cook for 1 minute or until slightly brown.

**4** Add the spinach and cook for a minute or two, until wilted but not fully cooked.

**5** Arrange the spinach on the plate of scrambled eggs, and enjoy!

Soba noodles are my go-to noodle because they are made from buckwheat and are therefore gluten free. Even if you are not gluten intolerant, they are a lot easier to digest and much lighter than traditional pasta. I love to combine soba noodles with any vegetables, but I am especially inspired to combine them with fresh spring vegetables and herbs for a fun Asian-inspired noodle bowl.

### INGREDIENTS

1 package of soba noodles

Sea salt, for boiling water

1 cucumber, peeled and thinly sliced or shredded

1 small carrot, thinly sliced or shredded

1 green onion, thinly sliced

½-inch (1.25 cm) piece ginger root, minced

2 tbsp sesame oil

1 tbsp rice wine vinegar

1 tbsp maple syrup

2 tbsp raw soy sauce (nama shoyu)

1 tbsp black sesame seeds

Sprinkle of red pepper flakes, to taste (optional)

Handful of mung bean sprouts

Handful of basil (6 to 7 leaves), chopped

Handful of cilantro leaves (from 5 to 6 stems), chopped

Handful of mint (6 to 7 leaves), chopped

## asian spring soba NOODLES

D  
G

**1** Boil the soba noodles according to the package directions, adding a bit of salt to really bring out the flavors. Drain and place in a large bowl.

**2** Add the cucumber, carrot, and green onion to the soba noodles and toss to combine.

**3** To make an Asian vinaigrette, whisk together the ginger root, sesame oil, rice wine vinegar, maple syrup, soy sauce, sesame seeds, and red pepper flakes in a separate bowl.

**4** Pour the dressing over the noodles and vegetables and toss until everything is coated.

**5** Add the mung bean sprouts and herbs to the noodle bowl and serve warm or chilled.





# summer quinoa SALAD

Quinoa is a wonderful grain that is high in protein. As a result, it is a wonderful addition to a plant-based diet and is far superior to other grains, which do not contain very much protein. This salad makes a fantastic summer treat using colorful summer vegetables from the farmers market.

## INGREDIENTS

1 cup (170g) quinoa

1 medium carrot, shredded or diced, or ½ cup (60g) shredded carrots

½ red pepper, finely diced

½ yellow pepper, finely diced

½ cup (35g) green cabbage, shredded

½ cup (35g) red cabbage, shredded

Handful of cilantro leaves (from 5 to 6 stems), torn into pieces

Handful of basil (6 to 7 leaves), torn into pieces

2 tbsp sesame oil

1 tbsp raw coconut vinegar or rice vinegar

½-inch (1.25 cm) piece ginger root, minced

1 tbsp black sesame seeds

G/D

**1** Rinse and boil the quinoa for about 15 minutes, or until soft (or follow instructions on package). Transfer to a salad bowl.

**2** Combine all vegetables and herbs with the quinoa and toss well.

**3** To make the dressing, whisk together the sesame oil, vinegar, ginger, and sesame seeds.

**4** Pour the dressing over the quinoa-vegetable mix and toss gently until everything is coated.



# autumn acorn squash & wheatberry SALAD

Wheatberries are the hard kernels from the wheat plant. They are the whole grain, containing the bran, germ, and endosperm. Because they are not refined in any way and are a great source of fiber, I love combining them with fall vegetables for a filling fall meal. Wheatberries need to soak overnight, so keep that in mind if you're going to make this delicious treat.

## INGREDIENTS

- 1 cup (180g) raw wheatberries, soaked overnight
- 1 acorn squash, peeled and cubed
- 3 tbsp extra-virgin olive oil, divided
- Sea salt and pepper, to taste
- 1 tbsp raw whole-grain mustard
- 1 tbsp maple syrup
- 1 tsp lemon juice
- ¼ cup (40g) dried cranberries
- ½ bag of baby spinach or arugula (or combination of both)

G/D

- 1 Boil the wheatberries until soft and edible. This can take up to 30 minutes.
- 2 Preheat the oven to 425°F (220°C).
- 3 Combine the acorn squash with 1 tablespoon olive oil and salt and pepper to taste.
- 4 Transfer to a baking dish or baking sheet and cover with foil. Bake for 30 minutes or until squash is soft. To check for doneness, insert a knife into a squash cube.
- 5 To make the dressing, whisk together the remaining 2 tablespoons of olive oil, mustard, maple syrup, and lemon juice in a small bowl.
- 6 When the wheatberries are done, drain and transfer to a salad bowl.
- 7 Pour the dressing over the wheatberries and toss to coat.
- 8 Add the squash and cranberries and toss gently.
- 9 Add the spinach or arugula and toss gently to combine. Serve hot or cold.



