



YOUR 7 DAY CLEANSE



SPECIAL MESSAGE

"Doing" a cleanse can seem like a very daunting task. But it doesn't have to be! If you have a clear intention as to your WHY and surrender to this fully your cleanse becomes a joyful process. Take **INSPIRED ACTION**, listen and give your body what it needs.

Our temples (bodies) do so, so much for us. This is a way to honor them and thank them for everything they do for us. We only have this **ONE** vehicle in this lifetime. Why not reciprocate by giving it the best of attention through nutrition.

Your temple will thank you tenfold with health and vibrancy.

Aho!

Much Munay!

Carole



DETOXING

Detoxing a body can have unpleasant side effects. I'm not sharing this to scare you, but rather to give you some insight on how your body might react to your cleanse.

The body works hard to rid of all of these elements that are not in it's highest and greatest good. Your body will talk back to you in many ways as it is cleansing. Here are a few ways it might speak to you:

- Constipation/Diarrhea
- Smelly Bowel Movements
- Bad Breath
- Skin Rashes
- Headaches
- Grumpiness
- Impatience
- Emotional Releasing
- Cravings

If you are experiencing some or all these symptoms looks like you were overdue for a cleanse!



PREPARATIONS

The best way to prepare for a cleanse is to follow these tips:

1. Write out in your journal a LOVE letter to your body and tell it why you are doing this with it
2. Decide on which day you will do your preparations,
3. Decide which day you will begin your seven day cleanse
4. Inform your family that you are cleansing, they can choose to do it with you to support you or without you
 - Set clear intentions with your family you will be eating differently and if they choose not to do this with you, then they will fend for themselves. Set your boundaries.
5. Plan your menu for the whole week
 - Make your own snack foods before starting
 - Plan to eat leftovers the following day for lunch or dinner
 - Pick the recipes that are easy and take little time to prepare



PREPARATIONS

6. Make your shopping list

- Check your pantry to see what you already have
- Buy local and organic as much as possible

7. Commit to some sort of gentle movement

- Yoga
- Walking
- Earthing
- Breath work
- Schedule it in your calendar

8. Make time to REST

- This is extremely important for your body will be feeling a little stress as it is removing toxins.
- Take afternoon naps
- Start your nighttime routine around 9 pm
- Be in bed by 10 pm
- Soak in the epsom salts to open the pores to aid in detoxing



ELIMINATE

We want to avoid the following foods for the week:

- ✘ Dairy products: milk, cheese,
- ✘ Meat: beef, lamb, pork, chicken
- ✘ All processed food: anything from a box/can
- ✘ Wheat: all breads & pasteries
- ✘ All non dairy milks that have sugar and preservatives in them
- ✘ Sugar in its numerous forms (exception dates & maple syrup)
- ✘ Caffeine: coffee, black tea
- ✘ Grains: rice, pasta
- ✘ Corn
- ✘ Eggs



ADDING

We want to add the following foods for the week:

- ✓Vegetables mostly greens
- ✓Cilantro & Lime
- ✓Homemade nut/seed milk
- ✓Quinoa
- ✓Lightly steamed, roasted veggies or pan fried
- ✓Stone fruit: anything that is the size of your palm
- ✓White fish beginning and end of cleanse
- ✓Soups
- ✓Smoothies
- ✓Buddha bowls
- ✓Healthy snacks
- ✓Healthy deserts
- ✓Water Water Water
- ✓Healthy fats: coconut, avocado, olive
- ✓Herbs & spices
- ✓LOVE, LOVE, LOVE



GUIDELINES

- The goal for this week is to first eliminate the foods that are difficult to digest and cause inflammation to our bodies.
- Snacking time is just before a meal or immediately after a meal (but not in between). We want to give our bodies time to digest between meals.
- Avoid raw vegetables as much as possible unless it is spinach, kale and herbs
- Lightly steam or roast or boil other veggies
- Do not eat anything after 8pm
- Fast between 12 to 14 hours if possible
- If you feel you need a grain like rice use Quinoa instead. Quinoa is considered a seed and has low glycemic levels.
- Feel free to make up your own meals
- Recipes are here for suggestions
- All herbal teas are good, however no sugar or milk
- Make your own nut milk; it's easy
- You can mix and match your chakra foods, no need to eat a whole day of red root chakra foods all day long...crazy!
- You can protein up with a white fish on your first day and finish off with fish on the last day of cleanse
- Be mindful while you eat; no wifi, tv, cell phones
- Chew your food many times, most digestion can happen in your mouth
- Have FUN!
- Put copious amounts of LOVE when preparing your food
- Let us not forget our food blesses us not we bless our food!



CHAKRAS

Crown Chakra

Problems: unbalanced sleep/wake cycle, feeling disconnected from yourself or others, difficulty meditating or spiritual discomfort

Solution: Fresh air, sunlight, nature, fasting, juicing and pure organic food.

Third Eye

Problems: Depression, poor eyesight, hormone imbalances and poor intuition.

Foods: Purple food, such as, purple potatoes, carrots, plums, grapes, blackberries, spices and chocolate.

Throat Chakra

Problems: Thyroid issues, sore throat, difficulty expressing one's self

Food: Blueberries, blue raspberries, blue spirulina, figs, kelp and sea vegetables.

Heart Chakra

Problems: Heart and lung problems, asthma, allergies and fear of intimacy

Food: Green foods such as broccoli, kale, chard and all leafy greens.

Solar Plexus Chakra

Problems: Gas, bloating stomach and liver issues, eating disorders, lack of confidence, procrastination.

Food: Yellow foods such as peppers, lentils, squash, bananas, quinoa, oats

Sacral Chakra

Problems: Infertility, sexual dysfunction, hip pain, emotional imbalances and creative blocks.

Food: Orange foods such as carrots, oranges, pumpkins, papaya, peaches, mango, salmon, seeds, nuts

Root Chakra

Problems: Colon issues, pain in lower back and legs, varicose veins, emotional issues surrounding money and security.

Food: Root vegetables such as beets, parsnips, rutabaga, red food such as apples, pomegranates, strawberries, cherries





SHOPPING LIST

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SPICES AND HERBS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

GARNISHES

- _____
- _____
- _____
- _____



MENU PLANNING

BREAKFAST

LUNCH

DINNER

SNACKS

Sun

Mon

Tue

Wed

Thu

Fri

Sat

NOTES



MINTY BEET & SWEET POTATO SOUP

INGREDIENTS

- 5 cups water or vegetable broth
- 1-2 tbsp olive oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1 tbsp thyme fresh or dried
- 1-2 tsp paprika
- 2 cups beets, peeled and chopped
- 2 cups sweet potato, peeled and chopped
- 2 cups parsnips, peeled and chopped
- 1/2 tsp sea salt or more to taste
- 1/4 - 1 cup fresh mint
- 2 tbsp toasted nuts or seeds for garnish

PREP TIME: 10MINS
TOTAL TIME: 40 MINS
SERVES: 6

DIRECTIONS

1. In a large pot add oil and heat on high.
2. Add onions and garlic, sauté until soft and fragrant approximately 5 minutes.
3. Add water/ broth, thyme, paprika, beets, sweet potato, parsnips and salt. Cover and leave to gently boil for 30 minutes or until vegetables are soft.
4. Once cooked add mint leaving some aside for garnish. Puree lightly, leaving some chunks for a thicker textured soup.
5. Serve with garnishes of choice. Enjoy!

ROOT CHAKRA

LUNCH/DINNER



STRAWBERRY BOWL

INGREDIENTS

- 1 ½ cups raw cashews (soaked for min. 2 hours)
- ½-¾ cup plant milk
- 3-4 pitted medjool dates
- ½ tsp lemon zest
- 2 tsp lemon juice
- ½ tsp vanilla extract
- Pinch of salt
- 1/2 cup of Organic Strawberries

Nut Crumbs

- ½ cup nuts
- 1 date

NOTE

You can prepare this the night before

DIRECTIONS

1. Combine all ingredients except for the strawberries in a blender.
2. Blend until smooth.
3. Chill in the refrigerator for 1-2hrs.
4. In a food processor combine nuts and dates and process to a course crumb.
5. Garnish chilled cups with nut crumbs and fresh strawberries.

ROOT CHAKRA

BREAKFAST/LUNCH



NUT FREE CRACKERS

INGREDIENTS

- 1 cup seeds (whatever you like/ have, mix it; sunflower, pumpkin, sesame, chia)
- 1 tsp salt
- 2/3 cup cassava flour or teff flour or rice flour
- 1/4 cup olive or avocado oil
- 3/4 cup boiling water

PROCEDURE

1. Mix the dry ingredients.
2. Add oil and mix.
3. Add boiling water and mix.
4. Place between 2 parchment papers and roll.
5. Remove the top paper,
6. Bake at 325F for 30-35 min or until golden

NOTES

Enjoyed best when served with a healthy dip.

Try it with Tzaziki Dip or Hummus!

SACRAL CHAKRA

SNACK



SIMPLE JAMAICAN CURRY

INGREDIENTS

- 6 medium sweet potatoes diced large into 2 inch cubes.
- 2 ½ cups chickpeas (approx. 2 cans)
- 2 ½ tablespoons of your favorite curry powder
- 3 cloves garlic minced
- 1 small yellow onion diced
- 1 jalapeño/scotch bonnet or other pepper of choice finely chopped
- 1 tsp ground allspice
- 1 tsp dried thyme
- 1/2 tsp turmeric powder
- 2 1/2 tsp salt or TO YOUR TASTE
- 2-4 cups water

SACRAL CHAKRA

LUNCH/DINNER

NOTE

This is a large recipe. Cut it in half or store the rest in the freezer for a another day.

DIRECTIONS

1. Add ¼ cup of water to pan and heat on medium high. Add onions and saute for 2-3 minute.
2. Add minced garlic and jalapeno. Saute for an additional 2-3 minutes. Add water as necessary.
3. Add dry spices. Saute momentarily.
4. Add sweet potatoes. Mix to coat potatoes in spices. 2 cups of water. Cover and simmer for 15-20 minutes or until potatoes are soft and breaking slightly (do not overlook). Add chickpeas and simmer for 2-3 minutes.
5. You can add more water in small amounts if necessary. As the potatoes break down slightly the sauce will thicken.
6. Sweet potatoes cook quicker than white potatoes, so take care not to overcook them. You want them to be well cooked, but still have substance. This curry should be thick and saucy.
7. Allow to sit and thicken slightly before eating.



FLOURLESS BREAD

INGREDIENTS

- 1 cup sunflower seeds
- 3/4 cup pumpkin seeds
- 1/4 cup ground flaxseeds
- 1/4 cup chia seeds
- 1/4 cup hemp seeds
- 1/4 cup black & white sesame seeds mix
- 1/4 cup psyllium husk flakes
- 1 tsp salt
- 1/4 cup tahini
- 1 tbs maple syrup
- 1 big squeeze of lemon
- 1 cup filtered water

PROCEDURE

1. Combine the dry ingredients
2. Add wet ones
3. Pour into a 4x8" loaf pan. lined with parchment paper
4. Bake at 375F for 50-60 min

NOTE

Thinly slice and toast and Drizzle a little honey over

SACRAL CHAKRA

BREAKFAST/LUNCH



ROASTED BUTTERNUT SQUASH SOUP

INGREDIENTS

- 2 tbsp coconut oil
- 1 large butternut squash (3-4 lbs)
- 1 small apple or pear, peeled, cored and diced
- 1 shallot, diced
- 4-5 fresh sage leaves (or about 1/2 tsp. dried sage)
- 1/4 tsp. ground ginger
- 1 tsp. dark brown sugar, or maple syrup (optional)
- 4-5 cups low sodium vegetable stock, or water
- salt and pepper, to taste
- pinch of freshly grated or dried nutmeg
- 1 can of coconut milk

Optional:

- Drizzle of roasted hazelnut oil
- Roasted squash seeds
- Toasted nuts

DIRECTIONS

1. Preheat oven to 425 F, and line a baking sheet with parchment paper. Cut the squash in half lengthwise, and scoop out the seeds into a bowl. Do not discard the seeds!
2. Place the squash cut-side up on the baking sheet and brush lightly with oil. Sprinkle with salt, and bake for 60-70 minutes, or until squash is fork-tender. Remove from oven and let rest until cool enough to handle. While the squash is roasting, clean the squash seeds in a strainer under running water, removing all of the stringy pulp and rinsing the seeds thoroughly. Shake the strainer to remove as much water as you can, and set aside.
3. In a large pot or dutch oven, heat the oil over medium-high heat. Add the apple and shallot, and a pinch of salt, and let cook for 4-5 minutes, or until softened. Add the sage leaves and let cook for another 1-2 minutes.
4. Using a spoon, scrape the meat of the squash out of its skin and into the pot. Discard the skin. Add the ginger, brown sugar or maple syrup (if using), and 4 cups of the vegetable stock or water. Bring to a boil, then reduce the heat to low and let simmer for 15-20 minutes

** recipe continued on next page



CONTINUED

DIRECTIONS

5. Meanwhile, reduce the oven temperature to 325f. Lightly grease the parchment paper-covered baking sheet you used for the squash, and spread the seeds into an even layer. Sprinkle with salt (and a dash of any other seasonings you like), and bake for 8-10 minutes, or until the seeds are golden brown, stirring or shaking the pan every 4-5 minutes to keep them from burning. Remove from the oven and set aside.

6. Once the soup is done simmering, puree with an immersion blender until smooth, adding more water or vegetable stock as needed to reach the desired consistency. If you don't have an immersion blender, carefully transfer your soup to a regular blender (in batches, if necessary). Leave a small gap open at your blenders lid to let steam escape, and place a towel over the top to keep it from splattering. Puree until smooth, then return to the pot

7. Add coconut milk and season to taste with salt and pepper and a pinch of nutmeg, mix well.

8. Serve with a drizzle of hazelnut oil, and garnish with roasted squash seeds or pepitas

PREP TIME: 15 MINS
TOTAL TIME: 100 MINS
SERVES: 4-5

SOLAR CHAKRA

LUNCH/DINNER



GOLDEN POWER MILK

INGREDIENTS

- 1/4 cup water
- 2 cups coconut milk (1 can)
- 1/4 tsp ground cinnamon
- 1/2 -2 tsp tumeric
- 3 cloves whole
- 3 green cardamom pods
- 1/8 tsp fennel seeds
- 1/4 tsp fresh/ ground ginger
- pinch of sea salt
- 1 tsp vanilla
- 2 strings saffron (optional)

DIRECTIONS

1. Place cloves, cardamom pods, fennel seeds and fresh ginger in the bowl of the pestle and crush with mortar. Remove cardamom leaves.
2. Add all ingredients into a blender. Blend until well mixed.
3. Top with saffron if desired. Enjoy!

PREP TIME: 5 MINS
TOTAL TIME: 6 MINS
SERVES: 2

SOLAR CHAKRA

BREAKFAST/LUNCH



LEMON POPPYSEED LOAF

INGREDIENTS

- 2 cups almond flour
- 1 ¼ cups oat flour (I use organic glyphosate free oats that I grind in the blender)
- 1 tbs poppy seeds
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp turmeric

- ½ cup lemon juice
- 1 cup pitted medjool dates
- 1 cup plant based milk
- 1 1/2 tsp vanilla extract
-
- 1 tbs lemon zest

Glaze:

⅓ cup date paste

2 tsp lemon juice

1 tsp lemon tsp lemon zest

½ tsp vanilla extract

Water to thin to pourable consistency

Combine ingredients in a bowl. Pour over top of your loaf bread.

DIRECTIONS

Preheat the oven to 350F.

Combine dry ingredients in a bowl and whisk to combine.

In a blender combine dates, plant milk, lemon juice, and vanilla extract. Blend until smooth. Whisk in zest.

Add the wet ingredients to the dry ingredients. Mix to combine. Pour batter into a parchment lined loaf pan.

Bake for 30 minutes and reduce oven temperature to 325F. Continue to bake for an additional 15-20 minutes, or until edges are browned and top is "firm" when pressed gently. Allow to cool in pan until warm (about 20 minutes). Remove and glaze. Enjoy!

SOLAR CHAKRA

BREAKFAST/DESSERT



SUPER GREEN SMOOTHIE

INGREDIENTS

1 -2 cup of nut milk (your choice)

2 inch piece of english cucumber

1 cup of spinach

1/2 cup of kale

1 green apple (w/o core)

1 knob of fresh ginger

1 tsp of cinnamon

1 tsp turmeric powder

1/2 avocado fresh or frozen

Optional:

- 1 tsp moringa powder
- 1 tsp chia seeds
- 1 tsp of hemp hearts
- 1 tbsp of almond meal

PROCEDURE

1. Wash all fruit and greens for the exception of blueberries

2. Place all ingredients into a blender

3. Blend until well mixed

4. Serve in your favorite glass

HEART CHAKRA

BREAKFAST/LUNCH



BROCCOLI SOUP

INGREDIENTS

- 1 tbsp olive oil
- 2 stalks celery, diced about 1 cup
- 1 medium onion, diced about 1 cup
- 1 large head broccoli stems and tops separated. About 6 cups of florets and 2-3 cups of stems
- 1 tsp turmeric
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 6 cups vegetable stock
- 4-6 cups leafy greens spinach, kale, or swiss chard
- 3 tbsp nutritional yeast
- 1 tbsp hemp seeds (optional, for garnish)

PREP TIME: 5 MINS
TOTAL TIME: 25 MINS
SERVES: 6

DIRECTIONS

1. In a large stockpot over medium heat saute onion, celery, and broccoli stems for 5 minutes in olive oil.
2. Add turmeric, salt, and pepper. Saute additional 1 minute.
3. Add stock and broccoli florets, bring to a simmer and cook for 15 minutes or until broccoli is tender.
4. Add leafy greens and allow to wilt (about 1 minute). (optional: reserve a bit of the wilted greens and broccoli florets for garnish)
5. Transfer soup to a blender (or use an immersion blender directly in the pot) add nutritional yeast and puree until smooth and creamy.
6. Serve topped with wilted greens and florets and a sprinkle of hemp seeds.

HEART CHAKRA

LUNCH/DINNER



GREEN ICE CREAM BAR

INGREDIENTS

Crust

- 3/4 cup roasted hazelnuts (or mixed nuts)
- 1 cup chopped Medjool dates or raisins
- sprinkle salt

Cream

- 3/4 cup almond milk
- 1 1/2 cups mixed nuts
- 1/2 lemon, juiced
- 1/4 cup maple syrup
- 1 1/2 tsp spinach (for color, you can use Matcha tea after the cleanse)

DIRECTIONS

1. Combine crust ingredients so they are sticky but not too combined, to keep the texture. Freeze while prepping the rest
2. Place at the bottom of a bread pan with parchment paper
3. Blend your second layer ingredients in a blender, pour and freeze for a few hours
4. Drizzle with some melted dark chocolate (optional)
5. Sprinkle with pistachios if you wish

HEART CHAKRA
DESSERT



AVOCADO CHICK PEA SALAD

INGREDIENTS

- 3 large avocados, semi-firm
- 1 can chickpeas drained, 15 oz
- 1/4 cup of capers
- 1/4 red onion, thinly sliced
- 2 -3 tbsps fresh cilantro, chopped
- 1 lemon, juiced
- Olive oil
- Salt & pepper

DIRECTIONS

1. Slice the avocados and add them to a salad bowl
2. Add in the rinsed chickpeas, sliced onion, capers and chopped cilantro
3. Generously drizzle with olive oil and pour the lemon juice over the top. Season with the and salt & pepper to taste, and the crushed garlic if using
4. Toss everything together and adjust seasoning if needed

Optional:

- 1 clove crushed garlic

NOTE

This is the only exception for canned food. Preferred would be to soak dry chickpeas the night before and cook them the next day.

HEART CHAKRA

LUNCH/DINNER



BERRY BAKE

INGREDIENTS

- 1 banana,
- 1/2 cup oats
- 3/4 cup nut milk (just enough to cover)
- 3 teaspoons of chia seeds
- 1 1/2 cup frozen berry mix
- some shredded coconut

PROCEDURE

1. Mash ripe banana in a shallow oven pan (glass pie plate works)
2. Spread out oats on top
3. Sprinkle chia seeds on top
4. Add nut milk
5. Mix all together
6. Top off with frozen berries and coconut
7. Bake for 25 minutes at 180 C

NOTES

Use full fat coconut milk and a drizzle of maple syrup as a topping

THROAT CHAKRA

BREAKFAST/LUNCH



BLUE MOON SMOOTHIE

INGREDIENTS

- 1 cup blueberries
- 1-2 cups unsweetened full fat coconut milk
- 1/2 tsp cinnamon
- 1/4 tsp freshly grated ginger
- 1 pitted date
- 1 scoop vanilla protein powder (optional)
- 1/2 cup steamed cauliflower florets (optional)

TOPPINGS

- blueberries,
- chia seeds (soak in a little water for easier digestion)
- coconut flakes

PREP TIME: 5 MINS
TOTAL TIME: 15 MINS
SERVES: 1

DIRECTIONS

1. If using cauliflower you will need to steam in a small saucepan and let cool prior to adding into smoothie
2. Combine all ingredients in a blender and blend until smooth.
3. Pour into a bowl and top with the toppings listed or your own creation. Enjoy!

THROAT CHAKRA

BREAKFAST/LUNCH



ANTI-OXIDANT BOMBS

INGREDIENTS

- 1 cup wild blueberries
- 1 tbsp chia seeds
- 3 tbsp maple syrup
- 1 1/4 cups shredded coconut
- 1 bar clean dark chocolate to melt

DIRECTIONS

1. Combine berries, maple syrup and chia in a small pot and stir over low-medium heat.
2. Let it bubble and thicken, mash a bit until jam is formed.
3. Add coconut and possibly 1 more tbsp maple syrup and some more wild blueberries if you wish
4. Create the shape you like, dip into chocolate and let it set

THIRD EYE CHAKRA
DESSERT/SNACK



CREAMY CAULIFLOWER SOUP

INGREDIENTS

- 3 tablespoons extra virgin olive oil
- 2 large leeks, root and tough dark green tops removed, cleaned and medium chopped
- 2 stalks celery, medium chopped
- 3 cloves garlic, finely chopped
- 1 large head of cauliflower, cut into 2-inch florets
- 1 quart (4 cups) vegetable stock
- 3 cups purified water or more stock (more or less liquid as needed)
- 1 bay leaf
- 1 1/2 teaspoons red wine vinegar
- 1 tablespoon fine sea salt
- 1 teaspoon coarse black pepper,
- finely chopped chives for garnish

PREP TIME: 15 MINS
TOTAL TIME: 50 MINS
SERVES: 8

Recipe from elizabethrider.com

DIRECTIONS

1. In a large soup pot or dutch oven, heat the olive oil over medium-high heat.
2. Add the leeks, celery, and a big pinch of salt and sauté until soft, about 5-6 minutes.
3. Add the garlic, stir, and cook another minute until very fragrant, being careful not to burn the garlic.
4. Add the stock, 2 cups water, 2 teaspoons sea salt, 1/2 teaspoon pepper and the bay leaf, then bring to a boil.
5. Add the cauliflower florets and turn the heat to medium; simmer 30 minutes until the cauliflower is fork tender.
6. Discard the bay leaf. Puree the soup with a hand blender, or in small batches in a high-speed blender or food processor until very smooth.
7. Add the pureed soup back to the pot and stir in vinegar and 1/2 to 1 cup more stock or purified water (depending on desired texture.)

CROWN CHAKRA

LUNCH/DINNER



ZUCCHINI HUMUS

INGREDIENTS

2 cups zucchini, peeled and diced
2 garlic cloves
¼ cup tahini
¼ cup Raw Cashews
3 tbs. lemon juice
1 tbs. cumin
¼ tsp. paprika
pinch sea salt

TOPPINGS:

1 tbs. olive oil
1 tbs. fresh parsley chopped
4 sundried tomatoes, chopped
2 tbs. @elanbio's Raw Cashews, toasted & chopped

DIRECTIONS

1. Begin by peeling and dicing the zucchini.
2. Place the zucchini, garlic cloves, tahini, Raw Cashews, lemon juice, cumin, paprika and sea salt into a high-speed blender
3. Blend on high until creamy and smooth
4. Pour the zucchini hummus into a bowl and drizzle with olive oil.
5. Sprinkle fresh parsley on top along with chopped sundried tomatoes, Cashews toasted
6. Serve with crackers or veggies

CROWN CHAKRA
SNACK



VEGAN TZAZIKI DIP

INGREDIENTS

- 1 cup raw cashews (soaked for min. 2 hours)
- ½- ¾ cups water (reduce if you want it thick)
- 1 ½ tbsp lemon juice
- ½ tbsp apple cider vinegar
- 2 tbsp fresh dill
- 2 cloves garlic
- ½ tsp salt
- Black pepper to taste
- Half an English cucumber

NOTES

ALMONDS AND CASHEWS ARE HIGH IN OXALATES AND POTENTIALLY COULD BE PROBLEMATIC FOR PEOPLE WITH KIDNEY ISSUES AND PEOPLE WHO ARE PRONE TO KIDNEY ISSUES. Important to soak first.

PROCEDURE

1. Peel and grate your cucumber. Squeeze/ press grated cucumber to remove excess liquid.
2. Chop the fresh dill and set aside.
3. In a blender combine all other ingredients and blend until smooth.
4. Transfer to a bowl and add grated cucumber and fresh dill.
5. Mix and enjoy!

CROWN CHAKRA
SNACK



CAULIFLOWER LENTIL TABBOULEH

INGREDIENTS

- 1 ½ cups grated cauliflower
- 1 cup of diced cucumber
- 1 ½ cups of cooked brown lentils/1 can of lentils
- 1 ½ cups of diced tomatoes (3 tomatoes)
- ½ cup hemp hearts
- 1 ½ cups chopped parsley
- 1 cup chopped mint
- ½ cup chopped spring onion

Dressing:

- 2 Tbsp olive oil
- 1 Tbsp avocado oil
- Juice from ½ lemon
- 1 tsp grated lemon zest
- 1 clove of garlic minced (optional)
- 1 tsp salt
- ½ tsp pepper

DIRECTIONS

1. If using dry lentils, soak overnight & cook them until tender and let them cool
2. Prepare the ingredients: grate or dice cauliflower, and chop all vegetables and herbs
3. To make the dressing: In a small bowl, whisk hemp oil, avo oil, lemon juice, grated lemon zest, minced garlic, salt, and pepper
4. Assemble the bowl: place parsley, tomatoes, cauliflower, lentils, hemp hearts, mint, and spring onion
5. Pour the dressing over the salad and mix until well combined.
6. Serve chilled

ALL CHAKRAS

LUNCH/DINNER



KOREAN VEGGY PANCAKE

INGREDIENTS

- 1 cup chick pea or red lentil flour
- 4 tbsp arrowroot powder
- 1 tsp salt
- 1 cup (240 ml) water
- coconut oil to fry
- Vegetables (use whatever you have in the fridge):
- 1 zucchini
- 1 carrot (or 1 small sweet potato)
- 1/2 onion
- 2-3 scallions
- 3-4 shiitake mushrooms
- 1 jalapeño (optional)

PROCEDURE

1. Finely chop your vegetables.
2. In a bowl, mix ingredients for the batter. Add in the vegetables and mix to combine.
3. Fry in a pan until perfectly crispy from both sides.

Dipping Sauce:

Gluten Free, No MSG Soya Sauce

ALL CHAKRAS

BREAKFAST/LUNCH/DINNER



DANDELION TEA

INGREDIENTS

- 1/2 cup of freshly picked dandelion flowers

BENEFITS

- digestion/gallbladder/liver
- diuretic & detoxifying
- skin wounds & warts
- bone health
- urinary track disorders
- blood sugar levels
- boosts immune system

PROCEDURE

1. Make sure your flower heads are picked from a non sprayed area
2. Rinse the flowers under tap water
3. Boil water in kettle
4. Place dandelions in your favorite cup
5. Pour water over dandelions
6. Drink and savour

SACRAL CHAKRA

ALL DAY



DIGESTIVE TEA

INGREDIENTS

- 2 tbsp of fennel seeds
- 2 tbsp of Ajwain seeds

PROCEDURE

1. Toast fennel seeds in a frying pan and set aside in a dish to cool
2. Toast ajwain seeds in a frying pan and set aside in a dish to cool
3. Mix both seeds in a spice jar with large holes
4. Take a small handful after each meal to aid digestion

HEART CHAKRA

ALL DAY