

NOURISH YOURSELF

thirty days of recipes

monthly meal plan



JUST TAKE A LOOK TEAM
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7 DAY CLEANSE

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Prove It Challenge



*What can you eat
in a day?*

Here are some suggested eating options for the day. Remember that this program is flexible based on your schedule and food preferences. You'll need to eat at least every 2 hours, until you're satisfied.

START YOUR DAY: Drink 8-oz. glass of cold or warm water (you can use water flavored with fruits or herbs, or make a decaffeinated herbal tea.) Start grazing on a few berries, cantaloupe, or some veggies. If you would like a sit down breakfast try a fruit smoothie or cauliflower oatmeal.

Take morning supplements—recommend taking after eating more substantial food.

MID MORNING GRAZING: Apple or banana. Veggie sticks like carrot, celery, cucumber, red bell pepper, tomato, or jicama.

LUNCH TIME: Salad with lots of veggies (skip the croutons, dried fruit, grains, and added protein). Add lots of greens, celery, broccoli, tomato, peppers, etc. Add your vinaigrette dressing for a satisfying lunch or try some soup, like Veggie or Tomato Bisque Soup. If you are craving both, go ahead and have soup and salad.

EARLY AFTERNOON GRAZING: Veggies and fruits, or try some veggies, sautéed, raw, or lightly steamed.

DINNER: Mushroom Cauliflower Taco Meat or Sweet Potato Hash. Take evening supplements after eating your more substantial meal. If having a salad and unusually hungry, add avocado. (Mushrooms, sweet potato, or butternut squash are also very satisfying and can be added in place of protein.)

LATE EVENING GRAZING: Piece of fruit (apple, orange, watermelon), baked apple with cinnamon, or veggie/fruit smoothie.

SWEET POTATO TOAST

SERVINGS: 6 TOTAL TIME: 30 MINUTES

INGREDIENTS

1 Large Sweet Potato (Sliced into 1/4 of an inch pieces of toast)

DIRECTIONS

1. Arrange the slices on a wire rack and set on a large baking sheet.
2. Bake in a preheated oven at 350 degrees for 15-25 minutes, or until potatoes are tender but not cooked all the way through.
3. Remove pan from oven. Allow slices to cool and store in an airtight container in the refrigerator.
4. To Serve: Toast sweet potato in toaster or toaster oven. Top with favorite toppings: mango salsa, banana slices with cinnamon, or guacamole.



CAULIFLOWER OATMEAL

SERVINGS: 1 TOTAL TIME: 15 MINUTES

INGREDIENTS

3/4 cup Cauliflower Rice
1 small Apple (Chopped)
1 tsp Coconut Oil
3tbsp Pureed Pumpkin
1 pinch Himalayan Salt
1 tsp Cinnamon
1 dash Nutmeg
2 drops Stevia Liquid

DIRECTIONS

1. Add coconut oil to a hot pan.
2. Saute the cauliflower until tender.
3. Stir in the remaining ingredients and warm.
4. Top with sliced bananas and coconut milk.



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SWEET POTATO HASH

SERVINGS: 4 TOTAL TIME: 15 MINUTES

INGREDIENTS

1 large Sweet Potato (Diced)
1 tbsp Extra Virgin Olive Oil
1/2 med Red Onion (Chopped)
1 clove Garlic (Minced)
2 med Red Bell Pepper (Diced)
2 stalks Green Onion (Sliced)
1 tsp Smoked Paprika
1 tsp Cumin
1 Jalapeno Pepper (Optional)
Sea Salt & Black Pepper (To taste)

DIRECTIONS

1. Heat olive oil in a large skillet over med -high heat.
2. Add diced sweet potato, cover and let cook for approximately 10 minutes or until it begins to soften, stirring occasionally.
3. While the sweet potato cooks, dice the red onion and mince the garlic. Add to the skillet.
4. Dice bell peppers, jalapeno, green onion, spices and add to skillet.
5. Cover and let cook for approximately 5 minutes, or until sweet potato is tender. Enjoy!

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KALE CHIPS

SERVINGS: 6

TOTAL TIME: 30 MINUTES

INGREDIENTS

2 bags Baby Kale (Organic pre-washed and cut)

1/2 cup Extra Virgin Olive Oil

1/2 cup Nutritional Yeast

1 tsp Sea Salt

2 tsps Sweet Smoked Paprika

2 tsps Garlic Powder

DIRECTIONS

1. Place kale in a large mixing bowl.
2. Pour oil and herbs over kale and begin "massaging" the salad, braking down the leaves a bit, to make them shiny and brighter.
3. Place in a dehydrator or place on a baking sheet and place in a 150 degree oven. Check frequently to make sure they don't burn.

CAULI POPCORN

SERVINGS: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

1 head Cauliflower (Chopped into small florettes)

1/4 cup Extra Virgin Olive Oil

1/2 tsp Spike Seasoning

1 tsp Nutritional Yeast

DIRECTIONS

1. Wash and dry cauliflower
2. Cut into small florets
3. Toss with olive oil and spices.
4. Serve raw.

LEMON SWEET POTATO DIP

SERVINGS: 6

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 cups Sweet Potato (Cubed)

2 tbsp Lemon Juice

2 tsps Coconut Oil (Can substitute with avocado oil)

1 tbsp Vanilla Extract

1 pinch Sea Salt

1/2 tsp Ginger (Zested)

DIRECTIONS

1. Steam cubed sweet potato until soft.
2. Place in food processor along with all the other ingredients.
3. Blend and add water (if needed) to get desired texture.
4. Eat with celery or apple slices. Freezes well and can be portioned into smaller servings. Easily doubled.

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VEGGIE PESTO

SERVINGS: 6 TOTAL TIME: 10 MINUTES

INGREDIENTS

2 cups Basil Leaves
1 cup Arugula (You can also add
one cup of basil in place of arugula.)
3 cloves Garlic
1 1/2 tsps Extra Virgin Olive Oil
(Use a high quality oil. Add more as
needed)
2/3 cup Nutritional Yeast
Sea Salt And Pepper (To taste)

DIRECTIONS

1. Put all ingredients into a food processor or blender.
2. Set on high for about 30 seconds.
3. Scrape the edges and blend again for about 30 more seconds.
4. Use immediately or freeze for later.

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MUSHROOM TACO MEAT

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

2 - 8oz Mushrooms (Boxes(pulsed in food processor))
1 large Yellow Onion (Chopped)
1/2 bag Cauliflower Rice
1 tbsp Extra Virgin Olive Oil
2 tsps Cumin
2 tsps Smoked Paprika
1/2 tsp Chipotle Seasoning
Sea Salt & Black Pepper (To taste)

DIRECTIONS

1. Sauté onion in olive oil until translucent.
2. Add cauliflower and stir until heated through.
3. Add mushrooms and spices and cook down until most of the water has evaporated.
4. Add additional seasonings to flavor.
5. Serve on salad for taco salad or in a romaine lettuce boat and top with guacamole, green onions, tomatoes and clean (read ingredients) olives.
- 6.



TOMATO BISQUE SOUP

SERVINGS: 6 TOTAL TIME: 15 MINUTES

INGREDIENTS

2-28 oz Canned Whole Tomatoes
4 Organic Carrots (Peeled and chopped)
4 cups Organic Vegetable Broth
1 tbsp Italian Seasoning
1 tsp Garlic Powder
Black Pepper (To taste)
1 can Organic Coconut Milk (This is added at the end)

DIRECTIONS

1. Place all ingredients into crockpot (not coconut milk).
2. Cook on high for 6 hours or low for 10.
3. Can use an Instantpot, too.
4. Remove from slow cooker and pour into a blender(you can also use an immersion blender)
5. Blend soup until smooth.
6. Return to slow cooker and heat through.
7. Stir in the coconut milk and serve.





SIMPLE ROASTED VEGETABLES

SERVINGS: 4 TOTAL TIME: 10 MINUTES

INGREDIENTS

2 large Zucchini (Cut into large chunks)
1 box Cremini Mushrooms
1 large Red Bell Pepper (Cut into chunks)
1 large Yellow Onion (Cut into chunks)
2 tbsp Extra Virgin Olive Oil
1 tsp Garlic Powder
1/4 tsp Chili Powder
Sea Salt & Black Pepper (to taste)

DIRECTIONS

1. Cut all vegetables and place in a large bowl.
2. Toss with salt, pepper, cumin, and chili powder.
3. Place on a large baking sheet and bake at 375 for 20-30 minutes or until tender.
4. Gently shake the pan during baking so that each side of the vegetables brown.

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GARLIC GINGER DETOX SAUTE

SERVINGS: 4 TOTAL TIME: 15 MINUTES

INGREDIENTS

1 tbsp Coconut Oil (Avocado oil can be substituted)
1 small Yellow Onion (Thinly sliced)
1 tbsp Ginger (Minced)
2 cups Purple Cabbage (Shredded)
1 Cremini Mushrooms (Chopped)
1 lbs Organic Carrots (Shredded)
2 cloves Garlic (Minced)
2 tbsp Coconut Aminos
1 tsp Toasted Sesame Oil

DIRECTIONS

1. Sauté onion until translucent.
2. Add ginger until fragrant.
3. Add cabbage and sauté until soft.
4. Add mushrooms, carrots and garlic to the pan and cook for a few minutes until tender.
5. Add coconut aminos and toss. 6. Remove from heat and top with sesame oil.

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DETOX CHILI

SERVINGS: 5 TOTAL TIME: 30 MINUTES

INGREDIENTS

2 tbsp Chili Powder
2 tsps Cumin
2 tsps Smoked Paprika
2 tsps Garlic Powder
1 tsp Onion Powder
2 tsps Dried Oregano
4 cups Vegetable Broth
1-28 oz Canned Diced Tomatoes
2 large Zucchini (chopped)
1/2 med Yellow Onion (diced)
4 cloves Garlic (minced)
1 container Portobello Mushroom (sliced)
1/2 head Cauliflower (chopped)
1/2 large Red Bell Pepper (chopped)
2 large Carrot (sliced)

DIRECTIONS

1. Add all ingredients into an Instantpot for 10 minutes, then quick release.

SQUASH HASH

SERVINGS: 6 TOTAL TIME: 1 HOUR

INGREDIENTS

1 large Butternut Squash (Peeled and cubed)
1 small Yellow Onion (Diced)
1 large Red Bell Pepper
2 cups Baby Spinach (Chopped)
1 clove Garlic (Diced)
1 sprig Thyme Sprigs (May substitute with dried)
2 tsps Cinnamon
1 tsp Nutmeg
1 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil

DIRECTIONS

1. Reheat oven to 425 degrees F.
2. In a large bowl, mix squash, olive oil and all seasonings together.
3. Line a baking sheet with parchment paper and spread out squash on baking sheets.
4. Sprinkle on garlic and onion.
5. Roast for 25 min or until browned.
6. Add in bell pepper and continue to roast for another 35 min (until squash has a slight crisp).
7. Once roasted, toss in a heat safe bowl with chopped spinach and serve (spinach will cook in the bowl from the heat).



STUFFED PEPPERS

SERVINGS: 4 TOTAL TIME: 25 MINUTES

INGREDIENTS

4 Green Bell Pepper (Choose large peppers. Wash and remove seeds)
1 large bag Cauliflower Rice
1 box Cremini Mushrooms (Chopped)
1 1/2 tsp Italian Seasoning
1 tbsp Extra Virgin Olive Oil
1 med Yellow Onion (Diced)
1 clove Garlic (Minced)
1/2 tsp Sea Salt
1 jar Marinara Sauce (No added sugar)

DIRECTIONS

1. Preheat oven to 350.
2. Saute onion and garlic in olive oil.
3. Add cauliflower and mushrooms, seasonings, and marinara sauce.
4. Let simmer so flavors blend together.
5. Stuff into bell peppers and bake for 20 - 30 minutes until pepper is softer.
6. Top with avocado or vegan pesto.

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SWEET AND SPICY COLLARED SLAW

SERVINGS: 8 TOTAL TIME: 20 MINUTES

INGREDIENTS

1 bunch Collard Greens (Thinly sliced)
1/2 head Purple Cabbage (Thinly sliced)
1 large Carrot (Shredded)
1/2 tsp Red Pepper Flakes (Optional)
2 medium Naval Oranges (Juiced)
1/4 cup Raw Apple Cider Vinegar
1/2 cup Extra Virgin Olive Oil
1 tsp Cumin
1 cup Pitted Dates
1 clove Garlic
Sea Salt & Black Pepper (To taste)

DIRECTIONS

1. Place slaw ingredients(collared greens, cabbage, oranges, carrot, and red pepper flakes, in a large bowl.
2. To a food processor add: apple cider, olive oil, cumin, dates, garlic, salt and pepper. Blend until well combined and smooth.
3. Pour salad dressing over the slaw and toss.

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WEEK 01

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MAKES 12 SERVINGS
PREP & COOK: 22 MIN



Chocolate Peppermint Muffins

ingredients

1 (15-oz.) can chickpeas (garbanzo beans), drained, rinsed
3 large eggs
½ cup raw honey
⅓ cup unsweetened cocoa powder
1 tsp. baking soda
3 Tbsp. coconut oil, melted
½ tsp. pure peppermint extract

directions

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers or coating with nonstick cooking spray; set aside.
3. Place chickpeas, eggs, honey, cocoa powder, baking soda, coconut oil, and extract in blender or food processor; cover. Blend until smooth.
4. Place batter in a medium bowl.
5. Divide batter among 12 prepared muffin cups.
6. Bake for 10 to 12 minutes, or until toothpick inserted in center comes out clean.
7. Cool completely and enjoy!

MAKES 8 SERVINGS
PREP & COOK: 2 HR & 5 MIN



Blueberry Bread Pudding

ingredients

8 large eggs, lightly beaten
2½ cups unsweetened almond milk
¼ cup pure maple syrup
1 tsp. pure vanilla extract
1 tsp. ground nutmeg
¼ tsp. sea salt (or Himalayan salt)
8 slices low-sodium sprouted whole-grain bread, cut into 1-inch cubes
4 cups fresh (or frozen) blueberries
Nonstick cooking spray
Hot water

directions

1. Combine eggs, almond milk, maple syrup, extract, nutmeg, and salt in a medium bowl; whisk to blend. Set aside.
2. Place bread and blueberries in a 13 x 19-inch baking dish that is lightly covered in spray.
3. Top with egg mixture; mix well to blend. Refrigerate, covered, for 30 minutes.
4. Preheat oven to 350° F.
5. Place baking dish in roasting pan. Add water to roasting pan to come an inch up the side of baking dish. (Baking dish will be sitting in water.) Tent aluminum foil over roasting pan so that foil does not touch bread pudding. Cut two slashes in foil to allow steam to escape. Bake for 35 minutes.
6. Remove foil. Bake an additional 35 to 45 minutes, or until bread pudding is puffy and custard is set.
7. Cut into eight pieces.

MAKES 1 SERVINGS
PREP & COOK: 23 MIN



Rainbow Flatbread Pizza

ingredients

1 6½- inch whole-wheat pita (or whole-wheat flatbread)
¼ cup marinara sauce, no sugar added
¼ cup shredded mozzarella cheese
½ cup cherry tomatoes, halved
¼ cup orange bell pepper, chopped
¼ cup yellow bell pepper, chopped
3 Tbsp. green bell pepper, chopped
3 Tbsp. broccoli florets, chopped
2 Tbsp. red onion, chopped

directions

1. Preheat oven to 350° F.
2. Place pita on a large baking sheet.
3. Spread marinara sauce evenly on pita. Top evenly with cheese.
4. Starting at the edge of the pita, place an approximately 1½-inch circle of tomatoes around the edge of the whole pita. Continue with a 1-inch circle each orange bell pepper, yellow bell pepper, green bell pepper, and broccoli. Make sure each vegetable is touching the previous one. Place onions in the middle.
5. Bake for 5 to 8 minutes, or until cheese is melted.
6. Slice each pita into 4 slices. Serve immediately.

MAKES 6 SERVINGS
PREP & COOK: 48 MIN



Portuguese Kale Soup

ingredients

1 Tbsp. olive oil
8 oz. turkey kielbasa sausage, sliced
2 cloves garlic, minced
2-3 medium leeks, chopped, just white and light-green parts
1 bunch kale, stems removed and discarded, torn (about 4 cups)
1 (15-oz.) can kidney beans, drained, rinsed
1 (14.5-oz.) can diced tomatoes, no added salt
6 cups low-sodium organic chicken (or vegetable) broth
Ground black pepper (to taste; optional)

directions

1. Heat oil in large saucepan over medium-high heat.
2. Add kielbasa; cook, stirring frequently, for 3 to 4 minutes, or until browned.
3. Add garlic, leeks, and kale; cook, stirring frequently, for 3 to 4 minutes, or until soft.
4. Add kidney beans, tomatoes, broth, and pepper (if desired). Bring to a boil. Reduce heat to medium; cook, stirring occasionally, for 30 minutes.

MAKES 4 SERVINGS
PREP & COOK: 25 MIN



Grilled Tuna Steaks

ingredients

4 (4-oz.) each raw tuna steaks (1-inch thick)
¼ cup chopped Italian parsley
2 fresh tarragon sprigs, leaves removed and chopped, stems discarded
2 cloves garlic, crushed
2 tsp. finely chopped lemon peel (lemon zest)
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
1 Tbsp. extra-virgin olive oil

directions

1. Preheat grill or broiler on high.
2. Rinse tuna and pat dry. Set aside.
3. Combine tarragon, garlic, and lemon peel in a small bowl; mix well. Set aside.
4. Season tuna with salt and pepper if desired. Drizzle with oil; rub rosemary mixture into both sides of tuna. Let rest 5 minutes.
5. Grill (or broil) tuna for 2 to 5 minutes on each side, or until desired doneness.

MAKES 4 SERVINGS
PREP & COOK: 4 HRS & 10 MINS.

Spicy Pork Tacos



ingredients

1 lb. raw pork loin, ,
boneless, visible fat
removed, cut into 4 large
pieces
1 (7-oz.) can sliced
jalapeños (optional)
1½ cups tomatillo salsa (or
salsa verde)
½ cup fresh pineapple,
finely cubed
2 medium shallots, finely
chopped
2 Tbsp. fresh lime juice
¼ tsp. ground cumin
8 corn tortillas (or 6-inch
whole wheat tortillas),
warm
½ cup radishes, thinly sliced

directions

1. Place pork loin, jalapeños, and tomatillo salsa in a slow cooker. Cook on high for 3 to 4 hours, or until pork is no longer pink and shreds easily.
2. Remove pork from liquid. Cool for 20 minutes. Shred pork, discarding any visible fat.
3. Combine pineapple, shallots, lime juice, and cumin; mix well. Set aside.
4. Top each tortilla evenly with pork, salsa, and radishes.

MAKES 8 SERVINGS
PREP & COOK: 25 MINS.

Pasta Fagioli

ingredients

1½ cups dry whole grain
small pasta, like macaroni or
orzo. (4 oz.)
2 tsp. olive oil
2 medium carrots, sliced
2 medium celery stalks, sliced
3 cloves garlic, thinly sliced
4 cups low-sodium organic
chicken broth
1 (14.5 oz.) can green beans,
no salt added
1 (15 oz.) can cannellini
(white) beans, drained, rinsed
1 (14.5 oz.) can stewed
tomatoes
2 Tbps. tomato paste (no
sugar added)
9 fresh rosemary sprigs,
leaves removed and chopped,
stems discarded
Sea salt and ground black
pepper (to taste; optional)

directions

1. Cook pasta according to package directions. Set aside.
2. Heat oil in large saucepan over medium-high heat.
3. Add carrot and celery; cook, stirring frequently, for 4 to 5 minutes, or until soft.
4. Add garlic; cook, stirring frequently, for 1 to 2 minutes, or until soft.
5. Add broth. Bring to a boil. Reduce heat to medium.
6. Add green beans, white beans, tomatoes, tomato paste, and rosemary. Season with salt and pepper if desired; gently boil, stirring occasionally, for 8 to 10 minutes.
7. Add pasta; cook for 3 minutes. Serve immediately.



MAKES 1 SERVINGS
PREP & COOK: 5 MINS.

Kale Chicken Salad

ingredients

1 cup chopped fresh kale
¼ cup chopped tomato
¼ cup sliced cucumber
4 oz. cooked chicken
breast boneless, skinless,
sliced
1 Tbsp. raw sunflower
seeds

directions

1. Place kale in a medium serving bowl.
2. Top with tomato, cucumber, chicken, and sunflower seeds.
3. Top with your favorite dressing and enjoy!



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WEEK 02

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MAKES 2 SERVINGS
PREP & COOK: 35 MIN



Pumpkin Pie Oatmeal

ingredients

1 cup water
½ cup dry rolled oats
¾ cup pure pumpkin puree
¼ tsp. pumpkin pie spice
2 Tbsp. chopped pecans (or walnuts)
2 tsp. pure maple syrup (or raw honey)
½ cup unsweetened almond milk

directions

1. Bring water to a boil in medium saucepan over medium heat. Add oats; cook over medium-low heat, stirring occasionally, for 3 to 5 minutes. Remove from heat.
2. Add pumpkin, pumpkin pie spice, and pecans; mix well.
3. Divide evenly between two serving bowls; top each with 1 tsp. maple syrup and ¼ cup almond milk.

MAKES 6 SERVINGS
PREP & COOK: 35 MIN



Frittata

ingredients

6 large eggs, lightly beaten
¼ tsp sea salt (or Himalayan salt)
1 tsp olive oil
2 medium shallots, finely chopped
3 cups Brussels sprouts, finely chopped
2½ cups roasted turkey breast, chopped (approx. 12 oz.)
2 Tbsp fresh flat leaf (Italian) parsley, chopped

directions

1. Preheat oven to broil.
2. Combine eggs and salt in a medium mixing bowl; whisk to blend. Set aside.
3. Heat oil in 12-inch nonstick oven-safe skillet over medium-low heat.
4. Add shallots and Brussels sprouts; cook, stirring frequently, for 4 to 5 minutes, or until shallots are translucent.
5. Pour egg mixture and turkey into skillet; cook, stirring frequently with rubber spatula, for 4 to 5 minutes, or until egg mixture has set on the bottom and begins to set on top.
6. Place skillet in oven. Broil for 3 to 4 minutes, or until lightly browned and fluffy.
7. Cut into 6 servings.
8. Sprinkle with parsley; serve immediately.

MAKES 6 SERVINGS
PREP & COOK: 1 HR & 20 MIN



Spaghetti Squash Sliders

ingredients

Parchment paper
1 medium spaghetti squash about 3 lbs.
2 Tbsp olive oil divided use
¼ tsp. sea salt or Himalayan salt
¼ tsp. ground black pepper
2 cups shredded green cabbage
1 cup shredded red cabbage
¼ cup vegan mayonnaise or all-natural mayonnaise
1 tsp. Dijon mustard
1 dash ground celery seed optional
1 dash ground white pepper or ground black pepper
1 medium onion finely chopped
1 tsp. garlic powder
½ tsp. ground cumin
½ tsp. ground paprika
¼ tsp. crushed red pepper flakes optional
2 Tbsp. low-sodium organic vegetable broth
¼ cup all-natural smoked barbecue sauce no sugar added
12 small whole-grain dinner rolls cut in half lengthwise, toasted (if desired)
24 thinly-sliced pickles low-sodium if possible

directions

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Cut spaghetti squash in half lengthwise. Remove seeds and membrane.
4. Place spaghetti squash, cut side up, on baking sheet. Evenly drizzle with 1 Tbsp. oil. Season with salt and pepper. Place cut side down.
5. Bake for 40 to 45 minutes, or until tender.
6. While spaghetti squash is baking, make coleslaw by combining green and red cabbage, mayonnaise, mustard, celery seed (if desired), and white pepper in a medium bowl; mix well. Refrigerate, covered, until ready to use.
7. Heat remaining 1 Tbsp. oil in large nonstick skillet over medium-high heat.
8. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
9. Add garlic powder, cumin, paprika, and red pepper flakes (if desired); cook, stirring constantly, for 2 minutes.
10. Add broth; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
11. Scrape spaghetti squash flesh into stringy noodles. Add to skillet; cook, over medium-high heat, stirring frequently, for 1 to 2 minutes, or until broth is absorbed.
12. Add barbecue sauce; cook, stirring constantly, for 3 to 4 minutes, or until well coated and heated through.
13. Evenly top each bottom roll with spaghetti squash mixture, coleslaw, 2 pickles, and top roll; serve immediately.

MAKES 4 SERVINGS
PREP & COOK: 20 MIN



Turkey Waldorf Salad

ingredients

½ cup reduced-fat (2%) plain yogurt
1 Tbsp. + 1 tsp. olive oil
mayonnaise
1 Tbsp. fresh lemon juice
1 tsp. raw honey*
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
2¼ cups roasted turkey breast, shredded (approx. 12 oz.)
2 medium celery stalks, sliced
1 medium Granny Smith apple, chopped
¼ cup raw walnuts, chopped
1 cup red grapes, halved
8 Boston (or Bibb) lettuce leaves

directions

1. Combine yogurt, mayonnaise, lemon juice, honey, salt, and pepper in a medium bowl; mix well. Set aside.
2. Combine turkey, celery, apple, walnuts, and grapes in a medium serving bowl; mix well.
3. Add yogurt mixture; toss gently to blend.
4. Serve on top of lettuce.

MAKES 4 SERVINGS
PREP & COOK: 34 MINS.

Chicken Piccata

ingredients

4 (4-oz.) each raw chicken breasts, boneless, skinless
1 Tbsp. whole wheat flour
2 Tbsp. olive oil
1 clove garlic, finely chopped
2 Tbsp. fresh lemon juice
½ cup low-sodium, organic vegetable broth
6 Tbsp. capers
1 (14-oz.) can quartered artichoke hearts, packed in water, drained
2 cups sliced mushrooms

directions

1. Place chicken in a resealable plastic bag. Add flour and seal. Shake to coat chicken.
2. Heat oil in a large skillet over medium-high heat.
3. Add chicken, cook for 3 minutes on each side, or until browned.
4. Add garlic; cook for 1 to 2 minutes or until tender.
5. Add lemon juice, broth, capers, artichoke hearts, and mushrooms; cook, turning chicken halfway through, for 12 to 15 minutes, or until chicken is no longer pink in the middle.



MAKES 4 SERVINGS
PREP & COOK: 33 MIN

Tracey Abbuhl-Hayn

Sheet Pan Shrimp

ingredients

Parchment paper
1 Tbsp. + 1 tsp. olive oil
4 cloves garlic finely chopped
½ tsp. dried oregano
½ tsp. dried basil
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
4 medium zucchini cut into 1/2-inch slices
1 lb. medium shrimp peeled, deveined
½ cup grated Parmesan cheese
1 Tbsp. fresh lemon juice
2 Tbsp. finely chopped fresh parsley

directions

1. Preheat oven to 400° F.
2. Line large sheet pan with parchment paper. Set aside.
3. Combine oil, garlic, oregano, basil, salt, and pepper in a small bowl; whisk to blend. Set aside.
4. Place zucchini on pan. Drizzle with half of oil mixture; mix well to coat. Bake for 10 minutes.
5. Add shrimp to pan; mix well.
6. Drizzle with remaining half of oil mixture; mix well. Sprinkle with cheese. Bake for 6 to 8 minutes, or until shrimp is firm and opaque, and zucchini is tender-crisp.
7. Drizzle with lemon juice and sprinkle with parsley; serve immediately.



MAKES 4 SERVINGS
PREP & COOK: 20 MINS.



Chicken Sweet Potato Skins

ingredients

4 baked medium sweet potatoes cut in half
1 tsp olive oil
½ tsp sea salt (or Himalayan salt)
4 oz shredded cooked chicken breast
1 tsp all-natural taco seasoning no salt added
1 cup steamed spinach
½ cup reduced-fat (2%) plain Greek yogurt
¼ cup chopped fresh cilantro

directions

1. Heat oven to 400° F.
2. Scoop flesh out of the sweet potatoes and reserve for another use.
3. Place skins on baking sheet. Brush with oil and sprinkle with salt. Bake for 10 minutes, or until crisp.
4. While skins are baking, combine chicken and taco seasoning in a small bowl; mix well. Set aside.
5. Replace sweet potato flesh and top each sweet potato half evenly with spinach, chicken mixture, yogurt, and cilantro.

MAKES 4 SERVINGS
PREP & COOK: 30 MINS.

German Potato Soup

ingredients

1 Tbsp. olive oil
3 slices turkey bacon,
chopped
½ medium onion, chopped
1 medium leek, chopped
2 medium carrots, chopped
2 cups shredded cabbage
(about ½ head)
4 cups low-sodium organic
vegetable broth
3 medium potatoes, cut into
½-inch cubes
1 bay leaf
1 tsp. caraway seeds
½ tsp. ground black pepper
¼ tsp. sea salt (or
Himalayan salt)
¼ tsp. ground nutmeg
4 Tbsp. reduced-fat (2%)
plain yogurt

directions

1. Heat oil in large saucepot over medium high heat.
2. Add turkey bacon, onion, leek, carrots, and cabbage; cook, stirring frequently, for 6 to 7 minutes, or until vegetables soften.
3. Add broth, potatoes, bay leaf, caraway seeds, pepper, salt, and nutmeg. Bring to a boil, stirring frequently. Reduce heat to medium-low; gently boil, stirring occasionally, for 12 to 15 minutes, or until potatoes are soft.
4. Place 2 cups of soup in blender (or food processor); cover with lid and kitchen towel. Blend until almost smooth.*
5. Return blended soup to saucepot; mix well.
6. Serve each portion topped with 1 Tbsp. yogurt.



WEEK 03



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MAKES 2 SERVINGS
PREP & COOK: 25 MIN



Apple Cinnamon Oatmeal

ingredients

1½ cups water
¾ cup old-fashioned rolled oats
1 medium apple chopped
½ tsp. ground cinnamon
1 dash ground cloves
1 dash ground ginger
1 tsp. raw honey to taste; optional
½ scoop Vanilla Flavor Whey Protein Powder
1 tsp. flax seed meal or ground flax seeds

directions

1. Bring water to boil in medium saucepan over medium heat. Add oats; cook over medium-low heat, stirring frequently, for 3 to 5 minutes. Remove from heat.
2. Add apple, cinnamon, cloves, ginger, and honey; mix well. Let sit, covered, for 10 minutes.
3. If oatmeal is not hot enough, heat over medium heat for 2 to 3 minutes, stirring frequently.
4. Add Protein Powder and flax seed meal; mix well.
5. Divide evenly between two serving bowls.

MAKES 8 SERVINGS
PREP & COOK: 50 MIN



Baked Oatmeal

ingredients

Nonstick cooking spray
3 cups dry old-fashioned rolled oats
1½ tsp. baking powder
1 tsp. ground nutmeg
¼ tsp. sea salt (or Himalayan salt)
3 cups unsweetened almond milk
1 tsp. pure vanilla extract
2 large eggs
¼ cup unsweetened applesauce
2 Tbsp. raw honey*

directions

1. Preheat oven to 400° F.
2. Lightly coat a 2-quart baking dish with spray. Set aside.
3. Combine oats, baking powder, nutmeg, and salt in a medium bowl; mix well. Set aside.
4. Combine almond milk, extract, eggs, applesauce, and honey in a large bowl; whisk to blend.
5. Add oat mixture to milk mixture; mix well.
6. Pour mixture into prepared baking dish.
7. Bake for 35 to 40 minutes, or until top has browned.

MAKES 4 SERVINGS
PREP & COOK: 1HR & 15 MIN



Roasted Chicken & Potatoes

ingredients

Nonstick cooking spray
4 6 oz. raw chicken leg quarters
¼ tsp sea salt
½ tsp ground black pepper
2 Tbsp fresh lime juice
¼ cup low-sodium organic chicken broth
1 medium lime, sliced
6 fresh rosemary sprigs, leaves removed and chopped, stems discarded (reserve 2 whole sprigs)
4 medium Yukon gold potatoes, cut in half lengthwise
15 cherry tomatoes, cut in half
5 kumquats, cut in half (or 1 lemon, sliced)
6 fresh parsley sprigs, chopped

directions

1. Preheat oven to 450° F.
2. Place chicken in large oven-proof roasting pan lightly coated with spray.
3. Season with salt and pepper.
4. Drizzle with lime juice and broth; top with lime slices and chopped rosemary.
5. Bake for 15 minutes.
6. Add potatoes, tomatoes, kumquats (or lemons), parsley, and rosemary sprigs; bake for 30 to 40 minutes, or until chicken is no longer pink in the thickest part, juices run clear, and vegetables are tender.
7. Remove skin before serving.

MAKES 1 SERVINGS
PREP & COOK: 17 MIN



Turkey, Cranberry, and Brie

ingredients

2 slices sprouted whole-grain bread
½ oz. brie cheese, thinly sliced
2 oz. sliced roasted turkey breast
1 Tbsp. cranberry sauce no sugar added
½ tsp. finely chopped fresh thyme
½ tsp. olive oil

directions

1. Top one slice of bread with cheese, turkey, cranberry sauce, thyme, and second slice of bread. Set aside.
2. Heat oil in medium nonstick skillet over medium high heat.
3. Add sandwich; cook for 2 to 3 minutes, or until golden brown. Flip, cook for 3 to 4 more minutes or until cheese has melted.

MAKES 4 SERVINGS
PREP & COOK: 58 MINS.



Vegetables With Chicken Sausage

ingredients

2 tsp. olive oil
2 Tbsp. balsamic vinegar
2 Tbsp fresh lime juice
2 cloves garlic, chopped
Sea salt (or Himalayan salt)
and ground black pepper (to
taste; optional)
1 lb. green beans, ends
removed
2 medium zucchini, sliced
2 medium summer
(crookneck) squash, sliced
1 cup halved cherry tomatoes
1 medium green bell pepper,
sliced
1 medium red onion, sliced
4 cooked chicken sausages,
sliced
2 Tbsp chopped fresh basil

directions

1. To make marinade, combine oil, vinegar, lime juice, and garlic in a medium bowl; whisk to blend.
2. Season with salt and pepper, if desired; whisk to blend. Set aside.
3. Place green beans, zucchini, summer squash, tomatoes, bell pepper, and onion in a re-sealable plastic bag (or large bowl). Add marinade; shake to blend. Let sit for 30 minutes.
4. Preheat grill or broiler to high.
5. Place veggie mixture on a large sheet pan (or broiler pan). Add sausages; mix well. Spread out evenly.
6. Grill or broil for 4 to 8 minutes, turning occasionally, until vegetables begin to soften.
7. Sprinkle with basil before serving.

MAKES 4 SERVINGS
PREP & COOK: 1 HR & 3 MINS.



Spicy Eggplant

ingredients

1 medium eggplant,
sliced into ½-inch
rounds, cut into ¾-inch
strips (about 1½ lbs.)
¼ tsp. sea salt
1 Tbsp. sesame oil
1 Tbsp. reduced-sodium
soy sauce
2 cloves garlic, finely
chopped
¼ tsp. chili oil
¼ tsp. crushed red
pepper
2 green onions, thinly
sliced

directions

1. Combine eggplant and salt in a medium bowl; toss gently to blend. Let eggplant rest for 30 to 45 minutes.
2. While eggplant rests, combine sesame oil, soy sauce, garlic, chili oil, and red pepper in a small bowl; mix well. Set aside.
3. Preheat broiler on high.
4. Brush eggplant slices with oil mixture.
5. Place eggplant on baking sheet lined with aluminum foil; bake, for 6 to 8 minutes, turning once, until golden.
6. Garnish with green onions; serve immediately.

MAKES 8 SERVINGS
PREP & COOK: 1 HR



Chicken Jumbo

ingredients

1 Tbsp. olive oil
1 medium onion, chopped
2 medium carrots, coarsely chopped
1 medium celery stalk, chopped
1 medium green bell pepper, chopped
4 cloves garlic, finely chopped
1½ lbs. raw chicken breast, boneless, skinless, cut into 1-inch strips
2 Tbsp. arrowroot (or corn starch)
3 cups low-sodium organic chicken broth
1 bay leaf
½ tsp. dried thyme
½ tsp. ground black pepper
2 tsp. hot pepper sauce
8 oz. medium okra, sliced into ½-inch pieces (about 1 cup)
2 cups cooked brown rice

directions

1. Heat oil in large saucepan over medium-high heat.
2. Add onion, carrots, celery, and bell pepper; cook, stirring frequently, for 5 to 6 minutes, or until onion softens.
3. Add garlic and chicken; cook, stirring frequently, for 4 to 5 minutes. Set aside.
4. Add arrowroot to broth; whisk to blend.
5. Slowly whisk broth into chicken mixture; cook, stirring constantly, for 2 minutes, or until mixture thickens slightly. The mixture should not be lumpy.
6. Add bay leaf, thyme, pepper, and hot sauce. Bring to a boil, stirring frequently. Reduce heat to medium; cook for 10 to 15 minutes.
7. Add okra; cook, stirring frequently, for 10 to 15 additional minutes. Remove bay leaf.
8. Serve about ¾ cup over ½ cup of rice.

MAKES 1 SERVINGS
PREP & COOK: 26 MINS.



Shrimp Coconut Curry

ingredients

¼ cup canned coconut milk
1 tsp. fresh lime juice
½ tsp. raw honey (or agave syrup) (optional)
½ tsp. curry powder
1 thin slice fresh ginger, peeled, finely chopped
¼ tsp. finely chopped garlic
6 oz. raw medium shrimp, peeled, deveined
¼ tsp. ground black pepper
1 tsp. extra-virgin organic coconut oil
½ medium red bell pepper, chopped
6 fresh cilantro sprigs (for garnish; optional)

directions

1. Combine coconut milk, lime juice, honey, curry powder, ginger, and garlic in a small bowl; mix well. Set aside.
2. Season shrimp with pepper.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add shrimp and bell pepper; cook, stirring frequently, for 30 seconds.
5. Add coconut milk mixture. Bring to a boil. Reduce heat to low; gently boil for 5 minutes, or until sauce is slightly thickened and shrimp is opaque and firm.
6. Garnish with cilantro if desired.

WEEK 04



JUST TAKE A LOOK TEAM
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MAKES 30 SERVINGS
PREP & COOK: 1HR & 10 MIN



Gingerbread Granola

ingredients

2½ cups old-fashioned rolled oats
½ cup slivered almonds
1½ tsp. ground cinnamon
1¼ tsp. ground ginger
¼ tsp. ground cloves
¼ tsp. sea salt (or Himalayan salt)
¼ cup molasses
3 Tbsp. virgin coconut oil
½ cup unsweetened applesauce

directions

1. Preheat oven to 300° F.
2. Line baking pan with parchment paper. Set aside.
3. Combine oats, almonds, cinnamon, ginger, cloves, and salt in a large mixing bowl; mix well. Set aside.
4. Combine molasses, oil, and applesauce in a small saucepan; cook, over low heat, stirring continuously, for 4 to 5 minutes, or until oil has melted.
5. Pour molasses mixture over oat mixture; mix until oats are evenly coated.
6. Place on prepared baking pan; spread evenly in a thin layer.
7. Bake for 50 minutes, stirring every 20 minutes, or until granola is light golden brown and crisp.
8. Cool granola completely (it will get more crisp as it cools).
9. Store in an airtight container.

MAKES 1 SERVINGS
PREP & COOK: 11 MIN



Canadian Bacon Sandwich

ingredients

1 large egg
1 large egg white (2 Tbsp.)
Nonstick cooking spray
3 cups fresh spinach
1 slice low-sodium sprouted whole-grain bread, toasted
½ oz. lower sodium Canadian bacon, warm

directions

1. Combine egg and egg white in a small bowl; whisk to blend. Set aside.
2. Heat medium nonstick skillet, lightly coated with spray, over medium heat.
3. Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until wilted. Remove from skillet. Set aside.
4. Add eggs to skillet; cook over medium-low heat, stirring frequently.
5. Top toast with Canadian bacon, spinach, eggs, and cheese.
6. honey (if desired).

MAKES 4 SERVINGS
PREP & COOK: 27 MIN



Chicken Ciabatta

ingredients

1 lb. raw ground chicken breast
1 medium carrot, grated
2 green onions, finely chopped
1 clove garlic, finely chopped
1 tsp. fresh lemon juice
1 dash ground white pepper
½ tsp. ground cumin
2 tsp. olive oil
4 whole-grain ciabatta rolls, cut in half
4 tsp. Dijon mustard
8 slices medium tomato
4 thin slices medium red onion
4 thin slices Swiss cheese (about 2 oz.)

directions

1. Combine ground chicken, carrot, green onions, garlic, lemon juice, pepper, and cumin in a large bowl; mix well.
2. Form chicken mixture into 4 patties. Set aside.
3. Heat oil in large skillet over medium-high heat.
4. Add patties; cook for 4 to 6 minutes on each side, or until chicken is cooked through. Remove from heat.
5. Top bottom of each ciabatta with 1 tsp. mustard, chicken patty, 2 tomato slices, 1 onion slice, 1 slice of cheese, and top of each ciabatta.

MAKES 6 SERVINGS
PREP & COOK: 29 MIN



Black Bean Chili

ingredients

1 Tbsp. olive oil
1 medium onion, chopped
1 clove garlic, chopped
3 cups low-sodium organic chicken or vegetable broth
4 oz. all-natural tomato paste
1 (4-oz.) can diced green chiles (with liquid)
½ tsp. ground cumin
½ tsp. chili powder
1 (15-oz.) can black beans, drained, rinsed
1 (15-oz.) can cannellini (white) beans, drained, rinsed

directions

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion and garlic; cook, stirring frequently, for 3 to 4 minutes, or until tender.
3. Add broth, tomato paste, chiles, cumin, chili powder, black beans, and cannellini beans. Bring to a boil. Reduce heat to low; cook at a gentle boil, stirring occasionally, for 15 minutes.
4. Ladle evenly into six serving bowls.

MAKES 4 SERVINGS
PREP & COOK: 58 MINS.



Sweet and Sour Pork

ingredients

2 Tbsp. reduced-sodium soy sauce, divided use
1 Tbsp. finely chopped fresh ginger
2 tsp. dry sherry wine (optional)
4 tsp. cornstarch (preferably GMO-free), divided use
1 lb. raw lean boneless pork loin, cut into 1-inch cubes
2 Tbsp. unsweetened pineapple juice
2 Tbsp. rice vinegar
1 Tbsp. tomato paste, no sugar added
1½ tsp. raw honey
2 Tbsp. extra-virgin organic coconut oil, divided use
1 medium onion, cut in half, sliced vertically
1 medium red bell pepper, cut into ½-inch wide strips
1 medium yellow bell pepper, cut into ½-inch wide strips
1 medium orange bell pepper, cut into ½-inch wide strips
1 cup cubed fresh pineapple (or canned pineapple in juice)
Fresh cilantro sprigs (for garnish; optional)

directions

1. Combine 1 Tbsp. soy sauce, ginger, sherry (if desired), and 2 tsp. cornstarch in a medium mixing bowl; whisk to blend. Place in a large resealable bag.
2. Add pork; marinate, refrigerated, for 30 minutes.
3. Combine remaining 1 Tbsp. soy sauce, pineapple juice, vinegar, tomato paste, honey, and remaining 2 tsp. cornstarch in a medium bowl; whisk to blend. Set aside.
4. Heat 1 Tbsp. oil in large nonstick skillet (or wok) over medium-high heat.
5. Add pork; cook undisturbed for 1½ minutes. Cook, stirring constantly, for an additional minute, or until pork is browned but not cooked all the way through. Remove pork from pan. (Note: This may need to be done in 2 or more batches, so that all of the pork has contact with the pan and is seared.) Discard any leftover marinade.
6. Add remaining 1 Tbsp. oil to skillet; heat over medium-high heat.
7. Add onion and bell peppers; cook, stirring frequently, for 2 minutes.
8. Add pork; cook, stirring frequently, for 1 minute.
9. Add pineapple juice mixture; cook, stirring frequently, for 1 to 2 minutes, or until sauce has thickened and pork is cooked through.
10. Add pineapple; cook, stirring frequently, for 1 minute.
11. Divide between four serving plates. Garnish with cilantro if desired.
12. Serve each portion with ½ cup cooked brown rice, if desired.

MAKES 4 SERVINGS
PREP & COOK: 30 MINS.



Baked Salmon Dijon

ingredients

Parchment paper
3 Tbsp. Dijon mustard
2 tsp. olive oil
1 Tbsp. raw honey
¼ cup whole wheat bread crumbs
¼ cup finely chopped raw pecans
1 Tbsp. + 1 tsp. chopped fresh parsley
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
4 (4-oz. each) raw salmon fillets skinless
1 medium lemon cut into quarters (for garnish; optional)

directions

1. Preheat oven to 400° F.
2. Line sheet pan with parchment paper. Set aside.
3. Combine mustard, oil, and honey in a medium bowl; mix well. Set aside.
4. Combine bread crumbs, pecans, and parsley in a medium bowl. Season with salt and pepper, if desired; mix well. Set aside.
5. Brush both sides of each salmon fillet evenly with mustard mixture. Place on prepared pan. Coat evenly with bread crumb mixture.
6. Bake for 12 to 15 minutes, or until salmon flakes easily when tested with a fork.
7. Garnish with lemon, if desired.

MAKES 6 SERVINGS
PREP & COOK: 56 MIN



Instant Pot Beef Stew

ingredients

2 Tbsp. olive oil
1½ lbs. raw lean beef
stew meat
3 Tbsp. whole wheat
flour
1 medium onion sliced
thin
2 medium celery stalks
cut diagonally into 2-inch
pieces
6 medium carrots cut in
half lengthwise, cut into
2-inch pieces
2 bay leaves
¾ tsp. sea salt (or
Himalayan salt)
½ tsp. ground black
pepper
3 cups low-sodium
organic beef broth

directions

1. Turn Instant Pot to sauté. Add oil and beef; cook, stirring frequently, for 5 to 6 minutes, or until beef starts to brown.
2. Add flour; cook, stirring frequently, for 1 minute.
3. Add onion, celery, carrots, bay leaves, salt, pepper, and broth to Instant Pot. Cover and seal Instant Pot; cook, on stew/meat setting, for 35 minutes. Release pressure to vent immediately. Let sit for 10 minutes. Remove lid and discard bay leaves.

MAKES 6 SERVINGS
PREP & COOK: 6 HR & 22 MINS.



Turkey Meatballs

ingredients

1 lb. raw 93% lean ground turkey
½ tsp. sea salt or Himalayan salt, divided use
½ tsp. ground black pepper
1 large egg, lightly beaten
½ cup whole-grain panko (Japanese-style breadcrumbs)
2 cloves garlic, finely chopped
2 Tbsp. fresh parsley, finely chopped
2 Tbsp. grated Parmesan cheese
2 tsp. olive oil
1 medium onion, chopped
1 (28-oz.) can crushed whole tomatoes
1 tsp. dried oregano leaves

directions

1. Combine turkey, ¼ tsp. salt, pepper, egg, breadcrumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.
2. Roll mixture into eighteen 1½-inch meatballs. Set aside.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.
5. Repeat with the remaining meatballs. Set aside.
6. Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.
7. Top meatballs with cooked onion, tomatoes, oregano, and remaining ¼ tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.

LIFE SHAKE RECIPES



JUST TAKE A LOOK TEAM
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CHOCOLATE BANANA SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Chocolate Life Shake
1/2 Banana
1/8 tsp Cinnamon
1 cup water or milk of your choice

BERRYLICIOUS VANILLA SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Vanilla Life Shake
1 cup mixed berries
1 cup water or milk of your choice

CHOCO CHIP COOKIE SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Chocolate Life Shake
1 Tbsp. Cacao nibs, unsweetened
1 tsp. Almond butter
1 cup water or milk of your choice

GO GREEN SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Vanilla Life Shake
1/4 cup Pineapple chunks
1/2 Banana
1/2 cup Spinach
1 cup water or milk of your choice



TROPICAL DELIGHT SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Strawberry Life Shake
3/4 cup Pineapple chunks
1/4 tsp. Vanilla extract
3–4 Mint leaves, fresh
1/8 tsp. Cinnamon
1 cup water or
milk of your choice

PEPPERMINT MOCHA SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Café Latte Life Shake
1/2 Banana
1/4 tsp. Peppermint extract
1 Tbsp. Cacao nibs, unsweetened
1 cup water or milk of your choice

CHOCO ALMOND FUDGE SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Chocolate Life Shake
1 tsp. Almond extract Dash of Cinnamon
1 cup water or milk of your choice

APPLE GINGER SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Vanilla Life Shake
1 Green apple
1 tsp. Ginger, grated
1/2 cup Spinach
1 tsp. Lemon juice
1 cup water or milk of your choice



RED VELVET VEGGIE SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Chocolate Life Shake
1/2 Banana
1/2 Beet, chopped
1 cup Spinach
1/2 tsp. Vanilla extract
1 cup water or milk of your choice

CARROT CAKE SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Vanilla Life Shake
1/2 Banana
3–4 Baby carrots
1/4 tsp. Cinnamon
1/2 tsp. Vanilla extract
1 cup water or milk of your choice

SNICKERDOODLE SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Vanilla Life Shake
1 tsp. Peanut butter
1 tsp. Vanilla extract 1/2 tsp. Cinnamon
1 cup water or milk of your choice

STRAWBERRY BREAKFAST SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Strawberry Life Shake
1/2 Banana
1/8 cup Rolled oats
3–4 Strawberries, fresh
1 cup water or milk of your choice



CHOCOLATE AVOCADO MOUSSE SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Chocolate Life Shake
1/4 Avocado
1/2 tsp. Vanilla extract
1 cup water or milk of your choice

VANILLA CHAI TEA SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Vanilla Life Shake
1/3 cup Brewed tea, unsweetened & chilled
1 pinch each Cinnamon, nutmeg & cardamom (optional)
1 cup water or milk of your choice

CREAMY VANILLA SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Vanilla Life Shake
1 cup steamed cauliflower (microwave in steamer/covered bowl with water for 4 minutes)
1/2 banana
1/4 tsp. cinnamon (optional, adjust to taste)
Pinch of nutmeg (optional, adjust to taste)
1 cup water or milk of your choice



VERY BERRY GREEN GOODNESS SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Strawberry Life Shake
1/2 cup peeled cucumber or (lightly)
steamed green zucchini
1/4 cup spinach
1/4 cup blueberries
1/4 cup strawberries
1/8 cup (1 oz.) avocado
1 cup water or milk of your choice

CHOCOLATE MINT SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Chocolate Life Shake
1/2 cup peeled cucumber
1/8 cup avocado
A few mint leaves
(swap for cinnamon if preferred)
1 cup water or milk of your choice

SPICY GREEN SHAKE

Blend all ingredients & enjoy!

INGREDIENTS

2 scoops Vanilla Life Shake
1/2 cup power greens and/or spinach
4-6 baby carrots or 1 medium carrot,
chopped
1 slice fresh ginger
2 slices lemon (rind included)
3-4 fresh basil leaves
1/2 an apple
1/2 a jalapeño pepper (with or without
seeds; adjust depending on heat level)
1 cup water or milk of your choice



PANTRY STAPLES

Grains, Rice Dried Beans

Meat & Dairy

Spices & Oils

Fruits & Vegetables

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INGREDIENTS SHOPPING LIST

Ingredients:

Date: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Course:

Serving:

Notes:

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W W W . C L E A N S E W I T H A C A U S E . T O D A Y

RECIPE CARD

Course:

Recipe:



PREP TIME



READY IN



SERVES



COOK TIME

Kitchen Tools

Ingredients:

Directions

MEAL PLANNER

	BREAKFAST	SNACK	LUNCH	DINNER	DRINKS
M O N					
T U E					
W E D					
T H U					
F R I					
S A T					
S U N					

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