

7-DAY CLEANSE

Cleansing is a great tool to refresh our digestion, purify our thoughts and stay on our healthy living track.

The cleanse program outlined in this guide will support you in making adjustments to your eating style. Whether you're cleansing for health, or you're just curious about what cleanses are all about.

I hope you enjoy the experience!

SUGGESTED APPROACH

- No grains.
- No animal proteins.
- No beans or lentils.
- Protein from nuts and seeds only.
- No sugar. This includes palm sugar, honey, agave, stevia, coconut nectar, etc.
- 5 days of soups, salads, juices and smoothies followed by 2 days of slightly heartier meals.
- 1 day of liquids only (day three). Option to extend longer if interested/comfortable.

TO SUPPORT YOUR CLEANSE...

- 1000mL (4 cups) water with the juice from one lemon every morning.
- 1000mL (4 cups) water with the juice from one lemon every afternoon.
- 2 grams vitamin C per day.
- Minimum 500mL of fresh fruit/vegetable juice per day.
- Minimum 500mL of fruit/vegetable smoothies per day.
- Light meals only. Don't eat until uncomfortably full.
- Meditation in the morning. 10 minutes or longer.
- Mindful eating. Ensure I'm chewing enough, perform breathing exercises before dinner, and eat at the table only.
- Leave 12 hours between dinner and breakfast the following day.

These are suggestions only. If you have concerns, please consult a healthcare professional.

TIPS TO SUPPORT YOUR CLEANSE

“ **Add ground flax, chia or hemp**
to smoothies to pump up the fiber as well as
contribute a good amount of protein.

“ **Stretch in
the morning
and at night**
to encourage
detoxification.

“ **Enjoy lightly steamed
vegetables** throughout the day
if needed.

“ **The additional
vegetable intake**
in the form of juices and greens will
help you to maintain an average
protein intake.

“ **Not every day comes
with a juice recipe.**

Prepare a juice to preference on days
one, six and seven. Kale, spinach and
cucumber are great juice ingredients!

“ **Roasted squash
and sweet potato**
are fair game.

“ **If all the meal prep is a bit too much,** just double up on days.
Follow the cleanse basics outline and make the cleanse work for you!

RECIPES: DAY ONE



Be gentle to your digestion: opt for fresh steamed vegetables, pureed meals and soothing fats like avocado.



Breakfast
Apple Pie Green
Smoothie



Snack
Ultra Greens Smoothie



Lunch
Macro Greens Bowl



Snack
Blushing Greens Juice



Dinner
Pump Up Your Greens
Creamed Soup

RECIPES: DAY TWO



Today, we're shifting toward more pureed meals.



Breakfast
Can't Beet This Smoothie



Snack
Bombay Banana Smoothie



Lunch
Vegan Creamy Carrot Fennel Soup



Snack
North Pole Green Juice



Dinner
Moroccan Carrot and Raisin Slaw

RECIPES: DAY THREE



Today is full of liquids! Plan to drink lots of water and participate in a deep and relaxing yoga class in the evening.



Breakfast
OJ Lean & Green Juice



Snack
Veggie Overload Juice



Lunch
Roasted Garlic Soup



Snack
Love Drunk Spinach Juice



Dinner
Vegan Caesar Salad

RECIPES: DAY FOUR



We're beginning the day with liquids to help continue the cleanse!



Breakfast
Berry Immunity Smoothie



Snack
Cleansing Cashew Milk



Lunch
Pumpkin Seed & Herb
Salad



Snack
Pink Lady Juice



Dinner
Coconut Ginger Squash
Porridge

RECIPES: DAY FIVE



Make an extra batch of veggie juice, if needed. Note: omit the chickpeas from the salad and instead, use nuts or seeds that have been soaked in water for 12 hours, drained and rinsed.



Breakfast
Cleansing Cashew Milk



Snack
Green Energy Smoothie



Lunch
Spicy Speckled Pumpkin Curry



Snack
Love Your Greens Juice



Dinner
Fresh n' Raw Pad Thai Salad

RECIPES: DAY SIX



Pair cooked squash with dinner tonight. Note: omit the chickpeas from the salad and instead, use nuts or seeds that have been soaked in water for 12 hours, drained and rinsed.



Breakfast
Superwoman Green Smoothie



Snack
5-Minute French Fries



Lunch
Rockin' Roots Warmed Kale Salad



Snack
Go Go Greens Juice



Dinner
Macadamia Nut Hummus

RECIPES: DAY SEVEN



Add hemp or pea protein to your smoothie today and enjoy a baked sweet potato with your pate.



Breakfast
Vanilla Nut Hemp Milk



Snack
Sexy Lady Smoothie



Lunch
Tropical Lime Kale Salad



Snack
Tropical Beets Juice



Dinner
Grain-free Cranberry
Pecan Pilaf

ABOUT LEANNE VOGEL

I want to live in a world where everyone is able to nourish themselves based on the intuitive cues their body provides. Where struggles, restrictions and deprivations are replaced with kindness, radiance and pleasure.

I live a life of balance - I laugh a lot, cry a lot and I dream a lot. I order large plates of fries, make a mean mega salad and sun bathe every once in awhile. I practice yoga and treat myself to Sunday pajama days cuddled up on the couch watching reruns of Felicity.

I have good days and bad. Just like you.

I'm a holistic nutritionist - because I vibrate with love when I help others.

I've spent over a decade creating a life of abundance, joy and celebration with the goal of revolutionizing my perception of food and wellness and I want to share it with you.



HUNGRY FOR MORE?

If you loved the outrageously healthy nuggets of goodness I shared in this guide, there is plenty more where that came from.

Three things you can do next:

HEAD TO THE WEB

Slide over to [MY WEBSITE](#) & explore all of my tantalizingly simple allergen-free recipes, easy to follow health guides and inner musings about life, goal setting, self-acceptance and self-love.

MEAL PLANNING

Register for [REAL MEALS MEAL PLANS](#) - You've got a lot on your plate. Let's make sure the one you're eating from? Isn't one more thing you've got to worry about.

DESSERT GOBBLING

Grab a copy of my [DESSERT FREEDOM COOKBOOK](#) – Think of this as the last grain-free, vegan dessert cookbook you'll ever need.

AND!

If this guide — or any of my other creations — has triggered some crazy awesome happenings in your life, helped catapult you forward, or kick-started your awesome health journey, [I would love to hear about it.](#)

Now, it's time to inject your life with health, kick your restrictions to the curb and celebrate good food!

Thanks for visiting my little corner of cyberspace and joining me in this crazily rewarding ride.

See you around!
Leanne