



**PROVE IT
CHALLENGE™**

**7-Day Healthy
Cleanse Recipes**



Shaklee®



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.



Sample Menu

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 want to sit down and eat breakfast, you could consider Cauliflower Tabbouleh (page 11) or a Veggie/Fruit Smoothie (page 26) as a great example.

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 (page 23).

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.

LATE AFTERNOON GRAZING

Slice of watermelon, baked apple with cinnamon, Raw Citrus Beet Salad (page 5), or veggie/fruit smoothie (page 30).

DINNER

Portobello Mushroom Burger (page 17) or Sweet Potato Breakfast Hash (page 18). 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 (page 31).



Apple Carrot Ginger Salad



INGREDIENTS

2 medium apples (e.g., tart or sweet varieties such as Granny Smith or Honeycrisp)

2 large carrots

2 stalks celery (optional)

2 shallots

1/2 cup fresh mint leaves

1 inch fresh ginger, minced or grated

2 Tbsp. organic olive oil

3 Tbsp. organic rice wine vinegar

1/2 tsp. fresh ground black or mixed peppercorns



DIRECTIONS

Chop or julienne apples, carrots, celery, and shallots. Set aside. Finely chop mint leaves. Mince or grate ginger.

In a large bowl, whisk together oil, vinegar, ground pepper, mint leaves, and ginger until you see the oil and vinegar emulsify (become creamy). Add shallots, celery, apples, and carrots and toss until evenly coated.

Refrigerate and serve. Make ahead for a delicious, hearty raw salad any time of day throughout the week.

If you are not doing a cleanse, it's lovely to garnish this with some chopped toasted cashews.



Cucumber Salad with Fresh Dill and Red Onion



INGREDIENTS

- 2 medium cucumbers
- 1/4 cup white wine vinegar
- 1 small red onion, diced
- 1-2 Tbsp. fresh dill, chopped



DIRECTIONS

- Peel cucumbers, cut in half lengthwise, and slice halves.
- In a large bowl, add white wine vinegar, cucumbers, red onion, and dill. Stir to combine.
- Cover and place in refrigerator until chilled.



Raw Citrus Beet Salad



INGREDIENTS

- 3 medium to large beets, peeled and trimmed
- 1 Valencia orange, zest and juice
- 1 lime, zest and juice
- 2 Tbsp. olive oil
- 1/2 cup chives, minced



DIRECTIONS

- Grate beets and add to bowl.
- Add zest and juice from entire orange.
- Add zest and juice from lime to taste.
- Add olive oil and toss to combine.
- Add chives just before serving.



PRO TIPS

- Grate beets in the food processor to avoid staining everything in your kitchen bright pink. The grated beets can be dressed and kept in the refrigerator, covered well, for a couple of days. They become more tender but don't lose their texture, and the mixture becomes even sweeter as the beet juices mingle with the citrus. Toss again before serving.



Tomato, Cucumber, and Avocado Salad



INGREDIENTS

- 1 cup grape tomatoes, halved
- 1/2 English cucumber, sliced and quartered
- 1 avocado, chopped
- 1/4 cup cilantro, chopped
- Red onion (optional)



DRESSING

- 3 Tbsp. lemon juice (roughly 1/2 lemon)
- 1 Tbsp. extra-virgin olive oil
- 1/4 tsp. pepper



DIRECTIONS

Combine ingredients and toss with dressing.



Kale, Apple, and Carrot Salad



INGREDIENTS

- 4 cups kale, thinly sliced
- 1 apple, chopped
- 1 large carrot, shredded
- 1 cup parsley, chopped
- 1 large lemon, juiced
- 4 Tbsp. extra-virgin olive oil
- 1/4 tsp. black pepper



DIRECTIONS

Combine ingredients in a large bowl and toss.
Taste and adjust seasoning as needed.



PRO TIPS

Massage kale with clean hands to soften
before slicing if desired.



Fall Harvest Honeycrisp Apple and Kale Salad



INGREDIENTS

1/2 tsp. ground cinnamon
10 oz. of kale, shredded
2 Honeycrisp apples, thinly sliced
Arils from 1 pomegranate
Homemade dressing



DRESSING

2 Tbsp. extra-virgin olive oil
2 Tbsp. lemon juice
1 shallot, thinly sliced
1 Tbsp. fresh thyme leaves
Pepper to taste
1 pinch crushed red pepper flakes



DIRECTIONS

Prep and massage kale to soften the leaves if desired.
Combine ingredients in a large bowl and toss with dressing.



Broccoli Slaw Salad



INGREDIENTS

1 bag broccoli slaw, chopped
Olive oil
Lemon juice
Dried herbs of choice



DIRECTIONS

Whisk together olive oil, lemon juice, and dried herbs to taste. Pour over broccoli slaw. Refrigerate for an hour before serving. Keeps well for a few days.



Detox Herb Salad



INGREDIENTS

- 1 head of broccoli, chopped
- 1/2 head cauliflower, chopped
- 1 large carrot, shredded
- 1 pear, chopped
- 1/4 cup minced red onion
- 1/2 bunch cilantro, minced
- 1/2 bunch dill, minced
- 1/2 bunch mint leaves, minced



DRESSING

- 2 lemons, juiced
- 1/4 cup extra-virgin olive oil
- 1 Tbsp. apple cider vinegar
- 1/4 tsp. black pepper



DIRECTIONS

Add lemon juice, apple cider vinegar, olive oil, and black pepper to a container with a lid. Shake vigorously until well blended. Taste and adjust seasonings to your preference. Allow dressing to sit for at least 15 minutes before tossing with your salad.

Chop broccoli and cauliflower into small pieces for easier digestion. Try pulsing them in a food processor, or use a sharp knife to chop into bite-sized pieces. Combine in a large salad bowl along with shredded carrot, chopped pear, red onion, cilantro, dill, and mint. Add enough dressing to coat the salad but not drown it. Mix thoroughly. And enjoy!!!



Cauliflower Tabbouleh



INGREDIENTS

- 1 head cauliflower, pulsed in food processor to size of rice grains
- 1 English cucumber, diced small
- 1 tomato, seeded and diced
- 1/2 to 1 cup chopped parsley
- 1/2 cup chopped mint
- 2 spring onions, diced small



DRESSING

- Juice of 2 lemons
- 6–7 Tbsp. olive oil
- 1 tsp. diced garlic
- 1/4 tsp. pepper



DIRECTIONS

Break the cauliflower into smaller pieces and place in the food processor. Pulse 5–10 times depending on desired size. Add all ingredients up to dressing and toss. Put all dressing ingredients into a jar and shake well. Dress salad and taste. Add more pepper and lemon as needed.



Cilantro Lime Cauliflower “Rice”



INGREDIENTS

- 1 medium head (about 24 oz.) cauliflower, rinsed
- 1 Tbsp. extra-virgin olive oil
- 2 garlic cloves, minced
- 2 scallions, diced
- Pepper to taste
- 1-1/2 limes
- 1/4 cup fresh chopped cilantro



DIRECTIONS

Remove the core and let cauliflower dry completely. Coarsely chop into florets. Place half the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous—don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.

Heat a large sauté pan over medium heat. Add olive oil, scallions, and garlic and sauté about 3 to 4 minutes, or until soft. Raise the heat to medium-high. Add the cauliflower “rice” to the pan. Cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. Remove from heat and place in a medium bowl, and toss with fresh cilantro, lime juice, and pepper to taste.



Lemon Garlic Zucchini Noodles



INGREDIENTS

- 2 medium zucchini, spiralized
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 1 lemon, halved
- 1 tsp. chopped parsley



DIRECTIONS

To a small saucepan over low heat, add garlic and oil. Cook until garlic is lightly browned. Squeeze in the juice from half a lemon, add parsley, and mix.

To a large pot over medium-high heat, add zucchini noodles and cook until zucchini is just tender, stirring as needed to cook evenly. To make this dish healthier, you don't need to add any oil while cooking the zucchini. Drain any water produced by zucchini noodles from pan. Add in sauce and toss until noodles are evenly coated. Squeeze juice from remaining lemon half over noodles. Serve immediately.

10-Minute Lemon Garlic Sautéed Bok Choy



INGREDIENTS

1 pound baby bok choy
 1-1/2 Tbsp. extra-virgin olive oil
 3 garlic cloves, minced
 Pinch of crushed red pepper flakes
 Half of a lemon, cut into wedges



DIRECTIONS

Remove any discolored outer stalks of the bok choy and discard them (or save for stock later). Place bok choy into a colander and rinse with cool water, rubbing any grit or dirt from between the leaves. Trim the ends, then slice each bok choy in half lengthwise. Or if they are large, cut into quarters. Pat dry.

Add oil, garlic, and red pepper flakes to a large, room-temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic but before the garlic starts to turn light brown.

Toss in the bok choy and spread into one layer. Cook, without stirring, until the bottom is starting to turn brown, about 2 minutes. Flip, then cook another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften but still have some crunch.

Transfer to a platter, then squeeze 2 lemon wedges on top. Serve with more lemon wedges on the side.



Sautéed Broccoli and Spinach



INGREDIENTS

- 1 head of broccoli
- 5 oz. spinach
- 2 cloves garlic, minced
- 1-2 Tbsp. olive oil
- Pepper to taste
- Red pepper flakes to taste
- Fresh lemon juice



DIRECTIONS

Lightly sauté broccoli in olive oil and garlic for a few minutes. Add in spinach and cook for another few minutes. Top with fresh lemon juice, pepper, and red pepper flakes.





Marinated Vegetables



INGREDIENTS

- 2 cups fresh broccoli florets
- 2 cups fresh cauliflower florets
- 1 medium cucumber, halved and thinly sliced
- 1 cup sliced fresh mushrooms
- 1 cup cherry tomatoes, halved
- 1/3 cup finely chopped red onion



DRESSING

- Olive oil, lemon, dried herbs to taste



DIRECTIONS

- In a large bowl, combine the broccoli, cauliflower, cucumber, mushrooms, tomatoes, and onion.
- Add dressing and toss to coat. Cover and refrigerate for 8 hours or overnight.



Portobello Mushroom Burger



INGREDIENTS

- 2 large Portobello mushroom caps
- 3 Tbsp. balsamic vinegar (no sugar added)
- 1 clove fresh garlic, minced
- 2 tsp. dried basil
- 1 tsp. dried oregano
- 1/2 tsp. ground black pepper
- 1 large tomato, sliced
- 1 avocado, sliced
- 1 cup pea shoot sprouts
- 1 Tbsp. yellow mustard



DIRECTIONS

Slice off mushroom stems (save for dressing if desired). Slice off about 1/2 of the mushroom cap (as if slicing a bun). Combine the balsamic vinegar, garlic, basil, oregano, and pepper in a small bowl and mix well.

Place both halves of all the mushroom caps on a cookie sheet lined with foil, and add a little olive oil (to prevent sticking). With a large spoon, pour the marinade over each mushroom cap and let sit for about 10 minutes.

Preheat the oven to 425°F. Bake mushrooms for about 10 minutes. Check to see if they are done—if not, flip them and bake another 10 minutes.

Place the bottom half of the mushroom cap on a plate. Add your choice of toppings, and cover with the top half of the baked mushroom cap.



Sweet Potato Breakfast Hash



INGREDIENTS

- 1 Tbsp. olive oil
- 1 Tbsp. rosemary
- 1/2 red onion
- 1 clove garlic, minced
- 1 sweet potato
- 1 jalapeno (optional)
- 2 bell peppers
- 2 green onions



DIRECTIONS

Heat olive oil in a large skillet over medium-high heat. Add diced sweet potato, cover, and let cook for approximately 10 minutes or until it begins to soften, stirring occasionally.

While the sweet potato cooks, dice the red onion and mince the garlic. Add to the skillet. Dice bell peppers, jalapeno, green onion, and rosemary (if using fresh) and add to skillet. Cover and let cook for approximately 5 minutes, or until sweet potato is tender. Enjoy!



Raw Cauliflower “Popcorn”



INGREDIENTS

- 1 large head cauliflower
- 1 Tbsp. extra-virgin olive oil

Option #1

- 1–2 Tbsp. chili powder, depending on strength of flavor desired
- Juice of 1 lime

Option #2

- 1 Tbsp. Spike seasoning
- 1 Tbsp. nutritional yeast



DIRECTIONS

Trim the leaves from the cauliflower and pull off large pieces of the head. Break them down until they are in florets not larger than the tip of your thumb. Wash and drain well. Transfer florets to a large mixing bowl and toss with the remaining ingredients.

Raw and Crispy Jicama Fries



INGREDIENTS

- 1 jicama
- 1 Tbsp. olive oil
- 3 Tbsp. nutritional yeast
- 1 Tbsp. chili powder
- Dash of paprika



DIRECTIONS

Peel jicama and slice julienne style.

Place sliced jicama in a glass bowl and add olive oil, making sure to cover thoroughly. Add remaining spices and toss once more.

You can consume as is, or dehydrate for 1–2 hours to slightly soften the root vegetable.





Pico de Gallo



INGREDIENTS

5 Roma tomatoes, seeded and diced finely
(or 2-1/2 to 3 cups grape tomatoes)

1/2 large red onion, diced finely

1/2 jalapeno, seeded and chopped finely (use
1/2 green bell pepper if you don't want it as
spicy)

1/2 bunch of cilantro, chopped finely (if small,
use the entire bunch)

3 garlic cloves, minced

1/2 lime, juiced

Pepper to taste



DIRECTIONS

Toss the diced tomatoes, red onion, jalapeno,
cilantro, garlic, and lime juice together, and
add pepper to taste. Store in the fridge.

Serve with fresh veggies.



Chimichurri Sauce



INGREDIENTS

- 1 bunch of parsley leaves, some stems ok
- 1 bunch of cilantro leaves, some stems ok
- 1/2 cup olive oil
- 1 Tbsp. red wine vinegar, or to taste
- 3 cloves garlic
- 1 tsp. red pepper flakes (optional)
- 1/2 tsp. pepper



DIRECTIONS

Combine all the ingredients in a food processor. Pulse for about 10–15 seconds until just combined. You do not want to over-pulse and turn this into a smooth sauce. Drizzle on fresh or lightly cooked veggies, or use as a dip.



Tomato Bisque Soup



INGREDIENTS

- 2 (28-oz.) cans whole tomatoes, drained of their juices
- 4 Tbsp. olive oil
- 4 carrots, peeled and chopped
- 2 shallots, quartered
- Freshly cracked pepper
- 1/2 tsp. crushed red pepper flakes
- 2 garlic cloves, minced
- 1 Tbsp. tomato paste
- 1 (28-oz.) can crushed fire roasted tomatoes
- 1 cup + 2 Tbsp. low-sodium vegetable broth



DIRECTIONS

Preheat oven to 400 °F. In a mixing bowl, combine drained whole tomatoes, carrots, shallots, and 1 Tbsp. of the olive oil, and toss to coat. Season vegetables with pepper and place on a baking sheet. Roast until caramelized, about 30 minutes.

Heat a soup pot over medium heat. Add remaining olive oil and allow to warm. Add crushed red pepper flakes and garlic and sauté for 1 minute. Add tomato paste and cook for 1–2 minutes, then add 2 Tbsp. of vegetable broth. Cook another 2 minutes. Add roasted vegetables, crushed tomatoes, and remaining vegetable broth. Season with pepper and simmer for 15 minutes. Purée the soup with an immersion blender until uniform in texture. Add more vegetable broth to adjust consistency if desired.



Cleansing Green Vegetable Soup



INGREDIENTS

1 Tbsp. olive oil	1/2 tsp. dried parsley
1 yellow onion	1/4 tsp. dried thyme
4 garlic cloves	2 bay leaves
2 cups broccoli florets	10 oz. baby spinach or kale, roughly chopped
2 cups diced zucchini	1/2 cup chopped fresh parsley
2 cups shredded green cabbage	Juice of 1 lemon (about 3 Tbsp.)
2 stalks celery, diced	1 avocado
6 cups water	1/2 tsp. black pepper
1/2 tsp. dried basil	



DIRECTIONS

In a large soup pot, sauté onion and garlic in 1 Tbsp. olive oil over medium heat until onions are translucent, about 3–5 minutes. Stir occasionally so the garlic doesn't burn. Add dried parsley, basil, pepper, and thyme, and stir for 1 minute.

Add remaining veggies and water, plus bay leaves.

Cover, bring to a low boil, and reduce heat. Simmer for 15 minutes.

Turn off heat and add baby spinach or kale. Stir to incorporate, and cover pot with the lid to let wilt, about 5 minutes.

Meanwhile, in a blender or food processor, add avocado, lemon juice, and 1/4 cup of broth from the pot, and blend until smooth.

Stir the avocado and lemon mixture into the broth until completely incorporated, and add the chopped fresh parsley.

Taste and season with additional pepper if necessary. Serve hot!



Raw Sweet Potato Bliss Soup



INGREDIENTS

- 2 cups water
- 2 small sweet potatoes, peeled and cubed
- 1 yellow pepper
- 2 stalks celery
- 1/4 small onion
- 6 fresh basil leaves
- 1/2 Tbsp. garam masala
- 1 garlic clove
- 1 avocado



DIRECTIONS

- Blend the water and sweet potatoes for 1 minute until smooth.
- Then add other ingredients and blend. Top with fresh parsley.



Refresh Your Morning Smoothie



INGREDIENTS

8–10 oz. water

1/2 fresh lime (leave a little peel on the lime)

1 inch grated fresh ginger

1 handful fresh greens (e.g., spinach, kale, field greens)

3/4 cup frozen mixed berries

1/2 tsp. cinnamon



DIRECTIONS

Combine all ingredients in blender with ice (as desired).
Blend until creamy.



Raspberry Lime Cooler Smoothie



INGREDIENTS

8–10 oz. water

1 cup frozen raspberries

2 Tbsp. lime juice

1 handful fresh greens



DIRECTIONS

Combine all ingredients in blender with ice (as desired).
Blend until creamy.



Green Apple Smoothie



INGREDIENTS

8–10 oz. water

1 small, organic Granny Smith apple, sliced and seeded

1 handful greens (e.g., spinach, kale, collards)

1/2 banana



DIRECTIONS

Combine all ingredients in blender with ice (as desired).
Blend until creamy.



Orange & Green Detox Smoothie



INGREDIENTS

8–10 oz. water

1 navel orange, peeled and cut into quarters

1/2 frozen overripe banana

2 cups kale, tough stems removed, loosely packed
and chopped

1 cup baby spinach leaves

1/2 cup ice



DIRECTIONS

Combine all ingredients in blender with ice (as desired).
Blend until creamy.



Mixed Berry Smoothie



INGREDIENTS

- 8-10 oz. water
- 1/3 cup blueberries, fresh or frozen
- 5 frozen strawberries
- 1 handful greens, if desired



DIRECTIONS

Combine all ingredients in blender with ice (as desired). Blend until creamy.



Raspberry Peach Smoothie



INGREDIENTS

8–10 oz. water

3/4 cup fresh peaches, pitted and chopped

3/4 cup frozen raspberries

1 handful greens

Fresh ginger, if desired



DIRECTIONS

Combine all ingredients in blender with ice (as desired).
Blend until creamy.

LiKiBa Smoothie



INGREDIENTS

8-10 oz. water

1 kiwifruit, skin on

1/2 banana

1/2 lime, with most of the skin removed

1 handful greens



DIRECTIONS

Combine all ingredients in blender with ice (as desired).
Blend until creamy.

