





ONE DAY FALL RESET PLAN & RECIPES

Detoxifying Smoothie

1 1/2 cups water
3/4 cup chopped pineapple
1/2 apple, chopped
1/2 cucumber, chopped
1/4 cup chopped parsley
few leaves cilantro
juice from 1/2 – 1 lemon
big handful spinach
5 ice cubes
Vegan-based protein powder ([like this](#))

Add all to a blender and blend!

Blended Asparagus Soup

1 can full fat coconut milk
3 large carrots, chopped
1 large onion, chopped
4 cloves garlic, chopped
2 cartons vegetable or chicken broth
1 teaspoon sea salt & pepper
1 pinch cayenne pepper
1 bunch parsley, stems removed, chopped
10 basil leaves
1 handful spinach
2 bunches asparagus, stems removed, cut into 1" pieces
1 16oz can diced tomatoes

In a large pot, add onions, carrots, garlic, and coconut milk on medium-low, stirring occasionally, for 15 minutes. Add broth and heat until boiling, then add asparagus, parsley, basil, salt, cayenne, and tomatoes.

Let simmer for 50 minutes covered, stirring occasionally. Add spinach and remove from stove and let cool. Blend until very smooth, heat, and eat.

Hummus > [Recipe](#)

Guacamole > [Recipe](#)



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Salad with Orange Balsamic Vinaigrette

2 cups greens (baby spinach, romaine, mixed greens, etc)
1/2 cup parsley, chopped
1/2 cucumber, chopped
2 carrots, shredded
1/2 bell pepper, chopped
1 clementine, peeled, wedges separated
2 tablespoons dried cranberries
1/4 cup raw pumpkin seeds

Dressing:

Juice from 1/2 orange
2 teaspoons Dijon mustard
1 tablespoon balsamic vinegar
2 tablespoons olive oil
1/4 teaspoon sea salt (or more to taste)

Add dressing ingredients to a small mason jar, and shake (or whisk together in a mixing bowl).

Drizzle dressing on top of salad ingredients, and mix well.

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