

The question we get most during the CleanUP: what do I actually eat? This collection answers it. Every recipe here follows the program rules, so you never have to stand in the kitchen doing mental math about the Sensitive 7. Pair it with the shopping list in your Starter Manual and the Weekly Meal Planning grid, and dinner stops being a decision.

Four Rules That Make Every Recipe Work

- Vegetables are the plate. Clean meat is the side dish, about the size of your palm.
- Cook with coconut oil only. It handles heat. Olive, flax, and walnut oils stay raw, drizzled on after cooking or whisked into your daily dressing.
- Cook once, eat twice. Every dinner here makes enough for tomorrow's lunch. Leftovers are the whole strategy.
- Recipes marked (N) contain nightshades: tomatoes, peppers, or chili spices. If you're avoiding nightshades, use the swap listed in the recipe.

Breakfasts

Overnight Oats with Chia and Blueberries

SERVES 1 · 5 MINUTES TONIGHT, ZERO TOMORROW

- ½ cup gluten-free oats
- 1 Tbsp chia seeds
- 1 cup unsweetened almond milk
- ½ tsp cinnamon
- Liquid stevia, a few drops (optional)
- ½ cup blueberries
- 1 Tbsp chopped walnuts

Stir the oats, chia, almond milk, cinnamon, and stevia together in a jar. Lid on, refrigerate overnight.

In the morning, top with blueberries and walnuts. It keeps 2–3 days, so make two jars at a time and buy yourself a morning off.

Warm Quinoa Breakfast Porridge

SERVES 2 · 20 MINUTES

- ½ cup quinoa, rinsed well
- ¾ cup coconut milk
- ¾ cup water
- ½ tsp cinnamon
- Liquid stevia, a few drops (optional)
- ½ cup raspberries
- 1 Tbsp sliced raw almonds

Rinsing the quinoa matters: the natural coating tastes bitter, and most "I don't like quinoa" cases trace back to skipping this step.

Simmer the quinoa in the coconut milk and water, covered, about 15 minutes until tender. Stir in the cinnamon and stevia, then top with raspberries and almonds. Leftover cooked quinoa from dinner works here too; just warm it with coconut milk and cinnamon.

Sweet Potato and Kale Breakfast Hash

SERVES 2 · 20 MINUTES

- 1 Tbsp coconut oil
- ½ onion, diced
- 1 medium sweet potato, diced small
- 2 cloves garlic, minced
- 2 cups chopped kale
- Sea salt
- Optional: shredded leftover chicken

Yes, breakfast without eggs. This is the one that converts people.

Melt the coconut oil in a skillet over medium heat. Add the onion and sweet potato, cover, and cook 10–12 minutes, stirring a few times, until the sweet potato is tender. Add the garlic and kale and cook 2–3 minutes more until the kale wilts. Season with sea salt. Stir in leftover chicken at the end if you want it heartier.

Coconut Chia Pudding

SERVES 2 · 5 MINUTES, PLUS 4 HOURS IN THE REFRIGERATOR

- 3 Tbsp chia seeds
- 1 cup coconut milk
- ¼ tsp cinnamon
- Liquid stevia, a few drops
- Sliced strawberries
- 1 tsp hemp seeds

Whisk the chia, coconut milk, cinnamon, and stevia in a bowl. Wait 5 minutes, whisk once more so it doesn't clump, then refrigerate at least 4 hours or overnight.

Top with strawberries and hemp seeds. Works as breakfast, a snack, or the closest thing to dessert on the cleanse.

Upgrade Your Daily Smoothie

Your smoothie is already built: ½ scoop protein powder plus 1 scoop cleansing powder in 10–16 oz. of cleanse-approved liquid. To keep it interesting for 21 days, rotate one from each column.

- Greens: a handful of spinach, kale, or Swiss chard. You won't taste spinach. Promise.
- Fat: ¼ avocado, 1 Tbsp almond or cashew butter, or 1 Tbsp chia, hemp, or ground flax seeds
- Flavor: 1 Tbsp unsweetened cocoa powder, ½ tsp cinnamon, a knob of fresh ginger, or frozen berries (reach for the low-glycemic ones first)
- Liquid: unsweetened almond, rice, or coconut milk, or spring water with a squeeze of lemon or lime

Soups earn their place on a cleanse: warm, easy to digest, and built almost entirely from the optimal vegetables list. Bieler's Broth, the Day 1 staple, is in your Starter Manual; these three carry you through the other twenty days. All of them freeze well.

Carrot Ginger Soup

SERVES 4 · 35 MINUTES

- 1 Tbsp coconut oil
- 1 onion, chopped
- 1 lb. carrots, chopped
- 1 Tbsp fresh ginger, grated
- 3 cups organic vegetable or chicken broth
- ½ cup coconut milk
- Sea salt

Melt the coconut oil in a pot over medium heat. Cook the onion 4–5 minutes, then add the carrots and ginger and cook 2 minutes more. Add the broth, bring to a simmer, and cook about 20 minutes until the carrots are soft.

Blend until smooth (an immersion blender is easiest), stir in the coconut milk, and season with sea salt. The ginger does real work here, both for flavor and for digestion.

White Bean, Kale, and Garlic Soup

SERVES 4 · 30 MINUTES

- 1 Tbsp coconut oil
- 1 onion, diced
- 4 cloves garlic, minced
- 2 cans white beans, drained and rinsed (check the label: beans, water, salt, nothing else)
- 4 cups organic broth
- 1 bunch kale, stemmed and chopped
- Juice of ½ lemon
- Extra virgin olive oil, to finish

Melt the coconut oil over medium heat and cook the onion until soft, about 5 minutes.

Add the garlic for 1 minute, then the beans and broth. Simmer 15 minutes.

Mash a few beans against the side of the pot to thicken it, stir in the kale until wilted, and finish with the lemon juice. Drizzle each bowl with olive oil at the table, not in the pot.

Raw oil stays raw.

Cleanse Chicken Soup

SERVES 6 · 45 MINUTES

- 1 Tbsp coconut oil
- 1 onion, 3 stalks celery, 3 carrots, all chopped
- 3 cloves garlic, minced
- 1 lb. organic chicken thighs
- 6 cups organic chicken broth
- 1 tsp dried thyme, 1 bay leaf
- Big handful fresh parsley, chopped
- Sea salt

Melt the coconut oil in a large pot and cook the onion, celery, and carrots 6–7 minutes.

Add the garlic, then nestle in the chicken and pour over the broth. Add the thyme and bay leaf and simmer, partly covered, 25–30 minutes.

Pull the chicken out, shred it with two forks, and return it to the pot. Finish with parsley and sea salt. This is the pot to have waiting during days 2–4, when you want dinner handled before the dip has a vote.

Sheet-Pan Lemon Herb Chicken with Broccoli and Sweet Potato

SERVES 4, WITH LUNCH LEFTOVERS · 40 MINUTES, ONE PAN

- 1½ lbs. organic chicken thighs
- 1 large head broccoli, in florets
- 2 sweet potatoes, in 1-inch pieces
- 1½ Tbsp coconut oil, melted
- 1 lemon, half juiced, half in wedges
- 1 tsp each dried rosemary and thyme
- Sea salt, 3 cloves garlic, minced

Heat the oven to 425°F. Toss everything with the melted coconut oil, lemon juice, garlic, herbs, and sea salt on a sheet pan. Spread it out; crowding steams instead of roasts.

Roast 25–30 minutes until the chicken reaches 165°F and the sweet potatoes are browned at the edges. Serve with lemon wedges. Fill most of your plate with the vegetables and keep the chicken to a palm-sized portion; tomorrow's lunch is the rest over salad greens with your daily dressing.

Baked Salmon with Garlicky Spinach and Quinoa

SERVES 2 · 25 MINUTES

- 2 wild-caught salmon fillets
- 1 lemon
- 1 tsp dried dill (or 1 Tbsp fresh)
- 1 Tbsp coconut oil
- 5 oz. spinach
- 2 cloves garlic, sliced
- 1 cup cooked quinoa
- Extra virgin olive oil, to finish

Heat the oven to 425°F. Place the salmon on a lined pan, season with sea salt and dill, and top with lemon slices. Bake 10–12 minutes, until it flakes.

Meanwhile, melt the coconut oil in a skillet, cook the garlic 30 seconds, and wilt the spinach in batches. Serve the salmon and spinach over quinoa, and drizzle olive oil over the finished plate. Cold-water fish like salmon brings the omega-3 fats your daily dressing is also feeding you. Between the two, your cell membranes are having a good month.

Grass-Fed Beef and Vegetable Stir-Fry

SERVES 3 · 25 MINUTES

- 1 Tbsp coconut oil
- ¾ lb. grass-fed sirloin, sliced thin
- 1 head broccoli, in small florets
- 2 cups snow peas
- 2 carrots, sliced thin
- 1 Tbsp fresh ginger, 3 cloves garlic, minced
- 2 tsp apple cider vinegar, sea salt
- Cooked brown rice, for serving

No soy sauce here, and that's the point: soy is one of the Sensitive 7, and it hides in nearly every stir-fry sauce on the shelf. Ginger, garlic, apple cider vinegar, and sea salt do the job.

Get the coconut oil hot in your largest skillet. Sear the beef 2 minutes and remove it. Add the broccoli, snow peas, and carrots with a splash of water, and cook 4–5 minutes. Add the ginger and garlic for 1 minute, return the beef, and finish with the vinegar and salt. Serve over brown rice, vegetables first.

Ginger Turkey Lettuce Wraps

SERVES 3 · 20 MINUTES

- 1 Tbsp coconut oil
- 1 lb. ground organic turkey
- 1 Tbsp fresh ginger, 3 cloves garlic, minced
- 1 cup jicama, diced small
- 2 Tbsp chopped chives
- Juice of 1 lime, sea salt
- 1 head butter lettuce, leaves separated
- Optional: 1 Tbsp almond butter thinned with lime juice and warm water

Melt the coconut oil over medium-high heat and brown the turkey, breaking it up as it cooks. Add the ginger and garlic for the last 2 minutes. Off the heat, stir in the jicama, chives, lime juice, and sea salt. The jicama stays crunchy, which is the whole trick.

Spoon into lettuce cups. If you miss a peanut-style sauce, the thinned almond butter gets you most of the way there without the peanut.

Red Lentil Coconut Curry

SERVES 4 · 30 MINUTES · MEATLESS

- 1 Tbsp coconut oil
- 1 onion, diced
- 3 cloves garlic, 1 Tbsp fresh ginger, minced
- 1 Tbsp curry powder (read the label: spices only)
- 1 cup red lentils, rinsed
- 2 cups organic vegetable broth
- 1 cup coconut milk
- 3 cups spinach, sea salt
- Cooked brown rice, for serving

Melt the coconut oil and cook the onion 5 minutes. Add the garlic, ginger, and curry powder and stir 1 minute until fragrant. Add the lentils and broth, and simmer 15–18 minutes until the lentils fall apart.

Stir in the coconut milk and spinach, season with sea salt, and serve over brown rice. One label note: most curry powders are pure spices, but some include chili. If you're avoiding nightshades, pick a blend without it.

Stuffed Spaghetti Squash with White Beans and Spinach

SERVES 2 · 50 MINUTES, MOSTLY OVEN TIME · MEATLESS

- 1 spaghetti squash, halved and seeded
- 1 Tbsp coconut oil, plus more for the squash
- 3 cloves garlic, sliced
- 1 can white beans, drained and rinsed
- 4 cups spinach
- 1 tsp dried oregano, sea salt
- Extra virgin olive oil, to finish

Heat the oven to 400°F. Rub the squash halves with a little coconut oil, place cut-side down on a pan, and roast 35–40 minutes until a fork slides in easily.

Near the end, melt the coconut oil in a skillet, cook the garlic 1 minute, then add the beans, spinach, and oregano until the spinach wilts. Scrape the squash into strands, toss everything together back in the shells, and finish with sea salt and a drizzle of olive oil.

Bison and Three-Bean Chili

SERVES 6, FREEZES BEAUTIFULLY · 50 MINUTES · (N) — SWAP INCLUDED

- 1 Tbsp coconut oil
- 1 lb. ground grass-fed bison (or beef)
- 1 onion, diced, 4 cloves garlic, minced
- 1 can each kidney, black, and pinto beans, drained
- 1 can diced tomatoes (N)
- 2 cups organic broth
- 2 tsp cumin, 1 tsp oregano, 2 tsp pure chili powder (N)
- Sea salt

Melt the coconut oil in a large pot and brown the bison with the onion. Add the garlic and spices for 1 minute, then the beans, tomatoes, and broth. Simmer, partly covered, 30 minutes. Salt at the end.

Avoiding nightshades? Swap the tomatoes for 2 cups diced butternut squash, drop the chili powder, double the cumin, and add an extra splash of broth. Different chili, still chili.

The Big Cleanse Salad

SERVES 1 · 10 MINUTES · YOUR DAILY DRESSING'S HOME BASE

- Base: 2 big handfuls of greens (arugula, spinach, lettuce, watercress)
- Vegetables: 3 or more, raw or leftover roasted (cucumber, radish, fennel, broccoli, carrot)
- Protein: leftover chicken, salmon, or ½ cup beans
- Crunch: 1 Tbsp raw seeds or chopped nuts
- Your daily dressing: 4 tsp oil + 2 tsp apple cider vinegar

Less a recipe than a formula, and the easiest way to hit your daily dressing without thinking about it. Pick one from each line, assemble, dress, done.

This is where leftovers go to become lunch. Roasted vegetables from last night are better in a salad than they were at dinner. That's not an opinion; try it.

Garlicky Greens

SERVES 2 · 10 MINUTES · GOES WITH EVERYTHING

- 1 Tbsp coconut oil
- 1 bunch collard greens or Swiss chard, stemmed and sliced
- 3 cloves garlic, sliced
- 1 tsp apple cider vinegar
- Sea salt

Melt the coconut oil over medium heat and cook the garlic 30 seconds. Add the greens with the water still clinging to the leaves and cook 4–6 minutes, tossing, until tender. Finish with the vinegar and sea salt.

Make this your default side. Dark leafy greens feed the liver pathways this whole cleanse is built around, and the vinegar brightens the bitterness that puts people off greens in the first place.

Quinoa Tabbouleh

SERVES 4 · 20 MINUTES, BETTER AFTER AN HOUR IN THE REFRIGERATOR

- 2 cups cooked quinoa, cooled
- 2 cups fresh parsley, chopped (yes, that much)
- 1 cucumber, diced small
- 2 Tbsp fresh mint, chopped (if you have it)
- Juice of 1 lemon
- 3 Tbsp extra virgin olive oil
- Sea salt
- Optional: 1 cup diced tomatoes (N)

Traditional tabbouleh is a parsley salad with some grain in it, not the other way around. Keep that ratio. Parsley is also the same liver-supportive green that anchors Bieler's Broth, so it's pulling double duty here.

Toss everything together and let it sit in the refrigerator an hour if you can. It keeps three days and travels well, which makes it the answer to "what do I bring to the cookout that I can actually eat?"

The Hummus Plate

SERVES 1 · 5 MINUTES

- ½ cup hummus (label check: chickpeas, tahini, olive oil, lemon, garlic, salt)
- Cucumber spears, carrot sticks, radishes, celery
- A few rice crackers or an organic rice cake

The snack that requires no willpower. Keep the vegetables cut and waiting at eye level in the refrigerator, because at 3 p.m. you will eat whatever is easiest to reach. Make the easiest thing the right thing.

Cinnamon Trail Mix

MAKES ABOUT 3 CUPS · 5 MINUTES

- 1 cup raw almonds
- 1 cup raw walnuts
- ½ cup raw pumpkin seeds
- ½ cup unsweetened coconut flakes
- ½ tsp cinnamon

Shake everything together in a jar. Portion it into small containers now, a small handful each, rather than carrying the jar around. Nuts are an optimal fat, and also the easiest food on this cleanse to overdo straight from the bag.

A Week of Dinners, Solved

Sunday: cleanse chicken soup, big pot. Monday: soup again, zero effort. Tuesday: sheet-pan chicken, double batch.

Wednesday: yesterday's chicken over the Big Cleanse Salad. Thursday: lentil curry. Friday: salmon night. Saturday: chili for the weekend, and the freezer gets the rest. That's seven dinners from five sessions of cooking. Fill in breakfasts and snacks from this collection, and use the Weekly Meal Planning grid to make next week's version your own.