

Dr. Junger's 7 Day Vegan Cleanse

For the Inflamed Body Type

Basic Structure

- **Length:** 7 days
- **Meals**
 - Breakfast: Solid Meal
 - Lunch: Solid Meal
 - Dinner: Solid Meal
 - Snacks: veggies, 1 cup of almonds, or 1 cup of berries
- **Supplement**
 - Vegan Omega 3 supplement (like Nature Made 100% Vegetarian omega-3s)

Key Rules

- **No Animal Products or Dairy:** Avoid all meats, chicken, turkey, fish, dairy and eggs.
- **No Gluten:** Avoid wheat products or any other grains that have gluten (oats, spelt, barley, rye)
- **No Nightshade:** Avoid all nightshade vegetables (tomatoes, bell peppers, eggplant, potatoes)
- **Maximize Anti-Inflammatory Super-foods:** Turmeric and Ginger

Eat These Foods

- whole vegetables
- greens & fresh vegetable juices
- nuts, seeds and nut butters
- quinoa and lentils
- fermented foods
- nuts, seeds and nut butters
- avocado & coconut
- fresh & frozen berries
- whole fruits
- small amounts of caffeine in the form of green tea

Recipe Inspiration and Meal Plan

Day 1

Breakfast

CHOCOLATE MOUSSE

Ingredients

2 ripe avocados, peeled and pitted
1/4 cup coconut nectar
1/2 cup unsweetened cocoa powder
1-2 tablespoons coconut oil

1 teaspoon vanilla
a pinch of sea salt
optional shredded coconut for garnish

Blend all ingredients together in a food processor (a blender can work too, you may just need to scrape the sides down more often) until creamy. You can start with one tablespoon of coconut oil and see if you need more. If it's not creamy enough, add some water, almond or coconut milk, but it may not be necessary. This stores in the fridge for several days.

Lunch

WILD RICE STUFFED ACORN BOWL

Ingredients

2 acorn or kabocha squash
1 cup wild rice
4 cups water
1 teaspoon sea salt
1-2 tablespoons coconut oil
2 onions
1 cup chestnuts (pre-cooked from a jar)
1-2 cups mushrooms (any kind)
optional: spinach or kale or swiss chard (a few handfuls)
sea salt and fresh ground black pepper to taste

Preheat oven to 400. Cut the top (with stem attached) of both squash off, just the top 1/4 of them. Place the squash, cut side down, on a baking sheet, leaving the tops set aside while the bottoms are baking. Place in the oven and bake until tender all the way through, anywhere from 20 to 30 minutes. You don't want them super soft and totally browned and cooked, but you do want them tender enough to easily scoop out the seeds. Add the stemmed tops/caps halfway through the cooking time.

While the squash is cooking, prepare the wild rice. Bring 4 cups of water with one teaspoon of sea salt to a boil. Then add the wild rice and when it's at a boil again, reduce the heat, cover 3/4 of the pot with a lid (let the steam escape through an inch crack) and simmer until water is absorbed and rice is tender. Some like it al dente and some like it very soft, it's totally based on your own preference.

Roughly chop the onions, mushrooms (if using) and chestnuts.

Heat a large pan and the coconut oil over medium heat, add the onions and chestnuts and cook, stirring frequently, until tender and brown. Then add the wild rice, mushrooms and greens (if you are using the latter two) and anything else you're adding in, stirring until everything is cooked and warm and slightly browned and crispy. It's like a hash of sorts.

Remove squash from the oven, discard the seeds and leave the flesh. Pile the wild rice and vegetable hash into each squash, packing it tightly inside.

Cover the wild rice mixture with the squash top and place back into the oven to bake until everything is very soft and browned.

Serve warm, placing both whole squashes on the table, then cutting them in halves or quarters right there for the loveliest presentation.

Dinner

BROCCOLI AND "CHEDDAR" SOUP (turmeric)

Serves 2-4

Ingredients:

2 tablespoons coconut oil

1 leek, green top discarded, white section sliced in ½ inch rounds

2 garlic cloves, peeled and minced

1 head of broccoli, discard stem and cut into florets (should equal 4 cups)

3 cups of chicken or vegetable stock

1 bay leaf

1/2 teaspoon turmeric

½ cup nutritional yeast

sea salt, to taste

optional fresh ground black pepper

Directions: In a large soup pot, melt the coconut oil over medium-high heat. Make sure everything is chopped.

Once hot, saute the leeks until they begin to soften, roughly 3-4 minutes. Add the garlic and cook until fragrant. Add the broccoli and stir to mix everything together. Cook for an additional 2 minutes. Reduce heat to low, add the 3 cups of chicken stock, bay leaf and turmeric. Cover and let everything simmer for 20 minutes.

Remove from heat, uncover and stir in the additional nutritional yeast. Season additionally to your tastes with nutritional yeast, salt and pepper if desired. Serve warm.

Day 2

Breakfast

BUCKWHEAT GRANOLA

Ingredients:

3 cups buckwheat groats, soaked in enough water to cover for 2 hours, then rinsed in a strainer until the water runs clear

1 ½ cups pumpkin seeds

1 ½ cups sunflower seeds

1 ½ cups almonds

3 crisp apples

¼ cup cinnamon

¾ cup shredded coconut

2 teaspoons sea salt

1 ¼ cups coconut/palm sugar (granules or nectar)

Preparation:

Preheat oven to 275 and once the buckwheat is soaked, place half of the buckwheat, almonds, sunflower, and pumpkin seeds in a food processor. Roughly pulse to break up the nuts and seeds, but stop before it's too combined; you don't want it turning into a puree.

Process in several batches if necessary, and when finished, place all batches in a large mixing bowl.

Wash and grate the apples and add them to the mixture in the large bowl. Stir to combine, then stir in the spices, sweetener, salt, and coconut. Mix thoroughly.

Spread the mixture onto a parchment lined sheet pan or baking dish and bake for 3-4 hours or until crisp. Once crisp, break into pieces and store in an air-tight container. The granola will be good for several weeks.

Serve with coconut or almond milk.

Lunch

PUREED WHITE BEAN SOUP

Ingredients

2 cups white beans

4 cups water

1 tablespoon apple cider vinegar

2 tablespoons avocado oil

2 large shallots (about 1 cup) sliced

4 garlic cloves, chopped

6 cups stock or water

¼ cup olive oil

1 tablespoon fresh chopped rosemary

juice of 1 lemon

2 teaspoons sea salt

Soak the beans overnight with water and splash of apple cider vinegar. After about 8 hours, strain and rinse well. Set aside. Heat a 4 quart sauce pot over medium heat, then add the avocado oil. Chop and sauté the shallots for a few minutes, then add the garlic.

Cook until fragrant then add the beans. Stir to combine, then pour in the liquid. Bring to a boil, then lower heat, cover and cook 20 minutes, or until the beans have soaked up the water and are tender.

Chop the rosemary. Carefully pour the soup into a blender, blending until smooth and creamy, drizzling in the olive oil and chopped rosemary as it blends. Add a splash of lemon and season with sea salt. Serve warm.

Dinner

SESAME NOODLES (ginger)

Serving size: 2

Ingredients:

1 package King Soba rice noodles
1 medium sized carrot, grated
½ cup finely shredded purple cabbage
½ cup roughly chopped cilantro
2 tablespoons sesame seeds
For the Dressing:
¼ cup toasted sesame oil
1 tablespoon rice vinegar
2 tablespoons wheat free tamari
1 red chili (optional)
2 cloves garlic
1 inch chunk ginger, grated

Have your vegetables prepared and dressing blended before cooking the rice noodles. Add all the ingredients for the dressing into a blender or a bowl and whisk to combine. Cook one package of black rice noodles according to direction on the package. Once cooked, drain well, then transfer into a large mixing bowl. Toss the warm noodles with the veggies, herbs, and dress with enough sesame vinaigrette to coat thoroughly.

Day 3

Breakfast

ZUCCHINI MUFFINS

ingredients

2 cups of almond flour/meal
Chia or flax seed egg replacer (2 tablespoons of chia/flax soaked in 6 tablespoons of filtered water for 15 minutes)
1 heaping cup of grated zucchini
1/2 teaspoon sea salt
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/3 cup of coconut oil, melted gently
Splash of unsweetened almond milk as needed

Preheat oven to 425 and lightly grease a muffin tin with coconut oil. Gather zucchini and discard the ends. Grate zucchini until you have one overflowing cup and place in a medium sized bowl. Melt coconut oil over medium heat on the stove until liquid. Add the almond meal/flour, salt, baking soda and cinnamon to the shredded zucchini and combine. Add the chia/flax “egg”, liquid coconut oil and a splash of nut or coconut milk if needed to make it into a moist muffin batter. Fill (greased) muffin tin, about 3/4 full. Bake for ten minutes, or until a toothpick comes out clean when poked in the middle of the muffin. Eat alone or top with a slice of avocado, a dollop of hummus or some almond butter.

Lunch

MUSHROOM LASAGNA

Serves 4

Ingredients

¼ cup or more coconut oil (split between mushrooms and spinach/onion pans)

1 pound mixed mushrooms (white, crimini, shiitake, chicken of the woods)

1 large portobello mushroom

1 large onion, sliced thin

½ pound spinach

1 box gluten free lasagna noodles (we like Tinkyada brown rice noodles)

enough water to cook noodles

pinch of sea salt

For the Cashew Sauce:

1 ½ cups cashews

1 tablespoon nutritional yeast

2 tablespoons lemon juice

1 large garlic clove

water as needed

2 teaspoons sea salt

Garnish:

sea salt, to taste

freshly cracked black pepper

2 tablespoons freshly chopped thyme

Preheat oven to 350. Bring enough water to cover the noodles with several inches over the top) to a boil with a pinch of sea salt. Cook the noodles according to direction on the package. When tender but slightly al dente, drain and set aside. If you do this well in advance of the rest of the steps, be sure to toss the noodles with a little olive oil to prevent them from sticking to each other while they sit.

Clean and slice the mushrooms thin. Heat a large heavy bottomed skillet over high heat. Add some coconut oil, and in batches, sauté the mushrooms until tender and lightly browned. Continue until all the mushrooms are cooked. Set aside.

Heat another pan with coconut oil and sauté the onions until soft, then add the spinach and cook until just wilted. Set aside.

Prepare the cashew sauce by blending the ingredients until a smooth, creamy consistency is reached, using water to help thin in out to desired consistency. Remember, it has to be spreadable so if it's too thick, it'll rip the noodles and won't spread. Assemble the lasagna. Using a squarish baking pan or Pyrex container, begin by spreading a little cashew sauce on the bottom of the dish, then add a layer of noodles. Sprinkle with fresh chopped thyme, sea salt, and black pepper. Spread a thin layer of cream sauce over the noodles then top with the cooked mushrooms and onion and spinach mixture.

Repeat this pattern of steps until you run out of ingredients. To make it easier when slicing, alternate the direction of the lasagna noodles as you build the lasagna. Place in the middle of the oven and cook until warmed through, about 20 minutes. Serve warm.

Dinner

CURRIED CELERY ROOT SALAD

serves 2

Ingredients:

2 large celery roots (also called celeriac)

1 crisp apple

¼ cup freshly chopped cilantro

Sauce:

¼ cup dried apricots, soaked in water for 20 minutes, with drained and reserved soaking water

1 tablespoon curry powder

1 cup cashews

2 tablespoons lemon juice

sea salt, to taste

Garnish:

1/4- 1/2 cup pecans, raw or toasted

If you haven't already done so, soak the apricots for 20 minutes. Peel the celery root, slice into rounds and then cut the rounds into matchsticks. Cut the apple the same way as the celery root.

Make the sauce. Drain the soaking apricots (saving the water), then add them to a blender with the cashews, curry powder, lemon juice, and sea salt. Blend on high, using the soaking water from the apricots to thin the sauce until smooth and creamy, but not so thick it can't be poured. Remove from the blender and set aside.

Combine everything together in a large bowl; the matchstick pieces with the creamy sauce, mixing together until well coated. Stir in the pecans and cilantro.

Day 4

Breakfast

PANCAKES

Ingredients:

1 cup almond meal/flour

1 cup almond or coconut milk

2 teaspoons baking powder

pinch of sea salt

1 tablespoon flax meal (or if you're not cleansing, 1 egg)

1 teaspoon cinnamon

Heat a cast iron pan or griddle over high heat with a teaspoon or two of coconut oil until it's melted.

Mix all ingredients together in a medium bowl until you have a runny pancake batter. You may need to adjust, adding more of the non-dairy milk to make it the right consistency. You don't want it to be too stiff.

Reduce heat to medium low and scoop roughly 1/4 to 1/2 cup of batter onto the hot surface. When bubbles are covering the top of the batter, flip and cook the other side. Keep in a slightly warm oven or stack on a dishtowel or plate. Serve warm with blueberry jam, coconut nectar or coconut or almond butter and fresh fruit. Or sauteed vegetables for a savory dish. Endless possibilities, including leftovers the next day

Lunch

VEGETABLE STIR FRY WITH QUINOA (ginger)

Serves 2

Ingredients

1 can of water chestnuts
1 baseball sized rutabega, cut into thin half-moons
4 kale leaves, destemmed, roughly chopped
2 cups snow peas (or sugar snaps), cut in half on the bias
1 tablespoon freshly grated ginger
2 tablespoon sesame oil
1 tablespoon rice wine vinegar
2 teaspoon gluten-free tamari
2 cups cooked quinoa
½ cup roasted cashews, chopped

Make sure everything is chopped and grated and ready to go. In a small jar or bowl, mix together the ginger, vinegar, fish sauce, and 1 tablespoon sesame oil, then set aside. Heat a large wok, or saute pan and add the other 1 tablespoon of sesame oil. Once the oil is hot, add the rutabega moons and broccoli and cook, stirring frequently, for 5-8 minutes. Add the celery and kale, continuing to mix until kale is wilted. Stir in the water chestnuts and quinoa, add the sauce and continue to toss until everything is well combined. Topped with chopped cashews. Serve and enjoy!

Dinner

BUTTERNUT SQUASH “NOODLES” WITH WINTER PESTO

Serves 2

Noodles

1 butternut squash, peeled

Pesto

1 cup almonds, toasted
4 cups chopped winter greens: dandelion, kale, chard, etc.
2 garlic cloves, peeled
½ cup olive oil
sea salt to taste

To make the pesto:

Add the almonds, greens, and garlic to a food processor. Pulse to break everything down.

Once the pesto is coarsely blended, drizzle in the olive oil in a slow steady stream while you continue to blend, until the pesto is thin and spreadable. Set aside.

To make the noodles:

Using a peeler, peel the butternut in long strips to make noodles (pappardelle-style). In a large saute pan, warm 1 tablespoon coconut oil and 2 tablespoons olive oil. Cook the noodles until soft, 3-4 minutes, stirring often to prevent sticking but being careful not to break the noodles apart. Once the noodles are cooked through, stir in about ½ cup of the pesto and gently incorporate in with the noodles. Serve warm. Or it's also delicious cold in the summer months. Either way, enjoy a healthy pasta and versatile pesto!

Day 5

Breakfast

BLUEBERRY STONE-FRUIT CRUMBLE

Ingredients

- 3/4 cup almond meal
- 1/4 cup coconut nectar granules
- 2 tablespoons coconut oil
- 1 teaspoon sea salt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 3/4 cup coconut flakes (I like using the large ones but you could use shredded coconut too)
- 2 cups blueberries
- 2 peaches (white or yellow)
- 2 nectarines

Mix all ingredients except for fruit and coconut flakes together in a medium bowl. Add the shredded coconut and combine well. Cut the peaches and nectarines into slices and add to the baking dish. Add the blueberries. Add the crumbled topping, spreading in an even layer. Bake at 375 for 25-30 minutes, or until top is well browned and fruit is juicy and well cooked.

Lunch

WILTED SPINACH AND CHICKPEAS

Serves 1

Ingredients

- 1 ½ cup cooked chickpeas
- 1-2 tablespoons olive oil
- 2 teaspoons paprika
- 1 teaspoon cumin seeds
- ¼ teaspoon ground coriander seed
- 2 tablespoons sliced red onions
- 1 ripe mango, peeled/pitted and cut into large chunks
- 1 tablespoon lemon juice
- 1 teaspoon sea salt

Several large handfuls of spinach, 1-2 per person is our recommendation

Clean and rinse 1 can of organic chick peas. Drain them. Heat a large saute pan over medium-high heat with 1 tablespoon coconut oil. When the oil is melted, add and gently cook the onions for 2-3 minutes. Toss in the mango and cook just until warmed through. Add in the chickpeas, spinach and lemon juice. Gently toss to combine and then cover the pan, allowing the spinach to steam until tender and wilted. Sprinkle (to taste) with a pinch of sea salt and serve immediately.

Dinner

TURMERIC ROASTED CAULIFLOWER WITH QUINOA (turmeric)

Ingredients

1 teaspoon coriander seeds
1/2 teaspoon white peppercorns
1/4 cup olive oil
1 tablespoon minced garlic
2 teaspoons turmeric (ground)
one head of cauliflower, cored and broken into small florets
sea salt
1 medium shallot, sliced and separated into rings
4 kumquats, seeded and chopped
1/4 cup chopped cilantro
2 cups cooked quinoa (or other gluten-free grain)

Preheat oven to 400 degrees. In a small skillet toast coriander seeds, and peppercorns over medium to high heat until fragrant about 30 seconds. Put in a spice grinder when cool and grind to a powder, and put in a small bowl, stir in olive oil, garlic, turmeric. On a large baking sheet, drizzle the cauliflower with olive oil and toss to coat, season with salt and roast for 25 minutes until tender and put in a serving bowl, add shallot rings, kumquats, and cilantro and toss well, pour over quinoa. Serve hot or warm.

Day 6

Breakfast

COCONUT YOGURT PARFAIT

1 ½ cups prepared unsweetened coconut yogurt
½ berries of your choice - fresh or frozen
¼ cup slivered almonds
splash of vanilla extract

Mix vanilla extract and yogurt to taste. Starting with yogurt, layer yogurt, fruit and nuts until you have used all your ingredients. Enjoy!

Lunch

ROASTED WINTER SQUASH W LENTILS

serves 4

Ingredients

1 ½ cups lentils (we used green, but any color works)
1 tablespoon apple cider vinegar
1 3-4 pound squash (Kabocha, Hubbard, Acorn, Butternut)
¼ cup olive oil
A sprinkle of sea salt
freshly cracked black pepper
1 large onion, chopped small
2 garlic cloves, minced
1 teaspoon dried thyme
1 bay leaf
3 cups chicken or vegetable stock
5 large kale leaves, de-stemmed

Soak the lentils overnight (8-10 hours) in 4 cups of water and 1 tablespoon of apple cider vinegar. Store in a warm place in your kitchen while soaking. In the morning drain and rinse the lentils well. Keep in a colander until ready to cook.

Preheat the oven to 375F. Cut the squash in half and remove the seeds. Cut each half again into long and wide wedges. Place the wedges on a roasting pan, drizzle with olive oil and sprinkle with sea salt and black pepper. Bake in the oven until fork tender and turning golden brown, about 30-40 minutes.

Chop onions and garlic. While the squash is cooking, prepare the rest. Heat a 2 quart sauce pan over medium heat. Add a few tablespoons of olive oil then lightly saute the onions until translucent, about 5-8 minutes. Stir in the garlic. Cook until fragrant, then add the lentils. Stir to combine and add the dried thyme, and bay leaf. Pour in the stock and allow the liquid to simmer until the lentils are cooked through. Once the lentils are tender, stir in the kale and allow the greens to wilt, about 5 minutes. Taste and season with sea salt and fresh ground pepper.

When the squash is done, cut the wedges into large triangular halves, or whatever size works for the portion you want. Spoon the warm lentil and kale mixture over the squash and serve warm.

Dinner

THAI NOODLES (ginger)

Serves 2

Ingredients:

1 package King Soba Noodles
1 cup sliced shiitakes (or any mushroom)
1 medium red onion, peeled
1" knob of ginger, peeled and pressed (or finely minced)
a heaping tablespoon of coconut oil
Sauce:
3 tablespoons almond butter

1 tablespoon wheat free tamari
6 tablespoons coconut milk
½ tablespoon of honey

In a small bowl mix together the almond butter, tamari, coconut milk and honey to taste. Mix until well combined and set aside.

Slice the onion and measure out shiitakes (slice, if not sliced). Add the onion to a spoonful of coconut oil in a large pan (cast-iron is great). When the oil is hot, add the onion and cook until they're soft and translucent. Grate the ginger. Add the shiitakes and ginger and continue to cook.

Cook noodles as per instructions. The following is on the King Soba package: Bring a medium pot of water to a boil. Add noodles and submerge them, bring back to a boil and then reduce the heat to medium. Cook for 4-5 minutes. Drain noodles and set aside. Add the noodles to the onions and shiitake mixture and then add the sauce. Mix gently together until well combined. Serve warm or these are also delicious in the summer months as cold noodles.

Day 7

Breakfast

HOT BREAKFAST CEREAL BOWL

2 cups water
1 cup brown rice
1 ½ cups unsweetened almond or coconut milk
1 teaspoon cinnamon
3 tablespoons shredded unsweetened coconut
1 tablespoon ground flax meal
½ cup fruit of your choice (berries, peaches, mango, etc)
¼ cup walnut pieces
½ teaspoon orange zest (optional)
dash of stevia or honey (optional)

Bring the 2 cups water to a boil and add the rice and return to boil. Reduce the heat to low and cook for 50 minutes. This can be done the night before.

Combine cooked rice, milk coconut flax, cinnamon, orange zest and sweetener in a saucepan. Simmer on low for 10 minutes or until creamy and well combined.

Top with nuts and fruit. Serve warm.

Lunch

ROASTED AUTUMN VEGETABLES AND RICE WITH CRANBERRIES AND WALNUTS

Serves 4

2 medium carrots
3 small or 1 large turnip
1 medium red onion

1 teaspoon cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon freshly ground nutmeg
1/4 teaspoon sea salt
1/4 cup olive oil
1 1/2 cups long grain brown rice
1 cup walnuts
1/2 cup dried cranberries (sweetened with fruit juice, not sugar)
2 small or 1 large Granny Smith apple, diced
2 scallions, sliced thin

Preheat oven to 375F.

Chop up your vegetables and apples, then place in a large bowl and stir in the spices and sea salt. Toss with olive oil until evenly coated, then place onto a baking dish. Roast until tender, about 15-20 minutes. Preheat oven to 325. Bring a small pot of water to boil if you need to melt the coconut oil. When the water comes to a boil, add the coconut oil jar to the pot of water (removed from the heat, do not put the jar in the pot while it's on the burner) and let it melt.

While the vegetables cook, prepare the brown rice and walnuts. Place the walnuts onto a baking dish and bake until golden brown. Remove from the oven, let cool then roughly chop.

Cook the rice in 3 cups of water. Keep warm.

Once the vegetables are tender, remove from the oven and place in a large bowl. Toss together with the chopped walnuts, scallions, dried cranberries and cooked rice. Taste, adjust seasonings and serve.

Dinner

CARROT PARSNIP SOUP (ginger)

Serves 2-4

Ingredients

1 medium rutabaga
2 large parsnips (or 3 medium and 4 if they're very small)
4 medium carrots (you can use any color, orange, yellow or purple or a mix)
1 large yellow onion (or 3 small ones)
1 large clove of garlic
2 teaspoons sea salt
1/4 cup melted coconut oil (or olive oil)
2 cups coconut (or almond milk), unsweetened
1 cup vegetable or chicken broth
1 teaspoon thyme
1 teaspoon sage
1" knob of fresh ginger, peeled and minced
sea salt and fresh ground black pepper, to taste

Preheat oven to 400. Over low-heat, melt the coconut oil if you haven't already done so. Chop rutabaga, parsnips, carrots, onion and garlic. In a large roasting pan or on a large baking sheet,

spread the chopped veggies and coat with the coconut oil (or olive oil) and the sea salt, mixing until well-coated.

Roast until tender, stirring occasionally, roughly 30-45 minutes.

When root vegetables are done (golden and very tender), add them to a large pot with the broth, thyme, sage and minced ginger. Blend with an immersion blender until desired texture. If you're blending in a blender or food processor, wait until the veggies are cooled and blend them (with the broth) in small batches as your equipment requires. Add the non-dairy milk here while blending. Serve warm.