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# 3-DAY VEGAN DETOX

*Energize, Cleanse, and Reset!*



Welcome to The 3-Day Vegan Detox Meal Plan.

There are many different detox plans out there, from the sugar detox, juicing detox, raw food detox, and the list goes on! I have created this one to be achievable and hopefully not too complicated. You will still be eating delicious food 3 times a day! However I will be asking that you avoid some of the top inflammatory foods while doing this. Such as meat, dairy, soy, corn, gluten, processed sugars and coffee. Also, we will avoid cooking with any oils during this time, to give our livers a break from processing excess fats.

This plan will consist of 3 days eating whole-plant foods to get you back on track and to reset the body and mind for a healthier lifestyle ahead.

Ok before you start thinking, "I have a liver why do I need to detox?" Let me explain... Yes our livers job is to detox our body, and it does a pretty damn good job of doing that, but in today's world we have way more toxins coming into our bodies than ever before. Think about it, from the air we breath, to the beauty products we put on our bodies, the chemicals that are used to clean our homes or public places, plastic bottles and food containers, makeup, chemicals on the food we eat, and in the water we drink. And that's only to name a few! So that being said our liver can get overburdened and when that happens it cannot work as well as it wants to or needs to and those toxins can build up in our bodies causing unpleasant symptoms and illness. So it's important that we help it along the way, so that we feel better, look better, and live healthier lives. The best way to do this is to eat healthy detoxifying foods on a daily basis. And doing this 3 day detox is a perfect way to start.

First things first, preparation is key! To be successful with your 3 day detox, it's important to set aside a day or two to grocery shop and meal prep. I find it way easier to throw meals together when you already have food prepped, for example; cook grains in bulk (like rice & quinoa), chop veggies, wash lettuce, and place everything in the fridge until ready to eat. I should also mention, you will need a blender for this plan, I will be recommending smoothies for breakfast. Smoothies are a great way to get a good variety of nutrients in one meal so it's perfect for starting your day!

Since we are here for detoxing, I have included specific ingredients to help detox your liver, improve digestion, and boost your immune system. Not only will it do that, I have created these recipes to combine certain foods together for maximum nutrient absorption to ensure you are getting a good boost of vitamins and minerals.

In this detox you will avoid drinking alcohol and coffee. (It's only 3 days, you got this!)

(\*\* Exception, If you are seriously addicted to coffee and cannot go without it, for example, if you get a serious headache or cannot function, you can have it but try cutting the amount in half and do not add any bad sugars or dairy to it. Still drinking warm lemon water in the morning, BEFORE you have your coffee and see if you still feel like you need it!)

\*\*Note: Even though I designed this for high nutrient absorbency you should still take your normal daily vitamins

\*\*Note: Please avoid any foods that you might have an allergy to.

## *Snacks you may have while on this detox*

\*\*Any raw fruits or raw veggies are acceptable, here are some good examples...

- Apples
- Bananas
- Celery Sticks
- Carrots
- Dates (don't go overboard)
- Raw Broccoli
- Cucumber Slices
- Oil- free homemade hummus



*Day 1*

**3 DAY VEGAN DETOX**

CRL

Warm Lemon Water (Instead of coffee) first thing in the morning \* Option to add tea !

## **Breakfast:** Immune Boosting Smoothie

- 1 banana
- Handful of spinach
- ½ cup frozen pineapples
- 1 cup frozen cherries
- 2 dates, pitted
- Water to blend

\* Option: Add ½ cup Gluten Free Oats for thickness.

**Instructions:** Blend all ingredients until smooth.



## Lunch: Beet Salad with Cashew Dressing

- 2 cups lettuce, chopped (romaine, spinach, green leaf, red leaf or butter lettuce)
- 2 peeled, cooked beets, chopped
- 1-2 Tbsp slivered almonds
- 1- 2 Tbsp pumpkin seeds
- 1 large medjool date, pitted and chopped (or dried cranberries)
- Half an avocado: optional

### Cashew dressing

- 1 cup cashews
- Lemon juice from 1 lemon
- 1/2 tsp salt
- 3 Tbsp nutritional yeast
- 1 ¼ cup water (adding more if needed to blend)

### Instructions:

1. Chop lettuce and assemble salad with the rest of the ingredients.
2. Place all dressing ingredients into a blender and blend until smooth and creamy.
3. Drizzle dressing on top.

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## Dinner: Sweet Potato Buddha Bowl

1 cup cooked brown rice or quinoa  
3 chopped spring onions  
½ cup steamed broccoli  
½ cup steamed or baked sweet potatoes  
⅓ cup shredded purple cabbage

### Avocado Lime Dressing

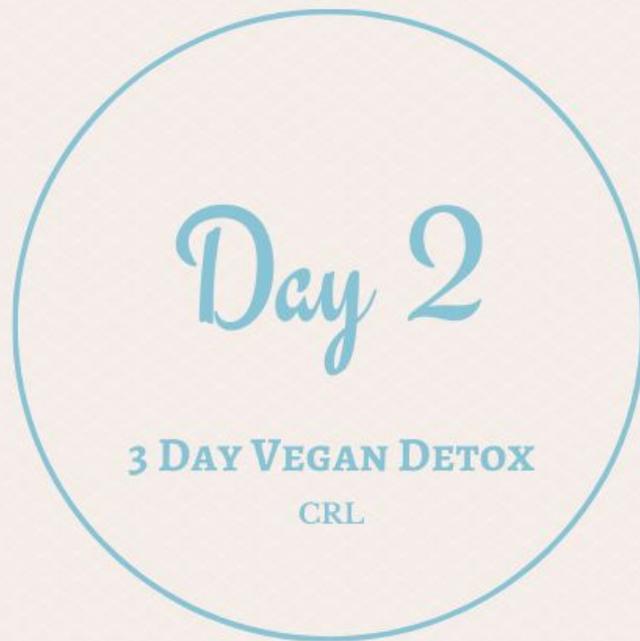
1 avocado  
1 clove of garlic  
½ lime juiced  
¼ cup cashews or hemp seeds  
½ tsp salt

## Or Leftover Cashew dressing from lunch

### Instructions:

1. Preheat oven to 350 degrees.
2. Chop sweet potatoes into small cubes. Sprinkle with sea salt
3. Bake for about 40 mins until slightly browned, flipping halfway through. Set aside.
4. While sweet potatoes are baking, cook quinoa or brown rice according to package instructions. Set aside.
5. Steam broccoli. Set aside.
6. Assemble Buddha Bowl by adding the brown rice, sweet potatoes, spring onions, broccoli, and purple cabbage in a bowl.
7. Next place all ingredients for the avocado lime dressing into a blender and blend until smooth and creamy.
8. Drizzle dressing on top and enjoy!





Day 2

3 DAY VEGAN DETOX

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Warm Lemon Water (Instead of coffee) first thing in the morning \* Option to add tea !

## Breakfast: Wild Blueberry Smoothie

- 1 banana
- Handful of spinach
- ½ cup wild blueberries
- 2 dates, pitted
- ¼ cup gluten free oats
- 1 tsp spirulina (optional)
- Water to blend

### Instructions:

1. Place all ingredients into a high speed blender.
2. Blend on high until smooth.



## **Lunch:** Raw Broccoli Salad with Garlic Lemon Tahini Dressing

- 1 head broccoli
- 3-4 radishes (or 1 cup grated)
- 1 cup carrots, julienned or grated
- 3 green onions, diced
- 1 cup cilantro, loosely packed
- 2 cups baby romaine lettuce
- pumpkins seeds (to top)
- dried cranberries (to top)

### **Lemon Tahini Dressing**

- 3 tbsp tahini
- 1/2 lemon, juiced
- 1/2 tsp garlic powder
- 1 tbsp coconut aminos
- 5-6 tbsp water
- 1/2 tsp salt

### **Instructions:**

1. Chop broccoli into bite-size florets.
2. Chop or grate carrots and radishes into long pieces.
3. Chop green onions and remove stems from cilantro.
4. Add the broccoli, carrots, and radishes to a large bowl, along with chopped green onions, cilantro, and baby romaine. Toss to combine.
5. In a food processor or blender add "Lemon Tahini Dressing" ingredients and blend until smooth. (The sauce may still be very thick. Add 1 tablespoon of water at a time until the sauce thins and is completely smooth and emulsified. Taste for seasoning, and adjust salt.)
6. Pour dressing over salad. Toss to combine.
7. Top with pumpkin seeds and dried cranberries.
8. Serve immediately, or transfer to the fridge to chill. Store salad in the fridge in a sealed container if making ahead of time.



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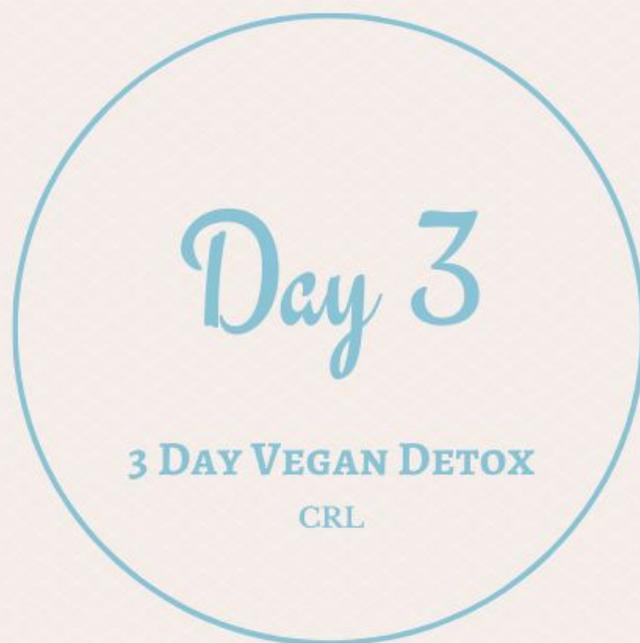
## Dinner: *Creamy Broccoli Cauliflower Soup*

- 2-3 cups broccoli florets
- 2-3 cups cauliflower florets
- 4 carrots, sliced
- One stalk celery, chopped
- 2 yukon gold potatoes, cubed
- 6 cups vegetable broth
- ½ onion, chopped
- ½ tsp sea salt

## Instructions:

1. In a medium pot add onion with enough water to coat the bottom and saute until translucent.
2. Add broccoli, cauliflower, carrots, celery, potatoes, and vegetable broth.
3. Bring to a boil and then reduce heat to a simmer for about 20 mins or until vegetables are tender.
4. Puree with an immersion blender to desired consistency, or blend in small batches with a regular blender.
5. You can top it with a few sprinkles of nutritional yeast if desired.





Day 3

3 DAY VEGAN DETOX

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Warm Lemon Water (Instead of coffee) first thing in the morning \* Option to add tea !

## Breakfast: Mango Smoothie

- 1 banana
- Handful of spinach
- 1 cup fresh or frozen mango
- 1 cup non-dairy milk or water
- 1 Tbsp hemp seeds (substitute chia or flax)

### Instructions:

1. Place all ingredients into a high speed blender.
2. Blend on high until smooth.



## Lunch: Leftover Broccoli Salad (From yesterday's lunch)

\*\*\* Woohoo, that was easy!! You can substitute any leftovers (from this detox plan) you might have with any of your meals, if you don't have time to put something together!

## Dinner: Mushroom Walnut Tacos

- 2 (8 oz.) baby bella mushrooms, chopped
- 1 head butter lettuce
- 1 red bell pepper
- ½ cup carrot sticks
- ½ onion, chopped
- 1/2 tsp salt
- 1/2 tsp garlic
- 1/2 tsp chili powder
- 1/4 tsp cumin
- 1 Tbsp coconut aminos (or low sodium soy sauce)
- 1 lime, juiced
- Salt
- Pepper
- Optional toppings (salsa, avocado, cherry tomatoes, or leftover dressing from this detox plan.)

## Walnut Blend Taco Filling

- 1 cup walnuts
- 1/4 tsp cumin
- 1/4 tsp chili

## Instructions:

1. Add onion and a small amount of water or broth to a pan. Cook for about 2 minutes.
2. Add mushrooms, bell pepper, and carrots . Cook for another 2 minutes.
3. Add spices, coconut aminos, and lime juice.
4. Cook until everything becomes soft. Set aside.
5. In a blender or food processor, combine walnut blend ingredients and pulse until you have small chunks.
6. Add the walnut blend to the taco "meat" and mix until well combined.
7. Separate the leaves of butter lettuce, rinse, and let dry.
8. Add a few scoops of your taco blend into the lettuce leaves to make a taco.
9. You can top these some cherry tomatoes, avocado, or salsa.



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## *Congratulations you did it!*

Take note of how you are feeling..

How is your digestion?

How is your energy level?

Are you in a better mood?

How is your skin?

Hopefully you are feeling better than you did before you started this, and it has only been 3 days! Imagine how you would feel if you incorporated some of these healthy practices and recipes more into your daily routine.

And just remember, if you get off track it's OK. Getting back on track is what matters!

Wishing you well on your future healthy journey!

With love, Sabrina Podolak



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