

Pre-Cleanse Preparation

Spring Clean Your Fridge & Pantry:

The 2 days before the cleanse take some time to completely clean out your fridge and go through your pantry. Cross out all the items on the shopping list that you already have. Then go shopping.

Equipment Check:

Blender, food processor, noodle maker of some kind (even a carrot peeler will do!), nut milk bag (paint straining bag), mason jars, spring-form pan (optional), pie plate, cutting board, knife. (see the sheet titled Equipment Required for more details.)

Food Preparation:

Here are a few items that you could make ahead of time and have them in the fridge ready to go at anytime. You will make sauces/dips that you will use for your wraps, pasta and as dips for your veggies. And of course you will most like need some sweet treats ready at all times! My guess is that it will take approximately 3 hours to make all of the following, which will make your week much easier having these pre-prepped!

- Hummus P. 23
- Pesto P. 24 (or buy premade pesto)
- Peanut Satay Sauce P. 21
- Salad Dressing (of your choice) P. 31
- Crumble Topping (double recipe is a good idea!) P. 46
- Coconut-Cacao Haystacks P.41
- Soak 1 cup of Nuts/Seeds to make Nut Milk P.18
- Soak 1 cup of Cashews to make Cashew Cream P.22 (optional but super nice to have!)

Your Last Pre-Cleanse Meal

Sometimes when we embark on a change of diet for a period of time we choose to splurge on foods that we think we might miss during the diet. Often, this works as a disadvantage as it makes it more difficult to start the next day. I suggest just eating like you normally do and tell yourself it's no big deal, you will just be taking 7 days off your usual eating and you can eat whatever you like the other 348 days of the year. And you just might find that you are enjoying the foods on the cleanse so much that you won't be missing too much anyway.

Breathe. Relax. Imagine how fun this will be.