



WOMEN'S COLLECTIVE

Embrace Menopause

3-DAY SOUP CLEANSE

MENU INSPIRED BY SOUPOLOGY

CLEANSE GROCERY LIST

| VEGGIES | FRUITS | HERBS/SPICES | CONDIMENTS | NUTS/SEEDS/OIL | PROTEINS |
|---------------------|------------|---|--------------------------|-----------------|-------------------------|
| 1 serrano pepper | 2 mangos | fresh parsley | 4 TBSP agave nectar | ½ cup olive oil | 2-15 oz cans chickpeas |
| 1 poblano pepper | 9 limes | 2 TBSP chili powder | 1 cup light coconut milk | 1 cup almonds | 1-15 oz can black beans |
| 6 onions | 6 tomatoes | Loose leaf black tea | ¼ cup tomato paste | | |
| 3 carrots | | 2 tsp vanilla extract or 1 vanilla bean | | | |
| 4 stalks celery | | 3 TBSP cumin | | | |
| 2 garlic bulbs | | 2 TBSP + 2 sticks cinnamon | | | |
| 2 cups baby spinach | | 1 tsp cayenne | | | |
| 2 butternut squash | | 1 tsp paprika | | | |
| 2” fresh ginger | | 2 tsp curry powder | | | |
| | | 1 star anise | | | |
| | | 1 tsp cardamom | | | |
| | | 2 TBSP ancho chili powder | | | |

Have questions? Reach out to us! We would love to chat with you! contact@womens-collective.com

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PREPARATION BEFORE THE CLEANSE

| 1 WEEK BEFORE | 3 DAYS BEFORE | 1 DAY BEFORE |
|---|--|--|
| Make Spicy Restorative Broth <ul style="list-style-type: none"> • single batch • freeze in 2 cup portions | Make Butternut Curry Soup <ul style="list-style-type: none"> • double batch • refrigerate in 2 cup portions | Make Mango-Lime Soup <ul style="list-style-type: none"> • double batch • refrigerate in 2 cup portions |
| Make Black Bean Soup <ul style="list-style-type: none"> • single batch • freeze in 2 cup portions | Make Chickpea & Spinach Soup <ul style="list-style-type: none"> • double batch • refrigerate in 2 cup portions | Make Chai Spiced Almond Soup <ul style="list-style-type: none"> • double batch • refrigerate in 1 cup portions |
| Eliminate processed foods and sugar from your diet. | Eliminate poultry, meat, and dairy from your diet. | Thaw Spicy Restorative Broth in the refrigerator. |
| Focus on adding more whole foods to each meal. | Focus on vegetable-based meals supplemented with fish, grains, and legumes. | Eliminate all animal products, meat, dairy, eggs, and honey from your diet. |
| Drink nutritive herbal teas each day to hydrate and bring on the nutrients. | Drink plenty of pure water, infused water, and herbal teas. | Eat only vegetable-based meals with some legumes, grains, and nuts. |
| | | Drink at least 8 cups pure water. |

DURING THE CLEANSE

| DAY 1 Drink 2 cups of pure water between each meal. | DAY 2 Drink 2 cups of pure water between each meal. | DAY 3 Drink 2 cups of pure water between each meal. |
|--|--|--|
| Breakfast - Mango Lime Soup | Breakfast - Mango Lime Soup | Breakfast - Mango Lime Soup |
| Snack - Broth | Snack - Chickpea & Spinach Soup | Snack - Broth |
| Lunch - Black Bean Soup | Lunch - Black Bean Soup | Lunch - Butternut Curry Soup |
| Snack - Butternut Curry Soup | Snack - Broth | Snack - Chickpea & Spinach Soup |
| Dinner - Chickpea & Spinach Soup | Dinner - Butternut Curry Soup | Dinner - Black Bean Soup |
| Dessert - Chai Spiced Almond Soup | Dessert - Chai Spiced Almond Soup | Dessert - Chai Spiced Almond Soup |

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SOUP RECIPES

SPICY RESTORATIVE SOUP

INGREDIENTS

1 TBSP olive oil
1 ½ cups onion, diced
1 cup carrots, diced
1 cup celery, diced
6 cloves garlic, whole
3 TBSP tomato paste
8 cups pure water
5 stems fresh parsley
1 ½ tsp ancho chile powder
1 TBSP ground cumin
¾ to 1 ½ tsp chile, to taste
¼ tsp salt
Juice of 2 limes
4 TBSP fresh cilantro, minced (optional)

DIRECTIONS

1. In a large stockpot, heat olive oil over medium heat for 2 minutes then add the onion, carrot, celery, and garlic.
2. Cook until the onion is translucent, about 5 minutes and then add the tomato paste and cook for an additional 5 minutes.
3. Add ancho chili powder, cumin, chile de arbol, water and parsley to the pot and bring to boil over high heat. Then reduce the heat, cover and simmer for 40 minutes.
4. Strain the soup using a mesh sieve or colander lined with cheesecloth. Freeze the vegetable solids to add good fiber for smoothies.
5. Season with salt and lime juice. Just before serving, garnish with fresh cilantro. Enjoy!
6. Store in the refrigerator for up to 5 days.

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BLACK BEAN SOUP

INGREDIENTS

2 TBSP olive oil

⅓ cup onion, diced

⅓ cup carrot, diced

⅓ cup celery, diced

½ cup poblano pepper, diced

1 TBSP garlic, minced (3 cloves)

1 TBSP tomato paste

3 medium tomatoes

1 15 oz can black beans, drained and rinsed

1 TBSP ground cumin

1 TBSP ancho chile powder (optional)

½ TBSP chili powder

½ tsp salt

6 cups pure water

Juice of 1 lime

2 TBSP fresh cilantro, minced

DIRECTIONS

1. In a stockpot, heat olive oil over medium heat. Add onion, carrot, celery, poblano pepper, and garlic. Cook until onions are translucent, about 5 minutes.
2. Next, add the tomato paste and toss to coat the vegetables. Now, cook for another 5 minutes.
3. Add diced tomatoes and their juices, black beans, spices, salt, and water.
4. Increase the heat and bring the mixture to a boil. Then, reduce the heat and simmer for 20 additional minutes or until the water has slightly reduced and the vegetables are tender.
5. Carefully transfer the soup to a Vitamix. Puree until smooth, about 45 seconds. Add lime juice and cilantro and pulse a few times to incorporate. Enjoy!
6. Store in the refrigerator for up to 5 days or in the freezer for up to 2 months.

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BUTTERNUT CURRY SOUP

INGREDIENTS

1 small butternut squash, halved and seeds removed

1 TBSP olive oil or pure water

$\frac{3}{4}$ cup onion, diced

1 clove garlic, minced

1 tsp serrano pepper, minced

1 1" piece of fresh ginger, peeled and minced

2 $\frac{1}{2}$ cups pure water

1 tsp curry powder

Juice of $\frac{1}{2}$ lime

$\frac{1}{2}$ cup light coconut milk

1 TBSP fresh cilantro, chopped and stems removed

DIRECTIONS

1. Preheat the oven to 450 degrees. Line a baking sheet with foil or reusable liner.

BAKE THE SQUASH

2. Place the butternut squash cut side down on a prepared baking sheet. Bake the squash for 40 minutes, or until the flesh is fork tender.
3. Take the squash out of the oven and turn it over to scoop the flesh out of the skin, about 3 cups of cooked squash. (Freeze any extra for smoothies, oatmeal cups, or an egg replacer in baked goods.)

MAKE THE SOUP

4. In a medium stockpot, heat the olive oil or water over medium heat and add onion, serrano and pepper. Cook until the onions are translucent, about 5 minutes. Now add the garlic and ginger and cook until the garlic is fragrant, about 2 additional minutes.
5. Add the butternut squash and water, increase the heat and bring to a boil. Then, reduce the heat and simmer uncovered for 15 minutes. Remove from heat and cool slightly, about 5 minutes.
6. Transfer the soup to a Vitamix. Then, add curry powder, lime juice, and coconut milk. Puree for 45 seconds or until smooth. Enjoy!
7. Store in the refrigerator for up to 5 days or in the freezer for up to 2 months.

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CHICKPEA & SPINACH SOUP

INGREDIENTS

1 ½ TBSP olive oil or pure water
1 cup onion, diced
1 TBSP garlic, minced (3 cloves)
1 tsp cumin
2 tsp cinnamon powder
¼ tsp cayenne
½ tsp paprika
3 medium tomatoes, diced
1 15 oz can chickpeas, drained and rinsed
4 cups pure water
1 cup baby spinach
1 TBSP fresh cilantro, chopped
¼ tsp salt

DIRECTIONS

1. In a medium stockpot, heat olive oil or water over medium heat for 2 minutes. Add onion and cook until translucent, about 5 minutes. Now, add garlic and cook for an additional 2 minutes or until fragrant.
2. Then, add cumin, cinnamon powder, cayenne, paprika, and tomatoes and cook for another 3 minutes.
3. Add chickpeas and water and bring to a boil on medium-high heat. Then, reduce the heat and simmer uncovered for 15 minutes. Remove from heat and allow it to cool, about 5 minutes.
4. Transfer contents of the pot to a Vitamix. Add spinach and cilantro to the blender and blend until well combined. Season with salt and pulse to combine. Enjoy!
5. Store in the refrigerator for up to 5 days or in the freezer for up to 2 months.

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MANGO LIME SOUP

INGREDIENTS

2 large mangoes, peeled and cubed

¼ serrano pepper, seeds removed and minced

Juice of 1 lime

3 cups pure water

DIRECTIONS

1. Place all ingredients into a Vitamix. Puree for 30 seconds or until smooth.
2. Transfer soup to containers. Chill and enjoy.
3. Store in the refrigerator for up to 5 days or in the freezer for up to 2 months.

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CHAI SPICED ALMOND SOUP

INGREDIENTS

2 TBSP black tea
4 cups pure water
1 cup raw almonds
2 cinnamon sticks
1 star anise
4 TBSP agave nectar
2 tsp vanilla or seeds from 1 vanilla bean
1 ½ TBSP fresh ginger, grated
¾ tsp ground cardamom
½ tsp cracked black pepper
½ tsp cinnamon powder

DIRECTIONS

1. Place the tea in a 1-quart heat resistant jar.
2. In a saucepan or kettle, bring water to boil over high heat. Pour boiling water over tea leaves. Steep for 4-5 minutes. Strain and compost/discard tea leaves.
3. Add almonds, cinnamon sticks, and star anise to the tea. Cool and refrigerate overnight.
4. Remove the cinnamon sticks and star anise from the tea after 24 hours.
5. Transfer the contents of the jar to a Vitamix and add the remaining ingredients.
6. Blend everything until smooth. Enjoy warm!
7. Store in the refrigerator for up to 5 days or in the freezer for up to 2 months.

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