



CHAKRA RECIPES

Juices, Smoothies, Teas and
Simple Foods to Help Support
your Chakra Cleanse

ROOT CHAKRA

JUICE

- 2 beet roots, peeled
- 2 carrots
- 1 apple
- 1 orange, peeled
- 1 stick celery
- ½ inch ginger root, peeled

OR

- 6 tomatoes
- 1 beet root, peeled
- 1 lemon, peeled

SMOOTHIE

- ½ cup almond milk
- 1 cup frozen blackberries
or mixed berries
- 1 small beet, peeled and
diced
- ¼ cup pineapple
- ¼ cup plain yogurt

Blend well.

ROOT VEGETABLES

- 2-3 beets
- 2-3 potatoes
- 3-4 carrots
- 2 onions
- Olive oil
- Snip of fresh rosemary
- ½ to 1 tsp salt
- Garlic salt

Peel and quarter all vegetables. Coat with olive oil and sprinkle with salt and garlic salt. Add fresh rosemary. Bake at 400 for 45 minutes.

Other Root Chakra foods:

Red meat, red lentils, red apples, watermelon, pomegranet



DANDELION TEA

SACRAL CHAKRA

JUICE

4 carrots
2 oranges, peeled

OR

2 oranges, peeled
1 apple
3 carrots
1 stick celery
1 inch ginger root,
peeled

SMOOTHIE

2 cups orange juice
1 cup peach yogurt
2 cups frozen peaches
2 Tbsp. honey
¼ tsp nutmeg

Blend well.

BUTTERNUT SQUASH

1 butternut squash, peeled and cubed
2 Tbsp. olive oil
1 tsp salt
1 tsp garlic powder
1-2 tsp chili powder

Place squash in a bowl. Add olive oil and mix to coat. Stir in remaining ingredients. Mix well.

Spread on a baking sheet. Bake 30-35 minutes, gently stirring halfway through.

Other Sacral Chakra foods:

Wild salmon, melons, mango, passionfruit, pumpkin seeds, peppers

CALENDULA TEA



SOLAR PLEXUS CHAKRA

JUICE

½ pineapple
1 handful of strawberries
1 apple

SMOOTHIE

4 cups pineapple, frozen
1 banana, peeled
1 cup plain or vanilla yogurt
1 Tbsp. honey
⅓ cup almond milk (or
more, if you like it thinner)

Blend well.

SUNFLOWER GRANOLA

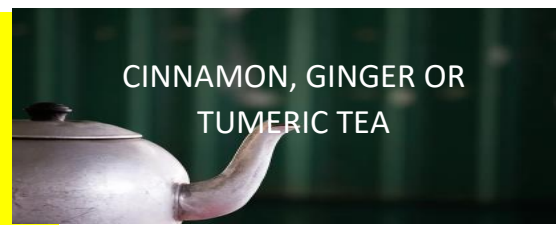
¾ cup sunflower seeds	½ tsp salt
1 ½ cups oatmeal	⅓ cup honey
¼ cup ground flaxseed	½ tsp. vanilla
½ cup dried cranberries	
½ cup almonds, slivered	
½ cup shredded coconut	
3 Tbsp. peanut butter	

Combine all ingredients and mix. Press into oiled baking pan. Bake for 40 minutes at 300°F.

Other Solar Plexus Chakra foods:

Whole grain cereal, flax seeds, sunflower seeds, pasta, rice, oats,
kombucha, yogurt

CINNAMON, GINGER OR
TURMERIC TEA



HEART CHAKRA

JUICE

1 bunch parsley
4 spears of broccoli
½ pineapple

SMOOTHIE

1 ½ cups almond milk
2 cups spinach
1 banana, peeled and frozen
1 apple, peeled
¼ avocado

Blend well.

SPINACH AND STRAWBERRY SALAD

1 lb. spinach leaves, washed and spun dry
2 cups fresh strawberries, halved

Salad dressing:

¼ cup vegetable oil
½ cup cider vinegar
¼ cup sugar
2 Tbsp. sesame seeds

Other Heart Chakra foods:

Leafy greens, broccoli, cauliflower, limes, avocados, celery, lima beans

GREEN TEA



THROAT CHAKRA

JUICE

1 handful raspberries
1 handful strawberries
1 handful blueberries
1 handful blackberries
8 Tbsp. apple juice

SMOOTHIE

1 ½ cups apple juice or almond milk
1 banana, peeled
1 ½ cups blueberries, frozen
¾ cup yogurt

Blend well. Garnish with fresh blueberries and mint sprigs.

BLUEBERRY CRUMBLE

¾ cup old-fashioned oats
¼ cup whole wheat flour
1 tsp cinnamon
2 Tbsp. pure maple syrup, room temperature
1 ½ Tbsp. butter, melted
6 cups blueberries
3 Tbsp. cornstarch

Mix oats, flour, cinnamon in bowl. Stir in syrup and butter until well mixed. Toss blueberries in cornstarch and spread in baking dish. Sprinkle topping evenly over blueberries. Bake at 350 for 45-55 minutes. Then cool in fridge for 30 mins.

Other Throat Chakra foods:

Tree fruits (apples, pears, kiwi, limes, plums, etc.), blueberries, mint

ANISE, MINT OR LEMON
TEA



THIRD EYE CHAKRA

JUICE

1 handful blackberries
1 handful blueberries
1 handful blackcurrants
1 apple

SMOOTHIE

2/3 cup spinach
2/3 cup kale
1 cup water
1 banana, peeled
5 strawberries, frozen

Blend greens and water first, then add fruit and blend well.

GAZPACHO

2 orange peppers, seeded
2 lbs. tomatoes, cut in half
½ small onion, peeled and chopped
1 cup fresh carrot juice
1 garlic clove, minced
3-4 Tbsp. olive oil
2 tsp sherry vinegar

Puree peppers, tomatoes, onions, garlic and juice in a blender. Drizzle in vinegar and olive oil. Season with salt/pepper to taste. Chill.

Other Third Eye Chakra Foods:

Walnuts, almonds, poppy seeds, mushrooms, Goji berry, açai, purple grapes, blackberries

MUGWORT OR STAR
ANISE TEA



CROWN CHAKRA

JUICE

Two cups purple grapes
1 beet, peeled
3 large carrots
1 inch of fresh ginger, peeled

SMOOTHIE

4 plums, pits removed
1 beet, peeled
3 large carrots
1 inch of fresh ginger, peeled
½ lemon, peeled (or 1 Tbsp. lemon juice)
1 cup water
1 cup ice

Blend well.

AÇAÍ BOWL

1 cup of apple juice
1 large banana, sliced
1 ½ cups of frozen berries
½ cup vanilla Greek yogurt
1 Tbsp. honey
1 frozen packet of acai berry puree (100 grams), broken into pieces
Assorted toppings (sliced almonds, berries, coconut, granola, chia seeds, sliced fruit)

Blend apple juice, banana, frozen berries, yogurt, honey and acai puree until smooth.
Pour into deep bowl. Top with almonds, berries, coconut, etc.

Other Crown Chakra Foods:

Any violet or white foods, tofu, as well as fasting.

LAVENDAR OR LOTUS
FLOWER TEA





WORKING WITH THIS GUIDE

The amount of nutritional support (and the amount of time you're willing to commit to shopping, planning and/or cooking) is a personal decision. All of these recipes are designed to assist with the clearing work you'll be undertaking in this program, and can make it easier for your body to integrate, but it's not necessary to use all of these recipes or even to use nutritional support every single day.

If you're pressed for time, consider choosing just one kind of support (tea, juice, smoothie or simple food) and incorporate just that one item into your cleanse, at the same time each day. For example, you could purchase all the teas in advance, and enjoy a cup of the corresponding chakra tea each day when you're journaling (see box for a "shopping list"). Or purchase the ingredients for either a juice or a smoothie and enjoy your juice or smoothie in the morning when you're watching your video.

If you're feeling more committed and/or want some variety, consider rotating through the options (Day 1, prepare juice; Day 2, prepare smoothie; Day 3, prepare a simple meal or snack).

All of these options require some preparation time, so please take a few minutes to decide which recipes you'd like to try, so you can obtain the items you'll need.



TEAS

ROOT – Dandelion

SACRAL – Calendula

SOLAR PLEXUS – Cinnamon, Ginger or Turmeric

HEART - Green Tea

THROAT – Anise, Mint or Lemon

THIRD EYE – Mugwort or Star Anise

CROWN – Lavender or Lotus