

Week 1 Meal Plan

Breakfast:

Strawberry Surprise Protein Shake
Green Apple Goodness Protein Shake
Mixed Berry Protein Shake
Morning Mocha Smoothie
Chocolate Almond Oat Smoothie
*Feel free to create your own. Check out the Protein Powder Basics doc for ideas.

Weekend – continue shakes or optional:
GF Oatmeal w/ strawberries & blueberries
Veggie Omelets

Lunch:

Repeat shakes or dinner leftovers

Dinner:

1) Grilled Chicken Fajitas
2) Hearty Veggie Soup
3) Grilled/Baked Salmon
4) Dirty Rice with Shrimp
5) Turkey Burgers
Days 6 & 7) Leftovers or Dine-Out

Snacks:

- * Almonds
- * Green apples with Almond Butter
- * Berries
- * Hummus w/raw veggies
- * Brown rice tortillas (cut into wedges, spritz with olive oil, bake at 450 for 5-7 minutes, add sea salt & serve w/ guacamole/hummus/salsa)
- * Arbonne Fit Chews
- * Arbonne Energy Fizz Sticks

Week 1 Grocery List

How to read grocery list:

to left of item = quantity, if no # assume 1

to right of item = what meal # the item is needed for (see dinner list for #s)

If there's a brand I personally prefer, it's listed in ().

You will be able to find these items at stores like Whole Foods, Sprouts, Uptown Grocery, etc. Also, some conventional grocery stores have organic & gluten-free choices.

You are trying to eat as clean as possible to decrease your toxic load, so choose organic options whenever available and as much as your budget will allow.

Remember to use your Dirty Dozen/Clean 15 shopping list for your produce.

If any of the meal choices above do not appeal to you, pick another meal from the "Recipes" file and alter your grocery list accordingly.

MEAT:

(www.eatwild.com is a great resource for meats & buying in bulk.)

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
3	Chicken breasts (free-range)	1	
1/person	Salmon Filets (wild caught)	3	
1 lb.	Shrimp (cooked, peeled)	4	
1 lb.	Ground Turkey (free-range)	5	

PRODUCE:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
4	Lemons – add more if you want to flavor your water	3, 5	
1	Lime	1	
1 pint	Strawberries	Snack	
1 pint	Blueberries	Snack	
Preference	Green Apples	Snack	
1-2 bulbs	Garlic	1,2,3,5	
3	White Onion	1,2,3,5	
1	Red Onion	2	
1	Sweet Yellow Onion	4	
5	Small Red Bell Peppers	1,2,4	
1	Orange Bell Pepper	1	
1	Yellow Bell Pepper	1	
1	Green Bell Pepper	3	
1 sm head	Romaine Lettuce	1	
4	Tomatoes	1,2	
1 pint	Grape Tomatoes	3	
1	Avocado	1	
1 bunch	Fresh Cilantro	1	
1 bunch	Fresh Sage	2	
1 bunch	Celery	2,4	
2 med.	Carrots	2	
Sm. Cont.	Green leafy lettuce for salads	2,3,4	
Lg. Cont.	Spinach	5, shakes	
1 head	Broccoli	5	

DAIRY/COLD:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Eggs (cage-free)	Opt. Bfast.	
2	Unsweetened Almond Milk and/or Coconut Milk	Shakes	
1	Hummus (any without vinegar)	Snack	

PANTRY:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
1 bottle	Extra Virgin Olive Oil	1,3,4,5	
1 bottle	Grape Seed Oil	3,4	
1 can	Organic Cooking Spray		
1 jar	Coconut Oil		
2 cans	Garbanzo Beans	2	
	Brown Rice (Lundberg)	4	
1 jar	Salsa	1	
	Raw Almonds	Snack	
	Gluten-Free Oats (Bobs Red Mill)	Opt. Bfast.	
	Coconut Sugar (crystals)		
	Stevia (liquid sweetener)		
	Cayenne Pepper	2,4	
	Ground Cumin	2	
	Bay Leaf	2	
	Basil	3	
	Creole Seasoning	4	
	Garlic Powder	4	
	Onion Powder	4	
	Oregano	4	
	Thyme	4	
	Sweet Paprika	4	
	Parsley	3,5	
	Rosemary	5	
	Sea Salt		
	Pepper		

FROZEN:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Frozen Mixed Berries	Shakes	
	Frozen Strawberries	Shakes	
	Brown Rice Tortillas (Food for Life)	Snack	

Breakfast/Shake Recipes:

See 'Protein Powder Basics' Doc for more details on making shakes/smoothies.

Shake = 8-10oz liquid ~ Smoothie = 4-6 oz liquid + 4 oz ice or frozen fruit.

Add handfuls of spinach to any of the shakes (I promise, you won't taste it!)

Strawberry Surprise

Strawberry, Basil + Lemon Protein Shake

5-7 Frozen Strawberries

6 basil leaves

Juice from a large lemon

8-10 oz. Water/Almond Milk/Coconut Milk

2 Scoops Vanilla Protein Powder

½ - 1 Scoop Fiber Booster

Green Apple Goodness

½ Green Apple cut into pieces

1-2 tsp Almond Butter

1 tsp Cinnamon

½ cup ice

8-10 oz. Water/Almond Milk/Coconut Milk

2 Scoops Vanilla Protein Powder

½ - 1 Scoop Fiber Booster

Mixed Berry Protein Shake

¼ - ½ cup Frozen Mixed Berries

1 tsp flax seeds or coconut oil

8-10 oz. Water/Almond Milk/Coconut Milk

2 Scoops Vanilla Protein Powder

½ - 1 Scoop Fiber Booster

Morning Mocha

1-2 tsp Almond Butter or 1 handful of raw almonds

½ cup ice

8-10 oz. Water/Almond Milk/Coconut Milk

2 Scoops Chocolate Protein Powder

½ - 1 Scoop Fiber Booster

Chocolate Almond Oat Smoothie

1 scoop Gluten Free Oats (use protein scooper)

1-2 tsp Almond Butter

8-10 oz. Water/Almond Milk/Coconut Milk

2 Scoops Chocolate Protein Powder

½ - 1 Scoop Fiber Booster

Dinner Recipes:

1) Grilled Chicken Fajitas

2T EVOO (extra- virgin olive oil)
juice from 1 lime
1 garlic clove minced
½ t cumin
½ oregano
3 boneless, skinless chicken breasts cut into thin strips
1 onion- cut into thin wedges
Bell peppers – red/ orange/yellow , cut into thin strips
Chopped Romaine lettuce
tomatoes
fresh salsa
1 avocado, sliced
fresh cilantro , chopped

Combine 1T EVOO, lime juice, garlic, cumin and oregano. Toss with chicken strips and marinate for at least 30 minutes.

Heat remaining EVOO in a skillet on medium-high. Sauté onions and peppers until soft and translucent. Set aside and keep warm.

In the same skillet, sauté chicken and marinade until chicken is thoroughly cooked.

Serve immediately on chopped romaine salad. Top with tomatoes, fresh salsa, avocado, and fresh cilantro.

2) Hearty Veggie Soup

1 spray organic cooking spray
1 large onion, chopped
3 gloves garlic, minced
4 cups water
3 tomatoes chopped or 3 cups canned tomato (no salt added) chopped
2 small sweet red peppers, finely chopped
2 med stalks celery chopped
2 med carrots chopped
1/8 teaspoon cayenne pepper
½ teaspoon ground cumin
1 bay leaf
1 tablespoon finely chopped fresh sage
1/4 teaspoon salt
2 cups cooked garbanzo beans
2 tablespoons red onion (garnish)

Heat large heavy bottomed stock pot over med heat, lightly spritzed with organic cooking spray, add onion and garlic and cook until golden brown stirring regularly (about 8 minutes)

Add all other ingredients stir and bring to a boil.

Reduce heat and simmer for 30 minutes, remove bay leaf before serving.

Serve hot, dividing soup evenly into four bowls. Top each with ½ tablespoon red onions.

3) Grilled/ Baked Salmon with onions & peppers

EVOO

Salmon (enough filets to serve your family)

Lemon slices

1 onion, cut in to wedges

1 bell pepper, sliced in thin wedges

Grape tomatoes

Salad

Preheat grill (or oven to 375).

Cover a baking sheet with aluminum foil. Place salmon filets on foil and rub with EVOO. Sprinkle with a seasoning such as dill, parsley, seasoned salt, pepper. Top with lemon slices. Bake/ grill for about 35 minutes.

In a skillet, heat up 1 T EVOO. Sauté the onions & peppers. When almost cooked, add the grape tomatoes.

Serve all over salad. Top with Lemon sauce.

Lemon Sauce

I usually double this. I use this recipe as a salad dressing, topping for fish, and marinade for chicken or veggies.

2 lemons, squeezed (about ½ cup)

1 ½ t dried basil

¾ c grape seed oil

¾ c evoo (extra virgin olive oil)

1 t sea salt

1 t pepper

1 garlic clove, minced

Combine all ingredients and whisk vigorously. Sauce will slightly thicken. Store in an airtight container.

4) Dirty Rice

Rice Ingredients:

2 teaspoons grape seed or other high quality oil

1 ½ cups uncooked brown rice

3 cups water

½ teaspoon sea salt

Creole Seasoning

1 ½ teaspoons sea salt

1 ½ teaspoon granulated garlic powder

¾ teaspoon ground black pepper

¾ teaspoon granulated onion powder

½ teaspoon cayenne

¾ teaspoon dried oregano

¾ teaspoon dried thyme

2 teaspoons sweet paprika

(Dirty rice cont.)

Base Ingredients:

3 tablespoons grape seed or high quality oil

1 cup celery, diced

1 red bell pepper, diced

1 sweet yellow onion, diced

1 pound cooked, peeled shrimp

Optional Ingredients

1 or 2 zucchini or crookneck squash, diced into ¼ inch cubes

In a saucepan over med heat, add 2 teaspoons oil, rice, and salt. Stir and then add water. Cover the pan and turn heat to high until boiling. Reduce heat and cook the rice about 50 minutes until tender. Turn off the heat and let sit.

Blend seasonings in a small bowl and set aside.

Place the oil into a large sauté pan over med heat. Add the onion, celery, and bell pepper and the optional squash. Saute until tender about 5 or 7 minutes.

Add the cooked rice to the pan and, sprinkle with the seasonings. Stir to blend and add the shrimp, cooking a few minutes to heat everything through.

Serve with salad and/or veggies.

5) Turkey Burgers

1 lb. ground turkey

1 handful of spinach, chopped finely

2 T parsley, minced

1 † rosemary, minced

1 † sea salt

1 † pepper

EVOO

Thoroughly combine all the ingredients. Shape into patties.

Heat evoo in a skillet over medium-high heat. Add the burgers and cook to desired degree of doneness.

Lemony Broccoli

EVOO

1 head broccoli

2 cloves garlic, minced

½ lemon

Cut stems off broccoli, toss with EVOO & minced garlic. Line baking sheet with aluminum foil and pour mixture onto sheet. Roast in oven at 425 for 8-10 minutes. Squeeze lemon juice over broccoli and serve hot.

Optional Breakfast Recipes:

Oatmeal with Berries

Prepare Gluten Free oats according to package instructions (use water or almond milk). Top with strawberries, blueberries, almonds (or other nuts) and optional: coconut sugar or stevia to sweeten.

Veggie Omelets

Saute any leftover veggies. If you have leftover spinach, feel free to add some here. Scramble eggs in a bowl. Heat small sauté pan to medium heat and prepare surface with cooking oil. Pour a portion of the eggs into pan and cook through. Top one half of egg with veggie mix. Flip other side of egg over to cover. Slide onto plate and enjoy! Serve with salsa.