

Week 3 Meal Plan

Breakfast:

Continue favorite shakes
Blueberry Breakfast Crepes
Eggs Caprese

Dinner:

Bruschetta Burgers & Salad
Southwest Stuffed Peppers
Quinoa Crusted Chicken Parmesan
Roasted Veggie Quinoa Salad
Grilled Chicken & Zucchini Fritters
Leftover Night
Dine Out Night

Lunch:

Repeat shakes or dinner leftovers
(If weight loss is major goal, do 2 shakes/day)

Snacks:

- * Nuts (except peanuts)
- * Green apples with Almond Butter
- * Berries
- * Hummus w/ raw veggies or clean GF crackers
- * Salsa w/ brown rice chips
- * Arbonne Fit Chews
- * Arbonne Energy Fizz Sticks
- * Arbonne Homemade Protein Bars

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, Trader Joes and Drug Emporium. Also, some conventional grocery stores (i.e. Kroger) have organic & health food sections.

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"/>
1-1.5 lbs	Lean Ground Beef (Organic, grass-fed)	1	
0.5 lb	Lean Ground Turkey (or beef)	2	
4	Chicken breasts (Organic, free-range) OR 1 Eggplant	3	

PRODUCE:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Spinach or Kale	Shakes	
1 head	Romaine Lettuce	1,3	
	Green Apples	Snacks	
	Strawberries	Shakes, Snacks	
2	Blueberries	Shakes, Snacks, Opt BF	
	Mint	Opt BF,5	
	Basil	Opt BF,1,3	
	Cilantro	Opt 2	
	Herbs de Provence	4	
1 bulb	Fennel	4	
1.5-2 cups	Grape/Cherry Tomatoes	Opt BF,1	
2	Roma Tomatoes	1,3	
1 bulb	Garlic	1,4	
	Onion	2,5	
1 large	Purple Onion	3,4,5	
1 small	Green Onion (Chives)	Opt 5	
4-5	Zucchini	2,4,5	
1	Squash	4	
	Avocado	Opt 2	
5-6	Bell Peppers (Assorted colors)	2,4	
2+	Lemons	4,5,Water	
1 bag	Shredded carrot/radish blend	1,3	
1 small	Sweet potato	5	

DAIRY/COLD:

Qty.	Item	Meal #	
1-2	Unsweetened Almond or Coconut Milk	Shakes, Opt BF	
Dozen	Hummus	Snack	
	Eggs	Opt BFx2,3,5	
	Butter (DF, SF)	Opt BF,5	
16 oz	Mozzarella cheese (DF, SF)	Opt BF, 1	
4 oz	Cheddar cheese (DF, SF)	2	
¼ cup	Parmesan cheese (DF, SF)	3	

PANTRY:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Veggie or Rice chips	Snack	
	Nuts	Snack	
	Brown Rice Syrup	Snack, Opt BF	
	Olive Oil	1,3,4	
	Vanilla Extract	Opt BF	
	Coconut Flour	Opt BF	
	Arrowroot or Tapioca Flour	Opt BF, 2,5	
1 can	Canned Coconut Milk	Opt BF,5	
1 cup	Brown Rice	2	
1 can	Black Beans	2	
1.5 cups	Quinoa	3,4	
4	GF Hamburger Buns	Opt 1	
1 jar (15oz)	Salsa (clean – no sugar, vinegar, MSG)	2	
16 oz	Spaghetti Sauce	3	
	Garlic Salt	1	
	Garlic Powder	1,3	
	Onion Powder	1,3	
	Stevia	1,3	
	Oregano	1,3	
	White Pepper	1,3	
	Thyme	1,3	
	Basil	1,3	
	Celery Seed	1,3	<input checked="" type="checkbox"/>
¼ cup	Apple Cider Vinegar	1,3	
	Coconut Aminos	1,3	
16 oz	Chicken Stock/broth	4	

Optional Breakfast Recipes

1) Blueberry Breakfast Crepes

Yields 8 crepes

Crepes

2 eggs
1 teaspoon of brown rice syrup or couple drops stevia
2 Tablespoons (DF) butter or coconut oil, plus a little extra to grease the pan
1/8 tsp salt
1/2 teaspoon vanilla extract
1/3 cup coconut milk or almond milk (I used coconut)
2 Tablespoons coconut flour
Fresh mint leaves (optional) – garnish
Can coconut cream - filling

Melt 2 Tablespoons of butter. Whisk the melted butter (oil), eggs, syrup (stevia), vanilla, salt and coconut milk together. Add in the coconut flour and mix well. Grease a frying pan and set your heat to medium high. We used a ladle to spoon our batter into the hot pan. Then you sort of tilt your pan around to help the batter spread out into a thin even layer. If you keep your crepes on the small side they are easier to flip. Cook for about 2 minutes until the bottom is light brown. Use a spatula to flip in one quick motion. Our first crepe or pancake has traditionally been served to the dog since the first attempt usually ends up a smooshy “flip disaster” mess. It is tricky business, but you’ll be flipping perfect crepes by the time you get to the last one

Blueberry Sauce

1 cup fresh blueberries
1 teaspoon brown rice syrup or couple drops liquid stevia
1/2 teaspoon arrowroot or tapioca flour

Heat the blueberries in a saucepan with the brown rice syrup over medium heat. After about 5 minutes they will soften and pop open, releasing their juice. Once the juice is bubbly and the blueberries are all soft, mix the arrowroot powder in a small bowl with a spoon or two of water. Now add that to the blueberry sauce and stir until it has thickened. We served theses crepes by filling them with the blueberry sauce and then topping them with more sauce and some whipped coconut cream and a mint garnish. If you don’t prefer blueberries, any approved detox-friendly fruit would work.

2) Eggs Caprese

Yields 4

8 eggs
16-20 grape tomatoes, halved
4 ounces (DF) mozzarella cheese, cubed
6-8 basil leaves
4 teaspoons coconut cream
kosher salt and freshly ground pepper
(DF) butter or coconut oil for greasing the ramekins

Preheat oven to 350F. Generously grease 4 ramekins with butter. Distribute about 2/3 of the tomatoes, mozzarella, and basil between the 4 ramekins. Crack two eggs into each ramekin, and season with salt and pepper. Add 1 teaspoon cream over the eggs in each ramekin. (This will help keep the eggs from drying out.) Top with the remaining basil, tomatoes, and cheese. Place on a cooking sheet and bake for about 8 minutes. Turn on the broiler, and broil for a few minutes to brown (watch carefully to prevent burning). Serve hot! (Note: I skipped the broiler since the kitchen was already too HOT, and instead baked for about 5 more minutes. You may also want to adjust the times, depending on how done you like your eggs.)

TIP: If you don't have ramekins, use a muffin tin and divide ingredients into 8 cups (1 egg each).

Dinner Recipes

1) Bruschetta Burgers

Yields: 4

1-1.5 lb lean ground beef shaped into 4 patties
clean hamburger seasoning, to taste (no MSG, sugar, etc)
1 cup cherry tomatoes, sliced in half
2 Tbsp basil, shredded
1 Tbsp olive oil
1 tsp salt
1/2 tsp pepper
1 tsp minced garlic
1/2 cup shredded mozzarella cheese (dairy free)
4 hamburger buns (gluten free or skip)
butter spread (dairy free)
garlic salt, to taste

Preheat grill. In a small bowl, combine the tomatoes, oil, garlic, salt and pepper, stir in the basil; set aside. Season hamburgers with choice of hamburger seasoning. Grill until cooked through, flipping only once. After flipping burgers, top each with about one tablespoon of the mozzarella cheese and one tablespoon of the tomato mixture. Continue to grill until the cheese is melted. In the meantime, butter the buns and sprinkle with garlic salt. Toast on the grill for a few minutes.

Add Italian Salad (Below in Recipe 3)

2) Southwestern Stuffed Tomatoes

Yield: 4+

Olive Oil

1/2 lb **cooked** lean ground turkey breast

1 cup chopped onions

1 heaping tbs of homemade taco seasoning*

2 cups of **cooked** brown rice OR quinoa

3-4 organic bell peppers (any color), halved and seeds removed

1 can of black beans, drained & rinsed

½ cup sautéed zucchini

1 (15 -16 ounce) jar of salsa (my favorite is mango peach)

Shredded Cheddar Cheese (dairy-free)

Toppings:

fresh cilantro

sliced avocado

******Note – make sure you cook your turkey ahead of time that way you do not have to worry about it later. Also, I sauteed the onions with the turkey until cooked thru, I then added in my cooked rice, black beans and zucchini.**

Preheat the oven to 400 degrees. Lightly coat the peppers with olive oil and roast in a baking dish about 20-25 minutes just until cooked thru. Remove the peppers from the oven and allow to cool until you can handle them. In a bowl add the taco seasoning, cooked ground turkey, chopped onions, black beans, zucchini and rice. Add in the jar of salsa and mix well. Carefully spoon the turkey mixture into each half of the bell peppers and place back into the baking dish. Cook the peppers for another 15-20 minutes or until the peppers are cooked all the way thru. Before removing from the oven sprinkle the tops of each pepper with shredded cheddar cheese. Place back into the oven just until the cheese has melted. Remove from the oven and top with fresh cilantro &/or avocado slices just before serving.

***Homemade Taco Seasoning**

1 TBS chili powder

1 TBS ground cumin

1 TBS garlic powder

1 TBS onion powder

1/4 – ½ TBS crushed red pepper

Mix all the spices together and store in an airtight container. Use 1-2 TBS in this recipe.

3) Crispy Baked Quinoa Crusted Parmesan Chicken

Make it a meatless meal by subbing eggplant slices for the chicken breasts

Yields: 4

4 boneless, skinless chicken breasts
salt and pepper to taste
1/4 cup gluten-free flour (Pamela's, or almond flour)
1 egg, lightly beaten
1 1/2 cups cooked quinoa (~1/2 cup dry cooked with 1 cup liquid)
1 tsp clean Italian seasoning blend (no MSG, sugar, etc)
1 cup mozzarella, shredded (dairy-free)
1/4 cup parmesan, grated (dairy-free, soy free)
2 cups spaghetti sauce
2 TBS fresh basil, torn

Season the chicken with salt and pepper, dredge in flour, dip in egg and coat in the mixture of the quinoa and italian seasoning. Place the chicken on a rack on a baking pan and bake in a preheated 400F oven until cooked and lightly golden brown, about 25-30 minutes. Transfer the chicken to a baking dish, top with the cheese and broil until it has melted, about 2-4 minutes. Plate the chicken and top with hot spaghetti sauce and fresh torn basil and enjoy!

Italian Salad

Head romaine lettuce, chopped
1-2 Roma tomatoes, sliced
1 cup shredded carrot, radish blend
4 oz whole black olives
Few rings of purple onion
Italian salad dressing*

Italian Salad Dressing

1 tbsp garlic powder
1 tbsp onion powder
1 tbsp powdered stevia
2 tbsp oregano
1 tsp white pepper (I use less)
1/4 tsp thyme
1 tsp basil
1 tbsp dried parsley
1/4 tsp celery seed

In salad shaker bottle mix:

1/4 cup of your favorite vinegar (ONLY Apple Cider on Detox)
2/3 cup extra virgin olive oil
2 tbsp water
2 tbsp [coconut aminos](#)
2 tbsp of the dry mix
Shake to mix and enjoy!

4) Roasted Veggie Quinoa Salad

This is protein-packed but feel free to add chicken for all you meat-lovin' carnivores!

Yields: 4-6

Quinoa

- 1 cup quinoa
- 2 cup chicken stock
- 1 tsp extra virgin olive oil
- 4 cloves garlic, chopped
- 1/2 tsp sea salt

Roasted Vegetables

- 2 bell peppers, cubed
- 1 zucchini, cubed
- 1 squash, cubed
- 1 red onion, cubed
- 1 fennel bulb, cubed
- 4 garlic cloves, whole
- 1 Tbsp Herbs de Provence
- 2 Tbsp extra virgin olive oil
- 1/2 tsp smoked salt

Dressing

- 1/2 lemon, juiced and zested
- 2 Tbsp extra virgin olive oil
- fresh herbs

Preheat the oven to 450 degrees, or fire up the grill. In a bowl, combine all the cubed veggies and toss with the Herbs de Provence, oil and salt. Place in a single layer on a lined baking sheet and bake for 30 minutes, flipping half way through. (or grill the veggies to your liking) In a small saucepan, heat the oil over low heat and add the garlic, saute for 1 minute, then add the rinsed quinoa and chicken stock. Bring to a boil, cover and reduce heat to a simmer. Cook for about 20 minutes. Turn off heat, let sit for 5 minutes and fluff with a fork. In a serving bowl, combine cooked quinoa with roasted veggies. Add dressing, toss and enjoy hot, room temperature or cold!

5) Grilled Chicken

Yields: 4

4 boneless, skinless chicken breasts
salt/pepper to taste

Zucchini Fritters with Tzatziki

Yields: 6

2 cups coarsely grated zucchini (2-3 small zucchini)
1/2 cup coarsely grated sweet potato
kosher salt
pinch of flour
1 egg
1 tablespoon chopped chives (or whatever herb you like)
1 tablespoon chopped mint (or whatever herb you like)
zest of one lemon
1/4 cup diced white onion
1 tablespoon (DF) butter

Tzatziki

1 cup coconut cream or coconut yogurt
2 T. finely diced red onion
1 T. chopped mint
kosher salt
squeeze of lemon juice

Place the grated zucchini and potato in a colander. Spread the veggies out to allow for maximum surface area exposure and sprinkle all over with kosher salt. Let sit for at least 30 minutes to drain. Meanwhile, make the tzatziki, if desired: Stir together yogurt, onion, mint, salt and lemon juice. Taste. Add more salt if necessary. Chill until ready to use. After the 30 minutes, squeeze veggies out and wrap in paper towels. Squeeze again. [Note: The veggies will not drain out enough liquid on their own in the collander, so squeezing them with a paper towel is a critical step to mopping up that moisture.] Open up the paper towel and spread out your veggies. Sprinkle with a pinch of flour to soak up leftover moisture. In a bowl, whisk together egg, herbs and lemon zest. Add salt and pepper to taste. Add onion and grated zucchini-potato mixture. Stir well. Preheat oven to 200°F. Place a foil-lined cookie sheet in the oven. Heat a large skillet over medium-high heat. Melt 1 tablespoon of butter. When foam subsides, drop a spoonful of your fritter batter in. Gently pat with a spatula to flatten out the fritters, which will help make them crispy. Cook about 3 fritters at a time until golden brown on each side. Place fritters in the oven while you make additional pancakes. Serve as soon as possible with tzatziki on the side.