

Week 3 Meal Plan

Breakfast:

Continue with shakes. Use Arbonne Protein Powder Recipes Doc under 'Files' Tab on Facebook group page. Be sure to adhere to 'AVOID' list!

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

Lunch:

Repeat shakes or dinner leftovers

Dinner:

- 1) Coconut Fish w/ Garlic Spinach
 - 2) Chicken Quesadillas w/ Guacamole
 - 3) Black Bean Quinoa Burger w/ Fries
 - 4) Porcupine Meatballs w/ "Potatoes"
 - 5) Anaheim Turkey Wraps with Kale Chips
- Days 6 & 7) Leftovers or Dine-out

Snacks:

- * Almonds, Cashews, Pistachios
- * 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 Protein Bars
- * Arbonne Fit Chews
- * Arbonne Energy Fizz Sticks

Week 2 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.

Pantry items such as EVOO and spices that you bought in week 1 or 2 were not included on this list. If, however, you are running low, be sure to purchase this week.

Also, be sure to check your cabinets and refrigerator to see what you still have before you go shopping! No need to waste money!

MEAT:

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

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
4 filets	Fish – Tilapia or Mahi Mahi	1	
1	Unseasoned Rotisserie Chicken (only buy at healthy grocery store to avoid all the preservatives – check the label!)	2	
1 lb.	Grass-fed Ground Beef or Free-Range Turkey	4	
16 slices	Turkey Breast – free-range, antibiotic/hormone-free	5	

PRODUCE:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
2	Onion	1,3,4	
1	Red Onion	2	
1	Yellow Onion	3	
	Garlic	1, 2, 3	
	Spinach	1,2, Shakes	
1 large	Shallot	1	
2	Lime	2, 3	
4	Avocados	2, 5	
1	Jalepeno pepper	2	
2	Roma Tomatoes	2	
1 bunch	Fresh Cilantro	2,3	
6 large	Carrots	3	
1	Green Bell Pepper	4	
2 heads	Cauliflower	4	
	Romaine Lettuce	5	
4	Anaheim Chili Peppers	5	
1 bunch	Kale	5	
2	Lemons	5	
Optional	Strawberries	Snack	
Optional	Blueberries	Snack	
Optional	Green Apples	Snack	
Optional	Raw Veggies	Snack	

DAIRY/COLD:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Unsweetened Almond Milk	4, Shakes	
	Coconut Milk	1, Shakes	
If needed	Eggs (cage-free)	Opt. Bfast	
If needed	Hummus	Snack	

1 bag	Dairy free Cheddar Style Shreds (Daiya)	2	
1 bag	Dairy free Pepperjack Style Shreds (Daiya)	2, 5	
	Earth Balance Natural Buttery Spread (soy free)	4, Opt Bfast	

PANTRY:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Organic Salsa (no vinegar, no sugar)	2	
1 can	Organic Black Beans	3	
	Quinoa	3	
	Brown Rice	4	
2 ½ cups	Low-sodium Tomato Juice	4	
2 Tbls	Chia Seeds	Opt Bfast	
	Gluten-Free Pancake Mix	Opt Bfast	
1 Box	Brown Rice Krispies	Snack	
1 16 oz Jar	Almond Butter	Snack	
16 oz	Agave Nectar	Snack	
	Raw Almonds	Snack	
	Cashews	Snack	
	Pistachios	Snack	

FROZEN:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
if needed	Frozen Mixed Berries	Shakes	
If needed	Frozen Strawberries	Shakes	
If needed	Brown Rice Tortillas (Food for Life)	1, Snack	

Dinner Recipes:

1) Coconut Fish with Garlic Spinach

2T coconut oil

4 cloves of garlic, minced

½ medium onion, chopped

4 filets of fish (tilapia, mahi mahi)

sea salt

coconut milk

Heat oil in a skillet on medium heat. Add garlic and onions. Cook until the onions begin to caramelize. Take out of skillet and set aside.

Add a bit more oil to the same pan, if needed. Place fish into skillet and sprinkle with sea salt. Brown slightly on each side. Pour about ¼ c coconut milk over the fish and continue to cook. When almost done, put the onions & garlic mixture on top of the fish. Add additional ¼ c coconut milk, more if needed.

Garlic Spinach

1 large shallot, diced

3 cloves garlic, diced

1 tablespoon olive oil

4 cups fresh spinach

Place the shallot and garlic in a pan with the olive oil and sauté for 1-2 minutes. Add the spinach and cook until it is properly wilted.

2) Chicken Quesadillas with Guacamole

EVOO

1 Brown Rice Tortilla per person

½ medium red onion, sliced

1 clove garlic, minced

Large handful of spinach

Dairy Free, Soy Free Cheddar Cheese (Daiya)

Dairy Free, Soy Free PepperJack Cheese (Daiya)

Organic Salsa (no vinegar or sugar)

*these amounts are for 1 quesadilla so double, triple, etc. according to number of servings

Rotisserie Chicken or cooked chicken breasts

Chicken Quesadillas

Sautee sliced red onion and garlic in EVOO til soft and golden brown. Add in 1-2 handfuls of spinach and sautee till soft and wilted. Remove onion, garlic and spinach from skillet and set aside. Use organic cooking spray or EVOO to lightly coat bottom of the skillet. Place tortilla on skillet. Then lightly cover ½ of the tortilla with "cheddar cheese", top that with shredded chicken, then onion/garlic/spinach mix, salsa and finally top that with the "pepperjack cheese". Fold the empty side of the tortilla over on top of the covered side. Let cook until cheese is melted and tortilla gets crispy. Then flip the quesadilla over and cook on the other side til that cheese is melted and tortilla gets crispy. Place quesadilla on a plate and cut in to triangle pieces. Serve with guacamole and salsa.

Guacamole

3 Haas avocados, halved, seeded and peeled
1 lime, juiced
1/2 teaspoon kosher salt
1/2 teaspoon ground cumin
1/2 teaspoon cayenne
1/2 medium onion, diced
1/2 jalapeno pepper, seeded and minced
2 Roma tomatoes, seeded and diced
1 tablespoon chopped cilantro
1 clove garlic, minced

In a large bowl place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated. Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice.

3) Black Bean Quinoa Burgers with Carrot Fries

1 can black beans
1 cup quinoa cooked
1 teaspoon cumin
lime juice from 1/3 lime
salt and pepper to taste
cayenne pepper to taste
2 garlic cloves, minced
1/3 yellow onion, finely diced
2 tablespoons fresh cilantro, diced
1 tablespoon coconut oil

Directions: In a medium mixing bowl, mash the black beans with a fork. Mix with the quinoa and then add the other ingredients. This will make 2-4 patties depending on how big you like them. Heat the oil in a skillet over medium-high heat. When the oil is hot, fry the patties until they are nicely browned, about 5 minutes. Turn and fry the other side.

Baked Carrot Oven French Fries

6 large carrots
2 tablespoons [olive oil](#)
½ teaspoon [celtic sea salt](#)

Cut each carrot into 2-inch long sections. Cut each section into thin sticks. In a large bowl toss carrot sticks with olive oil and salt. Spread out carrot sticks on a [parchment paper](#) baking sheet. Bake at 425° for 18-22 minutes until carrots are browned

4) Porcupine Meatballs & Cauliflower Mashed Potatoes

1 lb organic/grass fed ground beef or turkey
½ cup uncooked brown rice
1 tsp sea salt
½ tsp black pepper
Dash chili powder
1 Tbls EVOO
½ medium onion, diced
½ bell pepper, diced
2 ½ cup low-sodium tomato juice

Prepare brown rice according to package directions, but only cook for half the time.

Combine meat, rice, salt, pepper, & chili powder. Roll into balls and place in 9X13 baking dish. Sauté onion and pepper in EVOO in skillet over medium-high heat. Pour over meatballs in baking dish and cover with tomato juice. Cover with foil and bake for 1-1.5 hours. Uncover last 15 minutes.

Cauliflower Mashed Potatoes

2 heads cauliflower, washed and cut into large pieces
2 tablespoons [Earth Balance Natural Buttery Spread \(soy free\)](#) or [olive oil](#)
½ teaspoon sea salt

Steam the cauliflower pieces until very tender. Puree cauliflower in a [food processor](#), add in buttery spread and salt. Reheat in a casserole dish in the oven at 350° for 20 minutes.

5) Anaheim Turkey Wraps with Lemon Kale Chips

4 Lettuce leaves (Romaine, Living, etc - anything large)
16 slices turkey breast (free-range, antibiotic/hormone-free)
4 Anaheim chili peppers
1 Avocado
4 oz Pepperjack "cheese", shredded

Roast peppers for 20-30 minutes in 375-400 oven for 20 mins or until skin easily peels off. In toaster oven or skillet, heat turkey & place cheese on top to melt (melts faster if shredded). Slice avocado into 8 slices. Once peppers are done, cut off tops, remove seeds and peel off skin. (Sometimes this is easy, others not. I've eaten it skin on & off...not a deal breaker if you can't get it off!). Once cheese is melted and warmed through, top lettuce leaf with turkey/cheese, pepper and 2 slices of avocado.

Lemon Kale Chips

1 bunch kale ([prepared and washed](#))
2 tablespoons [olive oil](#)
2 tablespoons lemon juice
¼ teaspoon [celtic sea salt](#)

Preheat oven to 350°. Chop kale into ½ inch pieces. Place kale in a large bowl. With hands massage oil, lemon juice and salt into kale. Place kale on parchment lined baking sheet. Bake at 350° for 10-15 minutes until kale is dark green and crispy. Cool and serve

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.

Arbonne Protein Pancakes

1 1/3 c. coconut milk
3 eggs
2 Tbs. chia seeds
2 scoops vanilla protein
1 cup gluten free pancake mix

Melt coconut oil on heated griddle and add mixture to make pancakes.

Serve with Earth Balance Natural Buttery Spread (soy free), almond butter or drizzle with agave.

Arbonne Protein Bars

2 cups Arbonne protein
1/4 cup Arbonne fiber
1 1/2 cups agave nectar
3 cups oats (gluten free) OR 4 cups Brown Rice Krispies
16 oz or 2 cups almond butter
(if you do not use the fiber, add 1/4 cup more protein)

Add agave nectar and almond butter in a bowl and microwave for 70-90 sec

Stir. Add protein and fiber, mix. Stir in oats or brown rice krispies. Spread in cookie sheet or roll into balls and chill for at least 1 hr.