Week 2 Meal Plan

Breakfast:

Mint Chocolate Shake
Carrot Cake Shake
Pretty in Pink Shake
Green Machine Shake
Chocolate Macaroon Shake
Cinnamon Quinoa Breakfast
Turkey Egg Cups

Dinner:

Taco Salad & Guacamole
Chicken Quinoa Power Bowl
Savory Bean & Spinach Soup
Perfect Salmon & Roasted Veggies
Thai Cucumber Salad w/ chickpeas
Leftover Night
Dine Out Night

Lunch:

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

Snacks:

- * Almonds (Any preferred nut other than peanuts)
- * Green apples with Almond Butter
- * Berries
- * Hummus w/ raw veggies
- * 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:

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

Qty.	Item	Meal #	V
12 oz	Chicken Breasts (Organic, free-range)	2	
12 slices	Deli Turkey, thin sliced	Opt BF	
1 lb	Lean Ground Beef (organic, grass-fed)	1	\checkmark
4	Salmon filets	4	

PRODUCE:

Qty.	Item	Meal #	
Lg. Cont.	Spinach	Shakes,3	
Lg Cont.	Baby Kale	Shakes,2,3	
1 bag	Carrots, whole	Shakes,2	
3	English cucumbers	Shakes,5	
	Green apples	Shakes, snacks	
1 small notch	Ginger	Shakes	
3	Lemons	Shakes, water	
2 pints	Blueberries	Shakes, Opt BF	
1 pint	Strawberries	Shakes, snacks	
1 bunch	Green onions	Opt BF, 1	
1 head	Romaine lettuce (or other leafy lettuce)	1	
	Roma tomato	1	
1 head	Garlic	2,3	
	Pre-made pesto	2	
	Onion	3	
	Red onion	5	
2	Zucchini	4	
1	Red pepper	5	
	Cilantro	5	

DAIRY/COLD:

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Qty.	Item	Meal #		
1-2	Unsweetened Almond Milk	Shakes	>	
	Hummus (no sugar, vinegar)	Snack		
1 dozen	Eggs (Cage-free)	Opt BF		
	Mozzarella 'cheese' shreds (Daiya or Lisanatti)	Opt BF, 1		

PANTRY:

Qty.	Item	Meal #	\checkmark
	Cacao nibs	Shakes	
	Peppermint extract	Shakes	
		Shakes,	
	Walnuts	Snacks, Opt BF	
	Sliced almonds	Snacks,5	
	Sunflower seeds	Opt BF, snacks	
	Unsweetened shredded coconut	Shakes	
	Liquid Stevia	Opt BF	
	Vanilla Extract	Opt BF	
	Pumpkin Pie Spice	Shakes	
	Cinnamon	Opt BF, Shakes	
	Allspice	Opt BF, Shakes	
	Chili Powder	1,5	
	Cumin	1,5	
	Garlic Powder	1,2,5	
	Onion Powder	1,2	
	Crushed red pepper	1,4	
	Paprika	2,4	
	Ginger	5	
	Tumeric	5	
	Dried basil (or leftover fresh from week 1)	3	
	Quinoa	Opt BF, 2	
1 bag	Rice chips (Lundberg)	1	
1 can	Kidney beans	1	
16 oz	Chicken broth	2	
42 oz	Vegetable broth	3	
2 cans (14 oz)	Fire roasted tomatoes	2	
	Olive oil	2,4,5	
1 can (15 oz)	Tomato puree	3	
1 can (15 oz)	White beans (Great Northern)	3	
½ cup	Brown Rice	3	V
	Apple Cider Vinegar	5	
1 can (15oz)	Chickpeas	5	_

Breakfast/Shake Recipes

See 'Basic Shake Recipe" 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!)

Mint Chocolate Shake

4-5 oz unsweetened almond milk/coconut milk/water

4-5 ice cubes

2 scoops Arbonne vanilla protein powder

½-1 scoop Arbonne fiber boost

1 tsp flax seed

1 huge handful raw spinach (no, you cannot taste it)

1-2 tsp raw cacao nibs

1-2 drops peppermint essential oil (or 1/4 tsp peppermint extract)

Carrot Cake Shake

2 Scoops Arbonne Vanilla Protein Powder

1/2-1 Scoop Arbonne Daily Fiber Boost

1 cup cooked, chopped Carrots

1 Tbsp Walnuts

1 tsp Pumpkin Pie Spice + Cinnamon

8-10 oz unsweetened almond milk/coconut milk/water

4-5 ice cubes

Pretty in Pink

2 Scoops of Arbonne Vanilla Protein Powder

1/2-1 scoop of Arbonne Fiber Boost

Splash of Pure Cranberry Juice (no sugar added or a few whole cranberries)

Handful of Strawberries and Raspberries (fresh or frozen)

8-10 oz unsweetened almond milk/coconut milk/water

4-5 ice cubes

Green Machine Shake

1 cup baby spinach or kale

1/2 English cucumber, peeled

1 small green apple, cored & sliced

Juice from 1/2 lemon

1/2 tsp fresh ginger, grated

2 scoops Arbonne vanilla protein powder

1/2-1 Arbonne fiber boost

4-5 ice cubes

Chocolate Macaroon Shake

2 Scoops Arbonne Essentials Chocolate Protein Powder

1/2-1 Scoop Arbonne Daily Fiber Boost

8-10 oz. Unsweetened Almond milk/coconut milk/water

1/4 Cup of Unsweetened, Shredded Coconut in the blender with Ice

Optional Breakfast Recipes

Cinnamon Quinoa Breakfast

Yields 4 cups

1 cup quinoa, rinsed

3 cups unsweetened almond milk

1/2 tsp vanilla

1 tsp cinnamon

1/4 tsp allspice

1/2 cup raisins

1 med green apple chopped small (save some for garnish)

stevia to taste

1/2 cup raw walnuts, chopped

4 tbsp raw sunflower seeds

1 cup fresh organic blueberries

optional – fresh raspberries, fresh strawberries, chopped pecans or almonds, hemp seeds

Combine quinoa, almond milk, cinnamon, allspice, raisins in medium sauce pan. Bring to a boil and then place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 3-5 stevia drops or a dribble of agave syrup. You may not need any additional sweetener as the raisins and apple do add a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple. If I have raspberries or strawberries on hand I like to toss them on top instead or as well!

Baked Egg Cups

Yields 12 eggs

12 Eggs

12 THIN slices of deli turkey (Applegate Farms & Boars Head are both clean brands)

1/2 Cup of your favorite faux 'cheese' or homemade salsa

1/2 Cup diced scallions (aka green onions)

Fresh cracked Sea Salt and Pepper

Preheat the oven to 400. Spray a muffin tin with cooking spray. Lay a piece of turkey in each hole creating a little turkey 'cup'. Crack one egg into each hole and sprinkle with salt and pepper. Bake the eggs for about 12 minutes...until the white is firm and the yolk is still nice and runny. Carefully remove each egg from the muffin tin and top with grated cheese and scallions. Serve hot!

Arbonne Homemade Protein Bars (Balls) – Detox-friendly version

2 cups Organic Almond Butter (16 oz)

- 1 ³/₄ cups Brown Rice Syrup (14 oz)
- 2 1/4 cups Arbonne Protein powder (9 scoops; I do half chocolate, half vanilla)
- 3 cups Gluten-free oats &/or Brown rice or flax cereal

Mix almond butter & brown rice syrup in microwavable bowl. Heat for 90 seconds. Mix well. Add Protein Powder and mix well. Add oatmeal (&/or cereal) and mix gently. Roll into 48 balls or spread in 9x13 pan (wet your fingers first!) and cut into 48 squares. Refrigerate 1 hour. Store in fridge.

Dinner Recipes

1) Taco Salad

Yields 4 servings

1 lb lean ground beef

1 (15 oz) can kidney beans, drained & rinsed

1-2 TBS taco seasoning*

1 head romaine or other leaf lettuce, chopped

1 roma tomato, seeded, diced

2-3 green onions, diced

Faux 'cheese' shreds

Rice chips

Optional Toppings: Homemade salsa &/or guacamole (week 1)

Over medium heat, brown meat and drain. Return meat to skillet. Add kidney beans, taco seasoning & ¼ cup water and heat through on low-medium for 10 mins. Layer bowls with a few rice chips, lots of lettuce and top with meat/bean mix, tomatoes, green onions, cheese and other desired toppings.

*Homemade Taco Seasoning

1 TBS chili powder

1 TBS ground cumin

1 TBS garlic powder

1 TBS onion powder

 $1/4 - \frac{1}{2}$ TBS crushed red pepper

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

2) Chicken Quinoa Power Bowl

Yields 4 servings

12 oz grilled chicken breasts

4 Tbsp lemon juice (fresh squeezed)

1 tsp garlic powder

1 tsp paprika

1 tsp onion powder

1 cup dry quinoa

16 oz chicken broth

2 (14.5oz) cans fire-roasted tomatoes

2 cups chopped carrots

4 cups tightly packed chopped kale

3 tsp olive oil

3 Tbsp minced fresh garlic

2/3 cup basil pesto (deli/produce section)

Salt & pepper, to taste

In a large baggie, place grilled chicken breast, lemon juice, garlic powder, paprika and onion powder. Seal bag and shake - set aside. In a saucepan, combine dry quinoa and chicken broth. Cover and bring to a boil. Once boiling, reduce to simmer for 15 minutes. Remove from heat and set aside. In a large pot add olive oil, kale and carrots. Sauté until carrots are all dente, add garlic and S&P to taste and mix well. Add roasted tomatoes, quinoa, chicken mixture and combine. Cook for 2 minutes. Add pesto (homemade version is linked in ingredients list or you can buy store bought) and stir. Serve immediately.

3) Savory Bean and Spinach Soup

Yields 6 servings

42 oz vegetable broth

1 (15 oz) can tomato puree

1 (15 oz) can small white beans or Great Northern beans, drained and rinsed

1/2 cup uncooked brown rice

1/2 cup finely chopped onion

1 teaspoon dried basil

1/4 teaspoon salt

1/4 teaspoon black pepper

2 garlic cloves, chopped

8 cups coarsely chopped fresh spinach or kale leaves

In a 3-1/2- or 4-quart slow <u>cooker</u>, combine vegetable broth, tomato puree, beans, rice, onion, basil, salt, pepper, and garlic. Cover; cook on low-heat setting 5 to 7 hours or on high-heat setting 2 1/2 to 3 1/2 hours. Just before serving, stir in spinach or kale.

4) Perfect Salmon

Yields 4 servings

4 salmon filets Olive oil

Salt & pepper

Drizzle salmon filet with olive oil, sprinkle with salt and pepper, put it in a cold oven, then turn on the heat to 400 degrees. Twenty-five minutes later, the salmon is absolutely perfect. Tender, moist, flaky. Via the Pioneer Woman.

Roasted Zucchini and Carrots

2 zucchini, cut into 3 inch sticks, even size 2 large carrots, cut into 3 inch sticks, even size Olive oil

Salt & pepper plus 2 of the following:

(Choose Your Own Adventure-style): paprika, cumin, cayenne, crushed red peppers, thyme, rosemary, sage – really, whatever takes your fancy and suits your meal. Using premixed spice blends is a great option too – Italian, Mexican, Old Bay – you know, just not all at once. Try smoky paprika & crushed red pepper!

Preheat oven to 425 F. Line a baking tray with baking paper and a light layer of olive oil. Lightly toss your vegetables with a tablespoon or so of olive oil (not too much) and season with the herbs and spices. Spread your seasoned veggies over your lined tray and roast, tossing halfway through, for about 20 minutes or until golden and slightly browned at the edges.

5) Thai-Inspired Cucumber Salad with Roasted Spiced Chickpeas

Yield: 3 servings

Dressina:

1/2 cup apple cider vinegar

1-2 drops liquid stevia

1/2 teaspoon fine grain sea salt

Salad:

2 medium field cucumbers 1 red pepper, diced 1 cup diced red onion 1/4 cup roughly chopped cilantro 1/4 cup sliced almonds, for garnish Roasted spiced chickpeas*

Whisk dressing ingredients together in a small bowl and adjust to taste. Feel free to add more sweetener if you prefer. Set aside. Peel cucumbers, slice off the ends, and slice in half lengthwise. Scoop out the seeds with a small spoon (see photo in post if necessary). Slice halves into 1/8-inch "half moons" and toss into a large bowl. If your cucumbers are really big you can slice the half-moons in half as well. Dice the red pepper and red onion and add into bowl. Roughly chop cilantro and add into bowl. Pour in all the dressing and toss to combine. Let this salad sit for about 30 minutes in the fridge, tossing every 10 minutes or so to help the dressing soak in. Meanwhile, prepare the roasted chickpeas (if desired). Recipe follows. Portion into bowls and top with almonds and optional roasted chickpeas. Serve immediately.

*Roasted Spiced Chickpeas

Yield: 3 servings

1 (15-oz) can chickpeas (or 1.5 cups cooked)

1/2 teaspoon olive oil

1/2 teaspoon fine grain sea salt

1/2 teaspoon garlic powder

1/4 teaspoon chili powder

1/4 teaspoon ground ginger

1/4 teaspoon cumin

1/8 teaspoon ground turmeric

Preheat oven to 400F and line a medium baking sheet with a couple pieces of paper towel. Rinse and drain the chickpeas and place onto paper towel. Add a couple paper towels on top and roll the chickpeas around until <u>completely</u> dry. This helps them crisp up in the oven. Add the chickpeas into a medium mixing bowl and stir in the oil until coated. Now stir in the rest of the seasonings. Discard paper towel and line baking sheet with parchment paper. Add chickpeas back onto the baking sheet. Roast at 400F for 20 minutes. Give the pan a gentle shake to stir the chickpeas and roast for another 15-20 minutes, until golden and lightly charred on the bottom. I roast for a full 40 minutes because I like them on the crispy side, but keep an eye on them as oven temps vary. Cool for 5 minutes or so and then top on your salad. They will lose their crispness quickly so these are best enjoyed immediately. You can also freeze the chickpeas once fully cooled and reheat them in the oven for 5 minutes or so to bring back the crispness.