

Week 1 Meal Plan – Fall/Winter

Breakfast:

See Shake Recipes (file tab)
Oatmeal with Berries (optional)
Veggie Omelet (optional)

Dinner:

Chicken & Rice Soup
Turkey Chili & Spinach Salad
Spaghetti & Roasted Broccoli
Grilled Chicken & Veggies
Chicken Spinach Pizza
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 or bean chips
- * 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, 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 lb	Rotisserie Chicken, diced (<i>reserve 1 breast & 1 leg for chicken spinach pizzas later in week</i>) Lean Ground beef (Grass-fed)	1,5 3	
1 lb 1/person	Ground turkey (Free-range) Chicken breasts (Free-range)	2 4	

PRODUCE:

Qty.	Item	Meal #	
2 large	Yellow onion	1,2	
	Red onion	2	
2-3 stalks	celery	1	
2-3	Carrots, whole	1	
1 sprig	Fresh Rosemary (optional)	1	
1 bulb	Garlic	2, 3	
1	Avocado (optional, chili/salad topper)		
1 lg container	Baby Spinach	Shakes, 2	
	Cucumber	2	
1-2 quarts	Strawberries	Shakes, Snacks, 2, Opt BF	
1-2 pints	Blueberries	Shakes, Snacks, Opt BF	
Preference	Green Apples	Snacks	
Preference	Lemons	2, Shakes, Water	
1 small	Bell Pepper	3	
1 small	Red Bell Pepper	4	
1 small	Spaghetti Squash	3	
1 head	Broccoli	3, Snacks	
1	Zucchini	4	
1	Yellow Squash	4	

FROZEN:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
1 bag	Black Eyed Peas	4	
	Rudi's GF Spinach Tortillas	5	

DAIRY/COLD:

Qty.	Item	Meal #	
1	Hummus (<i>Fountain of Health</i>)	Snacks	
	Cheddar & mozzarella "cheese" shreds (<i>Daiya or Lisanatti</i>)	5, Opt BF	
2	Unsweetened Almond Milk (<i>Silk or Kroger</i>)	Shakes	
	DF/SF "butter" (<i>Earth Balance</i>)	2	

PANTRY:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Brown Rice	1,2	
32 oz	Low Sodium Chicken broth (free-range)	1	
28 oz	Diced (or crushed tomatoes)	2	
1 can	Kidney beans	2	
2	Spaghetti sauce (<i>Muir Glen Italian Herb</i>)	3,5	
	Rudi's GF Spinach Tortillas	5	
	Almonds	2, Snacks	
	Sea salt	1,2,3,4	
	Ground pepper	1,2,3,4	
	Chili Powder	2	
	Oregano	2	
	Cumin	2	
	Cayenne Pepper	2	
	Garlic Salt	4	
	EV Olive Oil	2,3	
	Coconut Oil	2	
	Veggie Chips (bulk)	Snacks	
	GF Oats	Shakes, Opt BF	
	Almond Butter (<i>Maranatha or fresh ground Whole Foods</i>)	Snacks, Shakes	
	Peppermint Extract or Essential Oil	Opt Shake	
	Coconut Sugar	Opt BF	
	Stevia	Opt BF, sweetener	
	Flax seeds, whole	Shakes	

Dinner Recipes

1) Chicken & Rice Soup

2/3 Rotisserie Chicken, diced (reserve 1 breast & 1 leg for pizzas later in week)
½ large yellow onion, diced
2-3 stalks celery, diced
2-3 whole carrots, diced (or couple handfuls baby carrots, diced)
2 cups cooked brown rice OR quinoa
32oz carton low sodium chicken broth
2-3 cups water
Sprig of fresh rosemary (optional)
Salt/Pepper to taste



Cook rice (or quinoa) according to package instructions. Dice chicken & all veggies and place in 2+ quart pot with broth, water, rosemary, salt & pepper. Bring to boil, reduce heat to low-medium, add rice and cook until veggies are tender (usually 1-1.5 hrs). Or throw all ingredients in your crockpot on low all day (pre-cook rice so it doesn't suck up all your liquid).

2) Turkey Chili

1 lb ground turkey, browned (could sub deer meat)
1 28oz can diced or crushed tomatoes (based on preference)
1 can kidney beans
1/2-1 onion, diced
2 tbsp chili powder
1 tbsp fresh minced garlic
1/2 tsp salt
1/2 tsp black pepper
1/2 tsp oregano
1/2 tsp cumin
1/2 tsp cayenne pepper
1/2 tsp paprika
2 cups water
2 cups cooked brown rice (optional)
½ avocado, sliced (optional)

Cook rice according to package instructions, if desired. In large 2 qt covered pot, brown ground meat, drain & return to pot. Add all remaining ingredients, heat through and serve it up! SO good and easy. We serve it over cooked brown rice. Also yummy to top with avocado slices.



Strawberry Spinach Salad

Mix 2 generous handfuls fresh baby **spinach**, 1/3 **cucumber** (diced), Couple rings of **red onion** (diced), Handful of **strawberries** (tops removed & diced), **almonds** and drizzle with **olive oil**, fresh-squeezed **lemon juice**, **salt & pepper**.

3) Spaghetti w/ Meat Sauce

1 lb lean ground beef
½ large yellow onion, diced
1 small bell pepper, diced
2 cloves fresh garlic (or ½ tsp garlic salt)
Salt/pepper to taste
1 small spaghetti squash
1 jar spaghetti sauce (Muir Glen Italian Herb is our fave)

Preheat oven to 350. Cut spaghetti squash in two (at the equator). Scoop out seeds and place face down on greased (coconut oil/spray) cookie sheet. Use knife to make a couple of “breathe holes”. Bake ~40 minutes. Dice onion & bell pepper. In large skillet, brown meat with onion, pepper & garlic. Drain and return to skillet. Add sauce and salt/pepper. Bring to slow boil, then reduce heat to low-medium. Remove squash from oven and turn over and allow to cool a few minutes. Use fork to scrape out the “noodles”. You’ll LOVE their resemblance to real noodles minus the carb coma that usually follows! Spoon a serving of noodles on each plate, then top with sauce as desired.



Roasted Broccoli

Preheat oven to 425. Remove bulk of stems from **1 head of broccoli**. Prepare cookie sheet with **coconut or olive oil** spray and place broccoli evenly on pan. Place a couple pats of **butter** across the top. Sprinkle with **salt/pepper** and **garlic salt**. Roast for 8-10 minutes and serve.

4) Grilled Chicken

Heat a large sauté pan/grill pan to medium heat (or indoor grill) and prepare surface with coconut oil or spray. Season both sides of **chicken breasts** with **salt/pepper & garlic salt** and cook 5-8" each side or until done. Placing a lid over the pan will help retain moisture.

Grilled Veggies

Dice **red bell pepper**, **1 onion**, **zucchini and squash**. Use 1/3-1/2 of mixture for tonight's side dish (you'll use the rest later in the week for veggie wraps &/or omelets). In medium-large sauté pan on medium heat, add 1-2 tbsp **coconut oil or "butter"** and your diced veggies. Sprinkle with **salt/pepper** and **garlic salt**. Cook until tender &/or slightly browned. (Raw veggies have the MOST nutrients & enzymes, so try lightly cooking/steaming for optimal benefit).



Black Eyed Peas

Dice ½ large **onion**. In small-medium sauté pan, add 1-2 **tbsp coconut oil** or **"butter"** and sauté onion. In medium saucepan, cook **1 bag frozen black eyed** according to instruction. Add sautéed onion, **salt/pepper** and **garlic salt**. Typical cook time 45 mins.

5) Chicken Spinach Pizza

Rudi's GF Spinach Tortillas (1/person)
Spaghetti sauce
Spinach
½ Rotisserie chicken
Roasted red peppers (from jar, diced)
Cheddar & mozzarella "cheese" shreds (Daiya melts best)
Garlic salt

1 pizza/person. Preheat oven to 425. Prepare cookie sheet with coconut or olive oil spray. Place tortillas on sheet and bake 4-5 minutes to brown/crisp. Remove from oven and PER PIZZA top as follows: 2 tbsp spaghetti sauce, 1 large handful of spinach, generous portion of shredded chicken, a few roasted red peppers, and both cheeses. Sprinkle with garlic salt and bake 5-7 minutes more or until edges brown and cheese melted. Note: this doesn't melt like REAL cheese – but it is pretty flavorful. ☺



Optional Breakfast Recipes

Veggie Wraps/Omelets

Cage-free eggs (2-3/omelet) OR Rudi's GF Spinach Tortillas (1/pp)
1/3-1/2 Veggie Mix (peppers, onions, squash, zucchini)|
"Cheese" shreds

Prepare veggies same as above. If you have left over spinach, feel free to add some here. Scramble eggs in bowl. Heat small sauté pan to medium heat and prepare surface with light spray of coconut oil. Pour portion of eggs into pan and cook through. Top one side (half pan) with veggie mix & top with "cheese". Flip other side of egg over to cover. Slide it onto plate and enjoy!



Oatmeal with Berries

Prepare **GF Oats** (quick cooking or old-fashioned) according to package instructions (use water or almond milk). Pour into bowls and top with strawberries, **blueberries**, **almonds** (or other nuts) and optional: **coconut sugar** or **liquid stevia** to sweeten.