

WEEK 2: MEAL PLAN – Fall/Winter

Breakfast:

Continue shakes according to week 1 or experiment with new flavor combos...or just drink them plain jane! Easy peazy & yum!

Lunch:

Continue shakes according to week 1 or dinner leftovers.

Snacks:

Arbonne fizzies, chews and detox tea

Green Apples with almond, cashew or sunflower butter or [ABU dip](#)

Raw broccoli, carrots, cucumber with hummus

[Arbonne homemade protein bars](#)

Strawberries & blueberries

Raw almonds

[Homemade Apple Cinnamon chips](#)

Dinner:

Quinoa burgers & sweet potato fries

Tortilla soup & Spinach salad

Eggplant Parmesan & Roasted Broccoli

Anaheim Turkey Wraps & Guacamole

Tomato Basil Sandwiches & Guacamole

Blackened Tilapia, Asparagus & Quinoa

WEEK 2: SHOPPING LIST

Some of these items you picked up last week and may not need to re-purchase...so be sure to compare your shopping list to your pantry & fridge...MAXIMIZE INGREDIENTS = MORE MONEY IN YOUR POCKET!!! If it was on last week's list and I suspect you have enough leftover, it's in red

MEAT:

Deli Turkey (Boars Head or Applegate Farms)
Chicken breasts (4)
Tilapia filets (1/person)

PANTRY:

GF Bread	Chicken Broth, low sodium (32 oz + 16 oz)
Quinoa (color doesn't matter)	Jar Spaghetti sauce
Rice chips 2 (Lundberg) or Beanitos	Jar Picante or Salsa (24 oz) – no vinegar
Veggie chips (not bagged, bulk from grocer)	Coconut sugar (aka Coconut Crystals) WF, DE, K
Can Kidney beans	Olive oil spray
Can Black beans 2	Coconut oil
Can Pinto beans 2	Flaxseed (whole) - WF, DE, K
Can Stewed Tomatoes 2	
GF Flour (Brown Rice <u>or</u> Almond) <i>Almond is much pricier but much more nutritious. If you get it, I've got an AMAZING GRAIN-FREE PANCAKE recipe to share with you next week! :)</i>	

SPICES: Cumin, Garlic Salt, Garlic Powder, Onion Powder, Sea Salt, Black Pepper, White Pepper, Oregano, Paprika, Crushed Red Pepper, Curry (recipe calls for teeny amount, probably ok to omit), Cinnamon, Nutmeg

OPTIONAL INGREDIENTS if you are making Arbonne Protein Bars:

Brown Rice Syrup (BRS is lower in sugar/GI) WF, DE, K
Almond butter (16 oz) – fresh ground at Whole Foods THE best!
GF Oats or GF crunchy rice or [flax cereal](#) (Enjoy Life)

PRODUCE:

Green Apples	Roma tomato 4
Blueberries	Red onion (<1/2)
Strawberries	Yellow onion
Eggplant (firm)	Cucumber - optional for salad
Broccoli	Asparagus
Fresh baby spinach	Lettuce (1 head Bibb, Butter or Living - soft, large leaf)
Green onions	Lime 2
Carrots (1-2 large)	Hummus
Anaheim peppers (2 - long, light green)	Fresh Basil
Jalapeño pepper	Fresh garlic
Sweet potatoes (2-3)	Fresh Cilantro
Avocado 3	

DAIRY:

Eggs (2)	Mozzarella "cheese" (slices & shreds...or just buy a block)
Almond or coconut milk (1-2 depending on shake preference)	Pepperjack "cheese", shredded (WF)
Cheddar "cheese", shredded	Parmesan "cheese", grated (WF or DE)

WEEK 2: RECIPES

Maple Cinnamon ABU

<http://ohsheglows.com/2011/05/05/abu-half-the-calories-double-the-fun-almond-butter-2/>

Lightly adapted from [Heather's ABU](#), which was adapted from Emily's PBU.

(Ok, I just laughed when typing that out) **Yield:**
Approx. 28 tablespoons or 1 and 3/4 cup

Ingredients:

3/4 cup natural almond butter
3/4 cup vanilla almond milk
1 tbsp pure maple syrup
1/4 tsp ground cinnamon, or to taste



Directions: In a blender add your almond milk, followed by almond butter, maple syrup, and ground cinnamon. Blend until smooth. Store in the fridge in a sealed container. Makes 1 and 3/4 cups.

Nutritional Info: (Makes approx 28 tbsp) Per tbsp: 45 kcals, 4 grams fat, 0.4 grams sugar, 1 gram protein, 2 grams carbs.

Arbonne Protein Bars

Detox-friendly version:

2 cups Organic Almond Butter (16 oz)
1 ¾ cups Brown Rice Syrup (14 oz)
2 ¼ cups Arbonne Protein (9 scoops) - I use 1/2 vanilla, 1/2 choc
½ cup Arbonne Fiber Boost (4 scoops) optional
3 cups Organic brown rice (or flax) cereal or GF oats

Mix nut butter Brown Rice Syrup in microwavable bowl.

Heat for 60-90 seconds. Mix well.

Add Protein Powder & Fiber Booster and mix well.

Add oatmeal (or cereal) and mix gently.

Spread in 9x13 pan.

Refrigerate 1 hour. Cut into 24 squares.

For firm bars, store in fridge, for gooey bars, store room temp.



Baked Apple Cinnamon Spice Chips

<http://withstyleandgraceblog.com/2011/11/02/baked-cinnamon-spiced-apple-chips/>

Ingredients

2 large red apples – *USE GREEN FOR DETOX!!
2 teaspoons of cinnamon
1/2 teaspoon of nutmeg
Optional: 1 teaspoon sugar



Directions

Preheat oven to 200 F. Cover baking sheet with parchment paper; set aside.

With a mandoline or a knife, thinly slice the apples crosswise about 1/8-inch thick. Again, with the knife or a cookie cutter [my choice], cut out the seeds.

In a shallow dish, combine sugar, cinnamon, nutmeg and sugar [optional]. Add the apples and toss in the spice mixture until coated.

Arrange the apple slices in a single layer on the prepared baking sheet. Bake 1 1/2 – 2 hours, or until the apples are dry and crispy. Remove from oven and let cool.

Enjoy immediately or store in an airtight container, about 2-3 days.

***Tips: Use GREEN apples. Omit sugar or substitute coconut sugar.**

Crispy Quinoa Burgers with Flax Seed

<http://www.oscarssandwiches.com/2011/04/quinoa-burgers.html> 2 1/4 cup cooked quinoa

1/2 cup of kidney or black beans
3/4 cup shredded cheese of choice
1 tablespoon cream cheese
2 eggs
2 green onions
2 tablespoons white onion,
chopped
1/2 cup carrot,
shredded
2 cloves garlic
1 teaspoon chili paste or hot sauce
2 tablespoons whole wheat flour
1 tablespoon flax seed
1 tablespoon sugar
1/2 teaspoon salt
1/2 teaspoon curry powder
1/4 teaspoon black pepper



***Tips: Omit cream cheese. Sub GF flour for the wheat flour. Serve on GF bread or bun-less. This recipe makes 8 patties - so freeze 4 and make that a quick/easy meal for later!**

Baked Sweet Potato Fries

<http://www.foodnetwork.com/recipes/paula-deen/baked-sweet-potato-fries-recipe/index.html>

Ingredients

Olive Oil, for tossing

5 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips, using a crinkle cut knife

1 tablespoon House Seasoning (recipe follows) 1/2 teaspoon paprika

Directions

Preheat oven to 450 degrees F.



Line a sheet tray with parchment. In a large bowl toss sweet potatoes with just enough oil to coat. Sprinkle with House Seasoning and paprika. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving.

Per Serving (based on 3 servings): Calories: 273; Fat: 9.5g (Saturated Fat: 1g); Protein: 4g; Carbohydrates: 44g; Sugar: 9g; Fiber 7g; Cholesterol: 0mg; Sodium: 1,670mg

House Seasoning:

1 cup salt

1/4 cup black pepper

1/4 cup garlic powder

For the House Seasoning: Mix ingredients together and store in an airtight container for up to 6 months.

***Tips: Crinkle cutter not necessary! "House Seasoning" for 2-3 potatoes = 1/2 tsp salt, 1/8 tsp black pepper, 1/8 tsp garlic powder and 1/4 tsp paprika.**

Chicken Tortilla Soup

2-3 chicken breast (free range, organic) boiled & shredded
2 cans chicken broth (low sodium, organic)

2 cans stewed tomatoes

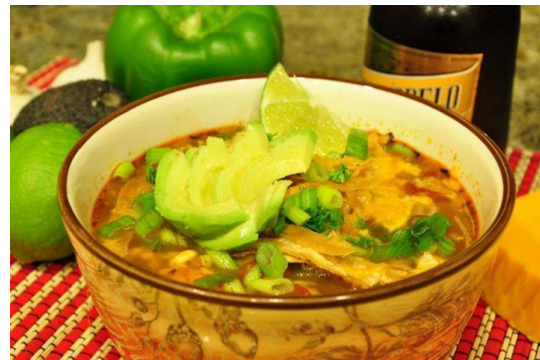
2 cans pinto beans, drained

2 cans black beans, drained

24 oz picante or salsa (clean - no vinegar
or sugar) 1 sm-med onion, diced

1 pkg taco seasoning (low sodium, no MSG or homemade)

Optional toppings: Rice chips, cheddar "cheese" shreds, avocado slices, green onions



Cook 20-30 minutes stove top.

***Tips: This recipe is HUGE! A half-batch easily serves our family of 4 with 1-2 leftover servings. Try halving it or freeze second half for later time when you need a quick meal!**

Homemade Taco Seasoning

<http://www.5dollarinnings.com/homemade-taco-seasoning/>

Yield – varies

Preparation Time – 5

minutes Cooking Time – 0

minutes Ingredients

1 part chili powder

1 part ground cumin

1 part garlic powder

1 part [onion powder](#)

1/4 – 1/2 part crushed red
pepper Directions



Mix all the spices together and store in an airtight container. I store mine in the freezer! Use sparingly. Or liberally!

***Tips: to use in soup recipe instead of store-bought packet Spinach salad - see Week 1**

Julia Child's Eggplant Pizzas (Tranches d'aubergine á l'italienne)

<http://www.kalynskitchen.com/2012/08/recipe-for-julia-childs-eggplant-pizzas.html>

(Makes 3-4 servings or 6-8 appetizer servings, recipe adapted from one found in From Julia Child's Kitchen.)

Ingredients:

1 globe eggplant, about 8 ounces and 9-10 inches long
about 1 T salt, for drawing water out of eggplant
about 2 T olive oil, for brushing eggplant before roasting
about 2 tsp. dried Italian seasoning, for sprinkling on eggplant before roasting
10 large basil leaves, cut in chiffonade strips (optional)
1/3 cup freshly grated Parmesan
1/3 cup finely grated low-fat mozzarella blend
hot red pepper flakes for sprinkling finished pizza (optional)



Sauce Ingredients:

2-3 tsp. extra-virgin olive oil
3 large garlic cloves, very finely chopped
1 can good quality petite diced tomatoes with liquid (or use 3 cups peeled and diced fresh tomatoes)
1/2 tsp. dried Italian seasoning blend
1/4 tsp. dried oregano (use Greek or Turkish oregano)

Instructions:

Cut off both ends of the eggplant; then cut it into 3/4 inch thick slices (trying to make them the same thickness!) Put the eggplant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit with the salt on it for about 30 minutes to draw out the liquid. (After the eggplant sits for 15 minutes, turn on the oven to 375F/190C.)

While the eggplant sits, make the sauce. Heat 2-3 tsp. olive oil (depending on your pan) and saute the finely chopped garlic just until it becomes fragrant. (Don't let it brown.) Add the petite diced tomatoes, dried Italian seasoning, and dried oregano and let the sauce cook at a low simmer until it's thickened, breaking up the tomatoes with a fork as it cooks. (Add water as needed, a few tablespoons at a time as the sauce cooks, keeping it hot by simmering at very low heat until it's needed for the eggplant slices.)

After 30 minutes, wipe the eggplant dry with paper towels (this also removes most of the salt.) Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on, brush the tops of the eggplant with olive oil, and sprinkle with dried Italian seasoning. Roast the eggplant about 25 minutes (but "not so long that the slices become mushy and lose their shape" as Julia says.)

While the eggplant roasts, thinly slice the fresh basil leaves (if using) and combined freshly grated Parmesan and low-fat mozzarella blend. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil. Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices (if using) and top with a generous amount of cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. (This took 6-7 minutes for me, but I was using a toaster oven and in a more powerful broiler it would probably only take a few minutes.) Serve hot, with red pepper flakes to sprinkle on pizza if desired.

***Tip: Use jarred sauce leftover from last week!**

Anaheim Turkey Wraps

- 1 lb deli turkey slices
- (No MSG, gluten, additives; I like Boars Head Mesquite Smoked Turkey or Applegate Farms)
- 1 Head Bibb, butter or living lettuce
- 2 Anaheim peppers
- 2oz pepper jack "cheese" (dairy-free by lisannti)
- 1 Avocado, sliced



De-seed & roast peppers on 400 for 20 mins, remove outer skin & set aside. On same roasting pan, Fold over 2-3 slices turkey, place 1/2 of one pepper & top lightly with shredded cheese. Bake on 350 for 5-10 mins until "cheese" is melted. Remove & place atop 1-2 large lettuce leaves and top with 2-3 avocado slices. Roll & enjoy! We love to serve this with fresh guacamole & rice chips.

Guacamole

Recipe courtesy Alton Brown <http://www.foodnetwork.com/recipes/alton-brown/guacamole-recipe/index.html>

Ingredients

- 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

Directions

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. Let sit at room temperature for 1 hour and then serve.

Tips: Serve with Rice Chips. You're going to eat ½ batch tonight and ½ batch tomorrow, put ½ in ZIPLOCK BAG, squeeze ALL air out & place in fridge. This will keep avocado from browning!

Tyler's Mozzarella Grilled Cheese Sandwiches

Serves: 2 sandwiches

Ingredients

8 slices rye bread
4 quarter-inch slices of fresh mozzarella
3 plum tomatoes, cut into thick slices
1 cup fresh basil pesto, recipe follows (or use the store-bought stuff)
Freshly ground black pepper
Extra-virgin olive oil

Basil pesto:

1/2 cup pine nuts
2 cups fresh basil leaves
1 cup fresh Italian parsley leaves
1/2 cup Parmesan or Romano
2 garlic cloves 1/4
teaspoon salt
1/2 cup extra-virgin olive oil



Toast pine nuts in a skillet over medium heat until fragrant, about 5 minutes. Combine pesto ingredients in a food processor and pulse until well combined but still rough-textured.

If you have a panini press, turn it on to warm up; otherwise, set a skillet over medium heat.

Assemble sandwich by smearing insides of bread slices with pesto. Arrange a layer of sliced tomato and season with a few turns of fresh pepper. Layer the mozzarella slices over the top and then place another piece of bread on top to make the sandwich.

Drizzle olive oil over skillet's surface and place sandwiches on the hot skillet or panini press. If using a skillet, place another heavy skillet over the top to form a "press". Turn after 2 to 3 minutes and replace weight. The sandwich is ready when golden brown and mozzarella has melted around the edges.

***Tips: use your existing GF bread, mozzarella "shreds" or fresh sliced and FRESH basil in place of the basil pesto.**

Blackened Tilapia

<http://www.thewholegang.org/2009/03/my-blackened-tilapia-turned-chicken/>

Ingredients:

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1 pound of protein like skinless, boneless chicken breasts Seasoning mix to coat (amounts below) 2-3 TB virgin coconut oil

Blackening Season Mix

1 TB Paprika
1 TB Sea Salt
1 tsp ground onion (I like toasted)
1 tsp cayenne pepper
1 tsp white pepper
1 tsp black pepper
1 tsp oregano
1 tsp garlic powder



Directions:

Heat your pan on medium high and let the oil get hot. Pour out some of the spice mix onto a plate. Take your chicken and press it into the spices on all sides. When the oil is hot and you will know because it will start to ripple, carefully add the chicken to the pan. I always use my splatter screen when cooking this but don't think it will keep the stove clean, it won't. When the top of the chicken starts to change from a raw look to slightly cooked in color, turn it over. Don't be alarmed when you do and your chicken is black, it's supposed to be. Remember this is blackened chicken. The second side will take less time to cook. After 3-5 minutes, I check by pressing down on the chicken. Raw chicken and cooked chicken will have a different feel. When it feels done, more firm when pressed, I take it out and cut into the middle. If it is no longer pink and the juices run clear, it's done.

I served this with rice cooked with a bay leaf and toasted onion and fresh thin green beans with shallots. If you like your meals spicy hot, the rice is a good side dish to help put out that fire on your lips.

Spinach Parmesan Quinoa

<http://lisadinnertimedish.com/?p=2951>

1/2 onion, chopped
2 cloves garlic, finely chopped
1 tbsp olive oil
salt and pepper
1 cup quinoa
2 cups chicken stock
2 handfuls baby spinach
1/2 cup grated parmesan cheese



Heat olive oil over medium heat in a medium saucepan. Add onion and sauté for 5 minutes. Add garlic and sauté for 1 more minute. Season with salt and pepper. Add quinoa and sauté for about 2 more minutes.

Stir in chicken broth and bring to a boil. Reduce heat to low and simmer covered for about 15 minutes until liquid is absorbed

Add spinach to the pan, cover for a couple of minutes to allow the spinach to wilt. Once spinach starts to wilt, stir into quinoa and stir in parmesan. Serve immediately.
ENJOY!