

Week 2

Meal Plan



Mon

Lunch - Chicken Salad Lettuce Bowls
Dinner - Herbed Lemon Chicken

Tues

Lunch - Turkey Chili
Dinner - Lime Chipotle Shrimp

Wed

Lunch - Zesty Quinoa Salad
Dinner - Cauliflower Alfredo Pasta

Thur

Lunch - Turkey Chili
Dinner - Shepherds Pie

Fri

Lunch - Chicken Salad Lettuce Bowls
Dinner - Chicken Fried Cauliflower Rice

Sat

Lunch - Chipotle Lime Shrimp
Dinner - Chicken Taco Burgers

Sun

Lunch - Zesty Quinoa Salad
Dinner - Shepherds Pie

Shopping List Week 1



Produce

- | | |
|--|--|
| <input type="checkbox"/> 4 sweet potatoes | <input type="checkbox"/> 1 baby kale |
| <input type="checkbox"/> 1 jalapeño | <input type="checkbox"/> 1 head boston bib lettuce |
| <input type="checkbox"/> fresh rosemary | <input type="checkbox"/> 1 green pepper |
| <input type="checkbox"/> 2 heads broccoli | <input type="checkbox"/> 1 bunch celery |
| <input type="checkbox"/> 3 lb red onion | <input type="checkbox"/> 3 lbs carrots |
| <input type="checkbox"/> 4 garlic | <input type="checkbox"/> 4 limes |
| <input type="checkbox"/> 1 bunch green onion | <input type="checkbox"/> 4 lemons |
| <input type="checkbox"/> 1 lb asparagus | <input type="checkbox"/> 3 avocado |
| <input type="checkbox"/> 2 heads cauliflower | <input type="checkbox"/> fresh cilantro |
| <input type="checkbox"/> 1 bag shallots | <input type="checkbox"/> parsley |

Protein

- 12 b/s chicken breast
- 4 lb Ground Turkey
- 1 lb ground chicken
- 1 lb shrimp

Pantry/Spices

- | | |
|---|---|
| <input type="checkbox"/> cayenne pepper | <input type="checkbox"/> quinoa |
| <input type="checkbox"/> cumin | <input type="checkbox"/> sliced almonds |
| <input type="checkbox"/> oregano | <input type="checkbox"/> rice pasta |
| <input type="checkbox"/> salt | <input type="checkbox"/> brown rice |
| <input type="checkbox"/> pepper | <input type="checkbox"/> 1 vegetable broth |
| <input type="checkbox"/> taco seasoning | <input type="checkbox"/> EVOO |
| <input type="checkbox"/> dried dill | <input type="checkbox"/> 1 can kidney beans |
| <input type="checkbox"/> tarragon | <input type="checkbox"/> 1 can black beans |
| <input type="checkbox"/> chili powder | <input type="checkbox"/> 1 can white beans |
| <input type="checkbox"/> rosemary | <input type="checkbox"/> 1 can tomato paste |
| <input type="checkbox"/> nutmeg | <input type="checkbox"/> ground flaxseeds |
| <input type="checkbox"/> paprika | <input type="checkbox"/> coconut oil |
| <input type="checkbox"/> red chipotle pepper ground | <input type="checkbox"/> coconut aminos |
| | <input type="checkbox"/> sesame oil |
| | <input type="checkbox"/> pine nuts |
| | <input type="checkbox"/> sun dried tomatoes |

Herbed Lemon Chicken

Ingredients 4 Servings

- 4 skinless boneless chicken breast
- 3 Tbsp EVOO
- 2 cloves of garlic minced
- 2 tsp dried dill
- 1 tsp dried tarragon
- 2 Tbsp parsley
- 2 lemons, thinly sliced
- 1 head of broccoli, trimmed & cut into small pieces
- 2 Tbsp EVOO
- 2 cloves of garlic minced
- ¼ cup pine nuts
- Lemon zest

Directions

- Preheat oven to 350 degrees.
- Place chicken on foil in a baking dish and lightly salt and pepper on both sides.
- Mix the oil, garlic, and herbs in a small bowl.
- Brush on both sides of the chicken. Place lemon slices over the top of each piece of chicken.
- Cover with foil and bake 25 minutes.
- Uncover and cook for additional 10 min or until chicken is done.



Zesty Quinoa Salad

Ingredients 4-6 Servings

- 1 Tbsp Extra Virgin Olive Oil
- ½ Red Onion, finely chopped
- 2 Tbsp garlic, minced
- ½ cup Sun Dried Tomatoes, chopped
- 1 cup Vegetable broth
- 2 Tbsp Lemon Juice
- 1 cup dry organic Quinoa Grain
- ½ tsp sea salt
- 1 cup broccoli florets in bite size pieces
- ½ cup sliced almonds
- 2 scallions, thinly sliced
- Ground pepper to taste

Directions

- Heat the olive oil over medium heat in a saucepan and sauté the onion and garlic for 3 minutes.
- Add the sun dried tomatoes, vegetable broth and lemon juice and bring to a boil.
- Stir in quinoa and salt. Reduce heat and simmer covered about 15 to 20 minutes.
- Add the broccoli on top and simmer an additional 5 minutes.
- Remove from heat, toss gently until combined. Add ground pepper and additional salt, if desired, to taste.
- Garnish with almonds and scallions before serving over spinach.
- Dress with Lemon Sauce. (left from last week) keep leftovers in fridge



Lime Chipotle Shrimp

Ingredients 4-6 Servings

- 12 jumbo shrimp, peeled
- juice from 1 lime
- 2 T EVOO
- ½ t ground red chipotle pepper
- 2 cloves garlic, minced
- ½ t sea salt
- Brown Rice—cook according to package directions
- 2 pounds asparagus, tough ends trimmed, rinsed and patted dry
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons minced garlic
- Salt & Freshly ground black pepper
- 2 teaspoons fresh lemon juice



Directions

- Shrimp: Combine all ingredients in a zip-lock baggie and marinate for at least 20 min.
- Heat skillet and add all ingredients, including the marinade, to the pan. Cook a few minutes on each side until the shrimp turn pink.
- OR, put marinated shrimp on a skewer and cook on a grill. Brush marinade over shrimp as they cook. Cook a few minutes on each side until they turn pink. Serve over cooked brown rice.
- Asparagus: Preheat the oven to 425 degrees F.
- In a large glass baking dish, toss the asparagus with the olive oil and garlic.
- Season lightly with salt and pepper and toss. Bake until the asparagus are tender and lightly browned, 15 to 20 minutes, depending upon the thickness of the stalks, stirring twice.
- Remove from the oven and toss with the lemon juice. Adjust the seasoning,

Cauliflower Alfredo with Rice Pasta



Ingredients 4 Servings

(makes 3 1/2 cups of sauce)

- 1/2 head cauliflower, about 2 cups worth
- 1 cup white beans (drained and rinsed if using)
- 1 - 1 1/4 cup almond milk
- 3 Tbsp EVOO, divided
- 1 large shallot
- salt & pepper to taste
- 1 cup kale
- 1/8 cup sundried tomatoes, packed in oil
- dash nutmeg
- Cooked brown rice pasta

Directions

- Cut the cauliflower into large florets and add them to a pot of boiling water.
- Cook until soft, about 15-20 minutes, then drain.
- While the cauliflower is cooking, heat 1 tablespoon of olive oil in a pan and saute the shallots until softened and lightly browned.
- Place the cooked cauliflower in a blender along with the white beans, almond milk, sauteed shallots, the remaining 2 tablespoons of oil and a dash of nutmeg.
- Blend until silky smooth. Season to taste with sea salt & pepper.
- Pour enough needed to coat the cooked pasta and mix.
- Fold in the sundried tomatoes and kale and heat through.
- Place any remaining sauce in a sealed container in the fridge and use within a few days.

Turkey Chili

with Brown Rice

Ingredients 4-6 Servings

- 2 lb ground turkey
- 128oz can diced tomatoes
- 1 can kidney beans
- 1 can black 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
- ½ avocado, sliced

Directions

- Cook rice according to package instructions
- In large 2 qt covered pot, brown ground meat.
- Add oil to pot and sautee onions and garlic, while pan is still hot add in spices and seasoning until fragrant.
- Add all remaining ingredients, bring to a boil then reduce to simmer and cook for 1-2 hours stirring occasionally.
- Serve it over cooked brown rice and top with avocado slices
- Reserve leftovers in fridge



Avocado Salad in Lettuce Cups



Ingredients 4 Servings

- 2 Boneless skinless Organic Chicken Breasts
- 1 Avocado
- 1/4 Sweet Onion - Chopped
- 2 Tbs. Cilantro
- Juice of 1/2 Lime
- Salt/Pepper to taste
- Lettuce (Boston Bib Recommended)

Directions

- Cook chicken breast until done (fry with coconut oil, bake in oven, place in slow cooker)
- let cool, and then chop.
- Mash avocado until smooth, mix with onion, cilantro, lime juice, salt and pepper.
- mix avocado mixture with chopped chicken.
- Place in lettuce cups and enjoy!

Shepherds Pie with

Sweet Potatoes

Ingredients 4-6 Servings

- 2 lb. grass-fed ground turkey
- 2 medium carrots chopped
- 1/2 green pepper, chopped
- 1 small onion, chopped
- 1 cup frozen peas
- 2 cloves garlic minced
- 1/2 tsp. Dried rosemary
- 3/4 tsp. Chili powder
- 1/2 tsp. Sea salt
- Black pepper
- 3 oz. tomato paste (about 6 Tbsp.)
- 1 Tbsp. flaxseed meal (ground raw flaxseed) *mix with 2.5 tables of water and thicken
- 2 medium sweet potatoes, peeled & cubed
- 1 Tbsp. coconut oil
- 1/2 tsp. Chili powder
- 1/4 tsp. Sea salt

Directions

- Preheat oven to 375 degrees
- In a skillet on medium heat. Begin to brown ground beef.
- Once beef is partially browned, add chopped carrots, onions, peppers and minced garlic. Cook on medium heat until carrots are soft, about 10 minutes
- Once the carrots are soft, stir in tomato past, flax gel*, seasoning salt and pepper.

For the topping:

- Steam or bake the sweet potatoes until fork tender. Then add the topping ingredients to a food processor (or blender) and process until smooth.
- Transfer the meat filling to casserole dish (9-inch dish will work) and top the meat filling with the Sweet Potato Mash.
- Bake for 15 minutes. Remove from oven and serve.



Chicken Taco Burger with Sweet Potato

Fries

Ingredients 4 Servings

- 1 lbs ground chicken breast
- 2 Tbsp. cleanse approved taco seasoning
- 1 large jalapeño, deseeded and diced
- 1/2 cup fresh chopped cilantro
- 2 Tbsp. coconut oil
- 1 ripe avocados, peeled and pitted
- 1 limes, freshly squeezed
- 1 scallions, finely chopped
- Lettuce "buns"
- Salt and pepper to taste
- 2 Sweet Potatoes
- 2 tblsp coconut oil

Directions

- In a large bowl, mix together chicken breast, taco seasoning, jalapeno and cilantro until well mixed. Form into patties. Melt coconut oil in a skillet.
- Cook patties until cooked through. Remove from heat and cool slightly.
- In a medium bowl, use a fork to mash together avocados, lime juice and chopped scallions.
- Salt and pepper to taste. Serve warm patties in lettuce bun with guacamole.
- Preheat oven to 450. Cut Sweet Potatoes into strips. Place into bowl and toss with coconut oil, salt, and pepper.
- Place on a cooking sheet, spread them out evenly.
- Bake for about 20 minutes, turning once or twice. Remove from the oven when fries are brown on the ends or when fries are crisp.



Chicken Fried Cauliflower Rice

Ingredients 4-6 Servings

- 1 medium head cauliflower
- 2 egg whites
- 1 egg
- Coconut oil to coat the pan
- 1 tablespoon coconut oil
- 1 teaspoon garlic, minced
- 1 c. cooked chicken breast, diced and skin removed
- 1/2 c. sliced scallions (green onion)
- 1 c. chopped celery
- 1 c. frozen carrots and peas
- 3 tablespoons coconut aminos
- 2 teaspoons sesame oil
- Black pepper, to taste



Directions

- Wash and dry the cauliflower. Remove core and coarsely chop into florets. Blot with paper towels to completely dry. OR place in Food Processor – Be sure to not over process or it will get mushy. OR grate with a cheese grater.
- Combine the egg and egg whites in a small bowl. Beat with a fork. Set aside
- Coat a large non-stick wok or large non-stick pan with coconut oil and heat over medium-high heat. Stir in cauliflower rice and garlic. Stir-fry for 3 minutes, constantly stirring.
- Add chicken and stir-fry for 1 minute. Add in scallions, frozen peas/carrots, (breaking them up) celery, and coconut aminos. Cook for about 3 minutes until heated through, continuously tossing gently to coat and cook all ingredients.
- Push mixture to the sides of wok or pan. Coat the open side of pan with more oil. Add eggs to that side of pan. Cook and stir about 1 minute or until the eggs are completely cooked. Mix eggs into cauliflower mixture. Add sesame oil, a little black pepper and stir fry ingredients all together.