SUGGESTED
Meals
14 DAYS

SUGGESTED MEAL PLAN (PHASE 2 & 3)

This simple guide contains your meals (breakfast, lunch & dinner) laid out day-by-day with their recipes for the entire program, plus 2 daily drinks. All of these recipes are located in your Recipe Guide, which also includes:

- Smoothies
- Snacks
- Veggie Dips
- Dressing, Sauces
- Soups
- Desserts

If you want to exchange any meals, refer to your Recipe Guide – and the Eat List.

Look over the Suggested Meal Plan and Recipe Guide - edit your provided Shopping List and get needed ingredients.

Ready? Let's go! ;o)

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SUGGESTED MEALS
PHASE 2: DAYS 1-7

You can prep and make a lot of dishes the day before. Dressings, snacks, protein balls, dips, and drinks are not included in this sample meal plan or shopping list. Feel free to add 1-2 snacks per day in-between meals from Recipe Guide, or have a smoothie or cup of tea to hold you over. Try not to eat unless you are hungry.

DAY	BREAKFAST	LUNCH	DINNER
1	Cleansing Smoothie	Salad with Rotisserie Chicken	Detox Spinach Bowl with Salmon
2	Chia Pudding	Asian Bowl with Rotisserie Chicken	Vegetable Bison or Turkey Soup
3	Green Smoothie	Easy Bowl or Leftover Vegetable Soup	Seafood over pasta with white bean sauce
4	Buckwheat Power Porridge with Fresh Fruit	Tuna & Veggies	Chickpea Chili
5	Chocolate Banana Smoothie	Split Pea Soup	Mini Bison (or Turkey) Burgers with Zucchini Bun
6	Strawberry Chocolate Chia Pudding	Lentil Burgers with Grilled Pineapple and Mixed Greens	Roasted Cauliflower Salmon & Asparagus
7	Anti-Inflammatory Smoothie	Cabbage Salad with Protein of your Choice	Marinated Chicken Breast & French Green beans

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SUGGESTED MEALS
PHASE 3: DAYS 8-14

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DAY	BREAKFAST	LUNCH	DINNER
8	Chia Pudding	Egg Salad	Zucchini Noodles with Curry Coconut Sauce and Chicken
9	Scrambled Eggs	Red Lentil Stew with Fresh Green Beans	Zen Bowl with Marinated Chicken
10	Green Smoothie	Strawberry Salad with Almonds	Detox Spinach Bowl with Salmon
11	Almond Butter Chia Pudding	Carrot Salad	Mini Bison (or Turkey) Burgers with Zucchini Bun
12	Buckwheat Power Porridge with Fresh Fruit	Tuna Poke Bowl	Detox Soup & Salad
13	Cleansing Smoothie	Veggie Chickpea Grain Bowl	Kabobs over Brown Rice
14	Anti-Inflammatory Smoothie	Lentil Burger on Rye or Wheat Bread	Marinated Chicken Breast & French Green Beans

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YOUR DAILY TONICS

LEMON WATER ELIXIR - BEFORE BREAKFAST

12-16 oz water
1-2 teaspoons of unfiltered organic apple cider vinegar
1-2 oz lemon juice (1/3 lemon or concentrate)
(optional) 1 teaspoon raw honey, maple syrup, or stevia to sweeten

NOTE: If you feel nauseous or experience tightness in the chest after drinking this, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during a detox. Continue to drink the Lemon Water without the apple cider vinegar (or use only ½ teaspoon ACV) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions continue upon reintroduction, continue to drink only the lemon water.

ANTI AGING DETOX BEAUTY TEA

Consuming cranberry juice daily helps to emulsify fat and reduce the appearance of cellulite.

1 tea bag of decaf dandelion & 1 tea bag of decaf nettle
(Or 2 bags of any Traditional Medicinal detox teas)
2 tablespoons unsweetened cranberry juice concentrate
(optional) 1-2 oz lemon juice
(optional) 1 teaspoon of raw honey, maple syrup, or ½ tsp stevia to taste

To Make: Steep the tea bags in 16 - 24 ounces of hot water for 15 minutes or more. Remove the tea bags, then add cranberry juice concentrate and lemon. Chill with ice in your refrigerator and drink throughout the day.

NOTE: If you cannot find cranberry juice concentrate, you can use pomegranate or cherry juice concentrate instead. Try to get a bottle with no sugar added. Or you can always buy an organic powder of pure or mixed fruits: cranberry, pomegranate, cherry, acai.

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DAY 1

BREAKFAST

CLEANSING SMOOTHIE

(Fruits & Veggies can be fresh or frozen chunks)
1 ½ cups Water (may need to add more)
1-2 stalks of cut celery
1 small cucumber
1/3 avocado
½ cup pineapple, peach or mango chunks
1 teaspoon flax or sesame seeds
2 Tbsp Collagen powder
1-2 oz lemon juice
1 teaspoon of raw honey, maple syrup, monk fruit or ¼ tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)
Blend together until smooth

LUNCH

SALAD WITH ROTISSERIE CHICKEN

2 cups of chopped greens (romaine, spinach, mixed greens, kale etc.)
½ cucumber, chopped
½ avocado
(optional) add any vegs: celery, carrots, artichoke, red onion, asparagus, beets, olives, broccoli, etc. – no tomatoes or corn.
1 plain rotisserie roasted chicken from the deli (also use for tomorrows lunch)
optional: 1/2 cup of cooked quinoa

Combine all ingredients in a large bowl. Top with cut chicken and your favorite salad dressing from Recipe guide.

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DINNER

DETOX SPINACH BOWL WITH SALMON

2 servings
1 teaspoon olive or avocado oil
2 garlic cloves, chopped
1/8 cup onion, chopped (or buy frozen cubes of onion & garlic)
5 cups spinach
sea salt and black pepper to taste
½ can chickpeas, drained and rinsed
1 cup sprouts
1 Tbsp flaxseeds
½ avocado
Lemon juice squeeze
2 salmon fillets (recipe in Basics)

Melt oil in a large pan. Add chopped garlic & onion (or frozen cubes). Sauté for about 3 minutes. Add the spinach with a tiny bit of water. Let the spinach wilt for about 3 minutes. Season with sea salt and black pepper. Serve in a bowl with chickpeas, sprouts, seeds, avocado, and lemon juice. Top with grilled salmon and your favorite salad dressing from Recipe Guide.

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DAY 2

BREAKFAST

CHIA PUDDING

2 servings (good in fridge for 4 days – also great as a snack)
½ cup dairy-free unsweetened seed milk
½ cup water
2 tablespoons raw honey or 1/3 teaspoon stevia
½ teaspoon vanilla extract
2 tbsp collagen powder
3 dashes of cinnamon
⅓ cup chia seeds
1 cup fresh berries (or fruit of your choice)
(optional) 2 teaspoon raw cacao powder if you need a chocolate fix.

Add milk, water, sweetener of choice, vanilla, cinnamon, and optional cacao powder together in a bowl. Mix in the chia seeds and stir. Allow the mixture to set for about 10 minutes in fridge (or overnight in air tight container) to allow the chia seeds to absorb the liquid. Stir again and top with fresh fruit. Optional drizzle with honey.

For warm pudding, heat the dairy-free milk & water over low heat several minutes until warm - not boiling (about 3 minutes). Mix in the sweetener, vanilla, cinnamon, (cacao) and chia seeds. Mix well, then leave the pudding to set. Serve with fresh fruit.

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LUNCH

ASIAN BOWL WITH CHICKEN

(4 Servings)
1 tablespoon avocado or olive oil
1 onion, chopped
2 garlic cloves, chopped
1 bunch thinly sliced of your choice: Bok choy, collard greens, chard, kale (or 16 oz bag prechopped)
½ cup water
1–2 inch piece of ginger, grated
1 tablespoon (gluten free) tamari
Sea salt and black pepper to taste
¼ - ½ teaspoon toasted sesame oil
1 avocado
2 tablespoons tahini dressing (recipe in Dressings)
2 cups rotisserie chicken, or protein of your choice
optional: 1/2 cup of cooked quinoa

Melt oil in a large pot over medium heat. Add chopped onion and garlic (or frozen cubes). Cook until fragrant (about 3 minutes). Add greens and water. Cover and allow the greens to steam for about 20 minutes (Bok choy less). Stir occasionally so they do not burn. Add ginger and tamari. Season with sea salt and black pepper as needed. Continue to sauté until the greens are tender. Top with sesame oil, avocado, tahini dressing, and chicken.

In a rush, just make a raw salad.

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DINNER

VEGETABLE BISON (OR TURKEY) SOUP

BUSY SOLUTION: Buy cans of Amy's Organic Vegetable Soup and add cooked ground bison (or turkey), green beans & quinoa.

4 Servings

1 tablespoon olive or avocado oil
1 large onion, chopped
2 carrots, chopped
2 celery rib, chopped
2 garlic cloves, chopped
1 pound of ground bison
2 large zucchinis, chopped
1 15-ounce can navy (northern) beans, drained and rinsed
½ pound fresh green beans, chopped
1 bay leaf
2 teaspoons dried thyme
1 teaspoon dried basil
1 32-ounce container of vegetable or bone broth
sea salt and black pepper to taste
½ bunch parsley, chopped

Place oil in a large soup pot and melt over medium heat. Add onions, carrots, and celery. Cook until fragrant (about 3 minutes). Add garlic. Sauté for 5 minutes, may need to splash with broth. Add zucchini, drained beans, green beans, bay leaf, thyme, basil, and broth. Mix well and cover.

In separate pan, cook ground turkey or ground bison, cook over medium heat until brown, drain (not down your sink) and add to large pot of vegetables.

Simmer for 10 - 20 minutes or until the vegetables are cooked through. Season with sea salt and pepper as needed. Add chopped parsley and serve.

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DAY 3

BREAKFAST

GREEN SMOOTHIE

(Fruits & Veggies can be fresh or frozen chunks)
1 ½ cups Water
1 ½ cups spinach or kale
½ cup shredded cabbage or broccoli (coleslaw mix from produce dept is great)
1 teaspoon flax or sesame seeds
¼ avocado
½ of banana and ¼ cup mango chunks or any fruit
2 Tbsp Collagen powder
1 teaspoon of raw honey, maple syrup, or 1/3 tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)

Blend together until smooth (may need to add more water as blending).

LUNCH

LEFTOVER VEGETABLE SOUP OR EASY BOWL

BUSY SOLUTION: Buy cans of Amy's Organic Lentil Vegetable Soup or Split Pea soup instead.

EASY BOWL
Mix any or all below in large bowl and enjoy!

½ can drained & rinsed of choice: Salmon, tuna, sardines, anchovies, herring or choice of drained & rinsed beans: navy, northern, garbanzo.

Any veg chopped: cucumber, zucchini, carrots, olives, avocado, celery, artichoke, asparagus, beets, red onion. No corn or tomato

¼ cup of choice: sunflower seeds, pumpkin seeds.

(optional)1½ cup mixed greens

Top with Balsamic vinegar or a salad dressing from recipe guide.

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DINNER:

SEAFOOD OVER PASTA WITH WHITE BEAN SAUCE

Can make sauce ahead of time (see recipe guide).

1-2 cups seafood (shrimp, scallops, muscles)
Bag of faux Noodles: Miracle Noodles, Pasta Zero or Shirataki Noodles
1 tbsp oil
½ cup Mushrooms
1 ½ cups Spinach
Old Bay or Paprika
Dash of Parsley
Lemon juice

Prepare faux noodles per bag instructions. Set aside. Sauté' mushrooms, spinach, onions, garlic, ginger in oil or any other veggies you might enjoy in this dish. Add washed faux pasta noodles to warm veggies in pan.

Separate pan, Sauté' shrimp in olive oil with a little bit of water. Can add scallops, muscles, any other seafood. Old Bay or Paprika seasoning.

While cooking seafood, warm sauce and mix with pasta & veggies. Add to bowl, top with cooked seafood, sprinkle with parsley & lemon.

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DAY 4

BREAKFAST:

BUCKWHEAT POWER PORRIDGE

Can make this the night before. Unlike oats or wheat, buckwheat is relatively easy to digest. This is due to the fact that buckwheat comes from an angiosperm plant and not a grain.

1/4 cup chia seeds
1/4 cup buckwheat groats raw
1 tsp vanilla powder or extract
5 dates
1/2 teaspoon cinnamon
1 tbsp collagen powder
1/4 cup blueberries (or fruit of choice)
3/4 cup water or seed milk
honey for drizzling if desired

Combine dates, vanilla, water/milk, collagen in blender. Blend until smooth.
In a small bowl, combine buckwheat and chia seeds. Add liquid mixture to bowl and stir well. Place in fridge for about 15 minutes or overnight. Top with wild blueberries. Drizzle with honey, if desired.

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LUNCH:

TUNA & VEGGIES

BUSY SOLUTION: Use canned tuna or any fish (or beans) canned. Jar or canned asparagus & beets.

Fresh seared tuna
Freshly steamed asparagus
Fresh cooked beets
Avocado wedge
(optional) Artichoke pasta (can top with sauce from recipes)

Fill plate with some of each and enjoy - store leftovers for future snacks/meals.

DINNER:

CHICKPEA CHILI WITH GREENS AND GUACAMOLE

(4 Servings)
1 tablespoon avocado or olive oil
1 large onion, chopped
2 garlic cloves, chopped
1 yellow squash, chopped
1 zucchini, chopped
2 15.5-ounce cans chickpeas, drained and rinsed
2 tablespoons chili powder
1 tablespoon oregano
1 tablespoon cumin
1 cup vegetable or bone broth
1 bunch cilantro, chopped
4 cups mixed greens
¼ cup of choice: sunflower seeds, pumpkin seeds
1 cup guacamole (recipe in Dips)

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optional: add ¼ cup cooked quinoa

Melt oil in large pan. Add chopped onion and garlic (or frozen cubes). Sauté until fragrant (about 3 minutes). Add yellow squash, zucchini, chickpeas, chili powder, oregano, cumin, broth and cilantro. Cover and simmer until the vegetables are soft (about 15 minutes). Serve with side of mixed greens, seeds and avocado.

DAY 5

BREAKFAST:

CHOCOLATE BANANA SMOOTHIE

(Fruits & Veggies can be fresh or frozen chunks)
1 ½ cups Water (may need to add more)
1 ½ cups spinach, kale or cabbage, broccoli
½ avocado
1 banana
1 teaspoon flax or sesame seeds
2 teaspoons of cacao powder
2 Tbsp Collagen powder
1 teaspoon of raw honey, maple syrup, monk fruit or ¼ tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)

Blend together until smooth.

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LUNCH:

SPLIT PEA SOUP

BUSY SOLUTION: Buy cans of Amy's Organic Split Pea Soup instead.

4 Servings

1 tablespoon avocado or olive oil
2 leeks, thinly sliced
1 onion, chopped
2 garlic cloves, chopped
1 bay leaf
2 large carrots, chopped
2 celery ribs, chopped
1 teaspoon rosemary
1 16-ounce bag of rinsed split peas (yellow or green)
1 32-ounce container of vegetable or bone broth
sea salt and black pepper to taste
optional: Juice of 1 lemon or 2 oz
optional: 1/2 cup of cooked quinoa

Melt oil in a large pot over medium heat. Once the oil has melted, add leeks, chopped onion, and garlic. Cook until fragrant (about 3 minutes). Add bay leaf, carrots, celery, rosemary, split peas, and vegetable broth. Mix well. Cover and simmer for about 45 minutes. Stir occasionally to ensure the soup doesn't burn on the bottom. Once the split peas are soft, season with sea salt and black pepper as needed. Stir in optional lemon juice and serve.

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DINNER:

MINI BISON (OR TURKEY) BURGERS WITH ZUCCHINI BUN

1 pound ground turkey or bison
½ cup diced onion
¼ cup diced garlic
2 tbsp coconut aminos
1 Tablespoon olive or avocado oil
½ avocado
Large zucchini cut into thick round slices (for bun)
Sweet potato or bag of frozen sweet potato fries

Can move to the grill and make regular size burgers and grill thick zucchini slices.
Mix meat, onion, garlic and aminos together, then form small burgers (like a large meatball) add to pan with oil and squash down. Cook over medium heat until done – flipping half way. Use meat thermometer for doneness at 160*.
Drain (not down your sink) and place each mini burger on a slice of zucchini, add a slice of avocado and top with another zucchini slice.

Side of baked sweet potato or sweet potato fries.

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DAY 6

BREAKFAST:

STRAWBERRY CHOCOLATE CHIA PUDDING

2 servings, good in fridge for 4 days – great as a snack, no cacao after 3pm.
½ cup dairy-free unsweetened seed milk
½ cup water
2 tablespoons raw honey or 1/3 teaspoon stevia
½ teaspoon vanilla extract
3 dashes of cinnamon
2 Tbsp collagen powder
2-3 teaspoon raw cacao powder
⅓ cup chia seeds
1 cup fresh strawberries

Add milk, water, sweetener of choice, vanilla, cinnamon, and cacao powder together in a bowl. Mix in the chia seeds and stir. Allow the mixture to set for about 10 minutes in fridge (or overnight in air tight container) to allow the chia seeds to absorb the liquid. Stir again and top with fresh strawberries. Optional drizzle with honey.

For warm pudding, heat the dairy-free milk & water over low heat several minutes until warm, not boiling (about 3 minutes). Mix in the sweetener, vanilla, cinnamon, cacao, and chia seeds. Mix well, then leave the pudding to set. Serve with fresh fruit.

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LUNCH:

LENTIL BURGER WITH GRILLED PINEAPPLE AND MIXED GREENS

BUSY SOLUTION: Buy cans of Amy's Organic Lentil Vegetable Soup instead.

4 Servings (can make lentil burgers ahead of time)

2 cups *cooked* brown lentils
1 onion, chopped
1 garlic clove, chopped
3 tablespoons ground flaxseeds
1 teaspoon sea salt
1 teaspoon thyme
1 teaspoon curry powder
1 tablespoon of water, vegetable or bone broth
1 tablespoon avocado oil (for frying)
4 pineapple slices
4 cups mixed greens

Combine lentils, onion, garlic, flaxseed, sea salt, thyme, and curry powder in a large mixing bowl. Mash the ingredients well with a fork and form into burger patties. Add water or broth if the mixture is dry. Add oil to pan over medium high heat. Fry each burger until brown on both sides (about 3 to 5 minutes per side). Once the burgers are done, set to the side. Briefly fry the pineapple slices for about 2 minutes per side and place on top of the burgers. Serve with mixed greens and your favorite salad dressing.

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DINNER:

ROASTED CAULIFLOWER, SALMON & ASPARAGUS

2 Servings

1 head cauliflower, chopped
1 fennel, thinly sliced
1 heaping tablespoon avocado or canola oil
1/2 tablespoon garlic powder
1/2 tablespoon onion powder
optional curry powder if you like it
1/2 teaspoon dried thyme
sea salt and black pepper to taste
1 bunch of asparagus or 1 jar or can
2 pan roasted salmon fillets (see recipe guide)

Preheat oven to 450 degrees Fahrenheit.
Combine chopped cauliflower and sliced fennel in a large mixing bowl. Coat with oil, garlic powder, curry powder, thyme, sea salt, and black pepper to taste. Mix well and spread out onto a baking sheet. Roast for about 20 minutes until the cauliflower is golden brown. While roasting, warm prepared salmon and steam fresh asparagus. Plate all (Optional) drizzle with a salad dressing.

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DAY 7

BREAKFAST:

ANTI-INFLAMMATION SMOOTHIE

(Fruits & Veggies can be fresh or frozen chunks)

1½ cups water (may need to add more)
1½ cup of spinach, kale, cabbage or broccoli (slaw mix)
1 orange, without peel
1 teaspoon flax or sesame seeds
⅓ avocado
½ teaspoon of each: turmeric, ginger & cinnamon
2 Tbsp collagen powder
1-2 oz lemon juice
1 teaspoon of raw honey, maple syrup, monk fruit or 1/2 tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)
Blend together until smooth

LUNCH:

CABBAGE SALAD WITH PROTEIN OF YOUR CHOICE

(2 Servings)

2 cups thinly sliced cabbage with
2 cups mixed greens (produce dept has both combined in bags prewashed)
2 celery stalks, chopped
1 cucumber, sliced
1 cup olives
½ cup chopped red onion
¼ cup of choice: sunflower seeds, pumpkin seeds
1 cup of cooked quinoa
Optional – add any chopped zucchini, carrots, avocado, artichoke, asparagus, beets.

Combine all ingredients in a large bowl and mix well. Serve with any leftover meats or beans, and your favorite salad dressing.

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DINNER:

MARINATED CHICKEN BREAST WITH GREEN BEANS

1 Tbsp Olive oil
chopped onion & garlic or frozen cubes
1 Tbsp coconut aminos or tamari sauce
1 cup mushrooms
1 cup French green beans
salt & pepper

Sauté' onions and garlic in olive oil for 3 minutes, add mushrooms & French green beans. Splash coconut aminos or tamari sauce over top, stir, and cook until they reach desired tenderness. Plate with chicken breast. Sprinkle with sea salt and black pepper, to taste.

MARINATED CHICKEN BREASTS

(2 Servings)
2 chicken breasts
1 lemon, juiced
1 tablespoon extra-virgin olive oil
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon paprika powder
1 teaspoons coconut aminos
Sea salt and black pepper, to taste

Add all the ingredients to an airtight container. Mix well and cover. Place in the refrigerator for at least 30 minutes before cooking (or overnight).

Place a skillet over medium heat. Once the pan is hot, add the oil & chicken breasts onto the pan. Sauté for 10 to 14 minutes until the chicken is fully cooked.

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DAY 8

BREAKFAST:

CHIA PUDDING

2 servings, good in fridge for 4 days – also great as a snack.
½ cup dairy-free unsweetened seed milk
½ cup water
2 tablespoons raw honey or 1/3 teaspoon stevia
½ teaspoon vanilla extract
3 dashes of cinnamon
⅓ cup chia seeds
1 cup fresh berries (or fruit of your choice)
(optional) 2 teaspoon raw cacao powder if you need a chocolate fix.

Add milk, water, sweetener of choice, vanilla, cinnamon, and optional cacao powder together in a bowl. Mix in the chia seeds and stir. Allow the mixture to set for about 10 minutes in fridge (or overnight in air tight container) to allow the chia seeds to absorb the liquid. Stir again and top with fresh fruit. Optional drizzle with honey.

LUNCH:

EGG SALAD

2 Servings
2 cups mixed greens, ½ cup cooked quinoa
6 boiled eggs, chopped
2 heaping tablespoons of vegan mayonnaise OR plain dairy-free yogurt
½ cup purple cabbage, thinly sliced
2 celery ribs, chopped, ½ cup sliced red onion
1 dill pickle chopped, 1 teaspoon dried basil
sea salt and black pepper to taste

Place mixed greens in a serving bowl and set to the side. In a separate bowl, mix the remaining ingredients. Stir well and serve on top of the mixed greens.

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DINNER:

ZUCCHINI NOODLES WITH CURRY COCONUT SAUCE AND CHICKEN

4 Servings

4 large zucchinis, spiralized

1 13.5-ounce can coconut milk

½ cup sunflower seeds

2 teaspoons curry powder

1 teaspoon thyme

1 garlic clove, chopped

1 cup shredded carrots

4 cups baby spinach

2 cups marinated chicken breasts (recipe in Basics)

Add spiralized zucchini to a large bowl. You can use a spiralizer at home, or you can buy a bag of spiralized zucchini at some grocery stores. If you can't find pre-spiralized zucchini in a store near you, simply use a vegetable peeler and peel the zucchini down to the seeds.

To make curry sauce, add the remaining ingredients to a blender. Blend well. If you have a high-speed blender, blend until warm. If you have a conventional blender, blend the sauce until smooth. Transfer to a small pot over medium heat. Heat until warm. Serve the curry sauce with warm chicken over zucchini noodles.

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DAY 9

BREAKFAST:

SCRAMBLED EGGS WITH VEGGIES

1 teaspoon olive oil
2-3 eggs
optional onions, garlic, mushrooms, peppers & spinach
avocado
sea salt and black pepper to taste

Add oil to sauté pan over medium/low heat. While the oil is melting, crack eggs into a bowl and whisk with a fork. Sauté' onions, garlic, mushrooms, peppers for 3-5 minutes in oil. Add the eggs to pan along with the spinach. Mix using a rubber spatula until desired consistency. Top with avocado, salt and pepper.

LUNCH:

RED LENTIL STEW WITH FRESH GREEN BEANS

BUSY SOLUTION: Buy cans of Amy's Organic Lentil Vegetable Soup and add green beans & quinoa.

4 Servings
1 tablespoon avocado oil
1 onion, chopped, 2 garlic cloves, chopped
1 32-ounce container of vegetable broth
1 cup dried red lentils
2 teaspoons ground cumin
1 teaspoon ground turmeric
1 inch piece of fresh ginger, grated
½ pound fresh green beans
sea salt and black pepper to taste & Juice of 1 lemon

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Melt oil in a large soup pot over medium heat. Once the oil has melted, add chopped onion and garlic. Cook until fragrant (about 3 minutes). Add broth, lentils, cumin, turmeric, ginger and green beans. Stir well and cover. Simmer for about 20 minutes. The lentils should have fallen apart and the green beans should be soft. Season with sea salt and black pepper as needed. Serve topped with lemon juice.

DINNER:

ZEN BOWL WITH MARINATED CHICKEN

4 Servings
1 tablespoon avocado oil
1 onion, chopped
2 garlic cloves, chopped
1 bunch collard greens, kale, or chard thinly sliced
½ cup water
2-inch piece of ginger, grated
1 tablespoon tamari
sea salt and black pepper to taste
1 teaspoon toasted sesame oil
1 avocado
2 tablespoons tahini dressing (recipe in Dressings)
2 cups marinated chicken (recipe in Basics)

Melt oil in a large pot over medium heat. Add chopped onion and garlic. Cook until fragrant (about 3 to 5 minutes). Add collard greens and water. Cover and allow the greens to steam for about 20 to 25 minutes. Stir occasionally so they do not burn. Add ginger and tamari. Season with sea salt and black pepper as needed. Sauté for another 5 to 10 minutes until the greens are tender. Top with sesame oil, avocado, tahini dressing, and cooked marinated chicken.

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DAY 10

BREAKFAST:

GREEN SMOOTHIE

(Fruits & Veggies can be fresh or frozen chunks)
1 ½ cups Water (may need to add more)
1 ½ cups spinach or kale
½ cup shredded cabbage/broccoli (prod dept has bag of coleslaw mix)
1 teaspoon (Hemp, flax, sesame or chia) seeds
¼ avocado (makes it creamy)
½ of banana and ¼ cup mango chunks or any fruit
2 Tbsp Collagen powder
1 teaspoon of raw honey, maple syrup, or 1/3 tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)

LUNCH:

STRAWBERRY SALAD WITH ALMONDS

2 Servings

4 cups mixed greens
handful of strawberries, sliced
½ cup almonds
1 cucumber, chopped
(optional) add any vegs: celery, carrots, artichoke, red onion, asparagus, beets, olives, broccoli, etc.

Combine all ingredients in a large salad bowl. Serve with your favorite salad dressing.

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DINNER:

DETOX SPINACH BOWL WITH SALMON

2 servings

1 teaspoon olive or avocado oil

2 garlic cloves, chopped

1/8 cup onion, chopped (or buy frozen cubes of onion & garlic)

5 cups spinach

sea salt and black pepper to taste

½ can chickpeas, drained and rinsed

1 cup sprouts, Tbsp flaxseeds

½ avocado, Lemon juice squeeze

2 salmon fillets (recipe in Basics)

Melt oil in a large pan. Add chopped garlic & onion (or frozen cubes). Sauté for about 3 minutes. Add the spinach with a tiny bit of water. Let the spinach wilt for about 3 minutes. Season with sea salt and black pepper. Serve in a bowl with chickpeas, sprouts, seeds, avocado, and lemon juice. Top with grilled salmon and your favorite salad dressing.

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DAY 11

BREAKFAST:

ALMOND BUTTER CHIA PUDDING

2 servings, good in fridge for 4 days – also great as a snack.
½ cup almond butter
1 tablespoon honey
1 teaspoon vanilla extract
1 cup dairy-free milk (or water for weight loss)
⅓ cup chia seeds
1 banana, sliced

Combine almond butter, honey, vanilla extract, and dairy-free milk in a mixing bowl. Stir well, then add chia seeds. Mix well again then set to the side to allow the chia seeds to absorb the liquid. Serve topped with sliced banana.

LUNCH:

CARROT SALAD WITH VINAIGRETTE

3 large carrots, rinsed, trimmed, and peeled (or buy bag already shredded)
1 bunch parsley, rinsed and finely chopped (optional)
1 teaspoons Dijon mustard
1 tablespoon freshly squeezed lemon juice
1 tablespoon extra-virgin olive oil
1 teaspoon honey
1 pinch kosher salt
Sunflower seeds
Optional: 1/2 cup cooked Quinoa

Fit a food processor with a shredding blade and shred the carrots. Place shredded carrots in a serving bowl and add the parsley. Set aside.

In a small bowl, whisk together the mustard and lemon juice, then drizzle in olive oil while whisking. Whisk in honey and salt. Drizzle dressing over the shredded carrots and parsley and toss well to coat. Top with sunflower seeds if desired.

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DINNER:

MINI BISON (OR TURKEY) BURGERS WITH ZUCCHINI BUN

1 pound ground turkey or bison

½ cup diced onion

¼ cup diced garlic

2 tbsp coconut aminos

1 Tablespoon olive or avocado oil

½ avocado

Large zucchini cut into thick round slices (for bun)

Sweet potato or bag of frozen sweet potato fries

Can move to the grill and make regular size burgers and grill thick zucchini slices.

Mix meat, onion, garlic and aminos together, then form small burgers (like a large meatball) add to pan with oil and squash down. Cook over medium heat until done – flipping half way. Use meat thermometer for doneness at 160*.

Drain (not down your sink) and place each mini burger on a slice of zucchini, add a slice of avocado and top with another zucchini slice.

Side of baked sweet potato or sweet potato fries.

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DAY 12

BREAKFAST:

BUCKWHEAT POWER PORRIDGE

Can make the night before
5 dates, 1 tsp vanilla extract
3/4 cup any non-dairy milk (coconut, almond)
1 tbsp collagen powder
1/4 cup chia seeds
1/4 cup buckwheat groats raw
1/2 teaspoon cinnamon
1/4 cup berries
honey for drizzling if desired

Combine dates, vanilla, coconut milk, collagen in blender. Blend until smooth. In a small bowl, combine buckwheat and chia seeds. Add milk mixture to buckwheat bowl and stir well. Place in fridge for about 15 minutes or overnight. Top with wild blueberries. Drizzle with honey, if desired.

LUNCH:

TUNA POKE BOWL

Treat yourself out to a Poke Bowl, or make one yourself:

2 tablespoons tahini soy sauce
2 tablespoons avocado oil
1 tablespoon dk roasted sesame oil
1 tablespoons honey
2 teaspoons fresh grated ginger
3 scallions, white and green parts, thinly sliced
4 oz sushi-grade ahi tuna (such as yellowfin or big-eye tuna), diced into ¼ or ½ inch pieces
1 cup rice

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CONT… TUNA POKE BOWL

OPTIONAL TOPPINGS

- Sliced avocado
- Sliced cucumber
- Edamame
- Pickled ginger
- Diced mango
- Sesame seeds

In a medium bowl, whisk together the soy sauce, avocado oil, sesame oil, honey, ginger and scallions. Add the tuna and toss. Let the mixture sit in the fridge for at least 15 minutes or up to 1 hour.

To serve, scoop rice into bowl, top with tuna and desired toppings. You will have extra sauce for drizzling over the top.

DINNER:

DETOX SOUP & SALAD

I can of Amy's Organic Soup of your choice.

Mix for salad:
2 kale leaves chopped (spinach or mixed greens)
¼ cup red cabbage thinly sliced (or bag of slaw mix)
½ avocado
½ cucumber
½ cup broccoli florets
¼ cup cooked brown rice or quinoa
¼ cup walnuts
Top with your favorite dressing from the Recipe Guide.

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DAY 13

BREAKFAST:

CLEANSING SMOOTHIE

(Fruits & Veggies can be fresh or frozen chunks)
1 ½ cups Water (may need to add more)
1 cup (or more) cut celery
1 medium cucumber
1/3 avocado
½ cup pineapple, peach or mango chunks
1 teaspoon chia, hemp or flax seeds
2 Tbsp Collagen powder
1-2 oz lemon juice
1 teaspoon of raw honey, maple syrup, monk fruit or ¼ tsp stevia to sweeten
Ice (if fruits & vegs are not frozen) -
Blend together until smooth

LUNCH:

VEGGIE CHICKPEA GRAIN BOWL

(2 Servings)

1 tablespoon oil
2 Tbsp tamari sauce or coconut aminos
onion & garlic chopped or frozen cubes
1 cup mushrooms
2 zucchinis & yellow squash, chopped or spiralized
1 can of chickpeas drained & rinsed
sea salt and black pepper to taste
1 cup cooked brown rice

Melt oil in pan. Add onion, garlic for 3 min and then mushrooms, zucchini, chickpeas & Tamari or Aminos. Sauté until soft (about 10 minutes). Season with sea salt and pepper. Serve over warm brown rice and pour remaining sauce from pan over entire dish.

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DINNER:

KABOBS OVER BROWN RICE

2-3 Servings

12 oz Boneless Chicken Breast
Mini Sweet Peppers
Mushrooms (whole)
Zucchini & Yellow Squash
Red Onion or Sweet Onion
Teriyaki sauce/marinade or Tamari sauce
2 Tbsp Olive Oil
Tbsp of each: Mustard & Lemon
Optional: Parsley Thyme, Bay Leaf, Oregano, Garlic
1 cup Brown Rice cooked in Broth
Metal Skewers Approximately 12" long,
(or wood, soak first so they don't burn)

Cut up meat and veggies into 1.5-inch chunks for skewers.

Mix Teriyaki or Tamari sauce with lemon, oil, mustard and any herbs to make a marinade.
Marinate chicken & veggies for 15 min - hour.
Load skewer with meat and veggies and cook on grill or Broil in oven on foil, turning once – about 15 minutes total.

Serve over cooked rice.

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DAY 14

BREAKFAST:

ANTI-INFLAMMATORY SMOOTHIE

(Fruits & Veggies can be fresh or frozen chunks)
1 ½ cups water
1 cup of cabbage or broccoli (slaw mix)
1 orange, without peel
1 teaspoon (chia, hemp or flax) seeds
1/3 avocado
½ teaspoon of each: turmeric, ginger & cinnamon
2 Tbsp collagen powder
1-2 oz lemon juice
1 teaspoon of raw honey, maple syrup, monk fruit or 1/2 tsp stevia to sweeten
Ice (if fruits & vegs are not frozen)

Blend together until smooth

LUNCH:

LENTIL BURGER ON RYE OR WHEAT BREAD

2 Servings

2 cups cooked brown lentils
1 onion, chopped
1 garlic clove, chopped
3 tablespoons ground flax
1 teaspoon sea salt
1 teaspoon thyme
1 teaspoon curry powder
1 tablespoon coconut oil (for frying)
2 slices rye or wheat bread

Combine lentils, onion, garlic, flax, sea salt, thyme and curry powder in a large mixing bowl. Mash well with a fork and form into burger patties. Melt coconut oil

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in frying pan over high heat. Add the burgers and cook until brown (about 5 minutes on both sides). Serve on top of bread and a side salad with your favorite salad dressing.

DINNER:

MARINATED CHICKEN BREAST WITH GREEN BEANS

1 Tbsp olive oil
chopped onion & garlic or frozen cubes
1 Tbsp coconut aminos or tamari sauce
1 cup mushrooms
1 cup French green beans
salt & pepper

Sauté' onions and garlic in olive oil for 3 minutes, add mushrooms & French green beans. Splash coconut aminos or tamari sauce over top, stir, and cook until they reach desired tenderness. Plate with chicken breast. Sprinkle with sea salt and black pepper, to taste.

MARINATED CHICKEN BREASTS

(2 Servings)
2 chicken breasts
1 lemon, juiced
1 tablespoon extra-virgin olive oil
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon paprika powder
1 teaspoons coconut aminos
Sea salt and black pepper, to taste

Add all the ingredients to an airtight container. Mix well and cover. Place in the refrigerator for at least 30 minutes before cooking (or overnight).

Place a skillet over medium heat. Once the pan is hot, add the oil & chicken breasts onto the pan. Sauté for 10 to 14 minutes until the chicken is fully cooked.

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