

#ARBONNE30



WEEK 2 MEAL PLAN HEARTY

MON

LUNCH

Avocado Chicken Salad Lettuce Wraps

DINNER

Roasted Lemon Salmon with Asparagus

TUE

LUNCH

Avocado Chicken Salad Wraps

DINNER

Shepherd's Pie with Sweet Potato Topping

WED

LUNCH

Roasted Lemon Salmon with Asparagus

DINNER

Chicken Taco Burgers with Fries

THU

LUNCH

Shepherds Pie with Sweet Potato Topping

DINNER

White Bean, Kale & Chicken Sausage Soup

FRI

LUNCH

Chicken Taco Burger with Fries

DINNER

Chicken Fried Cauliflower Rice

SAT

LUNCH

Sideline Soup

DINNER

Chicken Fried Cauliflower Rice

SUN

LUNCH

Leftovers Your Choice

DINNER

Your Choice

GROCERY LIST WEEK 2 (2 servings) **= Use for multiple recipes*

Note: Choose Organic Meats, Produce, Canned Goods & Spices when possible. Look for free Range Eggs, Grass Fed & Hormone Free Beef and Wild Caught Salmon.

Protein:

- 2 Boneless Chicken
- 2 lbs. Ground Chicken
- 2 Salmon Filet
- 1 lbs. Chicken Sausage
- 1 lbs Ground Turkey

Pantry:

- 2 Tbsp. Taco Seasoning
- Coconut Oil
- 3 oz. Tomato Paste
- Flaxseed Meal
- 1 Cans Black Beans
- 1 Can White Beans
- 16 oz. Bag of Raw Cashews
- Extra Virgin Olive Oil
- 1 Egg
- 1 14 1/2 Can of Organic Vegetable Broth

Vegetables:

- 3 Avocados
- 1 Red Onion
- 4 Limes
- 1 Jalapeno
- 3 Scallions
- 5 Sweet Potatoes
- 3 Carrots
- 2 Shallots
- 1 Green Pepper
- 2 Small Onions
- 1 Lemon
- 2 Bunches of Asparagus
- 1 Head of Cauliflower
- 1 Cup Frozen Peas
- 1 Cup Chopped Celery
- 1/2 C. Mushrooms
- 3 C. Chopped Kale

Spices:

- Fresh Cilantro
- Salt
- Pepper
- Chili Powder
- Dried & Fresh Rosemary
- Cumin
- Dried Red Pepper Flake
- Fresh Garlic Oregano

RECIPES WEEK 2

Simple Avocado Chicken Salad (Serves 2)

Ingredients

- 2 Boneless skinless Organic Chicken Breasts
- 1 Avocado
- ¼ Sweet Onion - Chopped
- 2 Tbs. Cilantro
- Juice of ½ Lime
- Salt/Pepper to taste
- Lettuce

Directions:

1. Cook chicken breast until done (fry with coconut oil, bake in oven, place in slow cooker)
2. let cool, and then chop.
3. Mix with all the ingredients.
4. Place in lettuce cups and enjoy!



Roasted Lemon Salmon & Asparagus (Serves 2)

Ingredients

- 2 Salmon Fillets
- 1 1/2Tbsp olive oil, divided
- 1 tsp lemon zest
- 1Tbsp fresh lemon juice
- 4 cloves garlic, minced, divided
- 3/4 tsp onion powder
- 1/2 tsp each salt and fresh cracked black pepper
- 1/2 lemon, thinly sliced (optional)
- 1 1/2 - 2 lbs asparagus (medium or thin spears), tough ends trimmed



Directions

1. Preheat oven to 400 degrees. Line a rimmed 17 by 12-inch baking dish with parchment paper. Place salmon in center of pan (or see note below).
 2. In a mixing bowl whisk together 1 1/2 Tbsp olive oil, the lemon zest, lemon juice, 2 cloves garlic, onion powder.
 3. Brush evenly over top of salmon then sprinkle with 1/2 tsp salt and pepper (add more pepper to taste if desired).
 4. Top with lemon slices.
 5. Toss asparagus with remaining 1Tbsp olive oil, remaining 2 cloves garlic and season with salt, then place around salmon.
 6. Bake until salmon has cooked through, about 10-15 minutes.
 7. Cut salmon into portions. Serve warm.
- ❖ *If fillet is wide, you can cut into 2 - 4 portions and place them near upper portion of the baking dish, then place asparagus on lower portion of baking dish*

Shepherd's Pie with Sweet Potato Topping (Serves 4)

Ingredients

Pie Filling:

- 1 lb. grass-fed ground turkey
- 2 medium carrots chopped
- ½ green pepper, chopped
- 1 small onion, chopped
- 1 cup frozen peas
- 2 cloves garlic minced
- ½ tsp. Dried rosemary
- ¾ tsp. Chili powder
- ½ tsp. Sea salt
- Black pepper
- 3 oz. tomato paste (about 6 Tbsp.)
- 1 Tbsp. flaxseed meal (ground raw flaxseed) *



Sweet Potato Topping:

- 2 medium sweet potatoes, peeled & cubed (approx. 3 ½-4 cups cubed)
- 1 Tbsp. coconut oil
- ½ tsp. Chili powder
- ¼ tsp. Sea salt

**soak the flax meal in 2.5 Tbs. of water for 5 mins to let it thicken before adding to filling*

Directions:

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

For the topping:

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

White Bean, Kale & Chicken Sausage Soup

(6 Servings)

Ingredients

- Olive oil
- 2 shallots, chopped
- 2 minced cloves of garlic
- ½ cup chopped carrots
- ½ cup chopped mushrooms
- 3 cups organic vegetable stock
- 15-ounce can white beans
- 2 tablespoons chopped rosemary
- 2 to 3 cups chopped kale
- 1lb Clean eating approved chicken sausage
- Salt and pepper, to season
- Red pepper flakes, to sprinkle



Great for leftover meals!!

Directions

1. Heat a few tablespoons olive oil in a pot over medium heat. Add shallots and a sprinkling of salt and pepper and cook down until almost transparent, about 5 minutes. Add garlic, carrots, mushrooms, and additional salt and pepper. Cook, stirring occasionally, until the mushrooms are wilted.
2. Add stock, beans, and rosemary. Bring to a boil, and then add kale. Reduce to a simmer and cook for 15 to 20 minutes.
3. While the soup is cooking, brown the sausage in a medium pan. Slice into 1/4-inch rounds, then add to soup and stir.
4. Serve with a sprinkling of dried red pepper flakes

Chicken Taco Burger with Sweet Potatoes Fries (Serves 2)

Chicken Burger Ingredients

- 1 lbs ground chicken breast
- 2 Tbsp. cleanse approved taco seasoning
- 1 large jalapeño, deseeded and diced
- ½ 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



Chicken Burger Directions:

1. In a large bowl, mix together chicken breast, taco seasoning, jalapeno and cilantro until well mixed. Form into patties. Melt coconut oil in a large skillet.
2. Cook patties until cooked through. Remove from heat and cool slightly before serving.
3. 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.

Sweet Potato Fries Ingredients:

- 1 Medium-sized Sweet Potatoes
- 2Tbsp. melted coconut oil
- Salt and pepper to taste

Directions

1. 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.
2. Place in oven and 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.

Amazing Skinny Chicken Fried Cauliflower Rice (Serves 2)

Ingredients

- 1 medium head cauliflower or 1 bag riced 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
- ½ c. sliced scallions (green onion)
- 1 c. chopped celery
- 1 c. frozen carrots and peas
- 3 tablespoons coconut aminos
- 2 teaspoons sesame oil, see shopping tips Black pepper, to taste



Shopping Tips: Find bags of **pre-riced cauliflower** in the produce section of Superstore or any major grocery chain. **Coconut aminos** are a tasty way to replace soy sauce, look for in your local Health Food store or in the Healthy Food section at your grocery store.

Directions:

1. If you are using a bag of already prepared riced cauliflower, skip this first step. Otherwise, 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.
2. Combine the egg and egg whites in a small bowl. Beat with a fork. Set aside
3. 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.
4. 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.
5. 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. Serve immediately or store leftovers in refrigerator for up to 2 days. cal:272 p:46 c:72 f:22