

Week 1 Meal Plan

Breakfast:

Strawberry Surprise Shake
Green Apple Goddess Shake
Mixed Berry Shake
Morning Mocha
Chocolate Almond Oat Smoothie
Oatmeal with Berries (optional)
Veggie Omelet (optional)

Dinner:

Oven Baked Fajitas & Salsa
Avocado Chicken Salad
Inner Goddess Detox Salad
Stuffed Chard Rolls
Chipotle Black Bean & Rice Skillet
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 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 lb + 1	Chicken Breasts (Organic, free-range)	1,2	

PRODUCE:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
Lg. Cont.	Spinach	Shakes,3,5	
2 cups	Kale (Baby Kale is far more tender & tasty)	3	
1 bunch	Swiss Chard	4	
1 bag	Shredded Radish, Carrot, Purple Cabbage Mix	2, 3	
1 pint	Strawberries	Snack,3	
	Blueberries	Snack,3	
	Raspberries	Snack,3	
3	Limes	1,2,5	
2	Lemons	Shakes, water	
Preference	Green Apples	Snack	
4 sm-med	Onion	1,4,5	
	Red bell pepper	1,Snack	
	Green bell pepper	1,Snack	
2	Serrano or Jalapeño peppers	1	
	Cilantro	1,5	
2	Avocado	1,2,5	
5-6	Roma Tomatoes	1	
1 clove	Garlic	1	
1	Cucumber	1,3	
2 lg	Carrot	3	
1 small	Zucchini	4	
1 cup	Cauliflower	4,Snacks	
	Basil	Shakes	

DAIRY/COLD:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
1-2	Unsweetened Almond Milk	Shakes	
	Hummus (no sugar, vinegar)	Snack	
1 dozen	Eggs (Cage-free)	5, Opt BF	

FROZEN:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Frozen Mixed Berries	Shakes	
	Frozen Strawberries	Shakes	
	Rudi's GF Tortillas	1	

PANTRY:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Gluten-Free Oats (Bobs Red Mill)	Opt BF, Shakes	
	Coconut Sugar (crystals)	Opt BF	
	Stevia (liquid sweetener)	Opt BF, tea	
	Chili Powder	1	
	Chipotle powder	5	
	Cumin	1	
	Garlic Powder	1,2	
	Oregano, dried	1	
	Salt	1,2	
	Pepper	1,2	
	Cinnamon	Shakes	
	CLEAN Brown Mustard (no sugar, vinegar)	2	
	Olive Oil	1,3,4,5	
	Coconut Oil	1,5	
1 bag	Brown rice (or quinoa)	4,5	
1 can (15oz)	White Beans	4	
1 can (15 oz)	Black Beans	5	
2 cans (15oz)	Diced Tomatoes	4	
1 can (15oz)	Diced Tomatoes w/ green chili's	1	
	Raw Almonds	Snack,3	
1-2 bags	Rice Chips	1,2	<input checked="" type="checkbox"/>
	Flax Seeds	Shakes	
	Almond Butter	Shakes,Snack	

Breakfast/Shake Recipes

See 'Basic Shake Recipe' Doc for more details on making shakes/smoothies.

Shake = 8-10oz liquid ~ Smoothie = 4-6 oz liquid + 4 oz ice or frozen fruit.

Add handfuls of spinach to any of the shakes (I promise, you won't taste it!)

Strawberry Surprise

5-7 Frozen Strawberries
6 basil leaves
Juice from a large lemon
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber Booster

Green Apple Goodness

½ Green Apple, chopped
½ 1-2 tsp Almond Butter
1 tsp Cinnamon
½ cup ice
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber Boost

Mixed Berry Shake

¼ - ½ cup Frozen Mixed Berries
1 tsp flax seeds
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber

Morning Mocha

1-2 tsp Almond Butter or 1 handful of raw almonds
½ cup ice
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Chocolate Protein
½ - 1 Scoop Fiber

Chocolate Almond Oat Smoothie

1 scoop Gluten Free Oats (use protein scooper)
1-2 tsp Almond Butter
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Chocolate Protein
½ - 1 Scoop Fiber

Optional Breakfast Recipes

Oatmeal with Berries

Prepare Gluten Free oats according to package instructions (use water or almond milk). Top with strawberries, blueberries, almonds (or other nuts) and optional: coconut sugar or stevia to sweeten.

Veggie Omelets

Saute any leftover veggies. If you have leftover spinach, feel free to add some here. Scramble eggs in a bowl. Heat small sauté pan to medium heat and prepare surface with cooking oil. Pour a portion of the eggs into pan and cook through. Top one half of egg with veggie mix. Flip other side of egg over to cover. Slide onto plate and enjoy! Serve with salsa.

Dinner Recipes

1) [Oven Baked Fajitas](#)

1 pound boneless, skinless chicken breasts, cut into strips
2 Tbsp olive or coconut oil
2 tsp chili powder
1 1/2 tsp cumin
1/2 tsp garlic powder
1/2 tsp dried oregano
1/4 tsp seasoned salt
1 (15 oz) can diced tomatoes with green chilies (or diced tomatoes and 1 jalapeno)
1 medium onion, sliced
1/2 red bell pepper, cut into strips
1/2 green bell pepper, cut into strips
Rudi's GF Tortillas
Optional Toppings: Cilantro, chopped; Avocado, sliced; Homemade Salsa*

Preheat the oven to 400 degrees. Place chicken strips in a greased 13×9 baking dish. In a small bowl combine the oil, chili powder, cumin, garlic powder, dried oregano, and salt. Drizzle the spice mixture over the chicken and stir to coat. Next add the tomatoes, peppers, and onions to the dish and stir to combine. Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender.

*[Homemade Salsa](#)

5-6 Roma tomatoes, chopped
1 Small onion, chopped
1/2 Cup fresh cilantro, chopped
2 Serrano or Jalapeño peppers, seeded and minced
1 Clove garlic, minced
2 Tbsp. freshly squeezed lime juice
Salt and pepper to taste.
Put everything in a bowl. That's pretty much it. The longer it sits, the better the flavor!

2) Avocado Chicken Salad

1/2 medium avocado

Juice of 1/2 lime

1-2 teaspoons course brown mustard* (or [homemade recipe](#))

1/2 teaspoon garlic powder

Salt & pepper to taste

1 cup cooked chicken breast, chopped

1/2 cup chopped vegetables of choice (I used chopped radishes, carrots, and purple cabbage in mine, found in pre-mixed bag)

In a small bowl, mash the avocado with the lime juice and mix in the brown mustard, garlic powder, and salt and pepper. Mix in the chopped chicken breast and chopped veggies. Serve on your favorite GF cracker, rice chip or raw vegetables (cucumber slices are GREAT!)

HINT: If you need to store this in the fridge, keep the avocado seed in the container with the salad. The avocado seed helps to slow browning and oxidation of the avocado! This works for any avocado-based foods, like guacamole.

190 calories, 8.5 g fat, 5.6 g carbohydrates, 3 g fiber, 22.5 grams protein

3) Inner Goddess Detox Salad

2 cups loosely packed fresh kale, torn into bite-sized pieces (or baby kale, preferred)

2 cups loosely packed baby spinach, torn into bite-sized pieces

1 cup shredded cabbage or coleslaw mix

10 raw, unsalted almonds, roughly chopped

3 strawberries, sliced

1 large carrot, peeled & sliced

1/4 cup blueberries

1/3 cucumber, peeled, seeded & sliced

1/4 cup raspberries

Olive oil based salad dressing

Massage kale (if using baby kale, skip this step) in a large bowl for 1-2 minutes, or until broken down and tender. Combine with spinach and cabbage, then turn out onto a plate. Top with remaining ingredients, then drizzle with a good, olive-oil based salad dressing.

4) Stuffed Chard Rolls

- 1 small zucchini
- 1 small onion
- 1 carrot
- 1 cup cauliflower
- 1 bunch chard
- 3 cups cooked brown rice (or quinoa)
- 1 14.5 oz. can beans (rinsed)
- 2 14.5 oz. cans diced tomatoes
- 2 Tbsp. olive oil

Preheat oven to 350*. Bring a pot of water to boil for chard blanching. Spray baking dish with cooking spray. Cook rice as directed on package. Set aside. Finely chop the zucchini, onion, carrot, and cauliflower. Sauté the chopped veggies about 5 min in the olive oil. Mix veggies, rice, beans, and 1 can of tomatoes. Set aside. One at a time, blanch chard leaves so they can be rolled (about 15 seconds), then rinse with cold water to stop the cooking. Spread leaf out flat and put in as much of rice mixture as you think will fit without splitting leaf. Roll mixture in leaf and place seam down in baking dish, repeat till dish is full. Mix other can of tomatoes and Worcestershire sauce in a small bowl and pour over rolls. Cover pan with foil. Bake for 30 min.

5) Chipotle Black Bean and Rice Skillet

- 1 tablespoon olive or coconut oil
- ¼ medium onion, diced
- 1 cup brown rice, cooked
- Juice from ½ lime
- ¼ cup water
- 2 teaspoons chipotle powder
- ⅓ cup black beans, (drained and rinsed)
- 1-2 handfuls spinach
- ¼ cup cilantro
- 1-2 eggs
- Avocado or salsa, for topping

In an 8" cast iron skillet, heat olive oil over medium heat. Add onion and cook for 5-6 minutes. Add rice, lime, and chipotle powder, black beans, and water. Cook and stir until rice and black beans are heated. Incorporate spinach and cilantro, stirring until spinach begins to wilt. Create well in the center of the skillet and crack egg(s) into the center. cover, and let cook until egg whites are set and yolk is done to desired firmness, 7-12 minutes. Sprinkle with extra cilantro and serve. Top with avocado or salsa, if desired.