

## Week 4 Meal Plan

### **Breakfast:**

Continue favorite shakes  
Veggie Omelets  
Oatmeal w/ Berries

### **Dinner:**

Chicken spinach mini pizzas & salad  
Spaghetti & salad  
Anaheim Turkey Wraps & guacamole  
Blackened Tilapia & asparagus  
Shrimp Fried Rice  
Leftover Night  
Dine Out Night

### **Lunch:**

Repeat shakes or dinner leftovers  
*(If weight loss is major goal, do 2 shakes/day)*

### **Snacks:**

- \* Nuts (*except peanuts*)
- \* Green apples with Almond Butter
- \* Berries
- \* Hummus w/ raw veggies or clean GF crackers
- \* Salsa/guacamole w/ brown rice chips
- \* Arbonne Fit Chews
- \* Arbonne Energy Fizz Sticks
- \* Arbonne Homemade Protein Bars

## **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](http://www.eatwild.com) is a great resource for meats & buying in bulk.)

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
½ lb/person	Large Shrimp	5	
1/person	Tilapia filets	4	
1 lb	Deli sliced Turkey (no MSG, gluten, etc. Boars Head or Applegate Farms are good picks)	3	
1 lb	Ground Beef	2	
½	Rotisseire chicken	1	

**PRODUCE:**

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Spinach	Shakes, 1, 5, Opt BF	<input checked="" type="checkbox"/>
2	Onion	Opt BF, 2,3,5	
	Broccoli	5, Snacks	
	Carrots	Snacks, 5	
1 small	Bell Pepper	2	
1	3 Avocados	3	
1	Lime	3	
2	Roma Tomatoes	3	
	Cilantro	3	
	Garlic	2, 3	
1 head	Bibb, butter or living lettuce	3	
2	Anaheim peppers	3	
1 small	Spaghetti squash	2	
1	Cucumber	1, Snacks	
1	Red onion	1,3	
1-2	Strawberries	1, Shakes, Snacks, Opt BF	
	Dried cranberries (no sugar added)	Opt 1	
	Blueberries	Shakes, Snacks, Opt BF	
	Green Apples	Snacks	



## Optional Breakfast Recipes

### Veggie Omelets

2-3 Cage-free eggs per omelet

1/3-1/2 cup Veggie Mix (peppers, onions, squash, zucchini or whatever you have leftover!)

1-2 TBS "Cheese" shreds

Follow instructions below on Dinner #4 for veggie prep. If you have left over spinach, feel free to add some here. Scramble eggs in bowl. Heat small sauté pan to medium heat and prepare surface with light spray of coconut oil. Pour portion of eggs into pan and cook through. Top one side (half pan) with veggie mix & top with "cheese". Flip other side of egg over to cover. Slide it onto plate and enjoy!

### Oatmeal with Berries

Prepare GF Oats (quick cooking or old-fashioned) according to package instructions (use water or almond milk). Pour into bowls and top with strawberries, blueberries, almonds (or other nuts) and optional: coconut sugar or liquid stevia to sweeten.

## Dinner Recipes

### 1) Chicken Spinach Pizza

Rudi's GF Spinach Tortillas (1/person)

Spaghetti sauce

Spinach

½ Rotisserie chicken

Roasted red peppers (from jar, diced)

Cheddar & mozzarella "cheese" shreds (Daiya melts best)

Garlic salt

1 pizza/person. Preheat oven to 425. Prepare cookie sheet with coconut or olive oil spray. Place tortillas on sheet and bake 4-5 minutes to brown/crisp. Remove from oven and PER PIZZA top as follows: 2 tbsp spaghetti sauce, 1 large handful of spinach, generous portion of shredded chicken, a few roasted red peppers, and both cheeses. Sprinkle with garlic salt and bake 5-7 minutes more or until edges brown and cheese melted. Note: this doesn't melt like REAL cheese – but it is pretty flavorful.

### Strawberry Spinach Salad

2 generous handfuls fresh baby spinach

1/3 cucumber (diced)

Couple rings of red onion (diced)

Handful of strawberries (tops removed & diced)

Almonds (or nut of choice)

Dried cranberries, OPTIONAL (no sugar added)

Top with favorite detox-approved dressing

## 2) Spaghetti

- 1 lb lean ground beef
- ½ large yellow onion, diced
- 1 small bell pepper, diced
- 2 cloves fresh garlic (or ½ tsp garlic salt)
- Salt/pepper to taste
- 1 small spaghetti squash
- 1 jar spaghetti sauce (Muir Glen Italian Herb is our fave)

Preheat oven to 350. Cut spaghetti squash in two (at the equator). Scoop out seeds and place face down on greased (coconut oil/spray) cookie sheet. Use knife to make a couple of "breath holes". Bake ~40 minutes. Dice onion & bell pepper. In large skillet, brown meat with onion, pepper & garlic. Drain and return to skillet. Add sauce and salt/pepper. Bring to slow boil, then reduce heat to low-medium. Remove squash from oven and turn over and allow to cool a few minutes. Use fork to scrape out the "noodles". You'll LOVE their resemblance to real noodles minus the carb coma that usually follows! Spoon a serving of noodles on each plate, then top with sauce as desired.

## 3) Anaheim Turkey Wraps

- 1 lb deli turkey slices (*no MSG, gluten, additives; I like Boars Head or Applegate Farms*)
- 1 Head Bibb, butter or living lettuce
- 2 Anaheim peppers
- 2oz pepper jack "cheese" (*dairy-free by Lisannti*)
- 1/2 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

- 2 1/2 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

In a large bowl mix the scooped avocado pulp and lime juice, toss to coat. Using a potato masher (or fork) add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Let sit at room temperature for 1 hour and then serve. Tips: Serve with Rice Chips. If you don't eat it all, put in ZIPLOCK BAG, squeeze ALL air out & place in fridge. This will keep avocado from browning. Eat within 1-2 days as a snack.

#### 4) Blackened Tilapia

1 lb tilapia filets (or chicken breasts)

2-3 TB virgin coconut oil

##### **Blackening Season Mix**

1 TBS Paprika

1 TBS Sea Salt

1 tsp onion powder

1 tsp cayenne pepper

1 tsp white pepper

1 tsp black pepper

1 tsp oregano

1 tsp garlic powder

Heat your pan on medium high and let the oil get hot. Pour out some of the spice mix onto a plate. Take your tilapia 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 tilapia to the pan. When the top of the tilapia starts to get some color, turn it over (3-5 mins/side seems about right). Don't be alarmed when you do and your tilapia is black, it's supposed to be! The second side will take less time to cook. TIP: If your kids don't like a lot of spice, go ever so lightly here! The hubs and I love big, bold flavor...our girls, not so much! ☺

#### Roasted Veggies

Dice red bell pepper, 1 onion, zucchini and squash. Use 1/3-1/2 of mixture for tonight's side dish (you can use the rest later in the week for veggie omelets). In medium-large sauté pan on medium heat, add 1-2 tbsp coconut oil or "butter" and your diced veggies. Sprinkle with salt/pepper and garlic salt. Cook until tender &/or slightly browned. (Raw veggies have the MOST nutrients & enzymes, so don't overcook them!)

#### 5) Shrimp Fried Rice

6-8 large shrimp/person

1 cup baby spinach (optional)

½ cup onion, diced

½ cup broccoli, diced

½ cup carrots, diced

2 cups cooked brown rice

2 eggs

2 TBS coconut oil

Salt/pepper, to taste

Coconut aminos (optional in place of soy sauce)

**Shrimp** – Peel & devein if needed, rinse/dry. Season w/ salt, pepper & other seasonings of choice. Heat skillet to medium heat and add 1-2 tbsp coconut oil or DF/SF butter. Cook shrimp for just 2-3 minutes each side, until no longer transparent. **Fried Rice** – Saute spinach, onions, broccoli & carrots. Add 1/2c cooked brown rice. Scramble 2 eggs into side of frying pan. Add butter and sesame seeds (optional).