

Week 2 Bootcamp Meal Plan

Breakfast:

- Strawberry Surprise Shake
- Green Apple Goddess Shake
- Mixed Berry Shake
- Morning Mocha
- Chocolate Almond Oat Smoothie
- Oatmeal and Berries (optional)

Snacks: (optional)

- Almonds (*any preferred nut except peanuts*)
- Green Apples with Almond Butter
- Berries
- Hummus w/ raw veggies
- Sliced Cucumbers with lemon, salt, and cayenne pepper
- Arbonne Fit Chews
- Arbonne Energy Fizz Sticks

Lunch:

- Any Protein Shake Blend
- Salads are great too

Dinner:

- Thai Cucumber Salas
- Cauliflower Alfredo
- Quinoa Burgers with Carrot Fries
- Thai Chicken Salad
- Lie Chipotle Shrimp
- Turkey, Kale & Brown Rice Soup
- Leftover or Dine Out Night

Shopping Tips

You will be able to find these items at stores like Whole Foods, Trader Joes, and in the natural or organic sections of some conventional grocery stores like Kroger.

Farmer's Markets are a great place to get local, more organic, less expensive fruits and veggies in the spring, summer, and fall. Check online for local markets – some are open year round. You may want to see if you can join a local farmer's CSA (farmshare).

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 (In the 30 Days Healthy Snacks and Veggies Guide).

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.

Week 2 Grocery List

<input checked="" type="checkbox"/> Veggies <ul style="list-style-type: none">– Spinach– Cucumbers (3+)– Red Peppers (2)– Red Onion– Asian Cabbage Mix– Radish– Snow Peas– Garlic– Cauliflower– Shallots– Kale– Yellow Onion– Carrots– Asparagus– Green Onions Fruits <ul style="list-style-type: none">– Blueberries– Strawberries– Lemons (5+)– Limes (7+) Herbs/Spices <ul style="list-style-type: none">– Garlic Powder– Chili Powder– Ground Ginger– Cumin– Tumeric– Nutmeg– Cayenne– Herbs de Provence– Red Chipotle Pepper– Parsley	<input checked="" type="checkbox"/> Dairy/Canned <ul style="list-style-type: none">– Almond Milk– EVVO & coconut Oil– Raw Agave– Sun Dried Tomatoes in oil– 40oz Chicken Broth– Cashews– Brown Rice Pasta– White Ben (1 can)– Black Beans (1 can)– Quinoa– Chickpeas (1 can)– Almond Butter Meat <ul style="list-style-type: none">– Ground Turkey– Chicken Breast 1 per person– 12 Jumbo Shrimp or more Snacks (optional) <ul style="list-style-type: none">– Boiled Eggs– Cucumbers with lemon and salt & cayenne pepper– Green Apples with almond butter– Homemade Kale Chips– Arbonne Fizz Sticks– Arbonne Fit Chews
Notes:	

Breakfast/Shake Recipes

Shake = 8-10oz liquid ~ Smoothie = 4-6oz liquid + 4oz ice or frozen fruit. Add handfuls of spinach to any of the shakes (We 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
-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



Thai-Inspired Cucumber Salad with Roasted Spiced Chickpeas

Note: The Roasted Chickpeas are optional if you wish to do the extra steps, the recipe is on the next page. If not use them straight from the can too! These are a fabulous snack too!

Ingredients

Dressing:

- 1/4 cup Apple Cider Vinegar
- 1/4 cup EVOO
- 1/2 teaspoon sea salt
- Lemon or Lime to taste

Salad:

- 2 medium cucumbers
- 1 red pepper, diced
- 1 cup diced red onion
- 1/4 cup roughly chopped cilantro
- 1/4 cup chopped cashews, for garnish
- Roasted spiced chickpeas (recipe follows)

Directions

Whisk dressing ingredients together in a small bowl and adjust to taste. Feel free to add agave or stevia sweetener if you prefer. Set aside.

Peel cucumbers, slice off the ends, and slice in half lengthwise (I keep everything on for added nutrients). Scoop out the seeds with a small spoon. Slice halves into 1/8-inch “half-moons” and toss into a large bowl. If your cucumbers are really big you can slice the half-moons in half as well.

Dice the red pepper and red onion and add into bowl. Roughly chop cilantro and add into bowl. Pour in all the dressing and toss to combine. Let this salad sit for about 30 minutes in the fridge, tossing every 10 minutes or so to help the dressing soak in.

Meanwhile, prepare the roasted chickpeas (if desired, you can use straight from can). Recipe follows onto the next page.

Portion into bowls and top with cashews and optional roasted chickpeas. Serve immediately.

Roasted Spiced Chickpeas

Ingredients

- 1 (15-oz) can chickpeas
- 1/2 teaspoon olive oil
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cumin
- 1/8 teaspoon ground turmeric

Directions

Preheat oven to 400F and line a medium baking sheet with a couple pieces of paper towel.

Rinse and drain the chickpeas and place onto paper towel. Add a couple paper towels on top and roll the chickpeas around until completely dry. This helps them crisp up in the oven.

Add the chickpeas into a medium mixing bowl and stir in the oil until coated. Now stir in the rest of the seasonings.

Discard paper towel and line baking sheet with parchment paper. Add chickpeas back onto the baking sheet.

Roast at 400F for 20 minutes. Give the pan a gentle shake to stir the chickpeas and roast for another 15-20 minutes, until golden and lightly charred on the bottom. I roast for a full 40 minutes because I like them on the crispy side, but keep an eye on them as oven temps vary.

Cool for 5 minutes or so and then top on your salad. They will lose their crispness quickly so these are best enjoyed immediately. You can also freeze the chickpeas once fully cooled and reheat them in the oven for 5 minutes or so to bring back the crispness.

Thai Chicken Salad

Ingredients

Almost everything in this recipe is to taste.

- Chicken Breast per person.
- Cabbage Mix
- Radish
- Cilantro chopped
- Snow Peas
- Cashew
- Cucumber

Dressing:

- Olive Oil, equal parts to lime juice
- 2 tsp. Agave
- 2-4 Limes
- Garlic
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Directions

Cook the Chicken. Heat a sauté pan over medium to high heat. Add 2 tbsp. of oil to the pan. Add a pinch of salt and pepper to the chicken breasts then add to the pan. Cook on each side for 3-4 minutes or until golden brown.

Prep the Vegetables. Slice the radish and cucumber into thin circular slices. Slice the green onion on a bias (angle). Chop the cilantro and the garlic. Slice the limes in half. Reserve the vegetables for final mixing of the salad.

Make the Dressing. Add the chopped cilantro and garlic to a bowl. Add the agave and the juice of two limes then combine. Add salt and pepper to taste.

Mix the Ingredients. Add all the sliced vegetables, cabbage mix and cashews to a mixing bowl. Drizzle the dressing over the salad and mix. Slice the cooked chicken into thin pieces and reserve for plating.

Plate the Dish. Place the salad mix in the middle of the plate gently and try to build the salad up to give it some height. Place the sliced chicken on the side of the plate.



Tomatoes

Ingredients

- 1/2 head cauliflower, about 2 cups worth
- 1 cup white beans (drained and rinsed if using canned)
- 1 cup kale raw or cooked to taste
- 1/8 cup sundried tomatoes, packed in oil
- 1 - 1 1/4 cup almond milk
- 3 Tbsp. EVOO, divided
- 1 large shallot
- Salt & pepper to taste
- 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 sauté the shallots until softened and lightly browned. Place the cooked cauliflower in a blender along with the white beans, almond milk, and sautéed 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

Black Bean Quinoa Burgers with Carrot Fries

Burger Ingredients

- 1 cup black beans
- 1 cup quinoa cooked
- 1 teaspoon cumin
- Lime juice from 1/3 lime
- Salt and pepper to taste
- Cayenne pepper to taste
- 2 garlic cloves, minced
- 1/3 yellow onion, finely diced
- 2 tablespoons fresh cilantro, diced
- 1 tablespoon coconut oil



Directions

In a medium mixing bowl, mash the black beans with a fork. Mix with the quinoa and then add the other ingredients. This will make 2-4 patties depending on how big you like them.

Heat the oil in a skillet over medium-high heat. When the oil is hot, fry the patties until they are nicely browned, about 5 minutes. Turn and fry the other side.

Baked Carrot Oven French Fries Ingredients

- 6 large carrots
- 2 tablespoons olive oil
- ½ teaspoon sea salt

Directions

Cut each carrot into 2-inch long sections.

Cut each section into thin sticks. In a large bowl toss

Carrot sticks with olive oil and salt. Spread out carrot sticks on a parchment paper baking sheet.

Bake at 425° for 18-22 minutes until carrots are browned.

Lime Chipotle Shrimp with Brown Rice and Asparagus

If Vegan use Pinto Beans

Ingredients

- 12 jumbo shrimp, peeled. Or a can of Pinto Beans.
- juice from 1 lime
- 2 Tablespoons EVOO
- 1/2 teaspoons ground red chipotle pepper
- 2 cloves garlic, minced
- 1/2 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 to taste
- Freshly ground black pepper
- 2 teaspoons fresh lemon juice



Directions

Shrimp or Beans:

Combine all ingredients in a zip-lock baggie and marinate for at least 20 min. If using beans drain some of the juice to desired consistency. 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, to taste.

Turkey, Kale and Brown Rice Soup



Ingredients

- 2 tablespoons extra-virgin olive oil
 - 5 large shallots, chopped
 - 3 medium carrots, peeled and cut into ½-inch pieces
 - 1 large red bell pepper, cut into ½-inch pieces
 - 8 ounces ground white turkey meat, broken into small chunks
 - 1 tablespoon herbs de Provence
 - 5 cups low-sodium chicken broth
 - 1 (15-ounce) can diced tomatoes, drained
 - 1 cup cooked brown rice
- 1 small bunch kale, center ribs removed, leaves coarsely chopped (4 packed cups)
 - 1 teaspoon kosher salt
 - ½ teaspoon freshly ground black pepper
 - ¼ cup chopped fresh flat-leaf parsley leaves

Directions

Heat the oil in a large pot over medium high heat. Add the shallots, carrots, and bell pepper and sauté, stirring frequently, until beginning to brown and soften slightly, 8 to 10 minutes. Add the turkey and stir until the meat turns white and begins to color very slightly around the edges, 5 to 7 minutes. Add the herbs de Provence and stir for 1 minute.

Add the broth, diced tomatoes, and cooked rice and bring to a boil. Stir in the kale and season with ¾ teaspoon of the salt and the black pepper. Reduce the heat to medium-low. Cover and simmer until the vegetables are tender, about 15 minutes. Season with the remaining ¼ teaspoon salt.

Ladle the soup into bowls