

## Week 3 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:

- Dairy Free Cobb Salad with Chopped Grilled Chicken (optional)
- Savory Quinoa Muffins with Beef & Asparagus
- Minestrone Soup with Quinoa & Kale
- Easy Oven Baked Chicken Fajitas
- Vegan Lentil & Rice Stuffed Peppers
- Southwest Spaghetti Squash
- 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 3 Grocery List

<p><input checked="" type="checkbox"/> <b>Veggies</b></p> <ul style="list-style-type: none"><li>– Baby Spinach Salad Mix</li><li>– Cucumbers (1+)</li><li>– Red Bell Peppers (2)</li><li>– Green Bell Peppers (5)</li><li>– Orange or Red Bell Pepper</li><li>– Yellow Onions (2)</li><li>– Roma Tomatoes (5)</li><li>– Avocados (4)</li><li>– Garlic (10 Cloves)</li><li>– Green Onions</li><li>– Celery</li><li>– Zucchini (2)</li><li>– Green Beans</li><li>– Kale</li><li>– Romaine Lettuce</li><li>– Mushrooms</li><li>– Large Spaghetti Squash</li></ul> <p><b>Herbs/Spices</b></p> <ul style="list-style-type: none"><li>– Garlic Powder</li><li>– Chili Powder</li><li>– Fennel Seed</li><li>– Cumin</li><li>– Tumeric</li><li>– Sea Salt &amp; Pepper</li><li>– Cayenne Pepper</li><li>– Dried Dill</li><li>– Dried Basil</li><li>– Paprika</li><li>– Red Pepper Flakes</li><li>– Cilantro (1-2 bunches)</li><li>– Fresh Oregano</li></ul>	<p><input checked="" type="checkbox"/> <b>Fruits</b></p> <ul style="list-style-type: none"><li>– Mixed berries</li><li>– Strawberries</li><li>– Lemons (2+)</li><li>– Limes (3+)</li></ul> <p><b>Dairy/Canned</b></p> <ul style="list-style-type: none"><li>– Almond Milk</li><li>– Almond Butter</li><li>– Raw Cashews % Walnuts</li><li>– Quinoa</li><li>– Detox Friendly Salsa</li><li>– Detox Friendly Marinara</li><li>– EVOO/Coconut Oil</li><li>– Organic Crushed Tomatoes (28oz)</li><li>– Organic Diced Tomatoes (15oz)</li><li>– Lentils</li><li>– Chickpeas (1can)</li><li>– Brown Rice Tortillas</li><li>– Brown Rice</li></ul> <p><b>Meat</b></p> <ul style="list-style-type: none"><li>– Ground Turkey (1 lb.)</li><li>– Chicken Breast (1 lb. + 1 per person)</li><li>– Grass fed beef (4oz per person)</li><li>– Organic Free range Eggs</li></ul> <p><b>Snacks (optional)</b></p> <ul style="list-style-type: none"><li>– Boiled Eggs</li><li>– Cucumbers with lemon and salt &amp; cayenne pepper</li><li>– Green Apples with almond butter</li><li>– Homemade Kale Chips</li><li>– Arbonne Fizz Sticks</li><li>– Arbonne Fit Chews</li></ul>
<p><b>Notes:</b></p>	

## 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



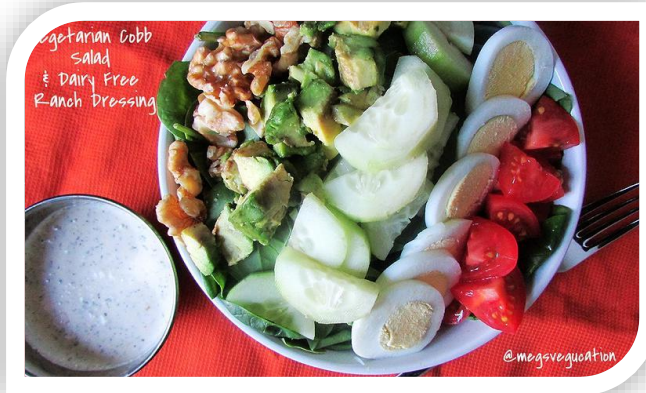
# Dairy Free Cobb Salad

This can always be served with more veggies, beans, or quinoa!

## Ingredients

### Dressing

- 1/4 cup raw cashews, soaked for 30 minutes
- 1/4 cup water
- 1/2 tablespoon lemon juice
- 1/2 teaspoon garlic, minced
- 1/2 teaspoon dill (dried)
- 1/2 teaspoon basil (dried)
- Optional: other spices such as cilantro to taste



### Salad

- 3-4 cups spinach, washed
- 2 Roma tomatoes
- 1/4 cup raw walnuts
- 1-2 ounces avocado, chopped
- 1 egg per/person, boiled and sliced
- 1/2 cup cucumber, washed, peeled and chopped
- diced cooked chicken (optional)

## Directions

Add cashews to a bowl and cover with water (soak for 30 minutes)

Bring 2-3 cups of water to a boil in a pot. Add egg for one minute. 3. After one minute, remove pot from heat, cover, and let sit (with egg still inside) for 12-15 minutes. Voila! Perfectly boiled egg!

Wash, cut/chop spinach, tomatoes, avocado, and cucumber and set aside in a salad bowl.

Remove egg from water (when ready) and slice for salad. Set aside.

When cashews are done soaking, add all dressing ingredients to a blender or food processor and buzz until smooth. (If it's too liquidy for your liking, put in the refrigerator for 5-10 minutes and it will thicken right up)." " Add all salad ingredients to a bowl and toss with dressing. Enjoy!

# Savory Quinoa Muffins (Gluten-Free!)

Serve with a side of asparagus and 100% grass-fed beef if you wish!



## Ingredients

- 1 cup uncooked quinoa
- 2 large eggs
- 1 cup red onions, finely chopped
- 3 garlic cloves, minced
- 1/2 cup fresh cilantro, finely chopped
- 1/3 cup tomatoes, diced
- 1/2 tsp. sea salt
- 1/2 tsp. freshly ground pepper
- 1 tsp. chili powder
- 2 chives, finely chopped, for garnish
- 2 cups salsa, for serving

## Directions

Cook quinoa according to package directions. Prepare muffin pan with nonstick baking spray.

Preheat oven to 350 degrees F.

In a large bowl, combine cooked quinoa with remaining ingredients, except chives and salsa; mix well to combine.

Transfer quinoa mixture to prepared muffin pan. Using a tablespoon, fill each muffin cup to the top, then using a spatula, press down on the mixture to create a flat surface.

Bake for 20 minutes or until golden brown. Remove from oven; set aside to cool for 15 minutes

Using a teaspoon, gently remove quinoa muffins from the muffin cups.

Transfer to a serving platter; serve with a sprinkle of fresh chives and a side of salsa for dipping.



# Minestrone Soup with Quinoa and Kale

## Ingredients

- 1 yellow onion - medium diced
- 2 celery stalks - medium diced
- 3 carrots - medium diced
- 2 tablespoons olive oil - or enough to cover the bottom of the pot
- 2 cloves garlic - finely chopped
- 2 cups fresh zucchini - medium diced (about 1 medium or 2 small)
- 2 cups green beans - cut in 1 inch pieces
- 1 bell pepper - medium diced
- 28 ounces can crushed tomatoes
- 4 cups of water
- 1 15-ounce can of cannellini beans
- 1 15-ounce can of chickpeas
- 1 cup quinoa
- 2 cups kale - stems removed
- 1 teaspoon turmeric (or to taste)
- Pinch of red pepper flakes
- Salt and pepper to taste

Optional- Garnish with slivered basil or finely chopped rosemary



## Directions

Place a large stockpot over medium heat and add the onions, carrots and celery. Cook for about 5 minutes or until softened

Add the garlic and a pinch of red pepper flakes and cook for about one minute or until garlic begins to color.

Add the zucchini and the green beans, season with salt and pepper, add the turmeric, stir and cook for about 3 minutes.

Add the tomatoes and the water, raise heat to high and bring to a boil.

Lower the heat to medium/low and allow the soup to gently boil (uncovered) for about 20 minutes.

Add the quinoa and cover for 15 minutes.

Remove the cover, add the kale and the canned beans (more water if needed) bring back to a gentle boil and cook for another 5 minutes or just until the kale is tender.

# Easy Oven Baked Chicken Fajitas

Note-Can be served with brown rice or beans of choice if you wish!

## Ingredients

- 2 tsp. extra virgin olive oil
- 12 Brown rice tortillas
- 2 cloves of garlic. finely diced
- 2 tsp. cumin
- 1-1/2 tsp. fresh oregano
- 1/4 tsp. kosher salt
- 1/4 tsp. cracked black pepper
- 1 (15oz) can diced tomatoes
- 1 medium onion, sliced
- 4 large mushrooms, sliced
- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 tsp. chili powder (you can add more if you like your fajitas hotter)
- Extra olive oil drizzle and seasonings for the veggies
- 1-1/2 large bell pepper, seeded and sliced (I use half an orange, half a yellow and half a red)



Suggested toppings: shredded lettuce, salsa, lime wedges, guacamole

## Directions

Preheat the oven to 400 degrees. Place chicken strips in a greased 13×9 baking dish.

In a small bowl combine the olive oil, chili powder, garlic, cumin, garlic, fresh oregano, fresh cilantro, pepper and salt"

Drizzle the spice mixture over the chicken and mix to ensure that it coats well

Now add the tomatoes, peppers, mushrooms and onions to the dish and drizzle with olive oil and a pinch of salt, pepper, cumin and chili powder. Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender.

Just before you are ready to serve, warm the tortillas, and add the chicken mix and toppings. Enjoy!

# Vegan Lentil & Rice Stuffed Peppers

Yield: Serves 4 people

Note- Can be served with your favorite detox friendly side salad!

## Ingredients

- 1 cup cooked brown rice
- 1 cup chopped mushrooms
- 1 onion, diced
- 2 cloves garlic, mince
- Tablespoon chopped basil
- 1/2 teaspoon oregano
- 4 bell peppers, blanched
- 1/2 teaspoon crushed fennel seed
- Tablespoon of olive oil
- 24oz jar of your favorite marinara
- salt and pepper to taste
- 2 cups cooked lentils (prepared from dry or canned lentils will do)



## Directions

Preheat your oven to 350°F.

Heat the oil in a large oven proof dutch oven or pot over medium low heat. Add the mushrooms and onions, and cook until onions are soft and mushrooms have browned.

Add the garlic and cook for about two to three minutes more. Remove from heat.

In a large bowl, add your lentils, rice, and mushroom mixture. To that add your basil, oregano, fennel, and half the jar of marinara. Stir and combine well. Season to taste with salt and pepper.

In the pot you used to cook the onions and mushrooms (or baking dish), spread a thin layer of the marinara sauce on the bottom of the pan. Fill each pepper with your lentil mixture, then place into your pot.

Top each pepper with a scoop of marinara. Put the lid on the pot, and bake in your preheated oven for 1/2 hour.

Remove the lid from the pot, and cook for about 10 more minutes. Remove from the oven, let cool ten minutes, and then serve!



# Southwest Spaghetti Squash

Prep Time: 20 minutes

Cook Time: 40 minutes

Yield: Serves 6 People

## Ingredients

- 1 large spaghetti squash
- 1 lb. lean ground turkey
- 2 medium Roma tomatoes, chopped
- 1 red bell pepper, seeds removed and chopped
- 1 can black beans, rinsed and drained
- 3 scallions, chopped
- 1/4 cup chopped fresh cilantro (plus a few sprigs for garnish)
- 1 avocado, peeled, seeded and thinly sliced
- juice of 1 lime
- 3 tbsp. olive oil
- 2 tsp. garlic powder
- 1 tbsp. ground cumin
- 2 tsp. chili powder
- 1 tsp. paprika
- 1/4 tsp. cayenne pepper (optional)
- salt and pepper



## Directions

Preheat the oven to 400 degrees.

Using a large knife or a cleaver, slice the spaghetti squash in half lengthwise down the middle. Use a spoon to remove the seeds and center strings.

Drizzle the two halves with 2 tbsp. of olive oil and then sprinkle with salt, pepper and 1 tsp. garlic powder.

Place the squash, open side down on a cookie sheet and bake for 30 minutes.

Remove from the oven, check to see if the squash is soft and easily comes up with a fork into a spaghetti like texture. If it's too hard to remove, cook for another 10 minutes.

Remove from the oven, scrape and fluff the stringy squash with a fork. Transfer the spaghetti squash to a large mixing bowl, but reserve the shells.

Heat a large skillet with 1 tbsp. olive oil on medium heat. Add the ground turkey, scallions and red bell pepper. Season with salt and pepper, garlic powder, cumin, chili powder, paprika and cayenne powder. Stir to combine and continue to cook on medium heat until the veggies are soft and the turkey is browned and cooked through, about 7-10 minutes. Remove from the heat and set aside.

In the large mixing bowl with the spaghetti squash, add the turkey mixture, tomatoes, black beans, cilantro and lime juice. Stir with a fork to mix until all ingredients are combined. Adjust seasoning if necessary.

Fill the two squash shells evenly with the mixture, garnish with the avocado slices and a few more sprigs of cilantro"