

Week 4 Bootcamp Meal Plan

Breakfast:

- Strawberry Surprise Shake
- Green Apple Goddess Shake
- Mixed Berry Shake
- Morning Mocha
- Chocolate Almond Oat Smoothie
- Any Protein Shake Blend
- 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:

- Callo de Pollo (Mexican Chicken Soup)
- Vegan Kale Salad or with Blackened Chicken
- Clean Eating Pasta or with Ground Turkey
- Cauliflower Shepard's Pie with Ground Beef
- Chicken & Veggie Quinoa Casserole
- Lemon Salmon and Vegetables
- 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 4 Grocery List

<input checked="" type="checkbox"/> Veggies –Zucchini (5) –Roma Tomatoes (3) –Yellow Onion (2) –Sweet Potato (2) –Carrots (8) – Celery (6 Stalks) –Cabbage (1/2 Head) –Jalapeños (2) –Chayote’s (or other squash, 2) –Garlic (4 Cloves) –Kale (3 cups) –Shallot –Frozen Peas –Green Onions –Red Onion –Asparagus –Broccoli –Cauliflower –Spinach –Chives Herbs/Spices –Garlic Powder –Chili Powder –Cumin –Sea Salt & Pepper –Cayenne Pepper –Paprika –Dried Oregano –Dried Thyme –White Pepper –Onion Powder –Lemon Pepper –1-2 Bullion Cubes –Cilantro –Parsley	<input checked="" type="checkbox"/> Fruits – Mixed berries – Strawberries – Lemons – Green Apple Dairy/Canned – Almond Milk – Almond Butter – Brown Rice – Quinoa – Kidney Beans (1 can) – Chickpeas (1 can) – EVOO & Apple Cider Vinegar – Tomatoes Diced – Tomato Sauce – Tomato Paste – Brown Rice Pasta Rotini or Choice – Brown Rice or Almond Flour – Chicken Broth Meat – Whole or precut Chicken – Chicken Breast (1 per person) – Chicken Breast (8oz) – Ground Turkey (1-1/2 lbs.) – Grass fed beef (1-1/2 lbs.) – Salmon Fillet (1 per person) Snacks (optional) – 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
1/2 - 1 Scoop Fiber Booster



Green Apple Goodness

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



Mixed Berry Shake

1/4 - 1/2 cup Frozen Mixed Berries
1 tsp. flax seeds
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
1/2 - 1 Scoop Fiber

Morning Mocha

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



Caldo De Pollo (Mexican Chicken Soup)

Can be made into Vegetable soup with Lentils for Vegan Option!

Ingredients

- Whole or Precut Whole Free Range Chicken or Lentils
- 2 Chayotes (if not available any other squash of choice)
- 1-2 organic Bouillon cube (to taste)
- 2 Zucchini (to taste)
- 3 Roma Tomatoes
- 1 Yellow Onion
- 1 Sweet Potato
- 4 Carrots (or to taste)
- 4 Celery Stalks (or to taste)
- 1/2 Head of Cabbage Chopped
- 2 Whole Jalapenos
- 1/2 cup Brown Rice
- cilantro (to taste)
- 2 Garlic Cloves
- Salt and Pepper (to taste)
- Cayenne (optional)



Directions

Clean out whole chicken if needed. I put it in whole, you may want to have it pre-cut or break it down yourself. Add to pot and cover with water. Add onion, garlic, and spices. When I use bullion, I don't add salt to keep my salt intake at a healthy level :). Cover and bring to boil then med-high simmer for about 45 minutes to an hour. Depending on size of the chicken so keep an eye!

While the chicken is cooking, chop all of your veggies, EXCEPT the jalapeños! Those will be added whole unless you like spicy, then you can slice them in half to taste.

When chicken looks about done, add the vegetables and rice. Then cook for about another 30 minutes.

Serve topped with avocado and cilantro. Squeeze half a lemon and enjoy!!! Add salsa if you want too! Credit to my Momma & Grandma, for our traditional family recipe :) Well, I substituted sweet potatoes and brown rice for the detox. Still YUMMY! Great during flu season! Love, Bianca Gutierrez!

Vegan Kale Salad

served with optional Blackened Chicken. Recipe on next page.



Ingredients

- 1 Can kidney beans
- 1 Can garbanzo beans
- 2 c. Chopped kale
- 1 Green apple, cored and finely chopped
- 1 Shallot, very thinly sliced
- 3 T. Olive oil
- 1 t. Apple cider vinegar
- 1 t. Dijon mustard (optional)
- 1 t. Lemon juice
- Zest of 1 lemon
- Kosher salt & pepper

Directions

Thoroughly rinse all of the beans in water and then roll them up in a paper towel to absorb any excess liquid. Add them to a large bowl, then gently fold in the kale, apple, and shallot. In a small bowl, whisk the olive oil, apple cider vinegar, lemon zest, and lemon juice together. Add a few pinches of salt, whisk again, and drizzle over the salad. Gently toss everything together and add salt and pepper to taste.

Blackened Chicken

I don't normally brine, but you are more than welcome to.



Ingredients

- 1/4 Cup Salt
- 1 Quart Water
- 4-6 Large Chicken Breasts
- 2 tablespoons paprika
- 1 tablespoon ground dried oregano
- 1 tablespoon ground dried thyme
- 1 tablespoon cayenne pepper
- 1 teaspoon finely ground black pepper
- 1 teaspoon finely ground white pepper
- 1 teaspoon garlic powder
- Oil for your grill

Directions

Brine Your Chicken Breasts — This sounds very fancy but it is actually really easy. Ever since I learned how to do this, I won't grill chicken breasts without brining. It makes THAT big of a difference. All you do is throw your chicken breasts in a gallon sized ziploc bag 1/4 Cup. Then in a pyrex mix Salt into 1 Quart of water until it is mostly dissolved. Pour the mixture into your bag of chicken and let it sit for an hour or two. Note: I keep my ziploc bag inside another bowl just in case it decides to leak or something. Chicken juice leaking in the fridge is No Bueno.

Liberally Sprinkle Your Rub Onto The Chicken. Then, um...Rub. Get a good coating on each side so it can get all up in your chicken. The brine gives you moisture and flavor from the inside, the rub is giving you a little FLAVA for the outside.

Oil Up Your Grill and Grill Out! Make sure to oil the grates of your grill so there is no sticking (pour a little on a paper towel, turn the heat down for a quick second, rub your grates, presto!) Grill your chicken breasts until they are full cooked inside (depends on the size and thickness of your breast, but I usually find it to be somewhere between 5 minutes each side with the grill open, and a few minutes with grill closed.)

Clean Eating Pasta

You can omit turkey if vegan dish is desired.



Ingredients

- 1 1/2 pounds lean ground turkey
- 1 tablespoon olive oil
- 2 medium zucchini, shredded
- 2 medium carrots, shredded
- 1 (15 ounces) can tomato sauce, no sugar added
- 1 (28 ounces) can diced tomatoes
- 1/2 pounds Brown Rice Rotini or Pasta of choice
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon ground cumin
- 2 cups raw spinach, tightly packed
- 2 cup water

Directions

In a large pan, cook the turkey in the olive oil until almost completely cooked.

Add the zucchini, carrots, tomato sauce, diced tomatoes, spinach and spices.

When the spinach has cooked down so there is some room in the pan, add the pasta and cook until soft, stirring frequently and adding the water in increments as needed for cooking.

Cauliflower Shepard's Pie

Can be made into a Vegan dish, lentils replace the beef.



Ingredients

For the meat filling

- 2 tablespoons EVOO
- 1 cup chopped onion
- 2 carrots, peeled and diced
- 2 celery sticks diced
- 2 cloves garlic, minced
- 1-1/2 pounds ground beef
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons flour
- 2 teaspoons tomato paste
- 1 cup chicken broth
- 2 teaspoons chopped parsley
- 1/2 cup fresh or frozen English peas

For the cauliflower mash

- 2 heads cauliflower, chopped
- salt and pepper
- splash of coconut milk
- chives

Directions

Preheat the oven to 400 degrees

Chop 2 heads of cauliflower and place in large pot of water to boil

While the cauliflower is boiling, sauté onions and carrots in the oil in a saucepan over medium heat until they begin to get color.

Add garlic and stir to combine then add beef, salt, pepper, and cook until brown. Then sprinkle the meat with the flour, stir and cook for another minutes.

Add the tomato paste, chicken broth, and parsley and stir to combine.

Bring the mixture to a boil, reduce the heat to low, and simmer about 10 minutes.

Add the peas to the beef and spread evenly into individual ramekins or an 11.5 by 8 inch baking dish.

Put boiled cauliflower in food processor and season with salt pepper (I also added a splash of milk)

Top beef mixture with cauliflower – and sprinkle with chives. Bake until golden brown and bubbling about 25 minutes.



Chicken and Quinoa Casserole

Yield: Serves 2 People

Can omit the chicken if needed.

Ingredients

- 1 cup cooked chicken breast, cut into small pieces or shredded
- 1 cup cooked quinoa
- 1/4 cup egg whites
- 1 cup kale, “massaged” with a dash of sea salt
- 1/2 cup frozen peas
- 1 green onion, diced
- 2 tablespoons fresh salsa
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- salt and pepper



Directions

Preheat oven to 350 degrees.

Place kale in a large bowl and sprinkle with salt. “Massage” the kale, or rub it between your fingers until it starts to break down and become slightly wilted – this makes it not so bitter and less voluminous.

Add in the chicken, quinoa, peas, salsa, green onion, and spices and mix all ingredients together.

Pour in the egg whites and combine well.

Press mixture into a lightly greased casserole dish, pressing firmly down to pack.

Bake for 20 minutes, then broil for 10 minutes at 500 degrees until the top is slightly browned.

Lemon Salmon and Vegetables

Served with quinoa or brown rice too if you wish!

Ingredients

- 1 salmon fillet per person
- 1 organic lemon, and its juice
- olive oil
- 1/3 sweet potatoes cut into small
- 1/3 small zucchini cut into pieces
- 1/2 small red onion, cut into pieces
- 3 green asparagus, diced
- 1/3 of broccoli cut into small
- salt, lemon pepper



Directions

Preheat oven to 200 degrees.

Arrange salmon in a casserole dish and vegetables around it. Season the salmon and vegetables with salt, lemon pepper and lemon juice. Sprinkle vegetables with olive oil. Slice the lemon and place the slices on top of salmon fillets. Cover. Bake the salmon and vegetables in the oven for 20-30 minutes or until done.