

# Week 1 Traditional

## Breakfast:

See Shake Recipes –  
“under getting started  
documents to print”  
One shake every  
morning to fuel your  
body!

## Dinner:

- 1.) Cilantro Citrus Chicken w/ Sweet Potato, & Broccoli
  - 2.) Simple Spaghetti Squash Skillet
  - 3.) Sautéed Shrimp & Broccoli
  - 4.) Crock Pot Chicken Tortilla Soup
  - 5.) Build your own Pizza Night!!
- Days 6 & 7 Leftovers

## Lunch:

Repeat shakes or dinner leftovers

*(If weight loss is major goal, do 2 shakes/day)*

## 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 we personally prefer, it's listed in ().

You will be able to find these items at stores like Whole Foods, Trader Joes and in the natural or organic section of some conventional grocery stores like Kroger & Meijer. Farmers Markets are a great place to get local, more organic, less expensive fruits and veggies in the spring, summer and fall. Check on line for local markets, some are open year around. You may want to see if you can join local farmers CSA (Farm Share)

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.

## PRODUCE:

Qty.	Item	Meal #
1	Spaghetti Squash	2
4 med	Sweet Potatoes	1
2 Lg bunches	Broccoli	1,3
1 c	Sliced Mushrooms	2,3
3	Yellow Onion	1,2,4
1	Green Bell Pepper	2
½ pepper	Red Bell Pepper	3
2 sm bunches	Green Onions	3,4
1 container	Fresh Basil	5
1	Avocado	4
1 bunch	Cilantro	1
1 bunch	Parsley	1,2
1	Lemon + zest for meal 1	1
2	Limes	1
12 cloves	Garlic	1,2,3,4
2 tsp	Fresh Ginger	3

## DAIRY/COLD:

Qty.	Item	Meal #
	Daiya Cheddar or Classic Blend (Mexican)	4
1 pkg	Daiya Parmesan Cheese	2
8	Organic Boneless Skinless Chicken Breast Optional: Use leftovers for recipe 5	1,4,5
	Ground Turkey (Organic) Do your best! (Lean)	5

	Optional for recipe 5	
1 lb.	Ground Beef (Grass Fed)	2

### FROZEN:

Qty.	Item	Meal #
	Frozen Mixed Berries	Optional Shakes
	Frozen Strawberries	Optional Shakes
1 lb	Med/Lg Shrimp Deveined (wild caught) Do your best!	3
1 pkg	Brown Rice Tortilla's (Food for Life) is a favorite	4,5

### PANTRY:

Qty.	Item	Meal #
1-15 oz. can	Organic Black Beans	4
2c cooked	Quinoa or Brown Rice (Optional)	3
20 ounces	Organic Low Sodium Chicken Broth	4
3- 14.5 oz. cans	Canned Organic Diced Tomato's or Fire Roasted (Muir Glen Brand)	2,4
1-15 oz. can	Tomato Sauce (Muir Glen Brand)	2
1-4 oz. can	Chopped Green Chili Peppers	4
	Bragg Apple Cider Vinegar	3
	Coconut Oil	3
	Organic Coconut Cooking Spray	1,4
	Olive Oil	1,2
	Slices unsalted almonds	1
¼ c	Coconut Amino's	3
1	Black Pepper	1,2,4
1	Sea Salt	1
2 tsp	Cumin	1,4
	Crushed Red Pepper Flakes	3
2 tsp	Dried Basil	2
1	Bay Leaf	4

½ tsp	Dried Oregano	2
1 tsp	Chili Powder	4
	Italian Seasoning	5
1 10 oz. can	Red Enchilada sauce	4

# Recipes Week 1

## 1. Cilantro Citrus Chicken with Sweet Potato & Broccoli



Serves: 4

### INGREDIENTS:

- 1/2 cup chopped yellow onion
- 1 bunch fresh cilantro leaves
- 1 bunch fresh parsley leaves
- juice of 1 lemon (reserve for lemon zest for broccoli)
- Juice of 1 lime
- 1 tablespoon olive oil
- 2 garlic cloves
- 4 boneless, skinless chicken breasts (or a cut-up chicken)



½ teaspoon salt  
1 teaspoon ground cumin  
1/2 teaspoon freshly ground black pepper  
Organic Coconut cooking spray  
To serve: garnish with fresh squeezed lime juice

### **Instructions:**

1. Combine first 7 ingredients in a food processor/blender; process until smooth. Remove about 1/4 cup of the mixture, if desired, to serve with the cooked chicken.
2. Place the chicken and the remaining herb mixture in a large zip-top plastic bag. Seal and marinate in refrigerator, turning bag occasionally, or place chicken in a glass baking dish with marinade and cover tightly with plastic wrap. Let marinate in refrigerator for at least one hour or overnight. (The longer, the better.)
3. Preheat oven to 400 degrees F.
4. Remove chicken from bag; discard marinade. Let chicken stand 15 minutes.
5. Sprinkle chicken evenly with salt, cumin, and pepper. Line a 9 x13 glass dish with parchment paper and transfer chicken to dish leaving enough space between the pieces. Cover with a parchment paper lightly sprayed with coconut oil. Roast chicken for about 30-40 minutes, or until chicken comes up to 160 degrees F.
6. Transfer to a serving dish and cover with foil. Allow to rest for about 15 minutes before serving.
7. If using a cast-iron skillet, add about 1 Tbsp. of coconut oil and heat the oil until it just starts to smoke. Cook each side of the chicken for 4-6 minutes (boneless, skinless breast pieces), or about 10 minutes if using chicken pieces.
8. To serve, squeeze fresh limejuice over the top. Or serve with the reserved marinade. (Not the one you marinated the chicken in.)

### **Baked Sweet Potatoes**

4 medium sweet potatoes, unpeeled  
black pepper

## **DIRECTIONS:**

Heat oven to 400° F. Pierce each sweet potato several times with the tines of a fork. Place the sweet potatoes on a rimmed baking sheet lined with parchment paper. Bake until tender, about 45 minutes. Make a slit in the top of each sweet potato. Add Pepper.

## Steamed Broccoli Recipe

### **INGREDIENTS:**

1 lg bunch of broccoli

Olive oil

Freshly ground black pepper

Lemon zest (use lemon from the chicken recipe to zest)

Toasted almonds (optional)

### **DIRECTIONS:**

1. Cut the crowns away from the large stems of the broccoli. Break the crown up into bite-sized florets. Rinse the broccoli florets thoroughly. Peel and discard the thick outer skin of the stems. Slice the stems or cut them into quarters lengthwise.
2. Place 3/4 to 1 inch of water in a saucepan with a steamer and bring to a boil. (Note that is you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.) Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 5-6 minutes. The broccoli is done when you can pierce it with a fork. As soon as it is pierce-able, remove from heat, place in serving dish.

*Note that green vegetables like broccoli will turn from vibrant green to drab olive green at about the 7 minute mark of cooking. So, watch the time, and don't let the broccoli overcook!*

3. How to toast almonds. Put in dry pan on medium and toss often until lightly browned.
4. Dress to taste with olive oil, lemon zest, and ground black pepper, toasted almonds.

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## 2. Simple Spaghetti Squash Skillet



Serves: 4

### INGREDIENTS:

- 1 spaghetti squash
- 1 tsp extra virgin olive oil
- 1 lb lean ground Beef (grass fed, if possible)
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1/4 cup diced green bell pepper
- 1/2 cup sliced mushrooms

2 (14.5 oz.) cans organic diced tomatoes  
1 (15 oz.) can organic tomato sauce  
2 Tbsps. fresh parsley  
2 tsp dried basil  
1/2 tsp dried oregano  
Freshly ground black pepper, to taste  
Sprinkling with Daiya Parmesan Cheese (Optional)

**DIRECTIONS:**

**For the spaghetti squash Prep:**

1. Cut a medium spaghetti squash in half, scoop out seeds.
2. Very lightly coat the inside with olive oil.
3. Bake @375 degrees, skin side up, on a flat sheet pan for about 45 minutes.
4. Cool just a bit
5. Use a fork to shred "spaghetti" out of the skin.
6. Use paper towels to soak up moisture just a bit.

**For the Skillet:**

1. Heat large skillet over medium-high heat. Once hot, crumble in meat and cook until browned, stirring occasionally. Drain fat, set cooked meat aside.
  2. Heat olive oil in skillet, once hot and add onion and green peppers and sauté until tender, about 3 minutes, adding in garlic & mushrooms during last 30 seconds of sautéing.
  3. Pour in diced tomatoes, and sauce. Stir in fresh parsley, the basil, oregano, and season with pepper to taste.
  4. Bring just to a gentle boil then add cooked spaghetti squash noodles and cooked meat, stir and submerge noodles in liquid, then reduce heat to a simmer for 2 minutes until heated through.
  5. Garnish with fresh chopped basil and a touch of Parmesan, serve warm.
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### 3. Sautéed Shrimp & Broccoli



**Serves 4**

#### **INGREDIENTS:**

- 1 pound medium/large shrimp, peeled and deveined
- 2 Tbsps. coconut oil, divided
- 1/4 cup (1-inch) diagonally cut green onions
- 2 tsp minced peeled fresh ginger
- 3 garlic cloves, thinly sliced
- 2-3 cups fresh broccoli florets
- 1/2 cup sliced fresh mushrooms
- 1/2 of a Red bell Pepper, chopped
- 1/4 cup coconut amino's
- 2 Tbsps. Apple Cider vinegar
- 1/8 teaspoon crushed red pepper flakes
- 2 cups precooked brown rice or quinoa (optional)

#### **DIRECTIONS:**

1. Heat a large wok or skillet over high heat.
2. Add 1 Tbsps. oil; swirl to coat.
3. Add shrimp; stir-fry 4 minutes.



4. Remove shrimp from pan; place in a medium bowl.
  5. Add 1 tsp oil to pan; swirl to coat. Add green onions, ginger, and garlic to pan; stir-fry 45 seconds. Add onion mixture to shrimp.
  6. Add remaining oil to pan; swirl to coat. Add broccoli, mushrooms, & red pepper; stir-fry 2 minutes. Stir in shrimp mixture, coconut amino, and remaining ingredients; bring to a simmer. Cook 1 minute or until shrimp are done and broccoli is crisp-tender.
  7. Add precooked brown rice to the meal if you choose. (Stir in hot rice immediately before serving)
  8. Option: pre cook my rice/quinoa, let cool, separate into portion sizes...then freeze for QUICK future meals.
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## 4. Crock Pot Chicken Tortilla Soup



Serves: 4

## **INGREDIENTS:**

4 uncooked boneless, skinless chicken breasts  
1 (14.5 oz.) can crushed tomatoes, with juice  
1 (15 oz.) can black beans, drained & rinsed  
10 oz. can red enchilada sauce  
1 medium onion, chopped  
1 (4 oz.) can chopped green chile peppers  
2 cloves garlic, minced  
2 (14.5 ounce) cans chicken broth low sodium  
1 tsp cumin  
1 tsp chili powder  
1/2 tsp salt  
1/4 tsp pepper  
1 bay leaf  
brown rice tortillas  
organic Coconut cooking spray  
1 pkg. Daiya Shredded Cheddar Cheese  
1 Avocado  
1 bunch Green Onion

## **DIRECTIONS:**

1. Place chicken, tomatoes, enchilada sauce, black beans, onion, green chilies, and garlic into your crock-pot. Pour in chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.
  2. When fully cooked, pull chicken out and shred. Place back inside crock pot.
  3. Preheat oven to 400 degrees. Lightly spray both sides of tortillas with cooking spray. Cut tortillas into strips using a pizza cutter, then spread on a baking sheet. Sprinkle with sea salt and pepper if desired.
  4. Bake in preheated oven until crisp. To serve soup, top with cheese, avocado, green onions, and a sprinkle of tortilla strips on top.
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## **5. Build your own Pizza**



Serves:4

**INGREDIENTS:**

4- GF Brown Rice Tortilla's (1/person)

15 oz. can Pizza Sauce (Muir Glen Organic)

Use leftover veggies.

(Spinach, Mushroom, Red Bell Peppers, Broccoli, Tomato  
Garlic, or Onion)

Suggested Meat: seasoned ground turkey or chicken (left overs)

Cheddar &/or Mozzarella Daiya wedge "cheese" (Daiya melts best)

Chopped fresh Basil

Dried Italian Seasoning

Preheat oven 425 degrees

**DIRECTIONS:**

In a large pan, sauté veggies in coconut oil to soften them.

Build your pizza: 2 Tb Pizza Sauce, sautéed veggies, meat (optional), top with  
Shredded Daiya cheese, Sprinkle with Italian seasoning and/or fresh Basil  
(optional)

Bake 5-7 minutes or until edges brown and cheese melts.