

## Week 3 Traditional

### Breakfast:

See Shake Recipes – under  
“The Shake Recipe Tab”  
One shake every morning to fuel  
your body!

### Dinner:

- 1) Coconut Fish w/ Garlic Spinach
  - 2) Chicken Quesadillas w/ Guacamole
  - 3) Black Bean Quinoa Burger w/ Fries
  - 4) Porcupine Meatballs w/ “Potatoes”
  - 5) Anaheim Turkey Wraps with Kale Chips
- Days 6 & 7) Leftovers

### Lunch:

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

## **Week 3 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.

**MEAT:**

<b>Qty.</b>	<b>Item</b>	<b>Meal #</b>	
4 filets	Fish – Mahi-mahi	1	
4	Organic Chicken Breast or thighs	2	
1 lb.	Grass-fed Ground Beef or Free-Range Turkey	4	
16 slices	Turkey Breast – free-range, antibiotic/hormone-free	5	

**PRODUCE:**

<b>Qty.</b>	<b>Item</b>	<b>Meal #</b>	
2	Onion	1,3,4	
1	Red Onion	2	
1	Yellow Onion	3	
	Garlic	1, 2, 3	
	Spinach	1,2, Shakes	
1 large	Shallot	1	
2	Lime	2, 3	
4	Avocados	2, 5	
1	Jalapeño pepper	2	
2	Roma Tomatoes	2	
1 bunch	Fresh Cilantro	2,3	
6 large	Carrots	3	
1	Green Bell Pepper	4	
2 heads	Cauliflower	4	
	Romaine Lettuce	5	
4	Anaheim Chili Peppers	5	
1 bunch	Kale	5	
2	Lemons	5	
Optional	Strawberries	Snack	
Optional	Blueberries	Snack	
Optional	Green Apples	Snack	
Optional	Raw Veggies	Snack	

**DAIRY/COLD:**

<b>Qty.</b>	<b>Item</b>	<b>Meal #</b>	
	Unsweetened Almond Milk	4, Shakes	
	Coconut Milk	1, Shakes	
If needed	Hummus	Snack	

1 bag	Dairy free Cheddar Style Shreds (Daiya)	2	
1 bag	Dairy free Pepper jack Style Shreds (Daiya)	2, 5	
	Earth Balance Natural Buttery Spread (soy free)	4	

**PANTRY:**

<b>Qty.</b>	<b>Item</b>	<b>Meal #</b>	
	Organic Salsa (no vinegar, no sugar)	2	
1 can	Organic Black Beans	3	
	Quinoa	3	
	Brown Rice	4	
2 ½ cups	Low-sodium Tomato Juice	4	
1 16 oz Jar	Almond Butter	Snack	
	Raw Almonds	Snack	
	Cashews	Snack	
	Pistachios	Snack	

**FROZEN:**

<b>Qty.</b>	<b>Item</b>	<b>Meal #</b>	
if needed	Frozen Mixed Berries	Shakes	
If needed	Frozen Strawberries	Shakes	
If needed	Brown Rice Tortillas (Food for Life)	1, Snack	

## Dinner Recipes:

### 1. Coconut Fish with Garlic Spinach

Serves: 4

#### Ingredients:

- coconut milk
- 2T coconut
- 4 cloves of garlic, minced
- ½ medium onion, chopped
- 4 fillets of Fish (mahi-mahi)
- sea salt



#### Instructions:

1. Heat oil in a skillet on medium heat.
2. Add garlic and onions. Cook until the onions begin to caramelize. Take out of skillet and set aside
3. Add a bit more oil to the same pan, if needed. Place fish into skillet and sprinkle with sea salt. Brown slightly on each side.
4. Pour about ¼ c coconut milk over the fish and continue to cook. When almost done, put the onions & garlic mixture on top of the fish.
5. Add additional ¼ c coconut milk, more if needed.

### Garlic Spinach

#### Ingredients:

- 1 large shallot, diced
- 3 cloves garlic, diced
- 1 tablespoon olive oil
- 4 cups fresh spinach

#### Instructions:

1. Place the shallot and garlic in a pan with the olive oil and sauté for 1-2 minutes.
2. Add the spinach and cook until it is properly wilted.

## **2. Chicken Quesadillas with Guacamole**

Serves: 1 (Just repeat according to family size)

### **Ingredients:**

- EVOO
- 1 Brown Rice Tortilla per person
- ½ medium red onion, sliced
- 1 clove garlic, minced
- Large handful of spinach
- Dairy Free, Soy Free Cheddar Cheese (Daiya)
- Dairy Free, Soy Free Pepper Jack Cheese (Daiya)
- Organic Salsa (no vinegar or sugar)



### **Instructions:**

1. Sauté sliced red onion and garlic in EVOO until soft and golden brown.
2. Add in 1-2 handfuls of spinach and sauté till soft and wilted. Remove onion, garlic and spinach from skillet and set aside.
3. Use\*organic cooking spray or EVOO to lightly coat bottom of the skillet. Place tortilla in skillet.
4. Then lightly cover ½ of the tortilla with “cheddar cheese”
5. Top that with shredded chicken, then onion/garlic/spinach mix, salsa and finally top that with the “pepper jack cheese”.
6. Fold the empty side of the tortilla over on top of the covered side. Let cook until cheese is melted and tortilla gets crispy.
7. Then flip the quesadilla over and cook on the other side until that cheese is melted and tortilla gets crispy. Place quesadilla on a plate and cut in to triangle pieces.
8. Serve with guacamole and salsa

# Guacamole

## Ingredients:

- 3 avocados, halved; seeded
- 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
- 3 tablespoons chopped cilantro
- 1 clove garlic, minced



## Instructions:

1. In a large bowl place the scooped avocado pulp and lime juice, toss to coat.
2. Drain, and reserve the lime juice, after all of the avocados has been coated.
3. Using a potato masher add the salt, cumin, and cayenne and mash.
4. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic.
5. Add 1 tablespoon of the reserved lime juice.

### **3. Black Bean Quinoa Burgers with Carrot Fries**

Serves: 4

#### **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



1. 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.
2. 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
- tablespoons olive oil
- ½ teaspoon celtic sea salt

#### **Instructions:**

1. Cut each carrot into 2-inch long sections.
2. Cut each section into thin sticks. In a large bowl toss carrot sticks with olive oil and salt.
3. Spread out carrot sticks on a parchment paper baking sheet.
4. Bake at 425° for 18-22 minutes until carrots are browned

## **4. Porcupine Meatballs & Cauliflower Mashed Potatoes**

Serves: 4

### **Ingredients:**

- 1 lb organic/grass fed ground beef or turkey
- ½ cup uncooked brown rice
- 1 tsp sea salt
- ½ tsp black pepper
- Dash chili powder
- 1 Tbls EVOO
- ½ medium onion, diced
- ½ bell pepper, diced
- ½ cup low-sodium tomato juice

1. Combine meat, rice, salt, pepper, & chili powder.
2. Roll into balls and place in 9X13 baking dish.
3. Sauté onion and pepper in EVOO in skillet over medium-high heat.
4. Pour over meatballs in baking dish and cover with tomato juice.
5. Cover and bake for 1-1.5 hours.
6. Uncover last 15 minutes.



### **Cauliflower Mashed Potatoes**

#### **Ingredients:**

- 2 heads cauliflower, washed and cut into large pieces
- 2 tablespoons Organic Butter or olive oil
- ½ teaspoon sea salt

1. Steam the cauliflower pieces until very tender.
2. Puree cauliflower in a food processor; add in buttery spread and salt.
3. Reheat in a casserole dish in the oven at 350° for 20 minutes.



## 5. Anaheim Turkey Wraps with Lemon Kale Chips

- 4 Lettuce leaves (Romaine, Living, anything large)
- 16 slices turkey breast (free-range, antibiotic & hormone-free)
- 4 Anaheim chili peppers
- 1 Avocado
- 4 oz Pepper jack "Daiya cheese", shredded



1. Roast peppers for 20-30 minutes or until skin easily peels off in 375-400 oven.
2. In toaster oven or skillet, heat turkey & place cheese on top to melt (melts faster if shredded).
3. Slice avocado into 8 slices.
4. Once peppers are done, cut off tops, remove seeds and peel off skin.
5. Once cheese is melted and warmed through, top lettuce leave with turkey/cheese, pepper and 2 slices of avocado.

### Lemon Kale Chips

#### Ingredients:

- 1 bunch kale (prepared and washed)
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon Celtic sea salt

1. Preheat oven to 350°.
2. Chop kale into ½ inch pieces. Place kale in a large bowl.
3. With hands massage oil, lemon juice and salt into kale.
4. Place kale on parchment lined baking sheet.
5. Bake at 350° for 10-15 minutes until kale is dark green and crispy.
6. Cool and serve

