

Week 2 Meal Plan

Breakfast:

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

Dinner:

1. Herbed Lemon Chicken w/ Broccoli
 2. Zesty Quinoa Salad w/ Spinach
 3. Lime Chipotle Shrimp w/ Asparagus
 4. Cauliflower Alfredo w/ Kale
 5. Turkey Chili w/ Sweet Potato Fries
- Days 6 & 7) Leftovers or Dine Out

Lunch:

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

Week 2 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:

Qty.	Item	Meal #	
4	Chicken Breasts (free-range)	1	
12	Jumbo Shrimp	3	
1 lb.	Ground Turkey (free-range)	5	

PRODUCE:

Qty.	Item	Meal #	
5-6	Lemons	1,2,3	
1-2 bulbs	Garlic	1,2,3,5	
2 heads	Broccoli	1,2	
2	Red Onions	2, 5	
1 bunch	Scallions	2	
1	Lime	3	
2 lbs	Asparagus	3	
1 head	Cauliflower	4	
1 large	Shallot	4	
	Kale	4, Shakes	
	Spinach	2, Shakes	
	Avocado	5	
1 Lrg or 2 Med	Sweet Potato	5	
Optional	Strawberries	Snack	
Optional	Blueberries	Snack	
Optional	Green Apples	Snack	
Optional	Raw Veggies	Snack	

DAIRY/COLD:

Qty.	Item	Meal #	
	Unsweetened Almond Milk	4, Shakes	
	Coconut Milk	Shakes	
If needed	Eggs (cage-free)	Opt. Bfast	
If needed	Hummus	Snack	

PANTRY:

Qty.	Item	Meal #	
	Dried Dill	1	
	Dried Tarragon	1	
	Ground Chipotle Pepper	3	
	Ground Nutmeg	4	
	Chili Powder	5	

¼ cup	Pine Nuts	1	
½ cup	Sliced Almonds	2	
	Vegetable Broth	2	
	Quinoa	2	
	Brown Rice pasta (Tinkyada is the best!)	4	
	Brown Rice	3, 4	
1 can	White Beans	4	
28 oz. can	Diced or Crushed Tomatoes (preference)	5	
1 can	Kidney Beans	5	
1 can	Black Beans	5	
1 16 oz Jar	Almond Butter	Snack	
	Pistachios	Snack	
	Cashews	Snack	
	Raw Almonds	Snack	

FROZEN:

Qty.	Item	Meal #	
if needed	Frozen Mixed Berries	Shakes	
If needed	Frozen Strawberries	Shakes	
If needed	Brown Rice Tortillas (Food for Life)	Snack	

Dinner Recipes:

1) Herbed Lemon Chicken with Sautéed Broccoli

- 4 skinless boneless chicken breasts
- 3 Tbsp EVOO
- 2 cloves of garlic minced
- 2 tsp dried dill
- 1 tsp dried tarragon
- 2 Tbsp parsley
- 2 lemons, thinly sliced
- 1 head of broccoli, trimmed & cut into small pieces
- 2 Tbsp EVOO
- 2 cloves of garlic minced
- ¼ cup pine nuts
- Lemon zest



Instructions: (Chicken)

1. Preheat oven to 350 degrees.
2. Place chicken on foil in a baking dish and lightly salt and pepper on both sides.
3. Mix the oil, garlic, and herbs in a small bowl. Brush on both sides of the chicken.
4. Place lemon slices over the top of each piece of chicken.
5. Cover with foil and bake 25 minutes. Uncover and cook for additional 10 min or until chicken is done.

Instructions: (Broccoli)

- Fill a large bowl with half ice and half water and set aside.
- Fill a pot with water and bring to a boil.
- When the water comes to a boil, add the broccoli florets (using a strainer with a handle if possible).
- Allow the broccoli to cook for 1 to 2 minutes until just tender. Immediately remove from the boiling water, using the strainer or draining, and transfer to bowl of ice to stop the cooking process.
- Immerse the broccoli completely in the ice water for a minute or two.
- Remove and place in a dish that has been lined with paper towels. (This part can be done up to two days in advance.)
- Heat the oil in a large skillet over medium-high heat. Throw in the broccoli and season with sea salt and pepper.
- Stir to coat the broccoli, add in the minced garlic & pine nuts & then cook and stir for 1 to 2 minutes until desired Al dente.
- Remove from heat and cover with zest from 1 lemon.

2) Zesty Quinoa Salad served over Spinach with Lemon Sauce

- 1 Tbsp Extra Virgin Olive Oil
- ½ Medium Red Onion, finely chopped
- 2 Tbsp garlic, minced
- ½ cup Sun Dried Tomatoes, chopped
- 1 cup Vegetable broth
- 2 Tbsp Lemon Juice
- 1 cup dry organic Quinoa Grain
- ½ tsp sea salt
- 1 cup broccoli florets in bite size pieces
- ½ cup sliced almonds
- 2 scallions, thinly sliced
- Ground pepper to taste



Instructions:

- Heat the olive oil over medium heat in a saucepan and sauté the onion and garlic for 3 minutes.
- Add the sun dried tomatoes, vegetable broth and lemon juice and bring to a boil. Stir in quinoa and salt.
- Reduce heat and simmer covered about 15 to 20 minutes. Add the broccoli on top and simmer an additional 5 minutes.
- Remove from heat, toss gently until combined. Add ground pepper and additional salt, if desired, to taste.
- Garnish with almonds and scallions before serving over spinach. Dress with Lemon Sauce.

Lemon Sauce

- 1 ½ t dried basil
 - 2 lemons, squeezed (about ½ cup)
 - ¾ c grape seed oil
 - ¾ c evoo (extra virgin olive oil)
 - 1 t sea salt
 - 1 t pepper
 - 1 garlic clove, minced
1. Combine all ingredients and whisk vigorously. Sauce will slightly thicken.
 2. Store in an air-tight container.

3) Lime Chipotle Shrimp with Brown Rice and Asparagus

- 12 jumbo shrimp, peeled juice from 1 lime
- 2 T EVOO
- ½ t ground red chipotle pepper
- 2 cloves garlic, minced
- ½ t sea salt
- Brown Rice – cook according to package directions
- 2 lbs asparagus, tough ends trimmed, rinsed and patted dry
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons minced garlic
- Salt
- Freshly ground black pepper
- 2 teaspoons fresh lemon juice

Instructions for Shrimp:

1. Combine all ingredients in a zip-lock baggie and marinate for at least 20 min.
2. Heat skillet and add all ingredients, including the marinade, to the pan.
3. Cook a few minutes on each side until the shrimp turn pink.
OR, put marinated shrimp on a skewer and cook on a grill.
4. Brush marinade over shrimp as they cook. Cook a few minutes on each side until they turn pink.
5. Serve over cooked brown rice.

Instructions for 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.

4) Cauliflower Alfredo with Kale & Sundried Tomatoes

(makes 3 1/2 cups of sauce)

- 1/2 head cauliflower, about 2 cups worth
- 1 cup white beans (drained and rinsed if using canned)
- 1 - 1 1/4 cup almond milk
- 3 Tbsp EVOO, divided
- 1 large shallot
- salt & pepper to taste
- 1 cup kale
- 1/8 cup sundried tomatoes, packed in oil
- dash nutmeg
- Cooked brown rice pasta



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 saute the shallots until softened and lightly browned. Place the cooked cauliflower in a blender along with the white beans, almond milk, 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.

5) Turkey Chili with Sweet Potato Fries

- 1 lb ground turkey (could sub deer meat)
- 1 28oz can diced or crushed tomatoes (based on preference)
- 1 can kidney beans
- 1 can black beans
- 1/2-1 onion, diced
- 2 Tbsp chili powder
- 1 Tbsp fresh minced garlic
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp paprika
- 2 cups water
- 2 cups cooked brown rice (optional)
- 1/2 avocado, sliced (optional)
- 1 large or 2 medium sweet potato
- sea salt
- freshly ground black pepper
- olive oil



Instructions for Turkey Chili:

1. Cook rice according to package instructions, if desired.
2. In large 2 qt covered pot, brown ground meat, drain & return to pot.
3. Add all remaining ingredients, heat through and serve it up!
4. Serve it over cooked brown rice and top with avocado slices if desired.

Instructions for Sweet Potato Fries:

- Preheat oven to 450 degrees.
- Peel sweet potato or leave skin on (according to your preference).
- Cut the sweet potato in half because they're normally very large.
- Now, take a half of the sweet potato and cut it into large slices about 3/4 inch thick. You'll then cut the larger slices into fries. Your fries should be 1/2 inch to 3/4 inch thick.
- Repeat this for the other half! Throw all of the fries onto a baking sheet.
- Sprinkle a good pinch of sea salt over them and then freshly ground black pepper.
- Drizzle with olive oil and now, mix it all together on the baking sheet. Make sure you're scooping the salt, pepper and oil from the bottom and mixing it in. Don't let the tastiness go to waste!
- Once every thing's mixed, space lay out the fries on the baking sheet. Make sure they're all evenly spaced and not touching. They'll get soggy otherwise! Put them in the oven for 15 minutes. Do not open the oven during this time.
- Then, take them out and flip them. Once they're flipped, put them back in the oven for 10 minutes. Both sides should now be dark brown and crispy. Should you want a lighter brown color, just reduce the cooking times by a couple of minutes on each side.
- (Important Tip: These will not turn out crispy if you're cooking anything else in the oven or if the fries are crowded too close together. They'll sweat instead of crisp!)