

Week 4 Traditional

Breakfast: See Shake Recipes – “under Protein Shake Recipes tab” One shake every morning to fuel your body!	Dinner: 1.) Slow cooked Salisbury & Cauliflower Mash with A Light Coconut Salad 2.) Garlic Chicken & Zucchini <hr/> 3.) Pizza Inspired Meatballs with Spaghetti Squash & Marinara Sauce 4.) Fish Tacos & Buffalo Cauliflower with Cashew Ranch Sauce 5.) Dinner Omelet’s 6 & 7 Leftovers
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Lunch:

Repeat shakes or dinner leftovers

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

Week 4 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 Lg	Spaghetti Squash (Optional Spiral Zucchini instead) add 3 med	3
1 sm container	Mixed Greens	1
1 sm container	Baby Spinach	5+ you can add to Shakes
8 leaves	Romaine Lettuce	4, 2 (opt)
2 Lg	Cauliflower	1,4
½ head	Red Cabbage	4
3 Lg	Yellow Onion	1,3,5
½	Red Onion	4
Sm container	Mushrooms (chopped)	5
1 pepper	Green Bell Pepper	3
1 pepper	Red Bell Pepper	3
1 ½ c	Grape Tomatoes	2
1 sm bunch	Green Onions	4
2 small	Cucumbers	1
1 ½ c	Cashews	4
container	Fresh Basil	2
2	Avocado	4
1 bunch	Cilantro	4
1 bunch	Parsley	4
2 sm	Zucchini	2
3	Lemon	4
4	Limes	2,4

6 cloves	Garlic	1,2,3,4
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DAIRY/COLD:

Qty.	Item	Meal #
18 lg	Eggs (Organic Cage Free)	3,5
1 1b	Organic Boneless Skinless Chicken Breast or Tenders	2
1 lb	Ground Turkey or Chicken (Organic) Do your best! (Lean)	3
2lb	Ground Beef (Grass Fed)	1
1pkg	Earth Balance non dairy butter (Soy Free)	1
1 pkg	Brown Rice Tortillas (Food for Life)	2 (opt)

FROZEN:

Qty.	Item	Meal #
	Frozen Mixed Berries	Optional Shakes
	Frozen Strawberries	Optional Shakes
3	White Fish Fillets (wild caught) Do your best!	4

PANTRY:

Qty.	Item	Meal #
1-25.5 oz	Spaghetti Sauce (Muir Glen Organic)	3
1 ½ c	Organic Beef Broth	1
	Coconut Oil	2,4,5
	Organic Coconut Cooking Spray	1
	Olive Oil	1,2,4,5
2 can	Coconut Milk	1,5
1 Tb	Nutrition Yeast (Bragg's)	5
½ c	Hazel Nuts	1
1 Tb	Coconut Amino's	3
¼ c	Coconut Flour	1
	Black Pepper	1,2,3,4,5
	Sea Salt	1,2,3,4,5
1 tsp	Chipotle Pepper	4
1 Tb	Paprika	4
½ tsp	Mustard Powder	4
1 Tb	Bragg's Organic Sprinkle 24 herbs & spices Seasoning	1
1 tsp	Garlic Powder	4
¼ tsp	Turmeric	4
1 Tb	Dried Basil	3
1 tsp	Dried Thyme	3
1 Tb	Dill	1
1 Tb	Dried Oregano	3
½ tsp	Cayenne Pepper	4
	Red Pepper Flakes (optional)	1

Recipes for Week 4

1. (Slow Cooker) Salisbury Steak with Cauliflower Mash & Coconut Salad



Serves: 4-6

Ingredients

Patties:

- 2 lb (6-8 grass-fed hamburger formed into patties)
- 1 T Bragg Organic Sprinkle 24 herbs & spices seasoning
- 1 ½ c chopped onion
- ¼ c coconut flour
- 1 ½ c beef broth (organic low sodium)
- Pepper to taste
- Coconut Oil Spray (Organic)

Instructions

1. Sprinkle hamburger patties with Bragg 24 herb seasoning.
2. Store in large container with lid. Use wax paper between layers.
3. Add last 4 ingredients to medium container with lid.
4. Spray slow cooker with non-stick spray. Add meat patties.
5. Shake broth mixture well and pour over meat patties. Cook on low for 6-8 hours.

*You may also make this recipe on your stove top or in electric frying pan. Reduce cook time accordingly.

Ingredients

Cauliflower Mash:

- 1 medium head of cauliflower, trimmed and cut into small florets
- ½ teaspoon salt & ground black pepper
- 1-2 small garlic cloves
- 2 T non dairy butter
2-3

Instructions

1. Add cauliflower to a pot of boiling salted water. Turn down the heat to medium, cover and cook for 15 minutes.
2. In the meantime, heat the butter and sauté the garlic for a couple of minutes. You could skip the sautéing and add the butter and raw garlic directly into your food processor/mixer in the next step. However, when you sauté the garlic, it brings out an amazing flavor that you just don't get when it is raw. It also infuses the garlic flavor into the butter.
3. Once the cauliflower is cooked, simply drain and add it to your food processor/mixer. Add the sautéed garlic and salt/pepper. Puree for a minute or two.
4. Ladle gravy mixture over top. Serve it hot with patty.

A Light Coconut Salad



Serves 2-4

Ingredients

- 2 small cucumbers
- 1/2 cup hazelnuts
- 1/2 cup coconut milk
- a few grinds of fresh red pepper flakes (to taste)
- 1 tablespoon dill
- mixed greens

Instructions

1. Slice cucumbers into rounds and then dice into tiny pieces.
2. Chop hazelnuts into pieces.
3. Add the nuts, coconut milk to the cucumbers and mix. Sprinkle with red pepper flakes.
4. This can store in the fridge until ready to use.

Add to mixed greens with dill.

2. Garlic Chicken & Zucchini



Serves: 4-6

Prep Time: 15 minutes **Cook Time:** 15 minutes **Total Time:** 30 minutes

Ingredients

Chicken:

- 1 lb chicken breast, or tenders cut into 1" pieces
- 1 tsp Coconut Oil
- 1 large garlic clove, crushed
- 1/4 tsp sea salt
- Ground black pepper, to taste

Zucchini & Tomatoes:

- 2 zucchinis, cut into half moon shapes
- 1.5 cups fresh, halved grape tomatoes
- 1 tsp olive oil
- 1 large garlic clove, crushed

- ¼ tsp sea salt
- Ground black pepper, to taste

Garnish:

- 1/4 cup fresh chopped basil
- squeezed Lime juice

Instructions

Chicken:

1. Preheat skillet on medium heat add oil to coat.
2. Add garlic and cook for just 10 seconds.
3. Then add chicken, sprinkle with sea salt and pepper to taste.
4. Cook for 8-10 minutes uncovered, stirring occasionally.
5. Transfer to a plate and set aside.

Zucchini and Tomatoes:

1. Cook the zucchini the same way as Chicken but for 6 minutes, adding tomatoes during the last 3 minutes of cooking time.
2. Add chicken back to skillet and stir just to warm.
3. Remove from heat, sprinkle with fresh Basil.
- 4. Optional: Layer over a bed of romaine or add it to a brown rice tortilla**
5. Finish with fresh squeezed lime juice and top with fresh chopped basil.

3. Pizza Inspired Meatballs with Spaghetti Squash & Marinara



Serving: 4

Ingredients

Meatballs:

- 1 lb. lean ground turkey, chicken, or beef
 - 3 egg whites, or 1 whole large egg
 - 1 small onion, diced very small
 - 1 red bell pepper, diced very small
 - 1 green bell pepper, diced very small
 - 1 tsp sea salt
 - 1/2 tsp. freshly ground pepper
 - 2-3 cloves garlic, minced
 - 1 Tbsp. freeze dried oregano
 - 1 Tbsp. freeze dried basil
 - 1 tsp dried thyme
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- 1 25.5 Spaghetti Sauce oz. (Muir Glen)
 - 1 Spaghetti Squash (seasonal) or Spiral Zucchini (add to your grocery list)

Instructions

For the Meatballs:

1. Preheat oven to 400 degrees.
2. Combine the meatball ingredients well.
3. Form 1 inch round balls. You can use a cookie scoop for this step.
4. Bake in your preheated oven at 400 on a coconut oil greased, flat baking sheet pan for 12 minutes.

Instructions

For the spaghetti squash:

1. Cut a medium spaghetti squash in half, (not length wise) scoop out seeds.
 2. Very lightly coat the inside with olive oil.
 3. Bake @375 degrees, cut side down, 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.
 7. Heat Muir Glen Spaghetti Sauce thoroughly.
 8. Ladle sauce over Spaghetti squash, top with meatballs.
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4. Fish Tacos & Buffalo/Spicy Cauliflower with Cashew Ranch Sauce



Serves: 4

Ingredients

- 3 wild-caught whitefish fillets
- pinch of sea salt
- pinch of ground black pepper
- juice of 2 limes
- 1 to 2 tablespoons extra-virgin olive oil
- 1 garlic clove, minced
- ¼ teaspoon ground turmeric
- 8 lettuce or cabbage leaves
- ½ head red cabbage, cored and thinly sliced
- ½ red onion, minced
- 2 avocados, sliced
- ¼ cup chopped fresh cilantro
- 1 large lime, cut into wedges, as a garnish

Instructions

1. You will need a glass baking dish 9 x 13
2. Preheat the oven to 325°F or prepare a grill to cook the fish.
3. Place the whitefish fillets in a glass-baking dish. Sprinkle each with salt and pepper, and drizzle them with the lime juice and olive oil, coating both sides. Top each fillet with garlic and turmeric.
4. Bake or grill the fish for about 20 minutes, or until the fillets are flaky.
5. To serve, place the lettuce leaves on four serving plates and top them with the flaked fish, as well as the sliced cabbage, onion, avocado, and cilantro.
6. Drizzle each plate with extra lime juice and garnish with a wedge of lime.

For the Cauliflower:



serves: 4-6

cooking time: 20 minutes

Ingredients

- 1 teaspoon chipotle pepper
- 1 tablespoon paprika
- ½ teaspoon cayenne
- 1 tablespoon freshly squeezed lemon juice
- ½ tsp teaspoon sea salt
- 1/2 cup coconut oil
- 8 cups cauliflower florets (from about 1 large head)

For the Ranch:

- 1 1/2 cups cashews
- 1/4 cup lemon juice
- 1/4 cup parsley
- 2 tablespoons chopped scallion
- 1 teaspoon garlic powder
- 1/2 tsp teaspoon sea salt
- 1/2 teaspoon mustard powder

Instructions

1. Preheat the oven to 400°F. Cut up the cauliflower into florets then place in a large mixing bowl.
2. Mix the spices, lemon, and salt with the melted coconut oil then pour over the cauliflower. Toss well to combine.
3. Place in the oven, bake for 20 minutes.
4. While the cauliflower bakes, make the sauce by blending the cashews with the lemon juice and enough water to achieve a “sour cream” consistency.
5. Transfer the cashews sauce to a bowl and stir in the parsley, scallions, garlic, salt, and mustard.
6. Once the cauliflower is cooked, serve on a tray alongside the dip.

5. Dinner Omelet



serves 1

prep time: 20 minutes cooking time: 10 minutes

Ingredients

- 3 pastured eggs
- ¼ cup full fat coconut milk
- 1 tablespoon nutritional yeast
- ¼ cup chopped onions
- 1 cup chopped mushrooms
- 2 big handfuls of baby spinach
- 1 scallion, roughly chopped
- sea salt, to taste
- up to ¼ cup coconut oil

Instructions

1. Preheat the oven to 375°F
2. In a small to medium bowl, whisk together the eggs, coconut milk, nutritional yeast, scallions, and pinch of sea salt. Set aside.
3. Heat a large skillet over medium high heat; add 1 tablespoon of coconut oil.
4. When the oil is hot, add the mushrooms and onions and cook, stirring occasionally until lightly browned, about 3-4 minutes.
5. Once the veggies are cooked well add the spinach and use a pair of tongs to toss the spinach and cook until wilted. Transfer the veggies to a small bowl, set aside.
6. Heat a well-seasoned (oven safe) skillet over low=medium heat. Add a 1 tablespoon of coconut oil then add the egg mixture.
Use a heat resistant rubber spatula or wooden spoon to gently pull the cooked edges towards the center, trying to keep the circular shape of the pan
Continue until the eggs are about $\frac{3}{4}$ done (or however you like your eggs), then add the toppings to one side and place in the oven to finish, until everything is set (about five minutes, but keep watch).
7. Once the eggs are set, remove the pan from the oven. Use the rubber spatula to slide the omelet off the skillet and onto the plate then folding the open half over the filling.
8. Serve warm.