



SUGGESTED MEALS &

Shopping
LIST



SUGGESTED MEALS & SHOPPING LIST

Here are the simple ways to make sure your program is a home run:

1. You can add clean sources of protein to each meal. A list of clean sources of protein, vegetarian and non-vegetarian, are listed in the Detox Guide.
2. I have created a sample 14-day plan with meals for Phase 2 and Phase 3. If you need to exchange a meal due to an allergy or a preference, refer to your Recipe Guide for suitable swaps.
3. I have repeated meals in the sample plan to allow you to do batch cooking, as well as to make shopping and preparing a bit easier during your program.
4. Pay close attention to the NEW foods you add back in during Phase 3, which begins on day 8.
5. If you are still hungry, add soup, salad, or an extra bowl of vegetables to any entrée and remember, you can add protein to any meal. Refer to your Detox Guide for more information about clean protein options.
6. Keep in mind that any extra soups, salads and sweet potatoes are NOT included in your shopping lists. If you plan to include them, you'll need to add them to your list. For example, if you see "and 1/2 sweet potato" or "and a small salad" with a recipe, those are not included in your shopping list as they are optional.

Snacks, protein balls, dips, and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.

DAY	BREAKFAST	LUNCH	DINNER
1	Go Green Smoothie	Waldorf Salad	Roasted Vegetables and a small salad
2	Kale Smoothie	Cold Zucchini Noodles with Tahini Sauce	Apple Butternut Squash Soup and a small salad
3	Warm Chia Pudding	Mock Chicken Salad	Roasted Brussel Sprouts with Sweet Potatoes and your choice of soup or small salad
4	Berry Cream Smoothie	Massaged Kale Salad	Lemon Broccoli Stir Fry and ½ sweet potato
5	Fresh Fruit Cup with Coconut Milk Yogurt	Spicy Fall Slaw	Roasted Vegetables and a small salad
6	Marathon Smoothie	Stuffed Lettuce Cups	Easy Sauté and ½ sweet potato
7	Orange Cream Smoothie	Spicy Fall Slaw	Apple Butternut Squash Soup and a small salad with ½ sweet potato

SHOPPING LIST

PHASE 2

DAYS 1-7 (CLEAN EATING)

FRUITS

Blueberries—1 cup

Avocados—3 1/2

Bananas—2

Oranges—1

Berries—1/2 cup

Pears—1

Apples—9

Lemons—8

Limes—1

VEGETABLES

Spinach—3/4 cup

Kale—12 leaves + 1 bunch

Mixed greens—about 5 cups

Carrots—About 12 large

Celery ribs—4

Scallions—6

Purple cabbage—about 1 medium head

Red onions—about 1/2

Zucchini—2 large
Romaine leaves—2
Cucumber—about 1/2
Butternut squash—6 pounds
Onions—5
Beets—4
Fennel bulbs—2
Broccoli—1 head
Brussels sprouts—1 pound
Sweet potatoes—1
Cauliflower—about a quarter head

NUTS & SEEDS

Pumpkin seeds
Chia seeds
Sunflower seeds
Sesame seeds

CLEAN PROTEIN

Add sources of clean protein as desired. See your Guide for more information.

CONDIMENTS/ MISCELLANEOUS

Raw cacao
Shredded coconut
Vanilla extract
Honey
Poultry seasoning
Extra-virgin olive oil

Bragg's raw apple cider vinegar
Sunflower seed butter
Coconut milk yogurt—about 1 cup
Tahini
Coconut oil
Vegetable broth—8 1/4 cups
Toasted sesame oil
Coconut aminos (optional)

BEVERAGES

Dairy-free milk—about 2 liters

HERBS/SPICES

Cinnamon
Ginger powder
Cumin
Sea salt
Pepper
Turmeric
Garlic powder
Ginger root—about 8 inches
Fresh parsley—about 3 bunches
Garlic cloves—6

PHASE 3

DAYS 8-14

(TRANSITION)

DAY	BREAKFAST	LUNCH	DINNER
8	Apple Cinnamon Spice Oatmeal	Stuffed Lettuce Cups	Garlic Cauliflower Soup and a small salad with ½ sweet potato
9	Go Green Smoothie	Mock Chicken Salad	Lemon Broccoli Stir Fry with Basic Brown Rice
10	Fresh Fruit Cup with Coconut Milk Yogurt	Cold Zucchini Noodles with Tahini Sauce	Black Bean Sauté and ½ sweet potato
11	Pumpkin Seed Smoothie	Waldorf Salad Topped with Hummus	Roasted Brussel Sprouts and a small salad with 1/2 sweet potato
12	Berry Cream Smoothie	Fall Kale Salad	Easy Sauté and ½ sweet potato
13	Kale Smoothie	Stuffed Lettuce Cups	Sautéed Green Beans and Carrots with Almonds
14	Scrambled Eggs with Spinach	Massaged Kale Salad	Roasted Vegetables and a small salad with ½ sweet potato

FRUITS

Avocado—7

Blueberries—1 1/2 cups

Berries—1/2 cup

Figs—1

Banana—1

Apples—4

Lemons—9

Limes—2

VEGETABLES

Spinach—about 1 1/2 cups

Mixed greens—2 cups

Kale—4 leaves + 3 bunches

Carrots—about 9

Celery Ribs—5

Scallions—10

Zucchini—2 large

Onion—4

Cauliflower—1 1/4 heads

Romaine leaves—4

Cucumbers—about 1/2

Beets—2

Fennel bulbs—1

Brussels sprouts—1 pound

Sweet potatoes—1

Purple cabbage—1 1/2 heads

Broccoli—1 head
Mixed greens—4 cups
Green beans—1 pound

NUTS & SEEDS

Pumpkin seeds
Sunflower seeds
Sesame seeds
Pomegranate seeds
Walnuts
Almonds

CLEAN PROTEIN

Add sources of clean protein as desired. See your Guide for more information.

CONDIMENTS/ MISCELLANEOUS

Raw cacao
Shredded coconut
Sunflower seed butter
Coconut milk yogurt—1 cup
Poultry seasoning
Sea salt
Pepper
Extra-virgin olive oil
Tahini
Honey
Coconut oil

Vegetable broth—4 1/4 cups

Coconut aminos (optional)

Toasted sesame oil

Rolled oats—1 cup

Brown rice—2 cups

Canned black beans—1 cup

Chickpeas—2 cups

Eggs—3

BEVERAGES

Dairy-free milk—about 2 liters

HERBS/SPICES

Cinnamon

Cumin

Turmeric

Garlic heads—about 2

Ginger—2 inches

Fresh parsley—1 bunch