

# DETOX

---

## *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 preference, refer to your Recipe Guide for suitable swaps. Or if you simply prefer different foods.
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, I encourage you to 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.



# SUGGESTED MEALS

## DAYS 1-7

**DRESSINGS, 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	Berry Smoothie	Massaged Kale	Warm Winter Detox Salad with Your Choice Protein
2	Cleanse Smoothie	Roasted Vegetable Salad Bowl	Sweet Potato Mash Bowl with Your Choice Protein
3	Warm Carrot Ginger Raisin Chia Pudding	Adrenal Boost Salad	Curried Pea and Carrot Soup with Side Salad
4	Spicy Cacao Smoothie	Garlic Lemon Roasted Broccoli Bowl	Italian Roasted Vegetables with Salad and Your Choice Protein
5	Immune Smoothie	Carrot Parsnip Soup with Side Salad	Warm Kale Salad with Spicy Brussel Sprouts and Your Choice of Protein
6	Boundless Energy Seed Cereal	Massaged Kale Salad	Hearty Vegetable Soup with Sweet Potato with Side Salad
7	Ginger Smoothie	Green Stuffed Sweet Potatoes	Immune Boosting Ginger Broccoli Bowl with Your Choice Protein



# SHOPPING LIST

### FRUITS

- Berries, frozen – 1 cups
- Avocado – 8
- Lemon – 2
- Apples – 5
- Oranges – 4
- Dates – 2
- Blueberries – 1 cup
- Pineapple – ½ cup

### VEGETABLES

- Spinach – 2 cups
- Kale – 7 bunches
- Beets – 6
- Onions – 8
- Butternut Squash – 3
- Green Beans – 1-lb
- Spinach, baby – 8 cups
- Mixed Greens – 13 cups
- Sweet Potatoes – 7
- Leek – 1
- Onion, Red – 1
- Carrots – 3 bunches
- Radish – 1 bunch
- Peas, frozen – 2 cups
- Romain – 3 cups
- Cucumber – 3
- Broccoli – 2 bunches
- Fennel – 1
- Parsnips – 2
- Brussel Sprouts – 2 cups
- Scallion – 2
- Turnips, white - 2

### NUTS & SEEDS

- Flax Seeds, ground
- Hemp Seeds
- Sesame Seeds
- Chia Seeds
- Pumpkin Seeds
- Sunflower Seeds

### CONDIMENTS/MISC.

- Coconut Oil
- Coconut Shreds
- Tahini
- Dulse
- Honey
- Apple Cider Vinegar
- Extra Virgin Olive Oil
- Maple Syrup
- Raisins
- Vegetable Broth – 18 cups
- Raw Cacao
- Nori Sheets
- Bee Pollen
- Tempeh – 8oz
- Coconut Flakes

### BEVERAGES

- Non-dairy Milk – 7 cups
- Coconut Milk – 1½ cups

### CLEAN PROTEIN

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### HERBS/SPICES

- Ginger – 3½ inches
- Cinnamon
- Sea Salt
- Black Pepper
- Garlic, clove – 12
- Garlic, heads - 2
- Parsley – 3 bunches
- Cayenne
- Cilantro – 2 bunches
- Pumpkin Pie Spice
- Cumin
- Curry Powder
- Nutmeg
- Italian Seasoning
- Thyme
- Garlic Powder

### SNACKS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# SUGGESTED MEALS

## DAYS 8-14

**DRESSINGS, 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
8	Simple Smoothie	Ginger Broccoli Cashew Stir-Fry	Curried Pea and Carrot Soup with Side Salad with Your Choice Protein
9	Warm Carrot Ginger Raisin Chia Pudding	Walnut Taco Salad	Sweet Potato Mash Bowl with Your Choice Protein
10	Berry Smoothie	Massaged Kale	Edamame with Roasted Carrot Cauliflower Hummus
11	Ginger Smoothie	Roasted Vegetable Salad Bowl	Carrot Parsnip Soup with Garlic Lemon Tempeh
12	Vanilla Orange Yogurt Bowl	Adrenal Boost Salad	Italian Roasted Vegetables with Your Choice Protein
13	Kefir Smoothie	Garlic Lemon Roasted Broccoli Bowl	Warm Kale Salad with Spicy Brussel Sprouts and Your Choice of Protein
14	Boundless Energy Seed Cereal	Winter Spinach Salad with Eggs	Warm Winter Detox Salad with Your Choice Protein



# SHOPPING LIST

## FRUITS

- Avocado - 4
- Apples – 8
- Lemon – 7
- Oranges – 5
- Berries, frozen – 1 cup
- Pineapple – ½ cup
- Fruit, frozen – 1 cup
- Dates - 4

## NUTS & SEEDS

- Cashews
- Chia Seeds
- Walnuts
- Sesame Seeds
- Flax Seeds, ground
- Hemp Seeds
- Pumpkin Seeds
- Sunflower Seeds

## CLEAN PROTEIN

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## VEGETABLES

- Spinach – 2 cups
- Spinach, baby – 12 cups
- Broccoli, 2 bunches
- Carrot – 3 bunches
- Onion – 3
- Onion, red - 1
- Peas, frozen – 2 cups
- Romaine – 1 cup
- Cucumber – 1
- Mixed Greens – 14 cups
- Sweet Potatoes – 5
- Kale – 3 bunches
- Beet – 2
- Cauliflower – 1 head
- Butternut Squash – 2
- Leek – 1
- Parsnips – 2
- Radish – 1 bunch
- Brussel Sprouts – 2 cups
- Scallions – 2
- Green Beans – 1-lb

## CONDIMENTS/MISC.

- Tahini
- Vegetable broth – 12½ c
- Coconut Oil
- Maple Syrup
- Raisins
- Honey
- Apple Cider Vinegar
- Extra Virgin Olive Oil
- Coconut Shreds
- Coconut Flakes
- Edamame, frozen – 10oz
- Dulse
- Tempeh – 8oz
- Kefir – 1 cup
- Nori Sheets
- Cherries, dried

## HERBS/SPICES

- Cinnamon
- Nutmeg
- Garlic Powder
- Ginger – 4½ inches
- Sea Salt
- Pepper
- Garlic, cloves – 9
- Garlic, head - 1
- Cumin
- Curry Powder
- Pumpkin Pie Spice
- Cilantro – 1 bunch
- Chili Powder
- Parsley – 3 bunches
- Turmeric
- Thyme
- Cayenne

## BEVERAGES & DAIRY

- Non-dairy Milk – 5 cups
- Vanilla Yogurt – 1 cup
- Eggs - 2

## SNACKS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_