

A close-up photograph of a woven basket filled with several ripe apples. The apples are a mix of red and yellow-red varieties, with some green leaves still attached. The background is a dark, textured surface.

Clean Eating

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 Clean Eating 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.
3. Pay close attention to the NEW foods you add back in during Phase 3, which begins on Transition Day 1.
4. 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 Clean Eating Guide for more information about clean protein options.
5. Keep in mind that any extra soups, salads, and vegetables are NOT included in your shopping lists. If you plan to include them, you'll need to add them to your list.

SUGGESTED MEALS

CLEANSE DAYS 1-7

Optional 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	Apple Raisin Spice Chia Seed Pudding	Kale Salad with Roasted Beets and Apple	Stuffed Sweet Potatoes
2	Fig Smoothie	Vegetable Coconut Curry with Cauliflower Rice	Herb Zucchini Pasta with Salad
3	Sweet Potato Smoothie	Roasted Garlic, Broccoli, and Mixed Greens Salad	One Pot Italian Veggie Medley Stew
4	Warm Grain-Free Cereal	Spiced Vegetable Soup	Ginger Kale Fried Cauliflower Rice
5	Apple Smoothie	Cleansing Swiss Chard Salad	Herb Zucchini Pasta with Salad
6	Pear Smoothie	Garlic Vegetable Soup	Stewed Butternut Squash with Salad
7	Sweet Potato Breakfast Bowl	Pear with Mixed Greens Salad	One Pot Italian Veggie Medley Stew

SHOPPING LIST

VEGETABLES

- Beets, medium – 2
- Sweet Potatoes, large – 8
- Sweet Potato Puree, BPA-free can – 1
- Brussels Sprouts – 1 lb
- Onions, large – 6
- Onions, small – 2
- Red Onions, small – 1
- Kale, 4 bunches
- Purple Cabbage, medium-sized head – 1
- Green Beans, fresh – 1 lb
- Carrots – 1 lb + 4 carrots
- Carrot, shredded – 5 cups
- Cauliflower Rice, 16-oz container – 2
- Spiralized Zucchini, 16-oz container – 2
- Mixed Greens – 3 lbs
- Cucumbers, large – 4
- Spinach – 2 cups
- Broccoli – 1 bunch
- Zucchini – 4
- Leeks, large – 2
- Fennel Bulbs, large – 3
- Swiss Chard – 3 bunches
- Butternut Squash, chopped – 2½ lbs
- Radishes, sliced – 1 cup
- Sprouts, any variety – 2 cups
- Celery – 4 stalks

FRUITS

- Apples – 5
- Avocados – 8
- Lemons – 9
- Figs, fresh or dried – 2
- Black Olives – ½ cup
- Pears – 4

NUTS & SEEDS

- Chia Seeds – ½ cup
- Hemp Seeds – ¾ cup
- Sunflower Seeds – 2¾ cups
- Flax Seeds, ground – 2 tbs
- Pumpkin Seeds – ¾ cup

CONDIMENTS/MISC.

- Coconut Oil
- Extra Virgin Olive Oil
- Dijon Mustard
- Apple Cider Vinegar
- Protein Powder
- Vanilla Protein Powder
- Raisins
- Shredded Coconut
- Coconut Flour

BEVERAGES & DAIRY

- Dairy-Free Milk – 72 oz.
- Vegetable Broth, 32-oz container – 4

- Coconut Milk, 13.5-oz can – 1
- Vanilla Dairy-Free Yogurt – 1 cup

HERBS/SPICES

- Sea Salt
- Black Pepper
- Pumpkin Pie Spice
- Cinnamon
- Dried Thyme
- Dried Oregano
- Bay Leaf – 1
- Red Chili Flakes (optional)
- Dried Ginger
- Garam Masala
- Curry Powder
- Turmeric
- Vanilla Extract
- Garlic – 3 heads
- Cilantro – 4 bunches
- Mint – 2 bunches
- Parsley – 3 bunches
- Basil – 2 bunches
- Basil Leaves – 2 cups
- Ginger, fresh – 2 inches

SNACKS

- _____
- _____
- _____
- _____
- _____

SUGGESTED MEALS

TRANSITION DAYS 1-7

Optional 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	Chia Seed Pudding with Almond Butter	Vegetable Coconut Curry with Cauliflower Rice	Herb Zucchini Pasta with Salad
2	Pear Smoothie	Kale Salad with Roasted Beets, Apples, and Walnuts	Stuffed Sweet Potatoes
3	Boost Smoothie	Garlic Vegetable Soup	Curry Vegetables with Brown Rice
4	Protein Oatmeal and Apples	Cauliflower Tabbouleh with Roasted Sweet Potato and Beets	Stewed Butternut Squash with Salad
5	Apple Smoothie	Spiced Vegetable Soup	One Pot Italian Veggie Medley Stew with Eggplant
6	Fig Smoothie	Roasted Garlic, Broccoli, and Tomato Salad	Ginger Kale Fried Cauliflower Rice
7	Warm Grain-Free Cereal	Cleansing Swiss Chard Salad	Spinach Marinara and Brown Rice Pasta with Side Salad

SHOPPING LIST

VEGETABLES

- Spiralized Zucchini, 16-oz container – 1
- Spinach – 1 cup
- Sweet Potatoes, large – 7
- Brussels Sprouts – 1 lb
- Beets, large – 2
- Beets, medium – 2
- Kale – 4 bunches
- Onions, large – 4
- Onions, small – 2
- Red Onions, small – 2
- Swiss Chard – 2 bunches
- Cucumbers, large – 5
- Carrots – 2 lbs + 3 carrots
- Carrot, shredded – 4 cups
- Celery – 2 stalks
- Cauliflower Rice, 16-oz container – 3
- Radishes, sliced – ½ cup
- Mixed Greens – 2 lbs
- Frozen Spinach, 10-oz bag – 1
- Leek, large - 1
- Fennel Bulbs, large – 2
- Sprouts, any variety – 2 cups
- Broccoli – 1 bunch
- Eggplant, large – 1
- Butternut Squash – 2½ lbs
- Purple Cabbage, medium-sized head – 2
- Green Beans, fresh – 2 lbs

FRUITS

- Apples – 6
- Avocados – 8
- Black Olives – ½ cup
- Cherry Tomatoes – 1 cup
- Figs, fresh or dried – 3
- Lemons – 5
- Lemons, large – 2
- Pear – 1

- Banana – 1

NUTS & SEEDS

- Sunflower Seeds – 1¾ cup
- Pumpkin Seeds – ¼ cup
- Hemp Seeds – ¾ cup
- Flax Seeds, ground – 2 tbs
- Chia Seeds – ½ cup
- Walnuts – ½ cup

BEVERAGES & DAIRY

- Dairy-Free Milk – 80 oz
- Vegetable Broth, 32-oz container – 4
- Coconut Milk, 13.5-oz can – 1

CONDIMENTS/MISC

- Coconut Oil
- Extra Virgin Olive Oil
- Apple Cider Vinegar
- Dijon Mustard
- Almond Butter
- Brown Rice Pasta, 12-oz package – 1
- Marinara Sauce – 2 cups
- Shredded Coconut
- Raisins
- Coconut Flour
- Protein Powder
- Oats – ½ cup
- Brown Rice – 1 cup

HERBS/SPICES

- Cinnamon
- Dried Thyme
- Dried Oregano
- Dried Ginger

- Garam Masala
- Turmeric
- Curry Powder
- Red Chili Flakes (optional)
- Bay Leaf
- Vanilla Extract
- Garlic – 3 heads
- Ginger – 2 inches
- Basil – 2 bunches
- Parsley – 3 bunches
- Cilantro – 4 bunches
- Mint – 2 bunches

SNACKS

- _____
- _____
- _____
- _____
- _____