CLEAN EATING

Suggested Meals

AND SHOPPING LIST

SUGGESTED MEALS AND 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.
3. Pay close attention to the NEW foods you add back in during Phase 3, which begins on day 8.
4. If you are still hungry, add a soup, salad, or 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.
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.
6. If you are feeding your family and are concerned about satisfying their needs while you detox, don't stress. Add brown rice, gluten-free pasta, or a similar side to their meals.

SUGGESTED MEALS

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. Dinners include a soup, which can be batch cooked in advance. If you don't feel the soup is necessary, omit it. If you desire an extra salad for dinner, feel free to add one.

DAY	BREAKFAST	LUNCH	DINNER
1	Wellness Smoothie	Orange Sweet Potato Kale Salad with Roasted Chicken	Spiced Lentils with Collard Greens and Ground Turkey & Roasted Acorn Squash Soup with Pear
2	Pumpkin Smoothie Bowl	Roasted Veggie Zen Bowl with Sliced Turkey	Roasted Vegetable Medley with Whole Roasted Chicken and Salad & Lentil Kale Sweet Potato Soup
3	Apple Pie Smoothie	Immunity Bowl with Salmon	Kale and Roasted Sweet Potatoes with Tuna & Coconut Zucchini Soup with Salmon
4	Warm Spiced Chia Pudding	Orange Sweet Potato Kale Salad with Roasted Chicken	Sautéed Cauliflower Rice with Kale Salad and Roasted Chicken & Roasted Acorn Squash Soup with Pear
5	Cleansing Smoothie	Warm Brussels Sprouts and Salmon Bowl	Cinnamon Spiced Lentils, Kale, and Acorn Squash with Steamed Shrimp & Coconut Zucchini Soup with Salmon
6	Sweet Potato and Spinach Hash with Garbanzo Beans	Roasted Veggie Zen Bowl with Sliced Turkey	Roasted Vegetable Medley with Whole Roasted Chicken and Salad & Lentil Kale Sweet Potato Soup
7	Immune Smoothie	Warm Lentil, Chicken, and Apple Salad	Kale and Roasted Sweet Potatoes with Tuna & Roasted Acorn Squash Soup with Pear

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SHOPPING LIST

VEGETABLES

- ❑ Kale – 10 bunches
- ❑ Baby Spinach – 19 c
- ❑ Onions – 6 regular + 8 large
- ❑ Red Onions – 4 small
- ❑ Scallions – 2 bunches
- ❑ Sweet Potatoes – 22 large
- ❑ White Turnips – 2 lb.
- ❑ Fennel Bulbs – 4 large
- ❑ Arugula – 5 c
- ❑ Lettuce – 14 c
- ❑ Beets, raw – 6 large
- ❑ Brussels Sprouts – 2 lb.
- ❑ Carrots, shredded – 4 c
- ❑ Carrots – 22 large
- ❑ Leeks – 4 regular + 3 large
- ❑ Collard Greens – 2 bunches
- ❑ Parsnips – 4
- ❑ Cauliflower – 2 heads
- ❑ Cauliflower Rice, 12-oz pkg – 2
- ❑ Cucumbers – 3 large
- ❑ Radishes – 1 bunch
- ❑ Acorn Squashes – 8
- ❑ Celery – 3 heads
- ❑ Zucchinis – 8 large

FRUITS

- ❑ Pears – 15
- ❑ Avocados – 9
- ❑ Bananas – 4
- ❑ Apples – 6
- ❑ Grapes – ½ c
- ❑ Dates – 2
- ❑ Lemons – 10 regular + 10 large
- ❑ Oranges – 1 regular + 2 large
- ❑ Grapefruit – 1

NUTS & SEEDS

- ❑ Chia Seeds – 1 c
- ❑ Sunflower Seeds, raw – 2½ c

CONDIMENTS/MISC

- ❑ Coconut Oil
- ❑ Extra Virgin Olive Oil
- ❑ Plant-Based Protein Powder
- ❑ Vanilla Extract
- ❑ Pumpkin Purée, BPA-free can – 1
- ❑ Dried Shredded Coconut, unsweetened
- ❑ Tahini
- ❑ Raw Cacao (optional)
- ❑ Honey or Maple Syrup
- ❑ Garbanzo Beans, 15-oz BPA-free can – 9
- ❑ Lentils, 15-oz BPA-free can – 9
- ❑ Raw Sauerkraut – 1 c

BEVERAGES, MEAT & DAIRY

- ❑ Dairy-Free Milk – 64 oz
- ❑ Coconut Milk – 14-oz BPA-free can – 2
- ❑ Vegetable Broth, 32-oz pkg – 11
- ❑ Salmon Fillets – 8
- ❑ Whole Roasted Deli Chicken (organic preferred) – 4
- ❑ Roasted Deli Turkey, nitrate-free – 12 slices
- ❑ Salmon, 14-oz BPA-free can – 2
- ❑ Tuna, 5-oz BPA-free can – 4
- ❑ Chicken Breast – 2
- ❑ Ground Turkey – 1 lb.
- ❑ Shrimp – 1 lb.

HERBS/SPICES

- ❑ Sea Salt
- ❑ Black Pepper
- ❑ Ginger Powder
- ❑ Cinnamon Powder
- ❑ Nutmeg Powder
- ❑ Pumpkin Pie Spice
- ❑ Cumin Powder
- ❑ Curry Powder
- ❑ Dried Thyme
- ❑ Turmeric Powder
- ❑ All-Purpose Seasoning, salt-free
- ❑ Fresh Garlic – 4 bulbs
- ❑ Fresh Parsley – 3 bunches
- ❑ Fresh Cilantro – 1 bunch
- ❑ Fresh Basil – 1 bunch
- ❑ Fresh Rosemary – 1 sprig
- ❑ Fresh Thyme – 1 sprig
- ❑ Fresh Ginger – 2 inches

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SUGGESTED MEALS

TRANSITION DAYS 8-14

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. Dinners include a soup, which can be batch cooked in advance. If you don't feel the soup is necessary, omit it. If you desire an extra salad for dinner, feel free to add one.

DAY	BREAKFAST	LUNCH	DINNER
8	Warm Spiced Chia Pudding with Almond Butter	Warm Brussels Sprouts and Salmon Bowl	Sautéed Cauliflower Rice with Kale Salad and Roasted Chicken & Lentil Kale Sweet Potato Soup
9	Pumpkin Spice Smoothie	Immunity Bowl with Almonds and Salmon	Spiced Lentils with Collard Greens and Ground Turkey & Roasted Acorn Squash Soup with Pear
10	Apple Cinnamon Oatmeal with Vanilla Protein Powder	Orange Sweet Potato Kale Salad with Roasted Chicken	Cinnamon Spiced Lentils, Kale, and Acorn Squash with Steamed Shrimp & Coconut Zucchini Soup with Salmon
11	Easy Overnight Oats	Warm Brussels Sprouts and Salmon Bowl	Roasted Vegetable Medley with Whole Roasted Chicken and Salad & Lentil Kale Sweet Potato Soup
12	Sweet Potato and Spinach Hash with Eggs	Warm Lentil, Chicken, and Apple Salad	Sautéed Cauliflower Rice with Kale Salad and Roasted Chicken & Roasted Acorn Squash Soup with Pear
13	Wellness Smoothie	Tuna Niçoise Salad with Hard-Boiled Eggs	Spiced Lentils with Collard Greens and Ground Turkey & Coconut Zucchini Soup with Salmon
14	Pumpkin Smoothie Bowl	Roasted Veggie Zen Bowl with Turkey, Quinoa, and Lentils	Kale and Roasted Sweet Potatoes with Tuna & Roasted Acorn Squash Soup with Pear

SHOPPING LIST

VEGETABLES

- ❑ Kale – 11 bunches
- ❑ Baby Spinach – 20 c
- ❑ Onions – 6 regular + 9 large
- ❑ Red Onions – 3 small
- ❑ Scallions – 3 bunches
- ❑ Sweet Potatoes – 13 large
- ❑ Carrots, shredded – 5 c
- ❑ Carrots – 22 large
- ❑ Beets, raw – 6 large
- ❑ White Turnips – 1 lb.
- ❑ Fennel Bulbs – 3 large
- ❑ Brussels Sprouts – 2½ lb.
- ❑ Arugula – 5 c
- ❑ Leeks – 2 regular + 6 large
- ❑ Cauliflower – 1 head
- ❑ Cauliflower Rice, 12-oz pkg – 4
- ❑ Collard Greens – 4 bunches
- ❑ Acorn Squashes – 8
- ❑ Lettuce – 8 c
- ❑ Cucumbers – 2 large
- ❑ Radishes – 1 bunch
- ❑ Parsnips – 2
- ❑ Celery – 3 heads
- ❑ Zucchinis – 8 large

FRUITS

- ❑ Apples – 5
- ❑ Bananas – 5
- ❑ Avocados – 12
- ❑ Oranges – 1 regular + 1 large
- ❑ Grapefruit – 1
- ❑ Lemons – 10 regular + 11 large
- ❑ Pears – 15
- ❑ Date – 1

NUTS & SEEDS

- ❑ Chia Seeds – 1 c
- ❑ Sunflower Seeds, raw – 2 c
- ❑ Almonds, raw – ½ c

CONDIMENTS/MISC

- ❑ Coconut Oil
- ❑ Extra Virgin Olive Oil
- ❑ Vanilla Extract
- ❑ Vanilla Plant-Based Protein Powder
- ❑ Plant-Based Protein Powder
- ❑ Honey (optional)
- ❑ Maple Syrup
- ❑ Almond Butter
- ❑ Rolled Oats
- ❑ Garbanzo Beans, 15-oz BPA-Free can – 5
- ❑ Lentils, 15-oz BPA-free can – 12
- ❑ Quinoa
- ❑ Raw Sauerkraut
- ❑ Tahini
- ❑ Pumpkin Purée, BPA-free can – 1
- ❑ Dried Shredded Coconut, unsweetened
- ❑ Raw Cacao (optional)

BEVERAGES, MEAT & DAIRY

- ❑ Dairy-Free Milk – 56 oz
- ❑ Coconut Milk, 14-oz BPA-free can – 4
- ❑ Eggs, hard-boiled – 4
- ❑ Vegetable Broth, 32-oz pkg – 11
- ❑ Salmon, 14-oz BPA-free can – 2
- ❑ Tuna, 5-oz BPA-free can – 3
- ❑ Whole Roasted Deli Chicken (organic preferred) – 5
- ❑ Chicken Breasts – 2
- ❑ Ground Turkey – 2 lb.
- ❑ Shrimp – 1 lb.
- ❑ Salmon Fillets – 8
- ❑ Roasted Deli Turkey, nitrate-free – 6 slices

HERBS/SPICES

- ❑ Sea Salt
- ❑ Black Pepper
- ❑ Dried Thyme
- ❑ Pumpkin Pie Spice
- ❑ Turmeric Powder
- ❑ Cinnamon Powder
- ❑ Ginger Powder
- ❑ Cumin Powder
- ❑ Curry Powder
- ❑ Nutmeg Powder
- ❑ All-Purpose Seasoning, salt-free
- ❑ Fresh Ginger – 2"
- ❑ Fresh Garlic – 5 bulbs

HERBS/SPICES (CONT'D)

- ❑ Fresh Parsley – 2 bunches

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- ❑ Fresh Cilantro – 1 bunch
- ❑ Fresh Basil – 1 bunch
- ❑ Fresh Rosemary – 1 sprig
- ❑ Fresh Thyme – 1 sprig

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