

Week Four

GROCERY LIST

Poultry/Meat/Fish

- 2 lbs Chicken Thighs
- 3 - 4oz steaks
- 1 Large Salmon Fillet
- 2 lb Chicken Breasts
- 1 large rotisserie chicken, cooked and shredded

Produce

- 6 Avocados
- 6 Lemons
- 5 Green Apples
- 1 pkg Strawberries, Blueberries, Raspberries
- 1 bag baby carrots
- 2 sweet potatoes (japanese)
- 2 sweet potatoes (yams)
- 4 heads romaine lettuce
- 1 bunch of celery
- 3 heads Cauliflower
- 2 heads broccoli
- 2 heads garlic
- 2 tomatoes
- 1 bunch fresh Parsley
- Green onions
- 1 lb brussels sprouts
- 1 medium cucumber
- 1 red bell pepper
- 1 Fennel Bulb
- Fresh rosemary
- Fresh thyme

Seasonings

- Herbes De Provence
- Granulated Garlic
- Granulated Onion
- Olive oil
- Cayenne pepper
- Chili powder
- Himalayan Pink Salt
- Pepper (with grinder so it's freshly ground)
- Nutmeg
- Cinnamon
- Paprika
- Vanilla extract
- Coconut extract
- Mint extract

- Cumin
- Curry powder
- Dill
- Ground ginger
- Red pepper flakes

Frozen

- 3 Bags winter blend (cauliflower & broccoli)
- 2 Bags frozen berries (blend or single to taste)
- 1 bag french green beans

Additional

- Unsweetened/Unflavored Coconut or Almond Milk
- 2 cans coconut milk (whole fat, not light)
- Dozen eggs
- Coconut Oil
- Garlic Oil
- Brown rice
- 2 15oz cans chickpeas
- 1 small bag of pecans
- 1 container of pomegranate arils
- Tamari (gluten-free, soy free)
- 1 lb Raw Almonds
- Hummus
- Ghee (usually found with indian food)
- Chickpea flour (make sure there are no other additions)
- 2 boxes Chicken Broth
- Organic, clover honey
- Braggs Apple Cider Vinegar

Week Four Menu

Breakfast

Nutty Apple Cinnamon Shake

Lunch

Sugar, Spice & Everything Nice Shake

Dinner

Steaks
Pan-seared sprouts
House Salad

Breakfast

Pumpkin Pie Shake

Lunch

Mint Cookie Shake

Dinner

Chickpea Croquettes with tzatziki sauce
House Salad

Breakfast

Almond Crunch Shake

Lunch

Carrot Cake Shake

Dinner

Kung Pao Chickpeas
Brown Rice

Breakfast

Fried Eggs & Sweet Potato Hash

Lunch

Almond Crunch Shake

Dinner

Chicken Skewers with Tzatziki
Sweet Potato Fries

Breakfast

Cinna-bun Shake

Lunch

Mixed Berry Smoothie

Dinner

Curried Garlic Chicken
Roasted Curried Cauliflower with pecans
& pomegranate arils
House Salad

Breakfast

Mint Cookie Shake

Lunch

Leftover Chicken Skewers

Dinner

Salmon with fennel
Lemon broccoli

Breakfast

Heavenly Chocolate Shake

Lunch

Chicken Salad

Dinner

Chicken Pot Pie Soup
House Salad

Snacks

Celery with almond butter
Almonds & Green Apple
Mixed fruit bowl
Hummus with carrots

Shake Recipes

Nutty Apple Cinnamon Shake

- 2 Scoops Arbonne Essentials Vanilla Protein Arbonne Digestion Plus Packet
- 8 oz. Unsweetened or Vanilla Almond Milk +
- 1/4 Cup unsweetened Applesauce
- 1 Tbsp Almond Butter
- 3/4 Tsp cinnamon

Sugar & Spice & Everything Nice

- 2 Scoops Arbonne Essentials Vanilla Protein Arbonne Digestion Plus Packet
- 8 oz. Coconut Milk + Ice
- Couple of shakes of Pumpkin Pie Spice
- One shake of Nutmeg
- Dash of Pure Vanilla Extract
- 1 Tsp Cinnamon or more

Pumpkin Pie

- 2 Scoops Arbonne Essentials Vanilla Protein Arbonne + Digestion Plus Packet
- 1/2 cup winter blend veggies
- 1/2 cup canned pumpkin + 1/4 tsp pumpkin pie spice

Almond Crunch

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla, Chocolate Almond or Coconut Milk + Ice
- 1 Tbsp Slivered or Sliced Raw Almonds

Carrot Cake

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 1 cup cooked, chopped Carrots
- 1 Tbsp Walnuts
- 1 tsp Pumpkin Pie Spice + Cinnamon
- 1 cup of Water + 1 cup Almond milk + Ice

Almond Joy

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla Coconut or Almond Milk + Ice
- 1 Tbsp Almond Butter
- 1/2 Tsp Coconut Extract

Cinna-Bun Protein Shake

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Coconut Milk + Ice
- 1 Tsp Cinnamon
- Splash of Vanilla Extract

The Mint Cookie

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened Almond Milk or Water + Ice
- 1/4 Tsp Natural Mint Extract

Heavenly Chocolate

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened Chocolate Almond Milk + Ice
- 1 Tbsp Almond Butter
- 3/4 tsp Cinnamon

Dinner Recipes



House-Rubbed Steak (serves 4-6)

3- 4oz Steaks

1tbsp himalayan pink salt

1tbsp freshly cracked black pepper

1 tbsp granulated garlic

1 tbsp paprika

1 tbsp onion powder

The trick to really good steaks is coming to room temperature. Make sure to remove the steaks from the fridge about 30-minutes prior to cooking. Pat down both sides with paper towels and then place on a plate.

In a small mixing bowl mix spice rub until combined well. Sprinkle half of the spice mix generously over steaks and allow to sit. When spice rub has been 'absorbed' into the meat (about 15-minutes) turn over and cover with the remaining half of the seasoning mix.

Preheat a grill pan or grill on medium-high heat. When grill is hot, spray or use a small amount of olive oil with a paper towel (make sure to not use a paper towel if you're cooking over an open flame) to coat the griddle lightly. Place steaks bottom side down and listen for them to sizzle. Allow to cook about 5-8 minutes or until the meat is ready to turn. Turn over and sear the second side for another 5-8 minutes. Feel free to turn down the heat to medium and allow to sit for another 5 minutes or until desired doneness. Remove from heat onto a clean plate, tent with foil and rest for 5-8 minutes before serving.



Pan Seared Sprouts

1 lb brussels sprouts, trimmed and quartered
2 tbsp garlic powder
2 tbsp onion powder
3 tbsp olive oil
2 tbsp fresh/dried parsley
Salt & Pepper to taste

Heat a large skillet over medium heat.

In a bowl, toss sprouts, 1 tbsp olive oil and seasonings to coat. Add 2 tbsp olive oil to skillet and allow to come to temp. Add sprouts to the pan in a single layer and allow to cook until browned and crisp on the edges. About 20 minutes.

Chickpea Croquettes with Tzatziki Sauce

(Adapted from: cookshideout.com)

1 cup Chickpea flour
1½ cups Chickpeas or 1 15oz. canned, drained and rinsed
1 Red bell pepper, small, finely chopped
2 cloves garlic, minced
¼ cup fresh parsley, finely chopped
2 tbsp lemon juice
1 tbsp olive oil
1 tsp cumin, ground
1 tsp chili powder
Salt & pepper to taste

Topping

1 medium cucumber, sliced
2 medium tomatoes, seeded and chopped (or use 1 cup cherry tomatoes)
2 green onions - chopped
2 tbsp lemon juice
1 tbsp olive oil
Salt & pepper to taste

Tzatziki Sauce

1 can full fat coconut milk
1 tbsp paprika
1 tbsp granulated garlic
1 tbsp lemon juice
1 tbsp onion powder
1 tsp salt
Pinch of pepper



Topping: Combine cucumber, tomatoes, green onions, lemon juice and oil in a bowl. Season with salt and pepper and keep ready. Tzatziki Sauce: Combine all ingredients and allow to sit in the fridge.

To make Croquettes: In a mixing bowl, combine chickpea flour, cumin, chili powder and salt. Whisk in ¾ cup hot water. Stir in the other ingredients and season with salt and pepper.

Heat 1tbsp oil in a nonstick skillet; scoop about 3tbsp dollops of chickpea mixture into skillet, and reduce the heat to medium-low. Cook 3~4 minutes or until golden. Flip and cook 3~4 minutes more. Repeat with remaining chickpea mixture.

Serve each croquette topped with the topping and drizzle some of tzatziki sauce.



Cauli Mash (serves 4-6)

- 1 Cauliflower Head, trimmed
- 2 Tbsp Ghee
- 1/4 Cup Coconut or Almond Milk
- Salt & Pepper to taste

Trim cauliflower head of leaves and lower stem. Rough chop head and place in a sauce pan half filled with water. Boil until cauliflower is soft and water is mostly gone. Mash in the pot with potato masher or mixer until smooth and creamy. Add ghee, milk and salt and pepper. Mix to combine. Serve hot.



House Salad (serves 4-6)

- 1 romaine head lettuce
- 1 avocado
- Handful baby carrots
- Other vegetables to specific taste

Combine all ingredients and serve alone or with challenge-approved dressings.



Fried Eggs & Sweet Hash (serves 1)

2 eggs
1/2 sweet potato
1 tbsp coconut oil
Salt & pepper to taste

In large skillet, heat oil over medium/high heat. Clean and shred sweet potato. Add to hot oil and allow to crisp up, turning occasionally for extra crispy hashbrown style potato. When potato is mostly cooked, move to side of pan and crack in two eggs. Cook to taste. Sprinkle both potatoes & eggs with salt and pepper to taste.

Kung Pao Chickpeas (Slow Cooker Recipe)

(adapted from detoxinista.com)



1/2 red onion, chopped
1 red bell pepper, chopped
3 cups cooked chickpeas (or two 15 oz. cans, rinsed and drained)
2 heads of broccoli, broken into florets
1/4 cup tamari (gluten-free)
2 tablespoons apple cider vinegar
2 tablespoons liquid stevia
1/2 teaspoon garlic powder (or 2 minced garlic cloves)
1/2 teaspoon ground ginger (or 2 teaspoons fresh minced ginger)
1 teaspoon red pepper flakes
1 teaspoon toasted sesame oil
3 green onions, chopped
sesame seeds, for garnish
Cooked brown rice, for serving (or cauliflower rice)

Add the red onion, bell pepper, broccoli and chickpeas into the bowl of your slow cooker.

In a small bowl, whisk together the tamari, vinegar, stevia, garlic, ginger, red pepper flakes and sesame oil. Pour the sauce into the slow cooker and stir well.

Cover the slow cooker and set it to cook for 3 hours on high heat, or 6 hours on low heat. If you need to cook it longer due to your schedule, I'd recommend adding 2-4 tablespoons of water to the mixture to help prevent the sauce from over-cooking. (If you have a super-nice slow cooker, it might also give you the option to have the cooker start cooking later in the day on a timer.)

Once the cooking is done, give the chickpeas a stir and serve them warm over a bed of brown rice (or cauliflower rice) with a sprinkling of green onions and sesame seeds on top.



Sweet Potato Fries (serves 4)

2 Sweet Potatoes
1/4c coconut oil
4 tbsp olive oil
Salt & Pepper

Wash and scrub sweet potatoes and dry thoroughly. Heat oil in a skillet or cast iron skillet on medium until hot but not smoking. Slice potatoes lengthwise until 1/4" thick. Store on a plate with paper towels to help absorb any moisture.

Fry up batches of fries until golden on outside. Place on paper towel lined plate, and salt immediately. Let cool before serving.

**Note, to test that the oil is ready, take a small piece of potato and place in oil. If it floats the oil is at optimum heat.*

Chicken Skewers with Tzatziki Sauce

For the skewers

2 lbs boneless, skinless chicken breast
1 tbsp garlic powder
1 tbsp onion powder
1 tbsp paprika
1 lemon, zested and juiced
Salt & Pepper to taste
4tbsp olive oil

For the Tzatziki

1 can full fat coconut milk
1 tbsp garlic powder
1 tbsp onion powder
1 tbsp paprika
1 tbsp lemon juice
Salt & Pepper to taste

Instructions

For the skewers

Butterfly the chicken breasts and then slice lengthwise in 1" wide strips.

Combine all of the spices, lemon, salt and pepper in a bowl.

Place chicken pieces, spices and 4 tbsp olive oil in a ziploc bag, and allow to marinate 45-minutes or overnight. Making sure all chicken has been coated.

For the tzatziki sauce

Combine all ingredients and store in the fridge. The longer it sits the more flavorful it becomes.

Cooking the chicken

Slide chicken onto skewers in a zig-zag pattern until fully on the stick and then space out lightly to cover most of the skewer. (This may allow for two chicken breast pieces with the smaller cuts.)

Place in a 9x13 baking dish for easy access or a sheet pan.

Heat a grill on medium-high heat, and then place skewers until chicken is cooked through (about 10-15 minutes) turning once. Cooking times will vary depending on thickness of chicken, but with them spread out on the skewer they tend to have a pretty even cooking time.



Roasted Curried Cauliflower with Pecans and Pomegranate Arils

(Adopted from: americanpecan.com)

1 large head of cauliflower (about 2 1/2 pounds) cut into 1 1/2 inch florets
3 tablespoons olive oil
3/4 teaspoon yellow curry powder
1/4 teaspoon salt, plus more to taste
1/8 teaspoon freshly ground black pepper
1/2 cup raw pecan pieces
1/2 cup pomegranate arils (seeds)

Preheat the oven to 375 degrees.

Place the cauliflower into a 9 x 11 baking dish. Drizzle with the olive oil and sprinkle with the curry powder, salt and pepper and toss to combine. Cover the dish with foil and cook for 10 minutes. Remove the cover and cook, stirring once or twice, until the cauliflower is tender and nicely browned, 35 to 40 minutes more.

Meanwhile, place the pecans on a baking sheet and place in the oven until fragrant and toasted, about 4 minutes.

When the cauliflower is done, add the in the pecans and arils and toss. Season with additional salt to taste. Makes 5 cups.

Curried Honey Chicken

2 lbs chicken thighs
1/4 c organic clover, honey
1/2 c coconut oil or ghee
1 tsp curry powder
1 tsp ground mustard
Salt & Pepper to taste

Preheat oven at 375 degrees.

In a small saucepan melt ghee/coconut oil, and whisk in honey, mustard, curry powder, salt and pepper.

Place chicken thighs in a large baking dish skin-side up. Pour over saucepan contents when they are completely melted and combined.

Cook 40 minutes or until cooked through. Basting a couple times through the cooking process if you desire. Broil for 3-5 minutes to crisp up skin before removing from oven.. Serve with curried cauliflower dish.



Salmon with Fennel

(image source: simplyrecipes.com)

1 fennel bulb, sliced paper thin (a mandoline helps for this)

4 6-ounce portions of fresh salmon fillets (skinless is best)

Kosher salt

Freshly ground black pepper

Lemon juice (to taste)

12 very thin slices of whole lemon (from 1 to 2 lemons)

Several sprigs of fresh fennel fronds

2 Tbsp ghee

4 12-inch pieces of parchment paper (can sub aluminum foil if you don't have parchment paper)

Preheat oven to 350 degrees.

Lay out parchment paper and create a crease by folding in half. Unfold.

Place a small amount of sliced fennel in the middle of one of the sections of the parchment paper. (You will use the parchment as an envelope), lay on top of fennel a salmon fillet, then place fronds, lemon, ghee on top of salmon. Add squeeze of lemon juice, salt and pepper.

Fold the parchment over the salmon and secure close by starting near one section of the fold, and folding in a bit, tucking the edges into each other until it's completely closed on the opposite side. Feel free to look up parchment folding for fish roasting for more fancy techniques.

Place packets on roasting pans with a small lip (in case one of the packets happens to pop open, it'll catch the juice), for about 20 minutes.



Lemon Broccoli (serves 4-6)

1 Head broccoli
2 lemons
3 cloves of garlic, minced
Olive oil
Pepper and Salt to taste

In an oven-safe skillet, heat up 2 Tbsp olive oil on medium heat and add garlic. Allow to warm for 2-3 minutes or until soft. Remove leaves and stem from broccoli. Separate florets to bite size pieces and add to skillet. Juice lemons and add to skillet, along with remaining lemon rinds.

Salt and pepper to taste.

Cook 5-10 minutes, stirring occasionally to cover florets in 'sauce'.

Turn off heat and move skillet to lower rack in oven and allow to cook with chicken for 20 minutes. Remove from oven and set aside.



Chicken Pot Pie Soup

(Adapted from: jaysbakingmecrazy.com)

Serves 7

2 lbs Chicken, cooked
1 1/2 cup Carrots
1 1/2 cups Celery
1 1/2 cups French green beans, frozen
1 cup Green onion
1 tbsp Rosemary, fresh
1 tbsp Thyme, fresh
2lbs japanese sweet potatoes or parsnips, peeled
1 1/2 cups Almond milk, unsweetened
2 tbsp Fat of choice- avocado oil, coconut oil or ghee
1 tsp Salt
Oils & Vinegars
1 tbsp Garlic oil
3 cups Broth or water
1 cup Water

In a small saucepan, combine potatoes with the 1 cup of water. Cover and cook on medium heat for 10 minutes, stirring occasionally. Once cooked, turn heat off, add almond milk, and blend using an immersion blender. Leave it in the pan as you finish making the soup.

While the potatoes are cooking, start the soup. In a large pot or dutch oven, combine garlic oil, fat, carrots, celery, green onions and potatoes. Sauté for about 5 minutes.

Add 3-4 cups broth or water; thyme, rosemary, green beans, and salt. Cover and cook 10 minutes, stirring regularly.

Add the potato puree to the soup, stir in chicken and cook for 10 more minutes uncovered.