

Week 3 Grocery List

Poultry/Meat/Fish

2 lb Boneless Skinless Chicken Breasts
2lb chicken thighs
1 large Salmon fillet
1 lb Deli sliced Turkey (*no MSG, gluten, etc. Boars Head or Applegate Farms are good picks*)
1lb Ground Beef
1 Whole Rotisserie chicken

Produce

Spinach
2 Large White Onion
Broccoli
Bunch of Asparagus
Carrots*
2 Red Bell Pepper
3 Avocados
Lime
Roma Tomatoes
Jalepeno (optional)
Cilantro
Garlic
1 head (Bibb, butter or living lettuce)
Anaheim peppers
Spaghetti squash
Cucumber*
1 Red Onion
Strawberries*
Dried cranberries (no sugar added)
Blueberries*
Green Apples*
2 Sweet Potatoes

Additional

Unsweetened Almond or Coconut Milk
Hummus
Eggs
Pepperjack "cheese" (*Lisanatti or Daiya *soy free**)
Cheddar & mozzarella "cheese" (*Lisanatti or Daiya *soy free**)
Steel Cut Oats

Seasonings

Coconut Oil
1 bottle Coconut Aminos
Onion Powder
Cayenne Pepper
White Pepper
Black Pepper
Dried Oregano

Garlic Powder
Garlic Salt
Cumin
2 jars Spaghetti sauce (make sure no added sugars)
Raw Almonds (or other nut of choice)
Brown Rice or Black Bean Chips
Almond Butter
1 jar Roasted red peppers
Rudi's GF Spinach Tortillas
Brown Rice
Stevia

Week Three Menu

Breakfast

Nutty Apple Cinnamon Shake

Lunch

Sugar, Spice & Everything Nice Shake

Dinner

Chicken Spinach Mini Pizzas
Strawberry Spinach Salad

Breakfast

Pumpkin Pie Shake

Lunch

Fried Eggs & Sweet Hash

Dinner

Spaghetti
House Salad

Breakfast

Veggie Omelet

Lunch

Carrot Cake Shake

Dinner

Anaheim Turkey Wraps
Guacamole with brown rice chips

Breakfast

Oatmeal with berries

Lunch

Almond Crunch Shake

Dinner

Blackened Salmon
Roasted Veggies

Breakfast

Cinna-bun Shake

Lunch

Mixed Berry Smoothie

Dinner

Chicken Fried Rice
House Salad

Breakfast

Mint Cookie Shake

Lunch

Leftover Spaghetti

Dinner

French Style Chicken Thighs *See week 1 menu for recipe*
Mashed sweet potatoes

Breakfast

Heavenly Chocolate Shake

Lunch

Chicken Salad

Dinner

Leftovers or Dine Out Night

Snacks

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

Optional Breakfast Recipes

If weight-loss is your goal, do two shakes a day for breakfast and lunch. Shake recipes can be found in week 1 and week 2 menu plans.

Veggie Omelet

2-3 eggs per omelet (make sure eggs are following the parameters on the avoid list: cage-free, free-range, organic...)
1/3-1/2 cup Veggie Mix (peppers, onions, squash, zucchini or whatever you have leftover)
1-2 TBS "Cheese" shreds *optional

If you have leftover spinach, feel free to add some here. Scramble eggs in bowl. Heat small sauté pan to medium heat and prepare surface with light spray of coconut oil. Pour portion of eggs into pan and cook through. Top one side (half pan) with veggie mix & top with "cheese". Flip other side of egg over to cover. Slide it onto plate and enjoy!

Oatmeal with Berries

Prepare GF Oats according to package instructions (use water or almond milk). Pour into bowls and top with strawberries, blueberries, almonds (or other nuts) and optional: dash of liquid stevia to sweeten.

Dinner Recipes

Chicken Spinach Pizza

Rudi's GF Spinach Tortillas (1/person)
Spaghetti sauce
Spinach
1/2 Rotisserie chicken
Roasted red peppers (from jar, diced)
Cheddar & mozzarella "cheese" shreds (Daiya melts best)
Garlic salt

Preheat oven to 425 degrees. Prepare cookie sheet with coconut or olive oil spray. Place tortillas on sheet and bake 4-5 minutes to brown/crisp. Remove from oven and top each pizza as follows: 2 tbsp spaghetti sauce, 1 large handful of spinach, generous portion of shredded chicken, a few roasted red peppers and both cheeses. Sprinkle with garlic salt and bake 5-7 minutes more or until edges brown and cheese melts.

Note: this doesn't melt like REAL cheese – but it is pretty flavorful.

Strawberry Spinach Salad

2 generous handfuls fresh baby spinach
1/3 cucumber, diced
A couple rings of red onion, diced
Handful of strawberries (tops removed & diced)
1/2 cup slivered or chopped raw almonds (or nut of choice)
Dried cranberries, OPTIONAL (no sugar added)

Toss all ingredients together. Top with favorite detox-approved dressing

Spaghetti

1 lb lean ground beef
1/2 large yellow onion, diced
1 small bell pepper, diced
2 cloves fresh garlic (or 1/2 tsp garlic salt)

Salt/pepper to taste
1 small spaghetti squash
1 jar spaghetti sauce

Preheat oven to 350 degrees. Cut spaghetti squash in two (at the equator). Spaghetti squash are very tough to cut, so be careful and make sure to use a sharp knife on a non-slip surface. Scoop out seeds and place face down on greased (coconut oil/spray) baking sheet. Use knife to make a couple of "breath holes" in the squash for moisture to escape.

Bake appx. 40 minutes.

Dice onion & bell pepper (removing seeds and membranes). In a large skillet, brown meat with onion, pepper & garlic. Drain and return to skillet. Add sauce and salt/pepper, to taste. Bring to slow boil, then reduce heat to low-medium. Remove squash from oven and turn over and allow to cool a few minutes. Use fork to scrape out the "noodles". You'll LOVE their resemblance to real noodles minus the carb coma that usually follows! Spoon a serving of noodles on each plate, then top with sauce as desired.

Serve with favorite "house salad" and detox approved dressing.

Anaheim Turkey Wraps

1 lb deli turkey slices (*no MSG, gluten, additives; Boars Head or Applegate Farms*)
1 Head Bibb, butter or living lettuce
2 Anaheim peppers
2oz pepper jack "cheese" (dairy-free by Lisannti)
1/2 Avocado, sliced

De-seed & roast peppers at 400 degrees for 20 mins. Remove outer skin & set aside. On same roasting pan, fold over 2-3 slices turkey, place 1/2 of one pepper & top lightly with shredded cheese. Bake at 350 degrees for 5-10 mins until "cheese" is melted.

Remove & place atop 1-2 large lettuce leaves and top with 2-3 avocado slices. Roll & enjoy!

This is wonderful with fresh guacamole & brown rice chips.

Guacamole

2 1/2 Haas avocados, halved, seeded and peeled
1 lime, juiced
1/2 teaspoon kosher salt
1/2 teaspoon ground cumin
1/2 teaspoon cayenne
1/2 medium onion, diced
1/2 jalapeno pepper, seeded and minced
2 Roma tomatoes, seeded and diced
1 tablespoon chopped cilantro
1 clove garlic, minced

In a large bowl mix the scooped avocado pulp and lime juice, toss to coat. Using a potato masher (or fork) add the salt, cumin, and cayenne and mash.

Fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Let sit at room temperature for one-hour and then serve. Serve with Rice Chips. If you don't eat it all, put in ZIPLOCK BAG, squeeze ALL air out & place in fridge. This will keep avocado from browning. Eat within 1-2 days as a snack.

Blackened Salmon

1 large Salmon Fillet
2-3 Tbsp virgin coconut oil
Blackening Season Mix:

- 1 TBS Paprika
- 1 TBS Sea Salt
- 1 tsp onion powder
- 1 tsp cayenne pepper 1 tsp white pepper
- 1 tsp black pepper
- 1 tsp oregano
- 1 tsp garlic powder

Heat your large skillet on medium high and let the oil get hot. (If your fish fillet is too large, cut it in half to be able to fit in skillet). Pour some of the blackening spice mix onto a plate. Take your fillet and press it into the spices on all sides. When the oil is hot and you will know because it will start to ripple, carefully add the salmon to the pan. When the top of the salmon starts to get some color; turn it over (3-5 mins/side seems about right). Don't be alarmed when you do and your salmon is black, it's supposed to be! The second side will take less time to cook.

TIP: If your kids don't like a lot of spice, go lighty with the seasoning!

Roasted Veggies

Dice red bell pepper, 1 onion and asparagus. Use 1/3-1/2 of mixture for tonight's side dish (you can use the rest later in the week for veggie omelets). In medium-large sauté pan on medium heat, add 1-2 tbsp coconut oil or ghee and your diced veggies. Sprinkle with salt/pepper and garlic salt. Cook until tender &/or slightly browned. (Raw veggies have the MOST nutrients & enzymes, so don't overcook them!)

Chicken Fried Rice

- 1 lb chicken breasts
- 1 cup baby spinach (optional)
- 1/2 cup onion, diced
- 1/2 cup broccoli, diced
- 1/2 cup carrots, diced
- 2 cups cooked brown rice
- 2 eggs
- 2 TBS coconut oil
- Salt/pepper; to taste
- Coconut aminos (optional in place of soy sauce)

Make brown rice to instructions on packaging.

Heat up skillet with 1-2tbsp coconut oil. Dice up chicken breast into 1" pieces and season w/ salt, pepper & other seasonings of choice. Cook chicken, until no longer transparent.

Saute spinach, onions, broccoli & carrots. Add cooked brown rice. Scramble 2 eggs into side of frying pan. Stir to combine.

Serve with steamed veggies or house salad and detox-approved dressing.