

# Week 2 Grocery List

## Poultry/Meat/Fish

- 1 lb Ground Chicken
- 1 Large Salmon Fillet (serves 4 minimum)
- 1 5lb+ Whole Fryer Chicken
- 4 lb Chicken Breasts

## Produce

- 7 Avocados
- 5 Lemons
- 5 Green Apples
- 1 pkg Strawberries, Blueberries, Raspberries
- 1 bag baby carrots
- 3 sweet potatoes (japanese or yams)
- 4 heads romaine lettuce
- 1 heads Cauliflower
- 1 head broccoli
- 3 medium zucchini
- 2 heads garlic
- 3 limes
- 1 bunch Cilantro
- 1 bunch italian flat leaf parsley or 1 bunch basil (check pasta recipe for your preference)
- 2 tomatoes
- Yellow bell pepper
- 2 Green onions
- 1 bunch sage
- 1 stalk lemon grass
- 1-1/4lbs green beans
- 1 pint grape tomatoes

## Seasonings

- Granulated Garlic
- Granulated Onion
- Olive oil
- Cayenne pepper
- Chili powder
- Ground cumin
- Freeze-dried cilantro, parsley
- Himalayan Pink Salt
- Pepper (with grinder so it's freshly ground)
- Cinnamon stick
- Paprika
- Gluten-free enchilada sauce (1 can)
- Red curry paste
- Red chili flakes

- Ground ginger
- Coconut Aminos (Braggs is gluten-free, no soy)

## Frozen

- 3 Bags winter blend (cauliflower & broccoli)
- 2 Bags frozen berries (blend or single to taste)

## Additional

- Unsweetened/Unflavored Coconut or Almond Milk
- 4 Can full-fat coconut milk (not light)
- Gluten-free steel cut oats
- Dozen eggs
- Coconut Oil
- Quinoa
- Brown rice spaghetti noodles
- 1 lb Raw Almonds
- Hummus
- Ghee (usually found with Indian food)
- Almond flour (make sure there are no other additions)
- 1 box Chicken Broth
- 1 can green chiles
- 2 cans (15oz) black beans
- 1 can (14.5oz) diced tomatoes in tomato juice
- Small jar of pesto, homemade or store-bought (make sure there are no additions to the store bought)

# Week 2 Menu

## Breakfast

Nutty Apple Cinnamon Shake

## Lunch

Sugar, Spice & Everything Nice Shake

## Dinner

Crispy Garlic Chicken and Zucchini  
Cauli Mash

## Breakfast

Pumpkin Pie Shake

## Lunch

Mint Cookie Shake

## Dinner

Coconut Curry Chicken Meatballs  
House Salad

## Breakfast

Almond Crunch Shake

## Lunch

Carrot Cake Shake

## Dinner

Zucchini Noodles with Creamy Avocado Pesto  
House Salad

## Breakfast

Fried Eggs & Sweet Potato Hash (week 1 recipe)

## Lunch

Almond Crunch Shake

## Dinner

Crockpot Mexican Quinoa Casserole

## Breakfast

Cinna-bun Shake

## Lunch

Mixed Berry Smoothie

## Dinner

Thai Roast Chicken in Coconut Milk  
Lemon Broccoli  
House Salad

## Breakfast

Mint Cookie Shake

## Lunch

Leftover Chicken in Coconut Milk

## Dinner

French Style Chicken Thighs  
Mashed sweet potatoes

## Breakfast

Heavenly Chocolate Shake

## Lunch

Pesto Salmon with Italian Veggies  
Mashed sweet potatoes

## Dinner

Cilantro Chicken with Avocado Salsa  
Brown Rice  
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



### Crispy Garlic Chicken & Zucchini (serves 3-4)

Source: [cleanfoodcrush.com](http://cleanfoodcrush.com)

- 2 Chicken Breasts, sliced in half in length
- 3 Tbsps avocado oil, or extra virgin olive oil
- 1/3 cup almond meal
- 4 Tbsps extra virgin olive oil
- 3 medium zucchini, chopped bite size
- 2 garlic cloves, minced
- 2 eggs
- Sea salt and pepper, to taste

To make the chicken: In a shallow dish whisk the 2 eggs with a pinch of sea salt and pepper. In another dish, add the almond meal, 1/2 tsp sea salt and fresh ground pepper.

Preheat a large skillet and drizzle with 2 Tbsp of oil. Dip the chicken in the egg mixture, then coat it with the almond meal and place it in the skillet. Cook on each side for about 4 minutes until the outside is crispy and the chicken is cooked through. Set aside.

Add 2 Tablespoons of oil back to the skillet and sauté the minced garlic for just a minute. Add the zucchini to the skillet and sauté until just tender. Season with salt and pepper to taste. Add the chicken back to the skillet and heat for a minute or so. Serve immediately



### **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.



## Coconut Curry Chicken Meatballs (serves 3-4)

Source: [thebewitchinkitchen.com](http://thebewitchinkitchen.com)

### MEATBALLS

1/2 cup roughly chopped carrots  
1/4 red onion, chopped  
2 tbsp. freeze-dried cilantro  
Juice of 1 lime  
2 tbsp. basil  
1 tbsp coconut aminos  
1 tsp ground ginger  
1 clove garlic  
1/2 tsp ground cumin  
1/4 tsp red chili flakes  
1/4 tsp each sea salt and pepper  
1 lb ground chicken

### SAUCE

1 can coconut milk  
1 tbsp red curry paste  
1 tbsp almond butter  
2 tbsp lime juice  
1 tsp minced garlic

### DIRECTIONS:

Pre-Heat Oven to 400

### MEATBALLS

Place all the ingredients (but the chicken) into a high-powered blender or food processor and pulse until chopped. Add the chicken and mix well. Roll into 1 1/2 - 2" balls and place them on a lined or greased pan. Bake for 20 minutes, roll the meatballs over and bake them for an additional 20.

### SAUCE

In a large skillet, over medium heat, heat the coconut milk. Add the rest of the ingredients and simmer for 10 minutes, stirring constantly.

### PUTTING IT TOGETHER

Add the meatballs to the sauce, stir them around and simmer for 2-3 minutes.  
Serve over cauliflower rice or brown rice.



## **Creamy Avocado Pasta (serves 6)**

1 box, brown rice spaghetti  
1 Tbsp olive oil

For the Sauce:

1-1/2 avocados  
1 tbsp fresh basil leaves or italian flat leaf parsley  
1 cloves garlic  
2 Tbsp lemon juice  
½ tsp. sea salt  
3 Tbsp olive oil  
1/4 cup unsweetened coconut milk (not full fat from a can)  
Cracked black pepper, to taste

Cook spaghetti according to directions, adding in a pinch of salt and 1tbsp olive oil to the boiling water to help noodles not stick together.

In a food processor, add avocados, basil or parsley, garlic, lemon juice and sea salt and coconut milk, pulse until combined. Then with the motor still running, add olive oil in a slow stream until emulsified and creamy.

Sauce may be thick, so feel free to add in a little more coconut milk to get it to the consistency of a normal 'cream sauce'.

Drain noodles and mix sauce and noodles until completely coated.

Season with cracked pepper and serve immediately!



## Crockpot Mexican Quinoa Casserole (serves 5-8)

Adapted from: [pinchofyum.com](http://pinchofyum.com)

- 1 cup quinoa
- 1 cup chicken stock or vegetable broth
- 2 cans (15 ounces EACH) black beans
- 1 can (14.5 ounces) diced tomatoes in tomato juice\*
- 1 can (10 ounces) enchilada sauce \*gluten-free\*
- 1 can green chiles
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1 tbsp. cayenne powder (or more for extra spice)
- 1 tsp. chili powder
- 1 tsp. salt
- 1 tsp. cumin

Toppings: diced avocado, cilantro, fresh lime, yellow bell pepper, diced tomatoes

Rinse the quinoa in a fine mesh sieve to remove bitter saponin coating.

In a large crockpot (I use a 6 quart crockpot), add in the quinoa, chicken stock (vegetable broth to keep vegetarian), drained and rinsed black beans, undrained diced tomatoes in tomato juice, enchilada sauce, chiles, and seasonings.

Stir. Cover and cook on high 2.5 hours or 4 hours.

Important notes with cooking quinoa in slow cooker: slow cookers cook at different temperatures! You'll want to watch this carefully if you have a slow cooker that runs hot so the quinoa doesn't get mushy. This recipe doesn't work on low because quinoa will get mushy when cooked on low for long

time periods.

When quinoa is cooked through, serve with your desired toppings. Enjoy!



## Thai Roast Chicken in Coconut Milk (serves 4-6)

Source: keviniscooking.com

5 1/2 lb whole chicken

2 1/2 tsp kosher salt

1 tsp fresh ground black pepper

3 tbsp olive oil

1 stick cinnamon broken

1/4 cup fresh sage leaves loosely packed

1 stalk lemon grass trimmed and split lengthwise

1 lemon zest only

12 cloves of garlic whole

2-13 oz cans coconut milk

### Instructions

Preheat oven to 375°F. Completely rinse chicken under cold water and pat dry with paper towels.

Sprinkle the chicken all over with with kosher salt and black pepper.

Heat oil in a heavy based oven-proof pot over medium high heat and brown the chicken all over. Be careful not to scorch the skin on bottom, you want to brown it. I constantly moved it around in the pot using tongs.

Carefully remove chicken and set aside on a plate. Pour the out the excess fat and set aside to roast vegetables or discard. With spoon, scrape up bits of cooked chicken on bottom of pan and leave in pan. Return chicken to the pot, add remaining ingredients and bake covered for 90 minutes.

Remove lid and baste chicken with juices. Leave uncovered and bake uncovered for 35 minutes or until juices run clear.

Let stand for 10 minutes before removing the chicken. Remove and discard lemon grass and cinnamon stick from sauce. Serve chicken with the sauce on the side.



## Cilantro Lime Chicken with Avocado Salsa (serves 4)

Adopted from: [joyfulhealthyeats.com](http://joyfulhealthyeats.com)

1.5 lb. boneless chicken breast  
¼ cup lime juice  
2 tablespoons olive oil  
¼ cup fresh cilantro  
½ teaspoon ground cumin  
¼ teaspoon salt

Avocado Salsa:

4 avocados, diced  
½ cup fresh cilantro, diced  
3 tablespoons lime juice  
½ tablespoon lime zest  
½ teaspoon red pepper flakes  
1 garlic clove, minced  
salt to taste

To a small bowl, add ¼ cup of lime juice, olive oil, ¼ cup of fresh cilantro, ground cumin, and ¼ teaspoon of salt. Whisk until mixed.

Add chicken and marinade to a large ziploc bag. Let chicken marinate for 15 minutes.

Preheat grill to medium high heat (about 400 degrees). Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit.

To make the avocado salsa: add avocado, ½ cup fresh cilantro, 3 tablespoons lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix.

Top Cilantro Lime Chicken with fresh Avocado Salsa.



## **Lemon Broccoli (serves 4-6)**

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

Preheat oven to 350 degrees.

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 for 20 minutes. Remove from oven and set aside.



## Pesto Salmon with Italian Veggies (feeds 4)

Source: [cookingclassy.com](http://cookingclassy.com)

4 (6 oz) skinless salmon fillets

1 1/4 lbs fresh green beans, ends trimmed or 1 lb (medium/thin) asparagus, tough ends trimmed

3 tsp olive oil, divided

Salt and freshly ground black pepper

4 Tbsp pesto, homemade or store-bought (make sure there are no additions to the store bought)

4 tsp fresh lemon juice

1 pint grape tomatoes, halved

Preheat oven to 400 degrees. Bring a pot of water to a boil. Cut four pieces of aluminum foil into 14-inch lengths. Boil green beans 3 minutes, then carefully drain (asparagus doesn't need to be boiled before baking).

Toss green beans (or asparagus) with 2 tsp olive oil and season with salt and pepper to taste, divide into 4 servings and layer in center of each piece of foil. Season both sides of salmon with salt and pepper. Layer salmon over green beans and then spread 1 Tbsp pesto over top. Drizzle 1 tsp lemon juice over each fillet. Toss tomatoes with remaining 1 tsp olive oil and season lightly with salt. Spread over each salmon fillet. Wrap sides of foil in and roll and crimp edge to seal, then wrap ends upward to seal (don't wrap too tightly you want the heat to be able to circulate well).

Place side by side on a baking sheet and bake in preheated oven until salmon has cooked through, about 20 - 28 minutes (cook time will vary depending on thickness of salmon and desired degree of doneness).

Serve with house salad and mashed sweet potatoes.

## Mashed Sweet Potatoes (serves 4)

3 sweet potatoes, peeled

3 Tbsp ghee

1 garlic clove, minced

1 cup Coconut/Almond milk

Salt & Pepper

Dash of nutmeg (optional)

Peel sweet potatoes and dice up into 2" chunks. Place on baking sheet tossing with garlic and ghee. When coated, add salt and pepper to taste and roast in 400 degree oven until soft. (20-30 minutes). Remove from oven and throw in bowl. Mix potatoes with milk. Taste and add salt, pepper and/or 1 Tbsp. ghee if needed.