

## WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BREAKFAST:</b> ½ cup coconut yogurt topped with 1 serving Grain-Free Nut &amp; Seed Granola (p. 70; save leftovers) and ¼ cup blueberries</p> <p><b>SNACK:</b> 1 hard-boiled egg; ½ cup blueberries</p> <p><b>LUNCH: <i>Shrimp &amp; Spinach Salad:</i></b> Toss 2 cups baby spinach and 4 strawberries, sliced; whisk 1 tbsp <i>Basil Mint Pesto</i> (p. 72; save leftovers) with ½ lemon, juiced, and ½ tsp avocado oil and drizzle over top. Top with 1 tbsp sunflower seeds and 3 oz shrimp, grilled or sautéed with ½ tsp avocado oil and pinch each salt and pepper.</p> <p><b>SNACK:</b> 1 recipe Cinnamon Collagen Milk (p. 72)</p> <p><b>DINNER:</b> 1 serving <i>Pecan-Crusted Chicken with Sautéed Asparagus &amp; Mushrooms</i> (p. 65; save leftovers) served with 2 tbsp Spicy Apricot BBQ Sauce (p. 65; save leftovers)</p>	<p><b>BREAKFAST: <i>Almond Butter, Banana &amp; Flax Smoothie:</i></b> Blend 1 cup almond milk, 2 scoops collagen protein, 1 tbsp almond butter, ½ banana, 1 tbsp ground flax and ice, as desired</p> <p><b>SNACK:</b> 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p><b>LUNCH:</b> 1 serving Pecan-Crusted Chicken with Sautéed Asparagus &amp; Mushrooms (leftovers, p. 65) with 2 tbsp Spicy Apricot BBQ Sauce (leftovers, p. 65)</p> <p><b>SNACK:</b> ½ cup blueberries topped with 1 tbsp hemp seeds</p> <p><b>DINNER: <i>Zoodles with Lemon Shrimp:</i></b> Spiralize 2 zucchini and sauté in 1 tbsp avocado oil with 1 minced clove garlic. Sauté 6 oz shrimp in ½ tsp avocado oil with pinch each salt and pepper, and juice of 1 lemon. Serve over zoodles (eat ½; save leftovers).</p>	<p><b>BREAKFAST:</b> 1 serving Green Frittata with Avocado Cilantro Mash (p. 66; save leftovers)</p> <p><b>SNACK: <i>Green Ginger Smoothie:</i></b> Blend 1 cup unsweetened almond milk, 2 scoops collagen protein, 1 cup baby spinach, ½ tsp grated ginger, 1 frozen banana and ice, as desired</p> <p><b>LUNCH:</b> Zoodles with Lemon Shrimp (leftovers)</p> <p><b>SNACK:</b> 2 stalks celery with 1 tbsp almond butter</p> <p><b>DINNER:</b> 1 serving Turkey Zucchini Meatballs (p. 71; save leftovers) and 1 Artichoke in Garlic Oil (p. 71; save leftovers)</p>	<p><b>BREAKFAST: <i>Breakfast Hash:</i></b> Sauté 6 (small) chopped chicken breakfast sausages, 2 slices turkey bacon, ¼ cup chopped yellow onion, 1 cup chopped cremini mushrooms in 1 tbsp avocado oil. Season with pinch each pepper and red pepper flakes (eat ½; save leftovers). ½ avocado, sliced</p> <p><b>SNACK:</b> 1 hard-boiled egg; 1 cup strawberries</p> <p><b>LUNCH:</b> 1 serving Green Frittata with Avocado Cilantro Mash (leftovers, p. 66)</p> <p><b>SNACK:</b> ½ cup almond milk with 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p><b>DINNER:</b> 1 serving Pecan-Crusted Chicken with Sautéed Asparagus &amp; Mushrooms (leftovers, p. 65) with 2 tbsp Spicy Apricot BBQ Sauce (leftovers, p. 65)</p>
<p><b>NUTRIENTS:</b> Calories: 1,552, Fat: 153 g, Sat. Fat: 16 g, Carbs: 105 g, Fiber: 32 g, Sugar: 51 g, Protein: 85.5 g, Sodium: 1,225 mg, Cholesterol: 482 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,460, Fat: 81 g, Sat. Fat: 10 g, Carbs: 106 g, Fiber: 24 g, Sugar: 61 g, Protein: 86.5 g, Sodium: 1,011 mg, Cholesterol: 270 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,328, Fat: 79 g, Sat. Fat: 14 g, Carbs: 79 g, Fiber: 24 g, Sugar: 30 g, Protein: 91.5 g, Sodium: 1,446 mg, Cholesterol: 614 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,598, Fat: 104 g, Sat. Fat: 18 g, Carbs: 93 g, Fiber: 28 g, Sugar: 46 g, Protein: 77 g, Sodium: 1,550 mg, Cholesterol: 807 mg</p>

FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> 1 serving Green Frittata with Avocado Cilantro Mash (leftovers, p. 66)</p> <p><b>SNACK:</b> 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p><b>LUNCH:</b> 1 serving Pecan-Crusted Chicken with Sautéed Asparagus &amp; Mushroom (leftovers, p. 65) with 2 tbsp BBQ sauce (leftovers, p. 65)</p> <p><b>SNACK:</b> 2 stalks celery with 1 tbsp almond butter</p> <p><b>DINNER: <i>Cauliflower Fried Rice:</i></b> Sauté 2 cups riced cauliflower, 1 chopped shallot and ½ cup chopped cremini mushrooms in ½ tsp sesame oil and 1 tsp avocado oil. Season with 1 tsp coconut aminos and top with 2 tbsp chopped cilantro (eat ½; save leftovers). 1 (large) chicken sausage, chopped, cooked in ½ tsp avocado oil. Add chicken sausage to cauliflower rice.</p>	<p><b>BREAKFAST:</b> ½ cup coconut yogurt topped with 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p><b>SNACK: <i>Green Ginger Smoothie:</i></b> Blend 1 cup unsweetened almond milk, 2 scoops collagen protein, 1 cup baby spinach, ½ tsp grated ginger, 1 frozen banana and ice, as desired</p> <p><b>LUNCH:</b> 1 serving Green Frittata with Avocado Cilantro Mash (leftovers, p. 66)</p> <p><b>SNACK:</b> 1 recipe Cinnamon Collagen Milk (p. 72)</p> <p><b>DINNER:</b> 1 serving Turkey Zucchini Meatballs (leftovers, p. 71) 1 Artichoke in Garlic Oil (leftovers, p. 71)</p>	<p><b>BREAKFAST:</b> Breakfast Hash (leftovers) Cauliflower Fried Rice (leftovers)</p> <p><b>SNACK:</b> 1 hard-boiled egg; 1 cup blueberries</p> <p><b>LUNCH: <i>Shrimp &amp; Spinach Salad:</i></b> Toss 2 cups baby spinach and 4 strawberries, sliced; whisk 1 tbsp Basil Mint Pesto (leftovers, p. 72) with ½ lemon, juiced, and ½ tsp avocado oil and drizzle over top. Top with 1 tbsp sunflower seeds and 3 oz shrimp, grilled or sautéed with ½ tsp avocado oil and pinch each salt and pepper.</p> <p><b>SNACK:</b> 2 stalks celery with 1 tbsp almond butter</p> <p><b>DINNER:</b> 1 serving Turkey Bolognese with Portobello Mushrooms (p. 71; save leftovers) over 2 cups baby spinach, sautéed in ½ tsp avocado oil and 1 minced clove garlic</p>
<p><b>NUTRIENTS:</b> Calories: 1,473, Fat: 96 g, Sat. Fat: 17 g, Carbs: 83 g, Fiber: 23 g, Sugar: 43 g, Protein: 75 g, Sodium: 1,632 mg, Cholesterol: 591 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,554, Fat: 82 g, Sat. Fat: 20 g, Carbs: 113 g, Fiber: 37 g, Sugar: 45 g, Protein: 91.5 g, Sodium: 1,480 mg, Cholesterol: 498 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,348, Fat: 90 g, Sat. Fat: 15 g, Carbs: 69 g, Fiber: 18 g, Sugar: 32 g, Protein: 77 g, Sodium: 1,765 mg, Cholesterol: 478 mg</p>



Stay hydrated by drinking 2 cups (1 recipe) Lemon Ginger ACV Water (p. 71) each day of the plan.

## WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BREAKFAST:</b> <i>Egg scramble:</i> Sauté 2 eggs, 2 (small) chopped chicken breakfast sausages, 2 cups baby spinach and ¼ cup chopped yellow onion sautéed in 1 tbsp avocado oil; top with 2 tbsp Basil Mint Pesto (leftovers, p. 72)</p> <p><b>SNACK:</b> 1 cup sliced cucumbers with 2 tbsp baba ghanoush</p> <p><b>LUNCH:</b> <i>Shrimp Tacos:</i> Sauté 6 oz shrimp in ½ tbsp avocado oil with ¼ tsp each cumin and chile powder (eat ½; save leftovers)</p> <p>Serve in 2 butter lettuce cups topped with ½ mango, chopped, 2 tbsp salsa and 1 tbsp guacamole</p> <p><b>SNACK:</b> ¼ cup hummus with 2 stalks celery, sliced</p> <p><b>DINNER:</b> 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p>1 serving Turkey Zucchini Meatballs (leftovers, p. 71)</p> <p><i>Tomato Garlic Zoodles:</i> Sauté 2 spiralized zucchini in 1 tbsp avocado oil with 1 minced clove garlic, 2 Roma tomatoes, chopped, for 3 to 4 minutes (eat ½; save leftovers). Top with 1 tbsp basil.</p>	<p><b>BREAKFAST:</b> ½ cup coconut yogurt topped with 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p><b>SNACK:</b> 1 hard-boiled egg mashed with ½ avocado, juice of ½ lemon and pinch red pepper flakes</p> <p><b>LUNCH:</b> 1 serving Turkey Bolognese with Portobello Mushrooms (leftovers, p. 71)</p> <p><b>SNACK:</b> 1 recipe Cinnamon Collagen Milk (p. 72)</p> <p><b>DINNER:</b> Shrimp Tacos (leftovers) in 2 butter lettuce cups with ½ mango, chopped, 2 tbsp salsa and 1 tbsp guacamole</p>	<p><b>BREAKFAST:</b> <i>Strawberry Protein Smoothie:</i> 1 cup almond milk, 1 tbsp ground flax, ½ avocado, 2 scoops collagen powder, 1 cup fresh strawberries and ice, as desired</p> <p><b>SNACK:</b> 2 stalks celery with 2 tbsp baba ghanoush</p> <p><b>LUNCH:</b> 1 serving Turkey Bolognese with Portobello Mushrooms (leftovers, p. 71)</p> <p><b>SNACK:</b> ½ cup coconut yogurt topped with 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p><b>DINNER:</b> 1 serving Spring Roll Chicken Salad (p. 69; save leftovers)</p>	<p><b>BREAKFAST:</b> <i>Eggs over Greens:</i> 2 eggs cooked sunny-side up in ½ tbsp avocado oil; served over 2 cups sautéed baby spinach seasoned with pinch salt, black pepper and red pepper flakes; serve with 1 cup chopped sweet potato sautéed in ½ tbsp avocado oil</p> <p><b>SNACK:</b> ½ cup pecans; 1 banana</p> <p><b>LUNCH:</b> 1 serving Spring Roll Chicken Salad (leftovers, p. 69)</p> <p><b>SNACK:</b> 1 recipe Cinnamon Collagen Milk (p. 72)</p> <p><b>DINNER:</b> 1 serving Turkey Zucchini Meatballs (leftovers, p. 71)</p> <p>Tomato Garlic Zoodles (leftovers); top with 1 tbsp basil</p>
<p><b>NUTRIENTS:</b> Calories: 1,521, Fat: 97 g, Sat. Fat: 19 g, Carbs: 90 g, Fiber: 16 g, Sugar: 55 g, Protein: 74 g, Sodium: 1,580 mg, Cholesterol: 633 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,375, Fat: 74 g, Sat. Fat: 18 g, Carbs: 101 g, Fiber: 29 g, Sugar: 55 g, Protein: 76 g, Sodium: 1,229 mg, Cholesterol: 407 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,437, Fat: 82 g, Sat. Fat: 18 g, Carbs: 95 g, Fiber: 27 g, Sugar: 47 g, Protein: 75 g, Sodium: 1,359 mg, Cholesterol: 147 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,547, Fat: 87 g, Sat. Fat: 15 g, Carbs: 106 g, Fiber: 28 g, Sugar: 40 g, Protein: 90 g, Sodium: 1,415 mg, Cholesterol: 542 mg</p>

FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> ½ cup coconut yogurt with 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p><b>SNACK:</b> 1 cup sliced cucumbers with ½ avocado, mashed with juice of ½ lemon and pinch red pepper flakes</p> <p><b>LUNCH:</b> <i>Chopped Salad:</i> 4 cups baby spinach, 1 chopped cucumber, 2 chopped carrots, 1 Roma tomato, chopped, 4 slices turkey bacon, cooked and chopped; whisk 2 tbsp Basil Mint Pesto (leftovers, p. 72) mixed with juice of 1 lemon; top with 2 hard-boiled eggs (eat ½; save leftovers)</p> <p><b>SNACK:</b> 1 recipe Cinnamon Collagen Milk (p. 72)</p> <p><b>DINNER:</b> <i>Paleo Pizza:</i> Top Paleo crust with marinara, sautéed onions, mushrooms and baby spinach, to taste, and sprinkle with nutritional yeast; bake. Sauté 4 chicken tenders in 1 tbsp avocado oil and season with pinch salt and pepper. Squeeze juice of ½ lemon over chicken; chop and pile on pizza (eat ½; save leftovers).</p> <p>1 cup strawberries</p>	<p><b>BREAKFAST:</b> <i>Green Protein Smoothie:</i> Blend 1 cup almond milk, 1 cup baby spinach, ½ avocado, 2 dashes cinnamon, 1 tbsp hemp seeds, 2 scoops collagen protein powder, ½ frozen banana and ice, as desired</p> <p><b>SNACK:</b> 1 cup strawberries topped with 1 tbsp hemp seeds</p> <p><b>LUNCH:</b> ½ of Paleo Pizza (leftovers)</p> <p><b>SNACK:</b> Turkey Bolognese with Portobello Mushrooms (leftovers, p. 71)</p> <p><b>DINNER:</b> Chopped Salad (leftovers)</p>	<p><b>BREAKFAST:</b> <i>Eggs &amp; Bacon:</i> 2 sunny-side up eggs, 2 slices turkey bacon, 2 chicken sausages, sautéed in ½ tbsp avocado oil, topped with ½ avocado, sliced</p> <p>1 cup strawberries</p> <p><b>SNACK:</b> 1 cup sliced cucumbers; 2 tbsp baba ghanoush</p> <p><b>LUNCH:</b> ½ cup coconut yogurt with 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 70)</p> <p><b>SNACK:</b> 1 recipe Cinnamon Collagen Milk (p. 72)</p> <p><b>DINNER:</b> ½ of Paleo Pizza (leftovers)</p>
<p><b>NUTRIENTS:</b> Calories: 1,333, Fat: 56 g, Sat. Fat: 13 g, Carbs: 139 g, Fiber: 35 g, Sugar: 47 g, Protein: 68 g, Sodium: 1,721 mg, Cholesterol: 289 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,361, Fat: 66 g, Sat. Fat: 12 g, Carbs: 112 g, Fiber: 24 g, Sugar: 32 g, Protein: 89 g, Sodium: 2,147 mg, Cholesterol: 369 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,461, Fat: 74 g, Sat. Fat: 16 g, Carbs: 119 g, Fiber: 29 g, Sugar: 41 g, Protein: 77 g, Sodium: 2,050 mg, Cholesterol: 462 mg</p>



Stay hydrated by drinking 2 cups (1 recipe) Lemon Ginger ACV Water (p. 71) each day of the plan.

## WEEK ONE: SHOPPING LIST

### PROTEINS & DAIRY

- 2 dozen large eggs
- 2 32-oz cartons plain unsweetened almond milk
- 1 container collagen protein powder (**TRY:** Vital Proteins Collagen Peptides)
- 4 4-oz boneless, skinless chicken thighs
- 1 lb frozen shrimp (16 to 20 count)
- 1 pkg turkey bacon, no added nitrites or nitrates
- 2 lb ground turkey
- 1 pkg chicken or turkey breakfast sausage (about ¾ oz each), no added nitrites or nitrates
- 1 pkg large chicken sausages (about 2 to 2½ oz each), no added nitrites or nitrates
- 1 8-oz container plain coconut yogurt

### VEGGIES & FRUITS

- 1 bunch green onions
- 2 bunches asparagus
- 3 oz baby mixed greens (kale, spinach and chard)
- 12 oz baby spinach
- 1 jalapeño chile pepper
- 1 lime
- 11 lemons
- 2 avocados
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 bunch fresh mint
- 3 shallots
- 1 head garlic
- 4 oz cremini or white mushrooms
- 6 shiitake mushrooms
- 2 portobello mushrooms
- 3 bananas (freeze 2)
- 1 large sweet yellow onion
- 1 pint strawberries
- 2 pints blueberries
- 5 1-inch pieces fresh ginger
- 1 bunch celery
- 3 zucchini
- 2 artichokes
- 1 yellow heirloom tomato

### NUTS, SEEDS & OILS

- 6½ oz raw unsalted pecans
- 1 bag hemp hearts
- 1 bag chia seeds
- 1 bag raw unsalted sunflower seeds
- 1 bag raw unsalted pumpkin seeds
- 1 bag ground flaxseeds
- 1 jar virgin coconut oil
- 1 bottle avocado oil
- 1 bottle toasted sesame oil
- 1 jar raw almond butter

### EXTRAS

- 1 bag dried apricots
- 1 bag riced cauliflower
- 1 bottle ground cinnamon
- 1 bottle sea salt (**NOTE:** Opt for a high-quality salt such as a pink Himalayan sea salt.)
- 1 bottle black pepper
- 1 bottle pure vanilla extract
- 1 bottle ground coriander
- 1 bottle onion powder
- 1 bottle garlic powder
- 1 bottle red pepper flakes
- 1 bottle coconut aminos
- 1 bottle raw apple cider vinegar
- 1 jar marinara sauce
- 1 jar raw honey
- 1 bag dried unsweetened cherries or goji berries

# Clean Eating

## WEEK TWO: SHOPPING LIST

---

### PROTEINS & DAIRY

- 8 1½-oz chicken tenders
- 1 32-oz container plain unsweetened almond milk
- 1 16-oz container coconut yogurt

### VEGGIES & FRUITS

- 3 English cucumbers
- 1 head butter lettuce
- 3 carrots
- 16 oz baby spinach
- 3 avocados
- 1 mango
- 1 lime
- 10 lemons
- 2 pints strawberries
- 2 zucchini
- 1 sweet potato
- 1 yellow onion
- 3 oz cremini or white mushrooms
- 2 bananas (freeze ½)
- 3 Roma tomatoes

### NUTS, SEEDS & OILS

- ¼ oz raw unsalted pecans

### EXTRAS

- 1 bottle ground cumin
- 1 bottle chile powder
- 1 container all-natural salsa
- 1 container all-natural guacamole
- 1 container hummus
- 1 container baba ghanoush
- 1 Paleo-friendly pizza crust  
(**TRY:** Wellness Bakeries Paleo Pizza Crust Mix)