



Week 3 Meal Plan



Monday

Breakfast

- ❖ “Georgia Peach Pie No Milk Shake”
- ❖ Optional: Slice of toasted sprouted whole grain bread with almond butter
- ❖ Coffee with a smidgen of organic pastured cream/milk or green tea



Georgia Peach Pie No Milk Shake (Serves: 2)

- ❖ 1/2 cup chopped raw whole pecans
 - ❖ 1 frozen banana, cut into bite-sized pieces
 - ❖ 1 ½ cups frozen peach pieces
 - ❖ ¼ teaspoon ground cinnamon
 - ❖ ¼ teaspoon pure vanilla extract
 - ❖ 2 cups ice water
1. In a high speed blender (we like [Vitamix](#)), combine all the ingredients; blend until smooth and creamy. Serve immediately.

Monday

Lunch

- ❖ Large arugula salad with a drizzle of flax oil (such as [Barlean's](#)), lime juice, and 2-3 tablespoons of “Clean Cuisine’s Curry Walnut Salad Booster” (*see recipe below*)
- ❖ Oil Free Edamame Hummus-Stuffed Pitas
 - Puree ½ cup thawed frozen organic edamame with ½ of an avocado, 1 tablespoon of lemon juice, 1 crushed garlic clove, a pinch of cayenne pepper, and salt to taste. Spread in a split warmed whole-wheat pita (such as Food for Life brand) and fill with shaved fennel and red bell pepper strips.
- ❖ Sparkling mineral water (we especially like San Pellegrino) or green tea (try it iced)



Clean Cuisine’s Curry Walnut Salad Booster

- ❖ ½ cup raw walnuts
 - ❖ 3 tablespoons white raisins
 - ❖ ¼ teaspoon ground turmeric
 - ❖ ½ teaspoon curry powder
 - ❖ 2 teaspoons grated gingerroot
 - ❖ 1/8 teaspoon unrefined sea salt
1. Put the first 3 ingredients in a mini food processor and process into crumbs.
 2. Add the remaining ingredients and process again until the mixture is crumbly and moist.
 3. Sprinkle a few tablespoons on your salad. Save the rest in a covered container and store in the freezer.

Monday

SuperGreen Smoothie Snack

- ❖ “Blueberry Banana Smoothie with Kale”
- ❖ **Optional snack:** If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/ raw seeds and fresh fruit



Blueberry Banana Smoothie with Kale (Serves: 2)

- ❖ 1 ¼ cup ice cold water
 - ❖ ¼ cup organic coconut milk
 - ❖ 1 cup frozen organic strawberries
 - ❖ 1 cup frozen wild blueberries (www.wildblueberries.com)
 - ❖ 2 frozen bananas, cut into bite-sized pieces
1. In a blender, combine all of the ingredients except the ice; blend until smooth and creamy.
 2. Add the ice and blend again. Drink cold.
(Note: leftover can be stored in a covered container in the refrigerator for 24 hours. Just re-blend before serving.)

Monday

Dinner

- ❖ Apple, Pumpkin and Black Bean Chili in a Slow Cooker (*see recipe below*)
- ❖ Large serving of roasted asparagus
- ❖ Glass of wine, water or sparkling mineral water
- ❖ Frozen Banana Chia Fun Pops Dessert (*see recipe page 6*)



Apple, Pumpkin and Black Bean Chili (Serves: 8)

- ❖ 1 can (15 ounces) pumpkin puree
 - ❖ 4 pitted dates
 - ❖ 2 tablespoons Miso Master brand "Mellow White Miso" dissolved in 3 cups hot water OR 3 cups organic vegetable broth
 - ❖ 1 teaspoon coriander
 - ❖ 2 teaspoons cumin
 - ❖ 2 tablespoons lime juice
 - ❖ 2 tablespoons organic extra virgin coconut oil (such as [Barlean's](#))
 - ❖ 5 cloves garlic, chopped
 - ❖ 1 large yellow onion, chopped
 - ❖ Unrefined sea salt, to taste
 - ❖ 2 apples, chopped (keep the skins on)
 - ❖ 3 celery stalks, chopped
 - ❖ 2 tablespoons medium-grind corn flour
 - ❖ 2 large cans (29 ounces each) BPA-free black
1. In a high speed blender, add the pumpkin, dates, ¼ cup of the miso mixture (Or vegetable broth), coriander, cumin and lime juice; process until smooth and creamy. Pour the mixture into a 5 or 6 quart slow cooker. Add the remaining 2 ¾ cup of miso mixture (Or vegetable broth) to the slow cooker. Turn the slow cooker onto low heat and cover with a lid.
 2. Meanwhile, heat the oil in a large heavy saucepan over medium heat. Add the garlic and onions and sauté 3 to 4 minutes. Season with salt to taste. Add the apples and celery and sauté until soft, about 5 minutes. Season with salt to taste and stir in the corn flour.
 3. Transfer the onion-apple and celery mixture to the slow cooker. Add the black beans. Cover with a lid and cook on low heat for 1 hour 30 minutes. Let chili sit for at least 20 minutes before serving. Add more salt if necessary.

Monday

Dinner Continued



Frozen Banana Chia Fun Pops (Serves: 4)

- ❖ 2 tablespoons chia seeds
 - ❖ ¼ cup raw walnuts
 - ❖ ¼ cup organic raisins (or chopped organic dates)
 - ❖ 3 tablespoons raw cacao nibs (such as [TerrAmazon](#))
 - ❖ 2 bananas, peeled and cut in half (widthwise)
 - ❖ 4 popsicle sticks
 - ❖ ¼ cup raw almond butter, softened
 - ❖ Raw honey, for drizzling
1. Place the chia seeds, walnuts, raisins (or dates) and cacao nibs in a mini food processor and pulse into crumbs. Pour the fruit and nut crumbs onto a large plate.
 2. Stick a popsicle stick through the end of each banana half. Spread almond butter on the bananas. Roll them in the fruit and nut crumbs. Drizzle a little raw honey on top of each banana (optional). Wrap each banana in waxed paper and freeze for 3 hours.

Tuesday

Breakfast

- ❖ Pumpkin Pie No Milk Shake (*see recipe below*)
- ❖ Coffee with a little organic pastured milk/cream or green tea



Pumpkin Pie No-Milk Shake (Serves: 2)

- ❖ 1 frozen banana, cut into bite-sized pieces
 - ❖ ¼ cup raw pecans
 - ❖ ½ cup ice cold water
 - ❖ ½ cup organic pumpkin puree (or fresh roasted pumpkin)
 - ❖ 4 to 5 pitted dates
 - ❖ Pinch of unrefined sea salt
 - ❖ 1/16 teaspoon each of cinnamon, allspice, nutmeg and ground cloves
 - ❖ 5 ice cubes
1. Place all ingredients, except for the ice, in a high-speed blender (we like [Vitamix](#)) and process until smooth and creamy. Add the ice and process again. Drink chilled.

Tuesday

Lunch

❖ California Cobb Salad

On a large bed of chopped romaine lettuce arrange the following ingredients: chopped avocado, chopped hardboiled organic pastured egg, sliced grape tomatoes, frozen organic corn kernels (thawed), frozen organic edamame beans (thawed), roasted Portobello mushrooms, chopped red peppers, and chopped hearts of palm. Drizzle salad with a smidgen of olive oil.

❖ Sparkling mineral water (we especially like San Pellegrino) or green tea (try it iced)



California Cobb Salad

Tuesday

SuperGreen Smoothie Snack

- ❖ Glow Glow Green Smoothie
- ❖ **Optional snack:** If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/ raw seeds and fresh fruit



Glow Glow Green Smoothie (Serves: 2)

- ❖ ½ cup frozen mango
 - ❖ ½ cup ice cold water
 - ❖ 1 large handful fresh cilantro (or parsley)
 - ❖ 1 tablespoon fresh lemon juice
 - ❖ 1 tablespoon freshly grated gingerroot
 - ❖ ¾ cup frozen pineapple
 - ❖ 1 tablespoon chia seeds
1. Place all ingredients, except for the ice, in a high-speed blender (we like [Vitamix](#)) and process until smooth and creamy. Add the ice and process again. Drink chilled.

Tuesday

Dinner

- ❖ Thai Veggie Curry Stir Fry (*see recipe below*)
- ❖ Steamed black or short grain brown rice
- ❖ Glass of wine, water or sparkling mineral water
- ❖ Chopped mango with a small scoop of dairy-free chocolate coconut-based ice cream (such as Coconut Bliss)



Thai Veggie Curry Stir-Fry (Serves: 4)

- ❖ 1 tablespoon organic extra virgin coconut oil (such as [Barlean's](#))
 - ❖ 6 cloves garlic, crushed
 - ❖ 3 tablespoons freshly grated gingerroot
 - ❖ 1 shallot, finely chopped
 - ❖ 2 teaspoons red curry paste (such as Thai Kitchen brand)
 - ❖ 1 large eggplant, sliced into thin 1-inch long strips
 - ❖ 1 pound haricot vert, trimmed and cut into 1-inch pieces
 - ❖ Unrefined sea salt, to taste
 - ❖ ¼ cup organic coconut milk
 - ❖ 2 cups shiitake mushrooms, cut into bite-sized pieces
 - ❖ 1 red bell pepper, sliced into thin 1-inch long strips
 - ❖ 1 can (8-ounces) bamboo shoots, rinsed and drained
 - ❖ 1 can (8-ounces) water chestnuts, rinsed and drained
 - ❖ 1 cup fresh basil, chopped
 - ❖ 1 cup fresh mint, chopped
1. Heat the oil in a large wok over medium heat. Add the garlic and ginger and sauté briefly, about 30 seconds. Add the shallots and sauté until just soft, about 2 minutes. Add the curry paste and sauté 30 seconds.
 2. Add the eggplant and haricot vert. Stir-fry for 3 to 4 minutes, or until vegetables start to soften. Season with salt to taste. Add the coconut milk and continue stir-frying vegetables for about 2 minutes. Add the mushrooms and cook for 2 to 3 minutes, until they begin to soften.
 3. Add the red bell pepper and cook for about 2 minutes. Add the bamboo shoots and water chestnuts. Stir-fry for another 2 or 3 minutes, or until all the vegetables are of desired doneness. Stir in the basil and mint and cook until just wilted. Remove wok from heat and adjust seasoning. (If you want a richer curry flavor, dissolve a little bit of curry paste in about 2 tablespoons of coconut milk and pour on top of the vegetables.)

Wednesday

Breakfast

- ❖ Sprouted whole grain toast with Pumpkin Nut Butter Spread ([see recipe below](#)) and sprinkled with raw cacao nibs (such as [Navitas Naturals](#))
- ❖ Chopped apple slices
- ❖ Coffee with a little organic pastured milk/cream or green tea



Pumpkin Nut Butter Spread (Serves: 2)

- ❖ ½ cup pumpkin unsweetened pumpkin puree
 - ❖ 2 tablespoons coconut palm sugar
 - ❖ 1 tablespoon peanut butter or almond butter
 - ❖ Pinch of nutmeg
1. Put all ingredients in a small bowl and stir until well blended. Spread over sprouted whole grain toast.

Wednesday

Lunch

- ❖ Large serving of steamed spinach drizzled with extra virgin olive oil
- ❖ Easy Quinoa Salad:
 - Toss cooked whole grain quinoa with a drizzle of olive oil and a splash of red wine vinegar. Stir in 1 chopped hardboiled organic pastured egg, capers, kidney beans, sliced black olives, chopped tomato, corn, chopped bell peppers, chopped cucumber, lemon juice and chopped parsley.
- ❖ Sparkling mineral water (we especially like San Pellegrino) or green tea (try it iced)



Wednesday

SuperGreen Smoothie Snack

- ❖ Chocolaty Chia SuperGreen Smoothie
- ❖ **Optional snack:** If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/ raw seeds and fresh fruit



Chocolaty Chia SuperGreen Smoothie (Serves: 2)

- ❖ ¾ cup water
 - ❖ 1 ½ cups frozen organic strawberries
 - ❖ 1 tablespoon chia seeds
 - ❖ 2 tablespoons raw cacao nibs (such as [Navitas](#) brand)
 - ❖ 1 tablespoon raw cacao powder (such as [Navitas](#) brand)
 - ❖ 6 raw macadamia nuts
 - ❖ 3 pitted dates
 - ❖ ½ frozen banana
 - ❖ 1 large handful chopped kale
 - ❖ 4-5 ice cubes
1. Put the water and strawberries in a Vitamix and process until smooth and creamy. Add the chia seeds, cacao nibs, cacao powder and macadamia nuts; process for 1 full minute. Add the dates, frozen banana and kale and process again until well-blended. Add the ice and process again. Serve ice cold.

Wednesday

Dinner

- ❖ Italian Style One Dish Chicken Dinner (*see recipe below*)
- ❖ Large watercress salad with drizzle of flax oil and squeeze of lemon juice
- ❖ Glass of wine, water, or sparkling mineral water
- ❖ Clean Cuisine Chocolate Chia Cookies (*see recipe page 15*)

Italian Style One Dish Chicken Dinner (Serves: 6)

- ❖ 1 pound boneless, pastured skinless chicken breasts, cut into 2-inch pieces
 - ❖ Unrefined sea salt, to taste
 - ❖ Freshly ground black pepper, to taste
 - ❖ Paprika, to taste
 - ❖ 1/2 cup barley flour, for dredging
 - ❖ 1 tablespoon organic extra virgin coconut oil (such as [Barlean's](#))
 - ❖ 1 tablespoon plus 1 teaspoon extra virgin olive oil
 - ❖ 1 large red bell pepper, chopped
 - ❖ 1 onion, chopped
 - ❖ 8 ounces baby Portobello mushrooms, sliced
 - ❖ 3 cloves garlic, finely chopped
 - ❖ 3/4 cup dry red wine
 - ❖ 1 (28-ounce) can crushed tomatoes, with juice
 - ❖ 1 (14.5 ounce can) petite diced tomatoes with juice
 - ❖ 3/4 cup organic chicken broth
 - ❖ 2 teaspoons garlic powder
 - ❖ Crushed red pepper, to taste
 - ❖ 1 teaspoon dried oregano
 - ❖ 1/2 cup parsley, coarsely chopped
1. Sprinkle the chicken pieces with 1 teaspoon each of salt and pepper. Liberally sprinkle the chicken with paprika. Dredge the chicken pieces in the flour to coat lightly.
 2. In a large heavy sauté pan (preferably [Ceramcor](#)) heat 1 tablespoon coconut oil over a medium-high flame. Add the chicken pieces to the pan and sauté until just brown, about 5 minutes per side. (*Note: if all the chicken does not fit in the pan, sauté it in two batches.*) Transfer the chicken to a plate and set aside.
 3. Add the 5 teaspoons olive oil to the same “dirty” pan used to cook the chicken. Add the bell pepper, onion, and garlic; sauté over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the mushrooms and cook 3-4 minutes. Add the wine and simmer until reduced by half, about 3 minutes.
 4. Add the crushed tomatoes and diced tomatoes, broth, garlic powder, crushed red peppers, and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes. Sprinkle chicken with parsley and serve.

Wednesday

Dinner Continued



Clean Cuisine Chocolate Chia Cookies (Yields: 24 Cookies)

- ❖ 1 ½ cups raw almonds
 - ❖ 8 pitted dates
 - ❖ 2 cups barley flour (available at a natural foods store)
 - ❖ ¼ cup chia seeds (such as [Barlean's](#))
 - ❖ ½ cup organic extra virgin coconut oil (such as [Barlean's](#)), softened
 - ❖ ½ cup real maple syrup
 - ❖ ½ teaspoon unrefined sea salt
 - ❖ ½ cup vegan mini chocolate chips
1. Preheat oven to 350 degrees.
 2. Put the almonds in a food processor and process into crumbs. Transfer almond crumbs to a large mixing bowl. Put the dates in the food processor and pulse six to seven times, or until dates are well ground. Transfer dates to the large mixing bowl with the almonds.
 3. To the mixing bowl, add the barley flour, chia seeds, coconut oil, maple syrup, and salt. Combine all ingredients with a wooden spoon. Form the mixture into tablespoonful balls and space them evenly on a large cookie sheet. Using your index finger, make an indent in each cookie. Fill each cookie with 4 or 5 mini chocolate chips.
 4. Bake cookies for 18 minutes (*Note: after 18 minutes the cookies should be done but the chocolate will not totally be melted.*) As soon as you remove the cookies from the oven, take the back of a spoon and gently press down on the chocolate so that it melts.
 5. Set the cookies aside to cool and harden for at least 15 minutes before eating.

Thursday

Breakfast

- ❖ Morning Apple Crisp (recipe below)
- ❖ Coffee with a little organic pastured milk/cream or green tea



Morning Apple Crisp (Serves: 6)

- ❖ 3 cups finely chopped apples (any kind will work, but please keep the skins on!)
 - ❖ 1 cup dried mulberries (such as [Navitas Naturals](#) brand) or white or black raisins
 - ❖ 1 teaspoon cinnamon
 - ❖ ¼ teaspoon nutmeg
 - ❖ 1 cup old fashioned rolled oats
 - ❖ 3 tablespoons barley flour (or white whole wheat flour)
 - ❖ 3 tablespoons chia seeds
 - ❖ ¼ teaspoon unrefined salt
 - ❖ 3 tablespoons organic extra virgin coconut oil, melted
1. Heat the oven to 325 degrees
 2. Lightly oil the bottom and sides of an 8 x 8-inch casserole dish and toss ingredients together. Set dish aside.
 3. In a medium sized mixing bowl add the oats, barley flour, chia seeds and salt. Use your clean hands to mix ingredients together. Add the oil and crumble the mixture between your fingertips. Crumble the mixture on top of the apples.
 4. Bake for 25 minutes. Remove from oven and set aside to cool before eating. Serve warm.

Thursday

Lunch

- Roasted Zucchini OR Roasted Zucchini Soup with Tarragon and Lime
- Perfect Baked Potatoes stuffed with Hummus (such as oil-free **Wild Garden** brand) and Steamed Broccoli Florets (frozen broccoli can be “steamed in the microwave for 2 minutes)

Note: If you have a few extra minutes to prepare lunch try a twice baked potato by cutting a thin slice off the top of your already baked potato, cutting potato in half lengthwise and then scooping out the pulp (leaving a thin shell behind.) Mix pulp with a few tablespoons of hummus and chopped steamed broccoli. Spoon mixture into potato shells and bake at 375 degrees for about 15 minutes.

- Sparkling mineral water (we especially like San Pellegrino) or green tea (try it iced)



Perfect Baked Potato

- ❖ 2 Idaho or russet potatoes, scrubbed and dried
- ❖ 1 teaspoon cold pressed extra virgin olive oil
- ❖ Unrefined sea salt, to taste

Although baked potatoes are always best straight from the oven they are still very good eaten the next day, within 24-hours. If you want to store leftovers just wrap your baked spud in plastic wrap or foil to keep it from drying out and store in the fridge.

1. Preheat oven to 400 degrees.
2. Prick the potatoes all over with the tines of a fork. Rub the oil on the skins (to make them slightly crispy) Season potatoes with salt to taste.
3. Place the potatoes on a rack in the oven and bake for about 1 hour, or until the insides feels soft when pricked with a fork. Eat warm.

Thursday

Lunch Continued

Roasted Zucchini Soup with Tarragon & Lime (Serves: 6)

- ❖ 1 tablespoon cold-pressed extra virgin olive oil, divided
 - ❖ 5 zucchini, sliced into rounds
 - ❖ Unrefined sea salt, to taste
 - ❖ 3 tablespoons fresh lime juice
 - ❖ 3 tablespoons old-fashioned oats
 - ❖ 1/3 cup pine nuts
 - ❖ 1½ cups water
 - ❖ 6 cloves garlic, crushed
 - ❖ 2 shallots, chopped
 - ❖ 2 cups organic vegetable broth
 - ❖ 1/2 cup fresh tarragon, chopped
 - ❖ 1/8 teaspoon white pepper
1. Preheat oven to 400 degrees.
 2. Lightly oil the bottom of a cookie sheet or a large skillet (preferably [Ceramcor](#)). Place zucchini rounds on the cookie sheet (or skillet) and drizzle 1 teaspoon of the oil on top. Toss zucchini rounds gently to coat in the oil and season lightly with salt. Roast for 30 to 35 minutes, or until zucchini is soft. Remove zucchini from the oven and set aside.
 3. Place the lime juice, oats, pine nuts, and water in a high-speed blender or food processor. Process until smooth and creamy. Set aside.
 4. Heat the remaining 2 teaspoons of oil in a large saucepan over medium heat. Add the garlic and shallots and sauté for 2 to 3 minutes, until shallots are soft. Pour in the lime-pine nut mixture and vegetable broth. Bring liquid to a simmer and cook for 5 minutes. Add the roasted zucchini, tarragon, and white pepper.
 5. Use a handheld blender to process the soup into a creamy consistency. Ladle the soup into bowls and serve warm.

Thursday

SuperGreen Smoothie Snack

- ❖ Orange-Ginger SuperGreen Smoothie
- ❖ **Optional snack:** If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/ raw seeds and fresh fruit



Orange-Ginger SuperGreen Smoothie (Serves: 1)

- ❖ 1 whole orange, peeled
 - ❖ 1 large handful cilantro or parsley
 - ❖ ¼ inch knob ginger, peeled
 - ❖ 1 tablespoon chia seeds
 - ❖ 2 organic pitted dates
 - ❖ ½ cup cold water
 - ❖ ½ cup ice
1. Toss all ingredients, except for the ice, in a high-speed blender (we like [Vitamix](#)) and process until smooth and creamy. Add the ice and process again until smooth and creamy. Drink cold.

Thursday

Dinner

- ❖ Spanish-Style Pasta, Veggies & Garbanzo Beans (*see recipe below*)
- ❖ Glass of wine, water or sparkling mineral water
- ❖ Sliced peaches
- ❖ [Almond Butter Cacao Truffles](http://www.TwoMomsintheRaw.com) (such as Two Moms in the Raw brand/ www.TwoMomsintheRaw.com)



Spanish Style Pasta, Veggies & Garbanzo Beans (Serves: 4-6)

- ❖ 1 box (2.2 ounces dry) whole grain rotini pasta
 - ❖ 4 tomatoes
 - ❖ 2 tablespoons extra virgin olive oil
 - ❖ 4 cloves garlic, minced
 - ❖ 5 olive oil packed Spanish anchovies or 2 tablespoons anchovy paste
 - ❖ ½ Spanish onion, finely chopped
 - ❖ 1 large zucchini, finely chopped
 - ❖ 2 large squash, finely chopped
 - ❖ ¼ cup chopped basil
 - ❖ ½ teaspoon oregano
 - ❖ Unrefined sea salt, to taste
 - ❖ Freshly ground black pepper, to taste
 - ❖ 1 can (15 ounces) BPA-free garbanzo beans, rinsed and drained
 - ❖ ½ cup sliced black olives
1. Bring a large pot of salted water to a boil. Add the pasta.
 2. Carefully add the tomatoes to the water and boil until the skin begins to split. Remove tomatoes from the water, cool under cold running water and peel off the skin, Drain the pasta once al dente, about 7-9 minutes. Set pasta and tomatoes aside.
 3. Heat the oil in a large saucepan over medium heat. Add the garlic, anchovies (or paste) and onions; sauté 2-3 minutes, or until onions are soft. Add the zucchini and squash; sauté an additional 2 minutes. Add the tomatoes and mash with a potato mixer. Simmer over low heat for 20 minutes.
 4. Add the basil. Season with oregano, salt, and pepper to taste. Optional: you can eat the sauce chunky as-is or use a handheld stick blender to process it into a smooth and creamy sauce.
 5. Pour the sauce over the pasta. Mix in the beans and olives. Serve at once.

Friday

Breakfast

- ❖ Cooked hot millet with:
 - Nutmeg
 - Chopped apple
 - Dried cranberries or goji berries (such as [Navitas Naturals](#))
 - 1-Minute Pecan Nut Milk (see recipe above)
- ❖ Coffee with a little organic pastured milk/cream or green tea



Friday

Lunch

- ❖ Smoky Tex-Mex Slow-Cooked Vegetarian Chili OR Fig Food brand "[Tuscan White Bean Soup](http://www.FigFood.com)" (www.FigFood.com)
- ❖ Chopped romaine lettuce salad with red peppers, carrots, radishes, and pecans. Drizzle with lemon juice and avocado oil or extra virgin olive oil
- ❖ Sparkling mineral water (we especially like San Pellegrino) or green tea (try it iced)



Smoky Tex-Mex Slow Cooked Vegetarian Chili (Serves: 6-8)

- ❖ 2 tablespoons cold pressed extra virgin olive oil
 - ❖ 6 cloves garlic, minced
 - ❖ 1 jalapeno pepper, seeds removed, finely chopped
 - ❖ 1 small onion, finely chopped
 - ❖ 3 carrots, chopped
 - ❖ 2 medium zucchini, chopped
 - ❖ 3 fresh corn on the cob, kernels removed
 - ❖ Unrefined sea salt, to taste
 - ❖ 1 large can (28 ounces) diced tomatoes
 - ❖ Juice from 1 whole lime
 - ❖ ¼ cup beer or organic vegetable broth
 - ❖ 2 tablespoons Taco Seasoning (such as Simply Organic)
 - ❖ 2 tablespoons liquid smoke
 - ❖ 1 tablespoon organic Worcestershire (such as Annie's Naturals)
 - ❖ 2 cans (14 ounces each) BPA-free pinto beans
 - ❖ 1 can (14 ounces) BPA-free kidney beans
1. Heat the oil in a large heavy skillet over medium heat; add the garlic and jalapeno and sauté 30 seconds.
 2. Add the onions and sauté for 3-4 minutes, or until onions soften.
 3. Add the carrots and sauté 2 or 3 minutes.
 4. Add the zucchini and corn and sauté for 3 or 4 minutes, or until vegetables are soft. Season with salt to taste. Transfer vegetable mixture to a 5 or 6 quart slow cooker.
 5. Add crushed tomatoes, lime juice, beer or vegetable broth, Taco Seasoning, liquid smoke, Worcestershire and beans. Cook on low heat for 3 hours.
 6. Let sit 15 to 20 minutes before serving. Serve warm.

Friday

SuperGreen Smoothie Snack

- ❖ Ginger & Lime SuperGreen Smoothie
- ❖ **Optional snack:** If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/ raw seeds and fruit or half of a No-Milk Shake



Ginger & Lime SuperGreen Smoothie (Serves: 2)

- 2 tablespoons fresh lime juice
 - 1 cup frozen mango
 - 1 cup green grapes
 - 1 large handful cilantro (or parsley)
 - ¾ cup cold water
 - 1 tablespoon chia seeds
 - ¼ inch knob fresh gingerroot
 - 3-4 ice cubes
1. Place all ingredients in a high-speed blender (we like Vitamix) and process until smooth and creamy. Drink chilled.

Friday

Dinner

- ❖ Mom's Cleaned Up Tuna Casserole ([see recipe below](#))
- ❖ Steamed spinach drizzled with extra virgin olive oil
- ❖ Glass of wine, water or sparkling mineral water
- ❖ Key Lime, Blueberry & Coconut Cloud Custards ([see recipe on page 25](#))



Mom's Cleaned Up Tuna Casserole (Serves: 6)

- ❖ 6 ounces (dry weight) quinoa spaghetti (such as [Ancient Harvest](#)) or Tru Roots gluten free elbow macaroni
 - ❖ 1/3 cup raw macadamia nuts
 - ❖ 1/2 cup [Uncle Sam Cereal](#)
 - ❖ 1 cup raw cashews
 - ❖ 1 pastured, organic egg
 - ❖ 2 tablespoons plus 1 teaspoon extra virgin olive oil, divided
 - ❖ 1 cup chopped onion
 - ❖ 2 celery stalks, finely chopped
 - ❖ 2 carrots, finely chopped
 - ❖ Unrefined sea salt, to taste
 - ❖ 2 red bell peppers (or 1 red and 1 green), finely chopped
 - ❖ 2 tablespoons finely chopped parsley
 - ❖ 1 tablespoon chopped fresh thyme (optional)
 - ❖ 2 cans (5 ounces each) BPA-free and pole-caught canned water-packed tuna (such as [Wild Planet](#)), drained
 - ❖ 1/4 cup grated pastured cheddar or picorino romana cheese
1. Preheat the oven to 350 degrees. Lightly oil the bottom and sides of a 13 x 8 –inch casserole dish.
 2. Cook the spaghetti according to package directions. Drain and set aside.
 3. Place the macadamia nuts in a food processor and pulse 6 or 7 times, or until crumbly. Add the Uncle Sam Cereal and 1 teaspoon of olive oil; pulse 4 or 5 times, or until cereal is well-blended with the nuts. Set cereal-nut mixture aside.
 4. Add the cashews and egg plus 1 cup of water to a high speed blender; process until smooth and creamy. Set cashew cream aside.
 5. Heat 2 tablespoons of the oil in a large heavy skillet over medium heat; add the onion and sauté 7 or 8 minutes, or until soft. Add the celery and carrots and sauté 2 minutes. Season with salt to taste. Add the bell peppers and sauté for 2 minutes. Add the parsley, thyme and tuna; mix well to combine. Season with salt to taste.
 6. Add the cooked spaghetti, cheese, and cashew cream; mix ingredients well. Transfer mixture to the casserole dish. Sprinkle with cereal-nut mixture.
 7. Bake for 20 minutes. Remove from oven and let cool.

Friday

Dinner Continued

Key-Lime, Blueberry & Coconut Cloud Custards (Serves: 4)

- ❖ 1 ½ cups frozen organic wild blueberries
 - ❖ 3 ½ teaspoons arrowroot (found in the baking section of your supermarket), divided
 - ❖ 1/3 cup plus 2 tablespoons coconut palm sugar, divided
 - ❖ 2 tablespoons real key lime juice (such as [Nellie of Joe's](#))
 - ❖ 2 pastured eggs
 - ❖ 5 raw macadamia nuts
 - ❖ 1 cup organic coconut milk
1. Preheat the oven to 350 degrees.
 2. Mix the wild blueberries with 1 ½ teaspoons arrowroot and 2 tablespoons sugar. Set aside.
 3. Fill a large casserole dish one-fourth of the way up with water. Arrange four 6-ounce ramekins in the water. Divide the blueberry mixture up in the bottom of the ramekins.
 4. In a high-speed blender (such as a [Vitamix](#)), add the remaining 2 teaspoons arrowroot, remaining 1/3 cup sugar, key lime juice, eggs, macadamia nuts and coconut milk. Process until smooth and creamy. Pour the key lime coconut mixture over the blueberries.
 5. Bake for 35 to 40 minutes, or until custards are set. Remove from oven and set aside to cool for at least 15 minutes. Transfer to the refrigerator and cool for 1 hour before serving. Serve chilled.

Saturday

Breakfast

- ❖ Chia Crusted French Toast (*see recipe below*)
- ❖ Fresh sliced peaches
- ❖ Coffee with a little organic pastured milk/cream or green tea



Chia Crusted French Toast (Serves: 2)

- ❖ 1 organic pastured egg, lightly beaten
 - ❖ 2 tablespoons hemp milk (such as [Pacific Naturals](#) brand)
 - ❖ 1/8 teaspoon cinnamon
 - ❖ 2 slices sprouted whole grain bread (such as Food for Life Ezekiel brand)
 - ❖ ¼ cup chia seeds
 - ❖ Organic extra-virgin coconut oil (such as [Barlean's](#))
 - ❖ Pure maple syrup, to taste, optional
1. In a shallow bowl, whisk eggs, hemp milk and cinnamon. Add the bread slices and turn them in the mixture to soak for 30 seconds to 1 minute.
 2. Dredge both sides of the soggy bread slices in the ground chia seeds.
 3. Lightly coat a large heavy skillet with coconut oil and heat over medium heat; when pan is hot add the bread slices and cook until golden brown on the outside, about 2 minutes per side. Drizzle with agave nectar (optional) and serve warm.

Saturday

Lunch

- ❖ Garlic and Carrot Soup (*see recipe below*)
- ❖ Asian Chopped Salad:
 - Combine the following ingredients on a large cutting board and use a [mezzaluna](#) (or knife) to chop: baby spinach leaves, romaine lettuce, snow peas, carrots, red onions, orange slices, and extra firm tofu cubes.
 - Put chopped ingredients in a large serving bowl.
 - In a small bowl, whisk together 2 teaspoons toasted sesame oil, ¼ teaspoon raw honey, 1 teaspoon rice wine vinegar, ¼ teaspoon 5 Spice Powder and a dash of soy sauce.
 - Drizzle vinaigrette on top of salad, toss ingredients together and add sesame seeds.
- ❖ Sparkling mineral water (we especially like San Pellegrino) or green tea (try it iced)



Garlic and Carrot Soup (Serves: 4)

- ❖ 1 tablespoon plus 1 teaspoon organic extra virgin coconut oil (such as [Barlean's](#))
 - ❖ 2 large shallots, finely chopped
 - ❖ 1 cup fennel stalks, chopped
 - ❖ 1 whole garlic head, cloves separated and peeled (Note: do *not* chop the garlic)
 - ❖ Unrefined sea salt, to taste
 - ❖ 4 cups carrots, chopped
 - ❖ ¼ cup Chardonnay (look for a “buttery” flavored one)
 - ❖ 5 cups organic vegetable broth
 - ❖ ¼ teaspoon white pepper
 - ❖ 1/8 teaspoon cardamom
 - ❖ Optional: fresh thyme, for garnish
1. Heat the oil in a large heavy saucepan over medium-heat. Add the shallots and fennel and sauté for 3 minutes, until fennel starts to soften. Add the whole garlic cloves and season with salt. Sauté for 5 or 6 minutes (taking extra care not to let the garlic burn), or until garlic softens and shallots and fennel become very soft.
 2. Add the carrots and cook for 7 or 8 minutes, until carrots start to soften.
 3. Add the Chardonnay and cook until the liquid almost completely evaporates. Add the vegetable broth and simmer for 15 to 20 minutes, until carrots are very, very tender. Add the white pepper and cardamom.
 4. Use a handheld stick blender and process until smooth and creamy. Adjust seasoning, adding more salt and white pepper if necessary. Serve warm.

Saturday

SuperGreen Smoothie Snack

- ❖ Chocolate Cherry SuperGreen Smoothie
- ❖ **Optional snack:** If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/ raw seeds and fresh fruit



Chocolate Cherry SuperGreen Smoothie(Serves: 1)

- ❖ 1 cup frozen cherries
 - ❖ Large handful arugula
 - ❖ 2 tablespoons cacao nibs
 - ❖ 1 tablespoon cacao powder
 - ❖ 1 tablespoon chia seeds
 - ❖ 2 pitted dates
 - ❖ 1 cup cold water
 - ❖ 4-5 ice cubes
1. In a high-speed blender (we like [Vitamix](#)), combine all the ingredients; blend until smooth and creamy. Drink cold.

Saturday

Dinner

- Black Bean Burgers with sliced tomatoes on a toasted sprouted whole grain bun ([see recipe below](#))
- Large serving of roasted zucchini
- Glass of wine, water or sparkling mineral water
- Frozen Chocolate Fudge Popsicles ([see recipe on page 30](#))



Black Bean Burgers with Lime Soaked Chia Seeds (Yields: 6 Burgers)

- ❖ 2 tablespoons chia seeds
 - ❖ 2 tablespoons fresh lime juice
 - ❖ ½ cup raw walnuts
 - ❖ 1 slice sprouted and toasted whole grain bread (such as Food for Life brand)
 - ❖ 4 cloves garlic
 - ❖ ½ cup chopped shallot
 - ❖ ½ cup chopped carrot
 - ❖ 1 tablespoon extra-virgin olive oil, plus more for the skillet
 - ❖ 2 cans(14.5 ounces each) BPA-free black beans (such as [Eden Organic](#)), rinsed and drained
 - ❖ ½ teaspoon unrefined sea salt (such as [Real Salt](#))
 - ❖ ¼ teaspoon cumin
1. Soak the chia seeds in lime juice for at least 5 minutes.
 2. Place the walnuts in a food processor and process into fine crumbs. Set aside. Place the toasted bread in the food processor and process into fine crumbs. Set aside.
 3. Place the garlic and shallots in a food processor and pulse to finely chop (be careful not to over process). Remove from the food processor. Place the carrots in the food processor and pulse to finely chop (again, be careful not to over process). Remove the carrots.
 4. Heat the oil in a large heavy skillet over medium-heat: add the shallots and sauté for 3-4 minutes. Add the carrots and sauté 3-4 minutes, or until the shallots and carrots are both tender. Transfer to a large mixing bowl.
 5. Add the beans to the bowl with the sautéed vegetables. Use a potato masher to mash the beans in with the vegetables. Add in the lime-soaked chia seeds, walnut crumbs, bread crumbs, salt and cumin. Mix together and form six ½ -cup patties.
 6. Lightly rub the “dirty” skillet with oil and heat over medium heat. Working in batches, fry the patties 3-4 minutes per side. Transfer to a paper towel or place in a 200 degree oven to keep warm. Serve warm.

Saturday

Dinner Continued



Chocolate Fudge Popsicles (Yields: 6 Popsicles)

- ❖ ¼ cup plus 2 tablespoons raw cacao powder (such as [Navitas](#) brand)
- ❖ 1 cup coconut milk
- ❖ 1 cup water
- ❖ 2 bananas, cut into bite-sized pieces
- ❖ 14 pitted dates
- ❖ Pinch of unrefined sea salt
- ❖ 1 teaspoon pure unrefined pure vanilla extract

1. Place all ingredients in a high speed blender (we like [Vitamix](#)) and process until smooth and creamy.
2. Pour mixture into popsicle molds and freeze.

Note: If you have a [Zoku Quick Pop Popsicle maker](#), your popsicles will be done and ready to eat in 7 minutes.

Sunday

Breakfast

- ❖ Gluten-Free Millet Pancakes with Bananas (*see recipe below*)
- ❖ Fresh sliced strawberries
- ❖ Coffee with a little organic pastured milk/cream or green tea



Gluten-Free Millet Pancakes with Bananas (Serves: 2)

- ❖ 2 tablespoons hemp seeds
 - ❖ ¼ cup plus 1 tablespoon water
 - ❖ 1 pastured, organic egg
 - ❖ 1/8 teaspoon pure vanilla extract
 - ❖ 3 pitted dates
 - ❖ ¼ cup plus 1 tablespoon millet flour
 - ❖ ½ teaspoon baking soda
 - ❖ 1/8 teaspoon baking powder
 - ❖ Pinch of unrefined sea salt
 - ❖ 1 banana, sliced
 - ❖ Organic extra virgin coconut oil (such as [Barlean's](#)), for oiling the skillet
1. In a high-speed blender (such as a [Vitamix](#)), combine all of the ingredients except for the sliced bananas and coconut oil. Process until smooth and creamy. Add the sliced banana.
 2. Lightly oil the bottom of a skillet over medium heat. Once the skillet is hot, pour ¼ cup of batter in the pan. Cook until bubbles form on the surface, then flip the pancakes and continue to cook for 1 to 2 minutes, until golden. Repeat until the pancake batter is gone.
 3. Serve warm with fresh fruit.

Sunday

Lunch

- Homemade Curried Kale Chips (*see recipe below or try store-bought by [Rhythm Superfoods](#)*)
- Panini Sandwich made with sprouted whole grain bread (such as Food for Life) and filled with spinach, hummus and shredded carrots

Homemade Curried Kale Chips (Serves: 4)

- ❖ 2 big handfuls kale, stems removed and leaves torn into roughly 1 ½ inch pieces
 - ❖ 2 teaspoons cold pressed extra virgin olive oil
 - ❖ 2 teaspoons tahini
 - ❖ 1 tablespoon nutritional yeast
 - ❖ 2 teaspoons curry powder
 - ❖ Sea salt, to taste
1. Preheat oven to 325 degrees. Position the rack on the bottom of the oven.
 2. Line a large baking sheet with parchment paper.
 3. Toss the kale with the olive oil, tahini and nutritional yeast. Spread the kale out on the parchment paper and sprinkle with curry powder and salt. Bake for 15 to 18 minutes, or until just crispy.

Sunday

Smoothie

- ❖ It's Easy Being Green SuperGreen Smoothie
- ❖ **Optional snack:** If you are exceptionally active or muscular or it is an exercise day, you might feel you need an additional snack; let your appetite guide you. Half or a whole Good Greens bar or Lara Bar or a handful of raw nuts/ raw seeds and fresh fruit



It's Easy Being Green SuperGreen (Serves: 1)

- ❖ 1 cup ice cold water
 - ❖ 1 small handful arugula
 - ❖ 1 small handful parsley
 - ❖ 1 cup frozen peaches
 - ❖ 1 tablespoon lemon juice
 - ❖ 1 tablespoon chia seeds
1. Place all ingredients, except for the ice, in a high-speed blender (we like [Vitamix](#)) and process until smooth and creamy. Add the ice and process again. Drink chilled.

Sunday

Dinner

- ❖ Slow Cooker African Peanut, Red Lentil and Turkey Stew (*see recipe below*)
- ❖ Large watercress salad with drizzle of flax oil and squeeze of lemon juice
- ❖ Glass of wine, water or sparkling mineral water
- ❖ Pineapple-Coconut Popsicles (*see recipe on page 35*)

Slow Cooker African Peanut, Red Lentil and Turkey Stew (Serves: 4-6)

- ❖ 1 teaspoon extra virgin olive oil
 - ❖ 1 Spanish onion, finely chopped
 - ❖ 1 tablespoon minced ginger
 - ❖ 5 cloves crushed garlic
 - ❖ ½ pound ground pastured turkey
 - ❖ Unrefined sea salt, to taste
 - ❖ 3 cups peeled and cubed sweet potatoes
 - ❖ 1 ½ teaspoon curry powder
 - ❖ ½ teaspoon [Garam Masala](#) (found in the spice section of your supermarket)
 - ❖ 1 can (14 ounces) BPA-free chopped tomatoes
 - ❖ 1 can (14 ounces) organic coconut milk
 - ❖ 2 cups organic vegetable broth
 - ❖ 2 tablespoons all-natural smooth peanut butter
 - ❖ 1 ½ cups [red lentils](#)
1. Heat the oil in a large heavy skillet over medium heat.
 2. Add the onions, garlic and ginger and sauté for 5 minutes, or until onion softens.
 3. Add the ground turkey, season with salt and sauté until meat is cooked through, about 4 minutes. Transfer turkey-onion mixture to a 5 or 6 quart slow cooker.
 4. To the slow cooker, add the sweet potatoes, curry powder, Garam Masala, tomatoes, coconut milk, vegetable broth, peanut butter and red lentils. Mix to blend ingredients well. Cover and cook on high for 30 minutes.
 5. Reduce heat to low and cook for 3 hours. Serve warm.

Sunday

Dinner Continued



Pineapple-Coconut Popsicles (Yields: 4 Popsicles)

- ❖ 1 cup organic unsweetened coconut milk
- ❖ ¼ cup dried, unsweetened, unsulfured shredded coconut
- ❖ 1 cup frozen pineapple
- ❖ 1 tablespoon pure maple syrup
- ❖ ¼ teaspoon pure lemon extract

1. Combine all ingredients in a blender; process until smooth and creamy.
2. Divide mixture into four (4-ounce) Popsicle molds. Freeze for 4 hours and serve.

Note: If you have one a [Zoku Quick Pop Popsicle maker](#), your popsicles will be done and ready to eat in 7 minutes.