

WEEK 2

- * Try your best to use ALL-organic, non-GMO, pesticide free ingredients
- * Drink 6-8 – 8oz. glasses of water each day
- * Get 6-8 hours of sleep

SHOPPING LIST DAYS 8-14

PROTEIN

- ⊕ 9 eggs (pasture-raised or organic, if possible)
- ⊕ 1 can wild sardines / fish in olive oil or water
- ⊕ 1 can wild tuna
- ⊕ 2 lbs. grass-fed ground beef (or replace ½ lb. ground turkey)
- ⊕ 2 servings protein powder (grass-fed whey, hemp, or pea protein)
- ⊕ 24-28 oz. organic chicken breast
- ⊕ 2 x 4-6 oz. wild salmon filets
- ⊕ 1-2 organic breakfast sausages (chicken)

VEGETABLES

- ⊕ 6 basil leaves
- ⊕ 1 cup zucchini
- ⊕ 1 cup broccoli
- ⊕ ½ cup cauliflower
- ⊕ 1 ¼ red onion
- ⊕ 4 onions (of your choice)
- ⊕ 1 large green bell peppers
- ⊕ 2 bell peppers (of your choice)
- ⊕ 1 cup kale
- ⊕ 12 garlic cloves
- ⊕ 1 jalapeno pepper
- ⊕ 3 ¾ avocados
- ⊕ 1 ½ yam or sweet potato
- ⊕ 2 romaine lettuce or kale leaves
- ⊕ 3 cups romaine lettuce
- ⊕ 4 cups spinach
- ⊕ 4 carrots
- ⊕ ¼ cucumber
- ⊕ 2 large Portobello mushrooms
- ⊕ 1 cup raw sauerkraut

Streamline your body, mind & life.

- ⊗ 9 cups mixed greens (or replace 2 cups with spinach)
- ⊗ 4 tomatoes
- ⊗ 6 tbsp. cilantro
- ⊗ 3 cups fresh or frozen green beans
- ⊗ 1 green onion
- ⊗ 1 serving mixed veggies for snacks of your choice (carrots, celery, bell pepper, etc.)

FRUITS

- ⊗ 4 lemons
- ⊗ ½ cup blueberries, raspberries, or blackberries
- ⊗ 1 + ½ apple
- ⊗ 1 ½ banana
- ⊗ ½ cup strawberries
- ⊗ ½ cup raspberries
- ⊗ 2 pieces of seasonal fruit (of your choice)
- ⊗ 1 kiwi

HEALTHY FATS

- ⊗ 7 ½ tbsp. virgin coconut oil
- ⊗ 2 tbsp. ground flax seeds
- ⊗ 8 tbsp. extra virgin olive oil
- ⊗ 2 tbsp. almond butter
- ⊗ 2 tbsp. raw almonds
- ⊗ 3 Brazil Nuts or ¼ cup raw almonds

DAIRY

- ⊗ ¼ cup non-fat, plain yogurt, or unsweetened almond/coconut milk
- ⊗ 1 cup non-fat, plain Greek yogurt

OTHER

- ⊗ ¼ cup pumpkin puree (canned or fresh)
- ⊗ 1 tbsp. raw honey
- ⊗ ½ - 1 tbsp. Grade B or C maple syrup (or replace with honey)
- ⊗ 1 x 16 oz. can tomato puree
- ⊗ 1 x 16 oz. can crushed tomatoes
- ⊗ 1 x 8 oz. can tomato sauce
- ⊗ 1 tsp. raw apple cider vinegar
- ⊗ 3 tbsp. balsamic vinegar
- ⊗ 1 serving hummus or pesto for snack (3 tbsp. hummus, 2 tbsp. pesto)

SPICES *Can all be purchased in small amounts in the bulk section, if you'd like*

- ⊖ Salt and pepper
- ⊖ 1 tsp. cinnamon
- ⊖ 1 tbsp. oregano powder
- ⊖ 1 tbsp. taco seasoning
- ⊖ 2 tbsp. cumin powder
- ⊖ ½ tsp. paprika
- ⊖ 1 tbsp. turmeric powder
- ⊖ ½ tsp. dry mustard powder (optional)
- ⊖ 4 tbsp. chili powder
- ⊖ 1 tsp. vanilla extract
- ⊖ 1 tbsp. ground cumin
- ⊖ ½ tsp. garlic powder
- ⊖ ½ tsp. onion powder
- ⊖ 1 tsp. pumpkin pie spice (or replace with a pinch of cinnamon, nutmeg, and ground ginger)
- ⊖ ½ tsp. cayenne pepper (optional)

DAY 8

🕒 BREAKFAST



GREEN VEGGIE SCRAMBLE

Ingredients

- 1 tbsp. coconut oil
- 2-3 eggs
- ¼ onion, finely chopped
- ½ cup zucchini, chopped
- ½ cup broccoli, chopped
- 6 fresh basil leaves, chopped
- ½ tbsp. oregano
- ½ tsp. dry mustard powder (optional)
- Salt and pepper to taste

Instructions

- In a sauté pan, heat your coconut oil over medium heat. Once hot, add your onions and allow to cook for a few minutes, stirring until soft.
- Add the rest of your vegetables and stir until almost cooked (less time if you prefer them crunchier and vice versa).
- Now, add your eggs, oregano, mustard powder, salt and pepper and scramble everything together with a spatula. Allow to cook until eggs are fully cooked.
- Top with extra basil leaves for garnish, if desired.

⊕ LUNCH



WILD FISH WRAP

Ingredients

- 1 can wild sardines or other wild caught canned fish
- 1 scallion or red onion, thinly sliced
- ½ jalapeno pepper, diced (optional)
- ½ ripe avocado
- ½ lemon
- Salt and pepper to taste
- 2 lettuce or kale leaves

Instructions

- In a small bowl, place your sardines, scallions (or onion), jalapeño pepper, a bit of lemon juice, salt and pepper. Mix together thoroughly.
- In another bowl, mash your avocado together with the rest of your lemon juice and a pinch of salt and pepper, making a simple guacamole.
- Stir guacamole and tuna mixture together, and place in the middle of your lettuce or kale leaves, wrapping up for a delicious, anti-inflammatory lunch.

⊕ MID-AFTERNOON SNACK

- ½ sliced avocado sprinkled with sea salt

DINNER



GROUND BEEF CHILI

Ingredients

- 1lb. ground beef (grass-fed if possible)
- 1 onions, chopped
- 1 large green bell pepper, chopped
- 3 garlic cloves, minced
- 1 16 oz. can tomato puree
- 1 8 oz. can tomato sauce
- 1 cup broth or water
- 2 tbsp. chili powder
- 1 tbsp. cumin
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. pumpkin pie seasonings (or 1 tsp. cinnamon + 1 tsp. nutmeg)
- ½ tsp. cayenne (optional)
- Sea salt and pepper to taste
- 1 tbsp. coconut oil

Instructions

- Heat coconut oil in a soup pot over medium-high heat, and add your onions and bell pepper. Allow to cook together for about 5 minutes, stirring occasionally.
- Next, add your ground beef and garlic and cook until slightly browned, about 5-6 minutes.
- Add tomato sauce and puree, broth (or water instead) and all spices. Bring everything to a boil, and then lower to a simmer.
- Allow to cook for about an hour, and serve.
- Keep the leftovers for recipe Day 12.

DAY 9

⊕ BREAKFAST



GREEN SMOOTHIE

Ingredients

- 2 handfuls spinach
- 1/2 cup blueberries, raspberries, or blackberries
- 1/2 cup unsweetened coconut or almond milk
- 1 tbsp. ground flax seeds
- 1 scoop protein powder (grass fed whey, hemp, or pea protein)
- Water and ice as needed for desired consistency

Instructions

- Simply mix together and enjoy!

⊕ LUNCH



STEAMED VEGGIE MEDLEY

Ingredients

- ½ cup pineapple, frozen or fresh
- ½ cup mango, fresh or frozen
- ½ cup blueberries, fresh or frozen
- ½ banana
- 1 cup romaine lettuce
- 1 scoop Sun Warrior Protein Powder or 1 tbsp. almond butter
- 2 dates (take out pit)
- ½ cup cold water

Instructions

- Use a steamer basket if you have one, or if not simply place about 1" of water into a pot. Set your vegetables either in the basket or directly on top of the water. Bring to a boil and then lower to a simmer, covered.
- Allow your veggies to cook until they are fork-tender, approximately 10min (longer if you prefer softer veggies, shorter if you prefer them crunchier).
- While veggies are cooking, dice your chicken breast. Heat the coconut oil in a sauté pan, and add chicken. Stir frequently until cooked, roughly 10 minutes.
- Add cooked veggies and chicken to a bowl or plate and top with turmeric, salt, and pepper. Mix all together and serve.

⊕ MID-AFTERNOON SNACK

- 1 apple (the green variety has less sugar) with 1 tbsp. almond butter

⊕ DINNER



PORTOBELLO MUSHROOM BURGERS

Ingredients

Patties

- ½ lb. grass-fed ground beef or organic ground turkey
- 1 egg
- 1 clove garlic, minced
- Salt and pepper to taste

Mushroom “Bun”

- 2 large Portobello mushrooms
- 1 tbsp. extra virgin olive oil
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions

- In a mixing bowl, place your ground meat, egg, garlic, salt, and pepper and mix together thoroughly.
- Form 2 patties and cook them either on a grill or in a sauté pan with just a bit of coconut or olive oil. Cook until done, about 4 minutes on each side.
- Next, remove your mushroom stems and wash and dry the mushrooms. Coat them in olive oil, salt and pepper and place it on a heated sauté pan or grill, cooking for about 5 minutes on each side, or until soft.
- Place your patties on top of the mushrooms, making two open faced “burgers.” Add sliced tomato and lettuce if you’d like, and serve.

DAY 10

BREAKFAST



EGGS & SAUERKRAUT

Ingredients

- 2 eggs (pasture raised if possible, or organic)
- ½ cup raw sauerkraut
- Handful of mixed greens
- ½ avocado, sliced
- 1 tbsp. coconut oil
- Salt and pepper to taste

Instructions

- Heat your coconut oil in a sauté pan over medium-high heat, and cook your eggs in whichever style you prefer. If eggs are pasture raised, keep the yolks just a bit runny for even more nutrient availability. Season with a bit of salt and pepper.
- Once eggs are cooked, simply serve with sauerkraut, greens, and sliced avocado. Simple and delicious!
- Add cooked veggies and chicken to a bowl or plate and top with turmeric, salt and pepper. Mix all together and serve.

🎯 LUNCH



BURRITO BOWL

Ingredients

- 1 garlic clove
- 1 tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. apple cider vinegar
- Juice from ½ lemon
- Pinch of salt and pepper
- ½ tsp. paprika
- 4-6 oz. boneless, skinless chicken breast, diced
- ½ cup quinoa, cooked (optional)
- 1 cup romaine lettuce or spinach, chopped

Salsa

- ½ tomato, diced
- ¼ onion, diced
- 2 tbsp. chopped cilantro
- Squeeze of lemon juice

Instructions

- To make your chipotle sauce, first blend together your garlic, olive oil, chili powder, vinegar, lemon juice, paprika, salt and pepper until smooth (ideally in a blender). Use this sauce to marinate your chicken in a zip lock bag for a minimum of 30 minutes.
- While chicken is set aside, mix together your salsa ingredients in a bowl.
- Cook the chicken in a sauté pan until thoroughly cooked through, about 10 minutes.
- Serve the bowl on a bed of lettuce with chicken and salsa on top. Add cooked quinoa if desired.

🎯 MID-AFTERNOON SNACK

- Sliced veggies of your choice with hummus or pesto

 DINNER



STUFFED AVOCADO WITH TUNA

Ingredients

- 1 avocado, halved
- 1-2 tbsp. onion, chopped very finely
- 1 can wild tuna
- Salt and pepper to taste

Instructions

- Scoop out the flesh of each avocado half, leaving a thin layer of avocado still in the skin.
- In a mixing bowl, combine the avocado, onion, tuna and salt and pepper. Add a dash of cayenne pepper if you want some spice.
- Place a heaping scoop of your tuna mixture back in each avocado half, and serve.

DAY 11

⊕ BREAKFAST



PUMPKIN PIE SMOOTHIE

Ingredients

- ¼ cup pumpkin puree (canned is fine)
- ¼ cup non-fat plain Greek yogurt **or** substitute unsweetened coconut **or** almond milk
- 1 serving protein powder (grass-fed whey, pea, or hemp are the best options)
- ½ banana
- 1 tsp. pumpkin pie spice
- Splash of vanilla extract
- Ice and water as needed for desired consistency

Instructions

- Simply blend and serve.

⊕ LUNCH



SALMON SALAD

Ingredients

- 4-6 oz. wild salmon, cooked
- 3 cups mixed greens
- ½ cup zucchini, diced
- ½ cup strawberries, sliced
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- Salt and pepper to taste

Instructions

- Sautee your zucchini in a heated pan with ½ tbsp. of olive oil. Once it is soft, add your cooked salmon and allow to heat, adding a bit of salt and pepper.
- Assemble your salad on a bed of greens, topped with salmon, zucchini, strawberries, olive oil and vinegar. Add more salt and pepper, if needed.

⊕ MID-AFTERNOON SNACK

- 3 Brazil Nuts (or ¼ cup raw unsalted almonds) and a piece of fruit

DINNER



SPICY CHICKEN & "FRIES"

Ingredients

Fries

- 1 large carrot
- ½ yam or sweet potato
- ½ tbsp. taco seasoning
- Salt and pepper to taste
- ½ - 1 tbsp. olive oil

Chicken

- 4-5 oz. chicken breast, cut into strips
- ½ tbsp. honey
- ½ tbsp. taco seasoning
- Pinch of salt
- Ketchup (optional)

Salsa

- 2 small tomatoes, diced
- ½ onion, diced
- 2 tbsp. cilantro, diced
- Juice from ½ lemon
- ½ jalapeno, diced (optional)
- Salt and pepper to taste

Instructions

- Preheat your oven to 400F, and while it's heating, cut your carrot and sweet potato into strips. Combine them with olive oil, taco seasoning and a bit of salt, and place them on a baking sheet. Allow them to cook in the oven until crispy, about 30 minutes. Remove once to turn.
- While your fries are cooking, heat olive oil in a pan and add your chicken. Sauté with the honey, taco seasoning and ketchup (if using). Cook until chicken is fully done.
- Prepare your salsa by simply chopping all ingredients and mixing together with lemon juice.
- Arrange all ingredients on a plate, and serve.

DAY 12

BREAKFAST



BREAKFAST SALAD

Ingredients

- 2 cups spinach or mixed greens
- ¼ red onion, thinly sliced
- ½ tomato, diced
- 1-2 eggs, poached
- 1 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- 1 tbsp. fresh lemon juice
- Salt and pepper to taste

Instructions

- First, cook your egg. If poaching, heat water in a small pot over medium high heat, and add a touch of vinegar. Once boiling, crack your egg into the water, turn heat off completely, and allow the egg to sit in the water for about 4-5 minutes. If poached isn't your favorite, you can also opt to hard boil your egg.
- Now, combine your salad ingredients in a bowl, and toss with oil, vinegar, and lemon juice. Add poached egg(s) on top, and enjoy.

Streamline your body, mind & life.

⊕ LUNCH



LEFTOVER CHILI & SIDE

SALAD

Ingredients

Side Salad

- 2 cups romaine lettuce
- 1 tomato
- 1 green onion
- ½ cup raspberries
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- Salt and pepper to taste

Instructions

- Use the leftover chili from Day 12 for this recipe.
- Assemble all salad ingredients, and toss with oil, vinegar, salt, and pepper.
- Serve alongside your reheated chili and enjoy an easy and nutrient-dense lunch!

⊕ MID-AFTERNOON SNACK

- 1 cup of green tea with a pinch of cinnamon

DINNER



CHICKEN FAJITAS

Ingredients

- 4-6 oz. boneless, skinless chicken breast, cut into strips
- 1 bell pepper, sliced
- ½ onion, thinly sliced
- ½ tbsp. oregano
- ½ tbsp. cumin
- ½ tbsp. chili powder (more or less, depending on level of spiciness)
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1 tbsp. coconut oil
- Romaine lettuce for serving
- ¼ cup chopped tomato and a few slices of avocado for topping

Instructions

- In a bowl, mix together your chicken, onion, pepper, garlic, all spices, and lemon juice, combining thoroughly.
- Heat a skillet with coconut oil and cook everything until chicken is thoroughly cooked and onions are tender.
- Using lettuce leaves instead of tortillas, place your chicken mixture on top of your lettuce, and top that with tomato and avocado. Enjoy!

DAY 13

 BREAKFAST



SAUSAGE & EGGS

Ingredients

- 1-2 breakfast sausages
- 1-2 eggs (pasture raised or organic, if possible)
- ½ tbsp. coconut oil
- ½ cup raw sauerkraut
- Handful of mixed greens

Instructions

- If sausages come pre-cooked, simply heat in a skillet. Or, cook until done, turning occasionally for approximately 10 minutes (time depends on sausage, check for done-ness).
- In the same skillet or another, heat your coconut oil and cook your egg(s) to your liking, either scrambled, sunny-side up, or over easy.
- Serve all together with sauerkraut and greens on the side.

🕒 LUNCH



SPINACH SALAD

Ingredients

- 2 cups spinach, washed and de-stemmed (baby spinach works, too)
- ½ tomato, diced
- ¼ cucumber, diced
- ¼ yellow onion, finely sliced
- ½ avocado, sliced
- 1-2 tbsp. cilantro leaves
- 1-2 hardboiled egg
- 1 tbsp. olive oil
- Juice from 1 lemon
- Salt and pepper to taste

Instructions

- Everyone has their own method of hard boiling an egg, but an easy and effective way is simply adding the egg and water in a small pot and bringing the water to a boil. Once the water is boiling, set a timer for 5 minutes, and then turn off heat and let your egg sit in cold water for a few minutes before peeling.
- Add all salad ingredients to a bowl with your chopped egg, and toss together with oil, lemon juice, salt, and pepper.

🕒 MID-AFTERNOON SNACK

- 1 small banana with 1 tbsp. almond butter

DINNER



STUFFED SWEET POTATO

Ingredients

- 1 medium sweet potato
- 4-6 oz. grass fed ground beef
- ½ bell pepper, chopped
- ¼ tomato, diced
- ¼ onion, diced
- 1 clove garlic, minced
- Bit of shredded lettuce for garnish
- 1 tbsp. olive oil
- ½ ground cumin
- ½ chili powder
- Salt and pepper to taste

Instructions

- First, you'll need to bake your sweet potato. Preheat your oven to 400F, and poke holes in your sweet potato with a fork. Wash it thoroughly, and place on a baking sheet. Bake until totally soft, 40-60 minutes. Remove and allow to cool.
- While your potato is baking, heat the olive oil in a skillet, add onion and garlic, allowing to cook for a few minutes. Then, add all over veggies, ground beef and spices. Cook all together until meat is done, stirring frequently.
- Cut your potato in half, and mash down a space in the middle to place your filling. Place a heaping spoonful of your ground beef filling in each half, and top with shredded lettuce.
- Serve with homemade salsa or hot sauce, if desired!

DAY 14

 BREAKFAST



YOGHURT & FRUIT

Ingredients

- 1 cup nonfat, plain Greek yogurt
- 1 piece of seasonal fruit, chopped
- 1 tbsp. raw almonds, chopped
- 1 tbsp. ground flax seeds
- 1 tsp. cinnamon
- Pinch of raw honey, if needed for sweetness

Instructions

- Simply mix all ingredients in a bowl and enjoy!

🎯 LUNCH



BAKED SALMON LUNCH BOX

Ingredients

Salmon

- 1 x 4-6 oz. wild salmon filet
- ½ tbsp. coconut oil
- 1 garlic clove, minced
- 1 tbsp. Grade B or C Maple Syrup (or replace with honey)
- Salt and pepper

Sides

- 1 kiwi, sliced
- ½ apple, sliced
- 1 carrot, sliced
- 1 stalk celery, sliced
- 1 tbsp. raw almonds or other nuts/seeds of your choice

Instructions

- Preheat your oven to 350F. Place your salmon on a baking sheet lined with parchment paper, and top with melted coconut oil, minced garlic, maple syrup, and salt and pepper. Rub the salmon with all ingredients.
- Bake salmon until done, anywhere from 15 to 30 minutes, depending on the thickness of your filet.
- When done, allow to cool. Assemble salmon along with all sides in a lunch box or Tupperware, and you're set!

🎯 MID-AFTERNOON SNACK

- ½ avocado sprinkled with sea salt and pepper

DINNER



QUICK & EASY GREEN CURRY

Ingredients

- 1 tbsp. coconut oil
- ½ onion, chopped
- 3 garlic cloves, minced
- 1 tbsp. cumin powder
- ½ tbsp. chili powder (more or less, depending on spiciness desired)
- Pinch of salt, or to taste
- ½ tsp. turmeric
- 1-16 oz. can crushed tomatoes
- 8 oz. chicken breast, cut into chunks
- ¼ cup water (or broth)
- 3 cups fresh or frozen green beans, trimmed and halved

Instructions

- In a small bowl, combine your spices, including salt.
- In a large pot, heat your coconut oil and add onion, stirring occasionally until soft. Add garlic for the last couple of minutes. Once onions are soft, add in your spice combo and allow to cook with the onions and garlic for just under a minute, stirring constantly.
- Add canned tomatoes, water or broth, and chicken, bringing everything to a boil. Once boiling, reduce to a simmer, and allow to cook, covered, until chicken is done, about 10 minutes.
- At the very end, add in your green beans, allowing to cook for just a few minutes. Serve!