

# Optimized Health

## RECIPE PLAN - WEEK 3

<b>Early Morning Routine</b>	1 quart <u>Morning Alkalizing Drink</u> Take Supplements (except Probiotics)	1 quart <u>Morning Alkalizing Drink</u> Take Supplements (except Probiotics)	1 quart <u>Morning Alkalizing Drink</u> Take Supplements (except Probiotics)
<b>Breakfast</b>	<u>Chocolate Superfood Shake</u> (Take Probiotics Mid-Morning)	<u>Creamy Cinnamon Roll Shake</u> (Take Probiotics Mid-Morning)	<u>Silky Smooth Raw Chocolate Shake</u> (Take Probiotics Mid-Morning)
<b>Lunch</b>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u></li> <li>3. <u>Gut Friendly Beef Taco Salad</u></li> <li>4. <u>Italian Dressing</u></li> <li>5. Handful Macadamia nuts, 6 Olives</li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>3 oz Classic Burger on 'Lettuce Bun'</u></li> <li>3. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u></li> <li>4. <u>Creamy Greek Dressing</u></li> <li>5. Handful Macadamia nuts, 6 Olives</li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Large Chopped Veggie Salad with 3 oz Avocado</u></li> <li>3. Topped w/ 1 Serving <u>Teriyaki Baked Salmon</u></li> <li>4. <u>Miso Ginger Dressing</u></li> <li>5. Handful Macadamia nuts, 6 Olives</li> </ol>
<b>Dinner</b>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)*</li> <li>3. <u>3 oz Classic Burger on 'Healthy Gut' Bread</u></li> <li>4. <u>Side Salad w/ Lemon Tahini Dressing</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)*</li> <li>3. <u>1 Serving Teriyaki Baked Salmon</u></li> <li>4. <u>Addictive Kale Side Salad w/ Lemon Tahini Dressing</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)*</li> <li>3. <u>1 Serving Dijon Salmon Salad on 'Healthy Gut' Bread</u></li> <li>4. <u>Side Salad w/ Creamy Greek Dressing</u></li> </ol>
	<u>Delectibly Divine Chocolate Pudding</u>  <u>Extra Calorie Options</u>	<u>Delectibly Divine Chocolate Pudding</u>  <u>Extra Calorie Options</u>	<u>Delectibly Divine Chocolate Pudding</u>  <u>Extra Calorie Options</u>

Day 4	Day 5	Day 6	Day 7
1 quart <u>Morning Alkalizing Drink</u> Take Supplements (except Probiotics)	1 quart <u>Morning Alkalizing Drink</u> Take Supplements (except Probiotics)	1 quart <u>Morning Alkalizing Drink</u> Take Supplements (except Probiotics)	1 quart <u>Morning Alkalizing Drink</u> Take Supplements (except Probiotics)
<u>Chocolate Superfood Shake</u> (Take Probiotics Mid-Morning)	<u>Silky Smooth Raw Chocolate Smoothie</u> (Take Probiotics Mid-Morning)	<u>Creamy Cinnamon Roll Shake</u> (Take Probiotics Mid-Morning)	<u>Chocolate Superfood Shake</u> (Take Probiotics Mid-Morning)
1. Take Enzymes! 2. <u>Large Chopped Veggie Salad w/ 3 oz Avocado</u> 3. <u>Topped w/ 1 Serving Dijon Salmon Salad</u> 4. <u>Creamy Greek Dressing</u>	1. Take Enzymes! 2. <u>Large Chopped Veggie Salad w/ 3 oz Avocado</u> 3. <u>1 Classic Spinach Scramble</u> 4. <u>Creamy Greek Dressing</u> 5. Handful Macadamia nuts, 6 Olives	1. Take Enzymes! 2. <u>Large Chopped Veggie Salad with 3 oz Avocado</u> 3. <u>3 oz Pan-Seared Steak</u> 4. <u>Drizzled w/ Chimichurri Sauce</u> 5. Handful Macadamia nuts, 6 Olives	1. Take Enzymes! 2. <u>Large Chopped Veggie Salad w/ 3 oz Avocado</u> 3. <u>Topped w/ 1 Serving Salmon Salad</u> 4. <u>Miso Ginger Dressing</u> 5. Handful Macadamia nuts, 6 Olives
1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>1 Classic Spinach Scramble</u> 4. <u>2 slices 'Healthy Gut' Bread Toasted Topped w/ Coconut Oil &amp; Monk Fruit Powder</u>	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Pan-Seared Steak</u> 4. <u>Topped w/ Chimichurri Sauce</u> 5. <u>Side Salad</u>	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>1 Serving Salmon Salad</u> 4. <u>on 'Healthy Gut' Bread</u> 5. <u>Side Salad w/ Miso Ginger Dressing</u> 6.	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>1 Serving Lemon Herb Salmon</u> 4. <u>Addictive Kale Side Salad</u> 5. <u>Lemon Tahini Dressing</u> 6.
<u>Delectibly Divine Chocolate Pudding</u>  <u>Extra Calorie Options</u>	<u>Delectibly Divine Chocolate Pudding</u>  <u>Extra Calorie Options</u>	<u>Delectibly Divine Chocolate Pudding</u>  <u>Extra Calorie Options</u>	<u>Delectibly Divine Chocolate Pudding</u>  <u>Extra Calorie Options</u>

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## WEEK 3 - GROCERY LIST

### \*\*\*Plan to Grocery Shop 1X per Week

NOTE: The grocery list below lists all the items needed for the Week 4 Recipe Plan. Because the amounts to buy (that are listed next to each food item) are only recommended amounts based on the recipes, check your pantry and fridge each week before going to the store or ordering online, to see how much you have as carry over from the previous week and deduct that from the amounts listed on the grocery list. (Example: if you have 5 lemons in your fridge from the week before then, deduct 5 from the amounts of lemons recommended in current week's grocery list to prevent over-buying.

### Produce:

- 7 heads - Organic Romain Lettuce
- 4 heads - Organic Red/Green Leaf Lettuce OR 1 box - Organic Mixed Greens
- 1 large box - Organic Spinach
- 2 bunches - Organic Cilantro
- 2 bunches - Organic Parsley
- 1 bunch - Organic Green Onions (optional)
- 1 bunch - Organic Kale (green, red - whichever are the biggest heads)
- 21 - Lemons
- 8 - Limes
- 16 large - Avocados (or 45 small avocados)
- 1 large root - Organic Ginger
- 3 bunches - Organic Radishes
- 3 bunches - Organic Celery
- 1 lb - Organic Carrots
- 1 bunch - Organic Fresh Mint
- (optional for extra calories) 1 cup - Fresh Olives (Black, Kalamata etc.) (in a jar OR at the olive bar - only buy olives that are in water & vinegar: **NO OIL**)

### Organic Protein:

- 1 lb - Organic Gr. Beef - either 80/20 &/or 90/10 fat percentage are fine. (If you can find beef that's both organic AND grass fed, that's best! But if you can't find a brand

that does both, always make sure it's organic. \*\*\*We love the brand Panorama from Whole Foods) <https://panoramameats.com/>

- 1/2 lb (8 oz) Organic Steak Or Filet or Sirloin (Grass Fed is best!)
- 2 lb Wild Caught Alaskan Salmon
- 2 dozen - Organic Eggs (If you can find eggs that are both organic AND pastured, that's best! But if you can't find a brand that does both, always make sure they're organic.

## **Organic Section:**

- 3 - Organic **Unsweetened** Vanilla Coconut or Almond Milk (Best Brands: So Delicious Coconut Milk or MALK) found in Refrigerator Section)
- 1 container - Organic Red Miso Paste
- 1 jar - Organic Ground Tahini (Paste)
- 1 bottle - Organic Dried Basil
- 2 jars - Organic Mayo (made with Avocado Oil & Pastured Eggs) (I love the brand: Primal Kitchen)
- 1 bottle - Organic Dijon Mustard
- 1 Large Bottle - Braggs Raw Unpasteurized Organic Apple Cider Vinegar
- 1 Bottle Organic Gluten Free Coconut Aminos or Organic Gluten Free Tamari
- 1 bottle - Extra Virgin Olive Oil - Cold Pressed (I love the brand: California Olive Ranch)
- 1 jar - Organic Coconut Oil (Regular) (I love the Nutiva Brand)
- 1 jar - Organic Coconut Oil (Refined) (I love the Nutiva Brand)
- (if not using Monkfruit) 1 Container - Organic Stevia Powder (I love the brand: Sweet Leaf)
- (Optional for extra calories) About 3 cups - Raw, Organic Macadamia

(when needed) **Shake Ingredients** (order online is recommended but you can also purchase some of these items in a grocery/ health store):

**Organic Psyllium Husks:**

[https://www.amazon.com/gp/product/B00JDOAKRM/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B00JDOAKRM/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

**Organic Monkfruit Extract:**

<https://amzn.to/34f9uzN>

**Maca Powder: (for 1 bag)**

[https://www.amazon.com/gp/product/B078CYNWBC/  
ref=ppx\\_yo dt b asin title o02 s01?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B078CYNWBC/ref=ppx_yo_dt_b_asin_title_o02_s01?ie=UTF8&psc=1)

**Organic Whole Flax Seeds (avoid pre-ground flax seeds as oils will be rancid):  
(Buy a 5 lb bag)**

<https://amzn.to/3dIMRoX>

**Organic Cacao Powder: (Buy a pack of 3 bags)**

<https://amzn.to/3dKBuN4>

**Organic Almond Flour:**

[https://www.amazon.com/gp/product/B07R1KWDFH/  
ref=ppx\\_yo dt b asin title o05 s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07R1KWDFH/ref=ppx_yo_dt_b_asin_title_o05_s00?ie=UTF8&psc=1)