

Optimized Health

RECIPE PLAN - WEEK 4

Early Morning Routine	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)
Breakfast	<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)
Lunch	1. Take Enzymes! 2. <u>Large Chopped Veggie Salad with 3 oz Avocado</u> 3. Topped w/ 1 <u>Serving Lemon Herb Salmon</u> 4. <u>Tangy Lemon Vinaigrette</u> 5. Handful Macadamia nuts, 6 Olives	1. Take Enzymes! 2. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u> 3. <u>Topped w/ 3 Ranch Deviled Eggs</u> 4. <u>Buffalo Ranch Dressing</u> 5. Handful Macadamia nuts, 6 Olives	1. Take Enzymes! 2. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u> 3. <u>3 oz Savory Grass Fed Beef</u> 4. <u>Lemon Tahini Dressing</u> 5. Handful Macadamia nuts, 6 Olives
Dinner	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion) 3. <u>Large Chopped Veggie Salad w/ 3 oz Avocado</u> 4. <u>Topped w/ 3 Ranch Deviled Eggs</u> 5. <u>Buffalo Ranch Dressing</u>	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion) 3. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u> 4. <u>3 oz Savory Grass Fed Beef</u> 5. <u>Lemon Tahini Dressing</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/ Buffalo Ranch Dressing</u> 6. <u>Buffalo Ranch Dressing</u>
Treats	<u>Golden Milk</u> <u>Extra Calorie Ideas</u>	<u>Golden Milk</u> <u>Extra Calorie Ideas</u>	<u>Golden Milk</u> <u>Extra Calorie Ideas</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>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)	<u>Silky Smooth Raw Chocolate Smoothie</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 Salmon Salad</u> 4. <u>Tangy Lemon Vinaigrette</u> 5. Handful Macadamia nuts, 6 Olives (optional)	1. Take Enzymes! 2. <u>3 oz Seasoned Salmon</u> 3. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u> 4. <u>Buffalo Ranch Dressing</u> 5. Handful Macadamia nuts, 6 Olives (optional)	1. Take Enzymes! 2. <u>Large Chopped Veggie Salad with 3 oz Avocado</u> 3. <u>Topped w/ 3 oz Teriyaki Salmon</u> 4. <u>Lemon Tahini Dressing</u> 5. Handful Macadamia nuts, 6 Olives (optional)	1. Take Enzymes! 2. <u>Large Chopped Veggie Salad w/ 3 oz Avocado</u> 3. <u>Topped w/ 1 Serving Jazzed Up Egg Salad</u> 4. <u>Buffalo Ranch Dressing</u> 5. Handful Macadamia nuts, 6 Olives (optional)
1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion) 3. <u>3 oz Seasoned Salmon</u> 4. <u>on 'Healthy Gut' Bread</u> 5. <u>Side Salad</u> 6. <u>w/ Buffalo Ranch Dressing</u>	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Teriyaki Salmon</u> 4. <u>Addictive Kale</u> 5. <u>Side Salad</u> 6. <u>Lemon Tahini Dressing</u>	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>1 Serving Jazzed Up Egg Salad</u> 4. <u>on 'Healthy Gut' Bread</u> 5. <u>Side Salad w/ Buffalo Ranch Dressing</u> 6.	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner) 3. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u> 4. <u>3 oz Savory Grass Fed Beef</u> 5. <u>Lemon Tahini Dressing</u>
<u>Golden Milk</u> <u>Extra Calorie Ideas</u>	<u>Golden Milk</u> <u>Extra Calorie Ideas</u>	<u>Golden Milk</u> <u>Extra Calorie Ideas</u>	<u>Golden Milk</u> <u>Extra Calorie Ideas</u>

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RECIPE PLAN - WEEK 4

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
- 2 bunches - Organic Green Onions (optional)
- 1 bunches - 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
- 2 bunches - Organic Radishes
- 3 bunches - Organic Celery
- 1 bunch - Organic Fresh Mint
- (optional for extra calories) 1 cup - Fresh Organic 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/>

- 3 lb (42 oz) - Wild Caught Alaskan Salmon
- 1 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 - Pink Himalayan Sea Salt
- 1 bag Organic Shredded Coconut (**Unsweetened**)
- 1 bottle - Organic Gluten Free Coconut Aminos
- 1 Large bottle - Braggs Apple Cider Vinegar
- 2 jars - Organic Mayo (made with Avocado Oil & Pastured Eggs) (I love the brand: Primal Kitchen)
- 2 bottles - Extra Virgin Olive Oil - Cold Pressed (I love the brand: California Olive Ranch)
- 1 jar - Organic Coconut Oil (hexane free) (Regular) (I love the Nutiva Brand)
- 1 jar - Organic Coconut Oil (hexane free) (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) Buy 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/B07CPJJWTH/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)