

# Optimized Health

## RECIPE PLAN - WEEK 7

<b>Early Morning Routine</b>	1 quart <u>Morning Alkalizing Drink</u> (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)	1 quart <u>Morning Alkalizing Drink</u> (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)	1 quart <u>Morning Alkalizing Drink</u> (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)
<b>Breakfast</b>	<u>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)
<b>Lunch</b>	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (make as much as you want)	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (make as much as you want)	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (make as much as you want)
<b>Dinner</b>	1. Take Enzymes! 2. <u>Large Chopped Veggie Salad w/ 3 oz Avocado</u> 3. <b>2 SERVINGS Ranch Deviled Eggs</b> 4. <u>Buffalo Ranch Dressing</u> 5. Handful Macadamia Nuts, 6 Olives	1. Take Enzymes! 2. <b>6 oz Sriracha Salmon Burger</b> on 'Healthy Gut' Bread 4. <u>Side Salad</u> 5. w/ <u>Miso Ginger Dressing</u> 6. Handful Macadamia nuts, 6 Olives	1. Take Enzymes! 2. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u> 3. <b>6 oz Savory Grass Fed Beef</b> 4. <u>Lemon Tahini Dressing</u> 5. Handful Macadamia nuts, 6 Olives
<b>Treats</b>	<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> (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)	1 quart <u>Morning Alkalizing Drink</u> (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)	1 quart <u>Morning Alkalizing Drink</u> (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)	1. Water 2. (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)
<u>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. Water 2. (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)
1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (make as much as you want)	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (make as much as you want)	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (make as much as you want)	1. Water 2. (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)
1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (make as much as you want) 3. <u>Silky Smooth Raw Chocolate Smoothie</u> (make as much as you want)	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (make as much as you want) 3. <u>Cinnamon Roll Shake</u> (make as much as you want)	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (make as much as you want) 3. <u>Chocolate Superfood Shake</u> (make as much as you want)	1. Water 2. (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)
<u>Golden Milk</u> <u>Digestion Teas</u>	<u>Golden Milk</u> <u>Digestion Teas</u>	<u>Golden Milk</u> <u>Digestion Teas</u>	1. Water 2. (Keep taking Parasite Supplements - See Bottle for Serving Recommendations)

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## GROCERY LIST - WEEK 7

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

NOTE: The grocery list below lists all the items needed for the Week 7 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:

- 9 heads - Organic Romain Lettuce
- 9 heads - Organic Red/Green Leaf Lettuce OR 1 box - Organic Mixed Greens
- 1 large box - Organic Spinach
- 5 bunches - Organic Cilantro
- 5 bunches - Organic Parsley
- 1 bunch - Organic Green Onions
- 1 bunches - Organic Kale
- 25 - Lemons
- 8 - Limes
- 16 large - Avocados (or 45 small avocados)
- 2 large roost - Organic Ginger
- 3 bunches - Organic Radishes
- 4 bunches - Organic Celery
- 2 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/>

- 2 lb (16 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
- 2 jars - Organic Mayo (made with Avocado Oil & Pastured Eggs) (I love the brand: Primal Kitchen)
- 1 bag Organic Coconut Flour
- 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)
- 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](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)