

Optimized Health

RECIPE PLAN - WEEK 1 - SCROLL DOWN BELOW FOR GROCERY LIST

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 Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Chocolate Superfood Shake</u>
Lunch	1. Take Enzymes! 2. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u> 3. <u>Topped w/ 3 Perfect Soft Boiled Eggs</u> 4. <u>Miso Ginger Dressing</u> 5. Handful Macadamia nuts, 6 Olives	1. Take Enzymes! 2. <u>3 oz Classic Burger on 'Lettuce Bun'</u> 3. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u> 4. <u>Lemon Tahini Dressing</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
Dinner	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Classic Burger on 'Healthy Gut' Bread</u> 4. <u>Side Salad w/ 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/ Miso Ginger Dressing</u>	1. Take Enzymes! 2. <u>Creamy 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/ Mom's House Italian Dressing</u>
Treats	<u>Dairy Free Hot Chocolate</u> <u>Extra Calories Options</u>	<u>Dairy Free Hot Chocolate</u> <u>Extra Calories Options</u>	<u>Dairy Free Hot Chocolate</u> <u>Extra Calories Options</u>

Day 4	Day 5	Day 6	Day 7
1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>
<u>Silky Smooth Raw Chocolate Shake</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 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 Jazzed Up Egg Salad</u> 4. <u>Mom's House Italian Dressing</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 Dijon Salmon Salad</u> 4. <u>Mom's House Italian Dressing</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 Perfect Soft Boiled Eggs</u> 4. <u>Miso Ginger 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>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>1 Serving Dijon Salmon Salad</u> 4. <u>on 'Healthy Gut' Bread</u> 5. <u>Side Salad w/ Mom's House Italian Dressing</u>	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>Classic Spinach Scramble</u> 4. <u>Side Salad w/ Lemon Tahini Dressing</u>	1. Take Enzymes! 2. <u>Revitalizing 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>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Teriyaki Baked Salmon</u> 4. <u>Side Salad w/ Miso Ginger Dressing</u>
<u>Dairy Free Hot Chocolate</u>	<u>Dairy Free Hot Chocolate</u>	<u>Dairy Free Hot Chocolate</u>	<u>Dairy Free Hot Chocolate</u>
<u>Extra Calories Options</u>	<u>Extra Calories Options</u>	<u>Extra Calories Options</u>	<u>Extra Calories Options</u>

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WEEK 1 - GROCERY LIST

***Plan to Grocery Shop 1X per Week

NOTE: The grocery list below lists all the items needed for the Week 1 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)
- 21 - Lemons
- 8 - Limes
- 15 large - Avocados (or 30 small avocados)
- 1 large root - Organic Ginger
- 2 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 - Pink Himalayan Sea Salt
- 1 Jar - Organic Ground Cinnamon
- 1 jar - Organic Black Pepper
- 1 jar - Organic Ground Cumin
- 1 jar - Organic Curry Powder
- 1 jar - Organic Oregano Spice
- 1 jar - Organic Parsley
- 1 jar - Organic Turmeric Powder
- 1 jar - Organic Smoked Paprika
- 1 bottle - Organic Gluten Free Coconut Aminos or Organic Gluten Free Tamari
- 1 Large bottle - Braggs Apple Cider Vinegar
- 1 container - Braggs Nutritional Yeast
- 2 jars - Organic Mayo (made with Avocado Oil & Pastured Eggs) (I love the brand: Primal Kitchen)
- 2 bottles - Extra Virgin Olive Oil - Cold Pressed (We love the brand: California Olive Ranch)
- 1 jar - Organic (hexane free) Coconut Oil (Regular) (I love the Nutiva Brand)
- 1 jar - Organic (hexane free) Coconut Oil (Refined) (I love the Nutiva Brand)
- 1 jar - Organic Tahini
- 1 bag - Organic Coconut Flour
- 1 container Non-GMO, Aluminum Free Baking Powder
- (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: (Need 2 bags total)

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://amzn.to/31q8IPk>

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:

(1 lb bag)

<https://amzn.to/2NBVoPZ>

OR

(3 lb bag - better unit price)

<https://amzn.to/37InRUT>