

# Optimized Health

## RECIPE PLAN - WEEK 2

| Week 2                       | Day 1                                                                                                                                                                                                                                                                                                                            | Day 2                                                                                                                                                                                                                                                                                          | Day 3                                                                                                                                                                                                                                                                                                                    |
|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Early Morning Routine</b> | 1 quart Morning Alkalizing Drink                                                                                                                                                                                                                                                                                                 | 1 quart Morning Alkalizing Drink                                                                                                                                                                                                                                                               | 1 quart Morning Alkalizing Drink                                                                                                                                                                                                                                                                                         |
| <b>Breakfast</b>             | <u>Cinnamon Roll Shake</u>                                                                                                                                                                                                                                                                                                       | <u>Chocolate Superfood Shake</u>                                                                                                                                                                                                                                                               | <u>Silky Smooth Raw Chocolate Smoothie</u>                                                                                                                                                                                                                                                                               |
| <b>Lunch</b>                 | <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/ <u>1 Serving Teriyaki Baked Salmon</u></li> <li>4. <u>Miso Ginger 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>Chopped Veggie Salad w/ 3 oz Avocado, diced</u></li> <li>3. <u>1 Serving Ranch Deviled Eggs</u></li> <li>4. <u>Buffalo Ranch 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>1 Serving Teriyaki Baked Salmon</u></li> <li>3. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</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>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion)</li> <li>3. <u>Large Chopped Veggie Salad w/ 3 oz Avocado</u></li> <li>4. <u>1 Serving Ranch Deviled Eggs</u></li> <li>5. <u>Buffalo Ranch 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 for optimal digestion)</li> <li>3. <u>1 Serving Teriyaki Baked Salmon</u></li> <li>4. <u>Side Salad</u></li> <li>5. w/ <u>Miso Ginger 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 for optimal digestion)</li> <li>3. <u>Chopped Veggie Salad w/ 3 oz Avocado, diced</u></li> <li>4. <u>3 oz Savory Grass Fed Beef</u></li> <li>5. <u>Lemon Tahini Dressing</u></li> </ol> |
| <b>Treats</b>                | <u>Golden Milk Extra Calorie Ideas</u>                                                                                                                                                                                                                                                                                           | <u>Golden Milk Extra Calorie Ideas</u>                                                                                                                                                                                                                                                         | <u>Golden Milk Extra Calorie Ideas</u>                                                                                                                                                                                                                                                                                   |

| Day 4                                                                                                                                                                                                                                                                                                        | Day 5                                                                                                                                                                                                                                                                          | Day 6                                                                                                                                                                                                                                                                         | Day 7                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 quart Morning Alkalizing Drink                                                                                                                                                                                                                                                                             | 1 quart Morning Alkalizing Drink                                                                                                                                                                                                                                               | 1 quart Morning Alkalizing Drink                                                                                                                                                                                                                                              | 1 quart Morning Alkalizing Drink                                                                                                                                                                                                                                |
| Cinnamon Roll Shake                                                                                                                                                                                                                                                                                          | Chocolate Superfood Shake                                                                                                                                                                                                                                                      | Silky Smooth Raw Chocolate Smoothie                                                                                                                                                                                                                                           | Cinnamon Roll Shake (Take Probiotics Mid-Morning)                                                                                                                                                                                                               |
| <ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. Chopped Veggie Salad w/ 3 oz Avocado, diced</li> <li>3. 3 oz Savory Grass Fed Beef</li> <li>4. Lemon Tahini Dressing</li> <li>5. Handful Macadamia nuts, 6 Olives</li> </ol>                                                             | <ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. Large Chopped Veggie Salad w/ 3 oz Avocado</li> <li>3. 1 Serving Buffalo Salmon Salad Sandwich</li> <li>4. Buffalo Ranch Dressing</li> <li>5. Handful Macadamia nuts, 6 Olives</li> </ol>                  | <ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. Large Chopped Veggie Salad w/ 3 oz Avocado</li> <li>3. Topped w/ 1 Serving Curried Egg Salad</li> <li>4. Buffalo Ranch Dressing</li> <li>5. Handful Macadamia</li> </ol>                                  | <ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. Large Chopped Veggie Salad w/ 3 oz Avocado</li> <li>3. Topped w/ 1 Serving Salmon Salad</li> <li>4. Miso Ginger Dressing</li> <li>5. Handful Macadamia nuts, 6 Olives</li> </ol>            |
| <ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. Revitalizing Green Smoothie (drink 20 minutes before dinner for optimal digestion)</li> <li>3. 1 Serving Buffalo Salmon Salad</li> <li>4. on 'Healthy Gut' Bread</li> <li>5. Side Salad w/ Buffalo Ranch Dressing</li> <li>6.</li> </ol> | <ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. Creamy Green Smoothie (drink 20 minutes before dinner)*</li> <li>3. 1 Serving Curried Egg Salad</li> <li>4. on 'Healthy Gut' Bread</li> <li>5. Side Salad w/ Buffalo Ranch Dressing</li> <li>6.</li> </ol> | <ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. Revitalizing Green Smoothie (drink 20 minutes before dinner)*</li> <li>3. 1 Serving Salmon Salad</li> <li>4. on 'Healthy Gut' Bread</li> <li>5. Side Salad w/ Miso Ginger Dressing</li> <li>6.</li> </ol> | <ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. Revitalizing Green Smoothie (drink 20 minutes before dinner for optimal digestion)</li> <li>3. Baked Eggs in Avocado</li> <li>4. Side Salad w/ Lemon Tahini Dressing</li> <li>5.</li> </ol> |
| Golden Milk<br>Extra Calorie Ideas                                                                                                                                                                                                                                                                           | Golden Milk<br>Extra Calorie Ideas                                                                                                                                                                                                                                             | Golden Milk<br>Extra Calorie Ideas                                                                                                                                                                                                                                            | Golden Milk<br>Extra Calorie Ideas                                                                                                                                                                                                                              |

# Optimized Health

## GROCERY LIST - WEEK 2

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

NOTE: The grocery list below lists all the items needed for the Week 2 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
- 2 bunches - Organic Kale
- 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/>

- 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 bottle Franks Red Hot Sauce (okay for gut in very small amounts)
- 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)