



RECIPE PLAN - WEEK 2
SCROLL DOWN BELOW FOR GROCERY LIST

Week 1	Day 1	Day 2	Day 3
Early Morning Routine	1 quart Morning Alkalizing Drink	1 quart Morning Alkalizing Drink	1 quart Morning Alkalizing Drink
Breakfast	<u>Chocolate Gingerbread Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Chocolate Gingerbread Shake</u>
Lunch	1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 3 Eggs</u> 4. <u>Miso Ginger Dressing</u>	1. Take Enzymes! 2. <u>3 oz Classic Burger on 'Lettuce Bun'</u> 3. <u>Gut Friendly Veggie Salad</u> 4. <u>Tahini Dressing</u>	1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 1 Serving Salmon Salad</u> 4. <u>Miso Dressing</u>
Dinner	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie (drink 20 minutes before dinner)*</u> 3. <u>3 oz Classic Burger on 'Healthy Gut' Bread</u> 4. <u>Gut Friendly Veggie Salad w/ Tahini Dressing</u>	1. Take Enzymes! 2. <u>Creamy Green Smoothie (drink 20 minutes before dinner)*</u> 3. <u>1 Serving Salmon Salad on 'Healthy Gut' Bread</u> 4. <u>Sautéed Kale</u>	1. Take Enzymes! 2. <u>Revitalizing Green Smoothie (drink 20 minutes before dinner)*</u> 3. <u>1 Serving Jazzed Up Egg Salad on 'Healthy Gut' Bread</u> 4. <u>Gut Friendly Veggie Salad w/ Italian Dressing</u>
Still Hungry?	<u>Mint Chocolate Chip Shake</u>	<u>Fudgy Fat Bombs</u>	<u>Mint Chocolate Chip Shake</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>Creamy Cinnamon Roll Shake</u>	<u>Chocolate Gingerbread Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Chocolate Gingerbread Shake</u>
1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 1 Serving Jazzed Up Egg Salad</u> 4. <u>Mom's House Italian Dressing</u>	1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 1 Serving Dijon Salmon Salad</u> 4. <u>Mom's House Italian Dressing</u>	1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 3 Perfect Soft Boiled Eggs</u> 4. <u>Miso Ginger Dressing</u>	1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>3 oz Pan-Seared Steak</u> 4. <u>Drizzled w/ Chimichurri Sauce</u>
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>Addictive Kale</u>	1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>Classic Spinach Scramble</u> 4. <u>Gut Friendly Veggie Salad w/</u> 5. <u>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>Sautéed Collards</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>Gut Friendly Veggie Salad</u> 5. <u>Miso Ginger Dressing</u>
<u>Fudgy Fat Bombs</u>	<u>Mint Chip Shake</u>	<u>Fudgy Fat Bombs</u>	<u>Mint Chip Shake</u>

*****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
- 4 - Organic Cucumbers
- 1 large box - Organic Spinach
- 2 bunches - Organic Cilantro
- 2 bunches - Organic Kale
- 1 bunch - Organic Collards
- 1 bunches - Organic Parsley
- 1 bunch - Organic Green Onions (optional)
- 21 - Organic Lemons
- 8 - Organic Limes
- 15 large - Organic Avocados (or 30 small avocados)
- 1 large root - Organic Ginger
- 3 bunches - Organic Radishes
- 2 bunches - Organic Celery
- 1 bunch - Mint (Organic if possible)
- 1 lb - Organic Carrots
- (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.

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Organic Section:

- 4 - Organic **Unsweetened** Vanilla Coconut or Almond Milk (Best Brands: So Delicious Coconut Milk or MALK) found in Refrigerator Section)
- 1 - 32 oz Container Organic Chicken or Vegetable Broth (Low Sodium)
- 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 bottle - Balsamic Vinegar (optional)
- 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 Coconut Butter/Manna (I love the Native Brand)
- 1 bag - Unsweetened Organic Dried Shredded Coconut
- 1 jar - Organic Tahini
- 1 bag - Organic Coconut Flour
- 1 container Non-GMO, Aluminum Free Baking Powder
- (if not using Monkfruit) 1 bottle - Organic Stevia (liquid) (I love the brand: Sweet Leaf)

(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

OR

<https://bit.ly/3iKWFHr>

Organic Monkfruit Extract Powder:

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

Organic Stevia (liquid):

<https://bit.ly/3w6Gesi>

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>