



RECIPE PLAN - WEEK 4
SCROLL DOWN BELOW FOR GROCERY LIST

| Week 1 | Day 1 | Day 2 | Day 3 |
|------------------------------|--|---|---|
| Early Morning Routine | 1 quart <u>Morning Alkalizing Drink</u> | 1 quart <u>Morning Alkalizing Drink</u> | 1 quart <u>Morning Alkalizing Drink</u> |
| 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. Topped w/ 3 oz. <u>Lemon Herb Chicken</u> 4. <u>Tangy Lemon Vinaigrette</u> | 1. Take Enzymes! 2. <u>3 oz Classic Burger</u> 3. <u>Gut Friendly Veggie Salad</u> 4. <u>Mom's House Italian Dressing</u> | 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. 3 oz <u>Savory Grass Fed Beef</u> 4. <u>Lemon Tahini Dressing</u> |
| Dinner | 1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Classic Burger</u> 4. <u>Sautéed Kale</u> | 1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. 3 oz <u>Savory Grass Fed Beef</u> 4. <u>Gut Friendly Veggie Salad</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>Sautéed Collards</u> |
| Still Hungry? | <u>Mint Fudge Fat Bombs</u> | <u>Blueberries n' Cream Shake</u> | <u>Mint Fudge Fat Bombs</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 Salmon Salad</u> 4. <u>Tangy Lemon Vinaigrette</u> | 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>3 oz Seasoned Salmon</u> 4. <u>Mom's House Italian Dressing</u> | 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 3 oz Teriyaki Salmon</u> 4. <u>Lemon Tahini Dressing</u> | 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>3 oz. Lemon Herb Chicken</u> 4. <u>Mom's House Italian Dressing</u> |
| 1. Take Enzymes 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Seasoned Salmon</u> 4. <u>Addictive Kale</u> | 1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Teriyaki Salmon</u> 4. <u>Addictive Kale</u> | 1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz. Lemon Herb Chicken</u> 4. <u>Gut Friendly Veggie Salad</u> 5. <u>Mom's House Italian Dressing</u> | 1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Savory Grass Fed Beef</u> 4. <u>Sautéed Collards</u> |
| <u>Blueberries n' Cream Shake</u> | <u>Mint Fudge Fat Bombs</u> | <u>Blueberries n' Cream Shake</u> | <u>Mint Fudge Fat Bombs</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
- 3 - Organic Cucumbers
- 1 large box - Organic Spinach
- 2 bunches - Organic Collards
- 3 bunches - Organic Kale
- 2 bunches - Organic Cilantro
- 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 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 lbs Organic Chicken Thighs, Boneless, Skinless

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 Ginger
- 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 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
- 1 jar - (egg free) Organic Mayo (made with Avocado Oil) (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 Nutiva Brand)
- 1 bottle - Organic Peppermint Extract or Essential Oil
- 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>