

## Week 4 Meal Plan

### **Breakfast:**

Continue with shakes. Use Arbonne Protein Powder Recipes Doc under 'Files' Tab on Facebook group page. Be sure to adhere to 'AVOID' list!

Weekend – continue shakes or optional:  
GF Oatmeal w/ strawberries & blueberries  
Veggie Omelets  
Protein Pancakes

### **Lunch:**

Repeat shakes or dinner leftovers

### **Dinner:**

- 1) Tomato Sauce w/ Pasta
  - 2) Chicken w/ Artichoke & Lemon
  - 3) Steak, Pepper & Mushroom Kabobs
  - 4) Kale & White Bean Soup
  - 5) Oriental Salmon w/ Stir-Fry Veggies
- Days 6 & 7) Leftovers, Dine-out OR  
Take one of your favorite family meals and modify it to make it detox friendly!

### **Snacks:**

- \* Almonds, Cashews, Pistachios
- \* Green apples with Almond Butter
- \* Berries
- \* Hummus w/raw veggies
- \* Brown rice tortillas (cut into wedges, spritz with olive oil, bake at 450 for 5-7 minutes, add sea salt & serve w/ guacamole/hummus/salsa
- \* Arbonne Protein Bars
- \* Arbonne Fit Chews
- \* Arbonne Energy Fizz Sticks

## **Week 4 Grocery List**

How to read grocery list:

# to left of item = quantity, if no # assume 1

# to right of item = what meal # the item is needed for (see dinner list for #s)

If there's a brand I personally prefer, it's listed in ().

You will be able to find these items at stores like Whole Foods, Sprouts, Uptown Grocery, etc. Also, some conventional grocery stores have organic & gluten-free choices.

You are trying to eat as clean as possible to decrease your toxic load, so choose organic options whenever available and as much as your budget will allow.

Remember to use your Dirty Dozen/Clean 15 shopping list for your produce.

**Pantry items such as EVOO and spices that you bought in week 1 or 2 were not included on this list. If, however, you are running low, be sure to purchase this week.**

**Also, be sure to check your cabinets and refrigerator to see what you still have before you go shopping! No need to waste money!**

**MEAT:**

([www.eatwild.com](http://www.eatwild.com) is a great resource for meats & buying in bulk.)

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
1 lb.	OPTIONAL – Ground beef or Ground Turkey	1	
4	Boneless, Skinless Chicken Breasts (free-range)	2	
1 lb.	Boneless Top Sirloin Steak (grass-fed)	3	
4 filets	Salmon (wild-caught)		

**PRODUCE:**

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
4	Onion	1, 2	
1-2 bulbs	Garlic	1, 4	
1-1 ½ lbs	Brussel Sprouts	1	
3	Lemons	2	
2 cups	Mushrooms	2, 5	
	Salad Greens	2	
1 bunch	Fresh Oregano	3	
12 Large	Mushrooms	3	
2	Red, Yellow, and/or Orange Bell Pepper	3	
1-2 bunch	Kale	4, Shakes	
1 pkg	Fresh Snow Peas	5	
2-3	Carrots	5	
	Spinach	Shakes	
Optional	Strawberries	Snack	
Optional	Blueberries	Snack	
Optional	Green Apples	Snack	
Optional	Raw Veggies	Snack	

**DAIRY/COLD:**

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Unsweetened Almond Milk	4, Shakes	
	Coconut Milk	1, Shakes	
If needed	Eggs (cage-free)	Opt. Bfast	
If needed	Hummus	Snack	

**PANTRY:**

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
2	28 oz. cans Whole Tomatoes	1	
1 can	Tomato Paste	1	
1 bag	Brown Rice Pasta (Tinkyada)	1	

4 cups	Chicken Broth	2, 4	
Sm. Jar	Capers	2	
1	14 oz. can Quartered Artichoke Hearts	2	
1 bag	Taste of Change Quinoa (microwavable)	2	
Sm. Jar	Dijon Mustard	3	
	Brown Rice	3	
¼ cup	Pine Nuts	3	
	Red Pepper Flakes	4	
1 can	15 oz. Cannellini Beans	4	
Small Jar	Braggs Liquid Amino Acids	5	
	Ground Ginger	5	
1 Box	Brown Rice Krispies	Snack	
1 16 oz Jar	Almond Butter	Snack	
16 oz	Agave Nectar	Snack	
	Raw Almonds	Snack	
	Cashews	Snack	
	Pistachios	Snack	

**FROZEN:**

<b>Qty.</b>	<b>Item</b>	<b>Meal #</b>	<input checked="" type="checkbox"/>
if needed	Frozen Mixed Berries	Shakes	
If needed	Frozen Strawberries	Shakes	
If needed	Brown Rice Tortillas (Food for Life)	1, Snack	

## DINNER RECIPES:

### **Easy Tomato Sauce w/ Brown Rice Pasta and Roasted Brussel Sprouts**

1 Tbsp Olive Oil  
1 medium onion, finely chopped  
2 cloves garlic, minced  
2 (28-ounce) cans whole tomatoes, drained, tomatoes chopped  
3 tablespoons tomato paste  
1 teaspoon dried oregano  
1 bay leaf  
Salt and pepper, to taste  
Optional: Add Ground Beef or Turkey to create a meat sauce.

Serve over cooked brown rice pasta.

Directions: In a large pot, heat the oil over medium heat. Add the onion and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic and cook for 2 minutes longer. Add the remaining ingredients and cook, uncovered, stirring occasionally, until thickened, about 30 minutes. Season with salt and pepper.

### **Roasted Brussel Sprouts**

1 1/2 pounds Brussels sprouts (or any amount you want!)  
Olive oil  
Kosher salt  
Freshly ground black pepper  
Garlic Powder

Directions: Preheat oven to 400 degrees F. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, garlic powder, salt and pepper. Pour them on a sheet pan lined with parchment paper and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Serve immediately.

### **Chicken with Artichoke and Lemon served with Quinoa & Green Salad**

2 t evoo  
4 boneless, skinless chicken breasts, sliced in strips  
Juice of 1 lemon  
1 lemon sliced thinly  
¾ c chicken broth  
1 c mushrooms, sliced  
1 small onion, chopped  
2 T capers with the juice  
One 14 oz can quartered artichoke hearts, drained  
Salt and pepper to taste

Heat olive oil in a skillet pan and sauté the onions and mushrooms. Remove and set aside. Add a little more olive oil and brown the chicken strips on both sides. Remove and set chicken aside.

Add lemon juice to the pan to deglaze, scraping up any browned bits. Add the chicken broth and bring to a simmer. Add the lemon slices to the pan and reduce to medium heat. Place chicken breasts on top of the lemon slices. Put onion/mushroom mixture on top of the chicken. Add the

capers and cook covered for 10 minutes. Add the drained artichoke hearts. Cover and cook for 5 more minutes or until the chicken is cooked through. Adjust the sauce with salt, if too acidic for your taste. Serve with Quinoa and a green salad.

### **Steak, Pepper & Mushroom Kabobs w/ Toasted Pine Nuts & Brown Rice**

#### Ingredients

1 TBS fresh lemon juice  
1 TBS extra virgin olive oil  
1 TBS water  
2 tsp Dijon mustard  
½ tsp chopped fresh oregano  
¼ tsp freshly ground black pepper  
1 lb boneless top sirloin steak cut into 1" cubes  
1 large red bell pepper cut into 1" pieces  
12 large mushrooms  
2 bell peppers, color of choice, cut into 1" pieces  
2 c cooked brown rice  
¼ c pine nuts, roasted

#### Directions

In a large bowl, whisk together the lemon juice, oil, water, mustard, oregano and black pepper. Add the steak, bell pepper and mushrooms tossing to coat. Alternately thread the steak, bell pepper and mushrooms on each of 4 metal skewers. Set aside. Prepare the rice according to package directions. Meanwhile, place the kabobs on the grill over medium heat. Grill uncovered, turning occasionally for 8 to 11 minutes or until a meat thermometer measures 145° (for medium rare). Toast the pine nuts by putting them in a pan and continually stirring them until roasted. Mix the toasted pine nuts into the rice. Serve the kabobs over the rice mixture.

### **Kale and White Bean Soup**

1 small bunch of kale  
2 t evoo  
1 large onion, thinly sliced  
4 cloves garlic, finely chopped  
¼ t red pepper flakes  
One 15 oz can cannellini beans, drained and rinsed  
3 c organic chicken broth  
2 c water  
½ t oregano  
salt and pepper

Wash the kale well. Remove the leaves from the stems and discard center ribs. Slice the leaves into thin ribbons.

Heat olive oil in a heavy stockpot over med-low heat and sauté onions, until they caramelize (15 min). Stir occasionally. Add garlic and red pepper flakes and sauté the mixture for another minute. Add the beans, broth, water and oregano, and bring to a simmer. Add the kale and simmer, uncovered, until it is tender (15 min). Season with salt and pepper.

## **Oriental Salmon with Stir Fry Veggies over Brown Rice**

4 fillets salmon  
2 cloves garlic, minced  
2-3 Tbsp Braggs Liquid Amino Acids  
2 T water  
2 t stevia  
½ t ground ginger  
2 t evoo  
2 cloves garlic, minced  
1 package fresh snow peas  
1 c sliced carrots  
½ c sliced onion  
1 c mushrooms, sliced  
Cooked Brown Rice

In a pan or zip lock bag, mix garlic, ½ Braggs liquid amino acids, water, stevia and ginger. Add salmon fillets and coat well. Set aside for at least 30 minutes. Place salmon and marinade in baking dish and cook for 20 minutes or until salmon is done. You can also pan cook the salmon.

In a skillet, heat olive oil on med. Add garlic and cook for a minute. Add veggies and other ½ of Braggs liquid amino acids. Stir to coat and cook til they change to a bright color and are still a bit crunchy.

Serve veggies and salmon over brown rice. Add more Braggs to personal taste.

## Optional Breakfast Recipes:

### Oatmeal with Berries

Prepare Gluten Free oats according to package instructions (use water or almond milk). Top with strawberries, blueberries, almonds (or other nuts) and optional: coconut sugar or stevia to sweeten.

### Veggie Omelets

Saute any leftover veggies. If you have leftover spinach, feel free to add some here. Scramble eggs in a bowl. Heat small sauté pan to medium heat and prepare surface with cooking oil. Pour a portion of the eggs into pan and cook through. Top one half of egg with veggie mix. Flip other side of egg over to cover. Slide onto plate and enjoy! Serve with salsa.

### Arbonne Protein Pancakes

1 1/3 c. coconut milk  
3 eggs  
2 Tbs. chia seeds  
2 scoops vanilla protein  
1 cup gluten free pancake mix

Melt coconut oil on heated griddle and add mixture to make pancakes.

Serve with Earth Balance Natural Buttery Spread (soy free), almond butter or drizzle with agave.

### Arbonne Protein Bars

2 cups Arbonne protein  
1/4 cup Arbonne fiber  
1 1/2 cups agave nectar  
3 cups oats (gluten free) OR 4 cups Brown Rice Krispies  
16 oz or 2 cups almond butter  
(if you do not use the fiber, add 1/4 cup more protein)

Add agave nectar and almond butter in a bowl and microwave for 70-90 sec

Stir. Add protein and fiber, mix. Stir in oats or brown rice krispies. Spread in cookie sheet or roll into balls and chill for at least 1 hr.