

Week 1 Bootcamp Meal Plan

Breakfast:

- Strawberry Surprise Shake
- Green Apple Goddess Shake
- Mixed Berry Shake
- Morning Mocha
- Chocolate Almond Oat Smoothie
- Oatmeal and Berries (optional)

Snacks: (optional)

- Almonds (*any preferred nut except peanuts*)
- Green Apples with Almond Butter
- Berries
- Hummus w/ raw veggies
- Sliced Cucumbers with lemon, salt, and cayenne pepper
- Arbonne Fit Chews
- Arbonne Energy Fizz Sticks

Lunch:

- Any Protein Shake Blend
- Salads are great too

Dinner:

- Chicken Avocado Soup
- Southwestern and Black Bean Casserole
- Israeli Quinoa Salad
- Baked Salmon, Asparagus, and Quinoa
- Vegan Burrito Bowl
- No Bean Turkey and Sweet Potato Chili
- Leftover Night
- Dine Out Night

Shopping Tips

You will be able to find these items at stores like Whole Foods, Trader Joes, and in the natural or organic sections of some conventional grocery stores like Kroger.

Farmer's Markets are a great place to get local, more organic, less expensive fruits and veggies in the spring, summer, and fall. Check online for local markets – some are open year round. You may want to see if you can join a local farmer's CSA (farmshare).

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 (In the 30 Days Healthy Snacks and Veggies Guide).

If any of the meal choices above do not appeal to you, pick another meal from the "Recipes" file and alter your grocery list accordingly.

Week 1 Grocery List

<p><input checked="" type="checkbox"/> Veggies</p> <ul style="list-style-type: none">- Sweet Potato- Avocados (4)- Garlic- Green Onions- Cherry Tomatoes- Roma Tomatoes (10)- Mushrooms (8)- Bell Peppers (4)- Red Bell Pepper- Jalapeño (4)- Scallions- Asparagus- Romaine lettuce- Red Onion (1 medium)- Yellow Onion (1 medium) <p>Fruits</p> <ul style="list-style-type: none">- Limes (5)- Lemons (3 at least)- Pomegranate <p>Herbs</p> <ul style="list-style-type: none">- Cilantro- Dried Basil- Chili Powder- Cayenne Powder- Paprika- Cumin- Garlic Powder- Black Pepper- Sea Salt- Flat leaf parsley	<p><input checked="" type="checkbox"/> Dairy/Cold</p> <ul style="list-style-type: none">- Unsweetened Almond Milk (1-2)- Mozzarella Cheese Shreds (rice based)- Cheddar Cheese Shreds (rice based)- Hummus optional (no sugar or vinegar) <p>Pantry</p> <ul style="list-style-type: none">- Extra Virgin Olive Oil- Extra Virgin Coconut Oil- Quinoa (1 package)- Chicken Broth or veggie (3-14.5oz)- Vegetable Broth- Raw Agave optional- Apple Cider Vinegar- Black beans (42oz)- Brown rice- Organic tomatoes (10oz with chilies)- Organic tomato sauce (8oz) <p>Meat</p> <ul style="list-style-type: none">- Chicken Breasts (2) or pinto beans or lentils if vegan- lean Turkey (20oz) or beans- Wild Alaskan Salmon <p>Smoothie extra (optional)</p> <ul style="list-style-type: none">- Strawberries- Blueberries- Spinach or Kale- Coconut or Almond Milk- Cinnamon- Nutmeg Chia Seeds- Flax Seeds- Almond Butter or Almonds
<p>Notes:</p>	

Breakfast/Shake Recipes

Shake = 8-10oz liquid ~ Smoothie = 4-6oz liquid + 4oz ice or frozen fruit. Add handfuls of spinach to any of the shakes (We promise, you won't taste it!)

Strawberry Surprise

5-7 Frozen Strawberries
6 basil leaves Juice from a large lemon
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber Booster



Green Apple Goodness

½ Green Apple, chopped
½ 1-2 tsp Almond Butter
1 tsp Cinnamon
½ cup ice
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber Boost



Mixed Berry Shake

¼ - ½ cup Frozen Mixed Berries
1 tsp flax seeds
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber

Morning Mocha

1-2 tsp Almond Butter or 1 handful of raw almonds
½ cup ice
-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Chocolate Protein
½ - 1 Scoop Fiber

Chocolate Almond Oat Smoothie

1 scoop Gluten Free Oats (use protein scooper)
1-2 tsp Almond Butter
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Chocolate Protein
½ - 1 Scoop Fiber



Chicken Avocado Soup

Yield: serves 4 people

The shredded chicken perfectly complements the smoothness of the avocado in this wonderfully filling soup.

Ingredients

- 2 chicken breasts
- 3 teaspoons olive oil, divided
- salt & freshly ground pepper to taste
- 1 1/2 cups green onions, finely chopped, divided
- 1 teaspoon minced garlic
- 1 tomato, diced
- 3 - 14.5oz chicken broth
- 1/8 teaspoon cumin
- 1 teaspoon coarse salt
- 2 avocados, diced
- 1/2 cup cilantro, finely chopped
- lime wedges



Directions

Season chicken with salt and pepper. In a large skillet over medium-high, heat 1 teaspoon of the olive oil. Add chicken to the heated skillet and lower temperature to medium, cover pan and grill chicken until the internal temperature reaches 165° F. Shred chicken and cover with foil to keep warm, then set aside.

In a dutch oven or equivalent, heat the remaining 2 teaspoons of oil over medium heat until hot.

Add the 1 cup chopped green onions and minced garlic to pot; Sauté about 2 minutes.

Add diced tomato; Sauté 1 minute, until soft.

Add chicken broth, cumin, and salt to pot.

Stir well and bring to a boil.

Cover pot and simmer on low for 15 to 20 minutes.

Layering in separate bowls; Fill each bowl with shredded chicken, diced avocado, chopped green onions (from the remaining 1/2 cup), and cilantro. Next, ladle the chicken broth onto the layered chicken in each bowl. Serve each bowl with a lime wedge.

Southwestern Quinoa and Black Bean Casserole

Ingredients

- 3 large cloves garlic, minced
- 1 onion, minced
- 2 jalapenos minced
- 1 tablespoon oil
- 4 1/2 cups cooked black beans
- 1 1/4 cup vegetable broth
- 2 cups cooked quinoa
- 1/2 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 4 bell peppers, diced
- 1 1/4 cup Pico de Gallo (recipe next page)
- diced green onions

Directions

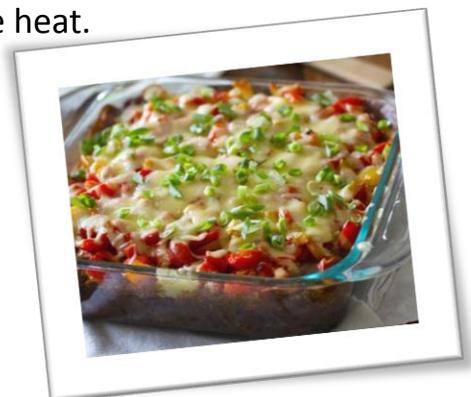
Black beans: Heat oil in a large skillet over medium-high heat. Add the garlic, onion, and jalapeno, sauteing for 4 minutes and stirring occasionally. Stir in broth and black beans. Bring mixture to a boil and cook for 5 minutes. Mash beans to desired consistency. I like to make them a little more like refried

beans while still leaving some of the beans whole. The mixture should be thick, not watery. If you still have a lot of moisture, let it cook out by keeping it on the heat for another few minutes. Taste and season with salt.

Quinoa: In a dry nonstick skillet over medium high heat, toss and toast the cooked quinoa with the cayenne, chili powder, cumin, and salt for 1-2 minutes. Taste and season with salt. Set aside.

Peppers: In the same dry nonstick skillet over medium high heat, place the diced peppers and do NOT stir. This allows the peppers to get a brown roasted look on the outside. Wait for 2-3 minutes before stirring, then let them “roast” for another few minutes before removing from the heat.

Assemble: Preheat oven to 375 degrees. Spoon black bean mixture into a glass baking dish coated with cooking spray. Top with quinoa, bell peppers, and pico de gallo. Cover with foil and bake for 20 minutes. Sprinkle with green onions and let cool for at least 10 minutes (otherwise it will be too runny).



Note: I used an 8 inch square baking dish and it was VERY full. You could also spread this into a thinner casserole by using a 9×13 baking dish.

Pico De Gallo

Ingredients

- 5 medium tomatoes
- 1 medium red onion
- large handful of fresh cilantro
- 1/2 seeded jalapeno (keep the seeds in if you like it spicy)
- 3 limes
- 2 cloves garlic
- salt & pepper to taste
- 1 tsp cumin (optional)

Directions

Chop up your tomatoes, onion, cilantro, jalapeno and garlic and combine in a medium sized mixing bowl.

Squeeze in the juice of your fresh limes.

Add your salt, pepper, and cumin

Devour.



Israeli Quinoa Salad

Yield: Serves 4-6 People

Ingredients

- 1 cup of quinoa (red or white as you prefer), cooked
- $\frac{3}{4}$ cup of pomegranate seeds (see instructions for seeding a pomegranate here)
- $\frac{1}{3}$ cup of scallions, thinly sliced
- $\frac{1}{2}$ cup of flat-leaf parsley, roughly chopped
- 5 cherry tomatoes, quartered
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon agave (optional)
- 1 teaspoon lemon zest
- Salt and pepper to taste
- $\frac{1}{3}$ cup of slivered almonds, toasted on a small skillet with a little oil



DIRECTIONS

Cook the quinoa in a small pot with $\frac{1}{2}$ teaspoon salt as directed on package.

In a medium-large bowl, toss together quinoa, pomegranate seeds, scallions, parsley, tomatoes, and slivered almonds.

In another small bowl, mix lemon juice, lemon zest, apple cider vinegar and agave (optional). Pour over the quinoa pomegranate salad and mix well.

Season with salt and pepper, and sprinkle with toasted almonds.

Baked Salmon with Asparagus and Quinoa

Ingredients

- 2 cloves garlic, minced
- 6 tbsp light olive oil
- 1 tsp dried basil
- 1 tsp salt
- 1 tbsp lemon juice (I used fresh squeezed juice- about 1/2-1 lemon)
- 1 tsp ground black pepper
- 1 tbsp fresh parsley, chopped
- 2 (6 oz) fillets of salmon

Directions

In a medium glass bowl, prepare marinade by mixing garlic, light olive oil, basil, salt, pepper, lemon juice and parsley. Place salmon fillets in a medium glass baking dish, and cover with the marinade. Marinate in the refrigerator about 1 hour, turning occasionally if you've bought the fillets without skin on one side. (otherwise, just let marinate)

Preheat oven to 375 degrees. Place fillets in aluminum foil, cover with marinade, and seal. Place sealed salmon in the glass dish, and bake 35 to 45 minutes, until easily flaked with a fork. (I did it right at 45 minutes and mine were perfect!)



Lemon Pepper Asparagus

Ingredients

- 1 lb. asparagus, ends trimmed
- 1 Tbsp. olive oil
- 1 lemon, zested and juiced
- pinch of sea salt
- lots of freshly-cracked black pepper

Method For Roasted Asparagus: Preheat oven to 400 degrees F. Toss or mist the asparagus with olive oil and 1 Tbsp. lemon juice until evenly coated. Sprinkle with a pinch or two of sea salt, and then generously season with freshly-cracked black pepper. Roast for 8-12 minutes, or until the tips begin to brown and the asparagus is tender. Remove and garnish with lemon zest. For Boiled Asparagus: Fill a large stockpot 2/3 full of water, and bring to a rolling boil. Add asparagus spears, and cook for 3-5 minutes, or until crisp-tender. Remove and drain asparagus, then toss with olive oil and 1 Tbsp. lemon juice until evenly-coated. Season generously with freshly cracked black pepper, and then garnish with lemon zest.

Vegan Burrito Bowl

Yield: Serves 2 People

Ingredients

- 1 romaine lettuce, shredded
- about 8 tablespoons of dry brown rice
- about 10 tablespoons cooked black/pinto beans
- 2 red peppers, sliced
- 8 mushrooms, sliced
- Half a tsp each of paprika, cumin and a pinch of sea salt and pepper
- 1 medium avocado
- 4 medium tomatoes, diced
- Half a red onion, diced
- 2 tbsp fresh coriander (cilantro), chopped
- 1 green chilli of your choice, sliced
- Juice of 1 lime

Directions

Put the brown rice in a pan with boiling water and cook for 30 minutes.

Whilst that is cooking, heat a little olive oil in a pan and add the mushrooms and peppers and cook for 5-7 minutes on low.

Add the beans and the spices and cook for a further 3 minutes.

Mash the avocado.

Mix together the diced tomato and red onion with the sliced green chile.

Once the rice is cooked, drain it and stir in the lime juice.

Construct the burrito bowl by first putting in the shredded lettuce, then topping it with the lime rice, then the bean and vegetable mix and then topping it with the tomato and onion mix and the mashed avocado.



No Bean Turkey and Sweet Potato Chili

Yield: Serves 5 People

Ingredients

- 20 oz 93% lean ground turkey
- kosher salt, to taste
- 1/2 cup onion, chopped
- 3 cloves garlic, crushed
- 10 oz can Rotel mild tomatoes with green chilies
- 8 oz can tomato sauce
- 3/4 cup water
- 1/2 tsp cumin, or to taste
- 1/4 tsp chili powder
- 1/4 tsp paprika
- 1 bay leaf
- 1 medium sweet potato, peeled and diced into 1/2-inch cubes • fresh cilantro, for garnish



Directions

In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt and cumin. When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat. Add the can of Rotel tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf. Cover and simmer over medium-low heat until potatoes are soft and cooked through, about 25 minutes stirring occasionally. Add 1/4 cup more water if needed. Remove bay leaf and serve.

Nutritional Information:

Serving Size: 1 cup • Old Points: 5 • Weight Watchers Points+: 6 pts Calories: 235
• Fat: 8 g • Carb: 14 g • Fiber: 2 g • Protein: 23 g • Sugar: 4 g Cholesterol: 81 mg • Sodium: 578 mg (without salt)