

Week 1 Shopping List

Proteins/Grains	Fruits	Liquids/Oils
Eggs	Lemons	Extra Virgin Olive Oil
Black lentils or beans	Raspberries	Apple Cider Vinegar
Rolled oats	Fuji apples	Coconut oil
Lentils	Dates	Unsweet almond milk
Quinoa	Cherry tomatoes	Bone broth
Sweet Potatoes		Tomato Sauce
Salmon	Spices, leaves, etc	Canned tomatoes
Edamame	Garlic	Coconut aminos
	Ginger	Rice vinegar
Veggies	Ground cumin	Sesame oil
Broccoli	Vanilla extract	Raw honey
Cauliflower	Cinnamon	
Onions	Turmeric	Nuts
Celery	Sea salt	Almonds
Carrots	Ground coriander	Walnuts
Mushrooms	Cayenne pepper	Pumpkin seeds
Kale	Red pepper flakes	Ground flax seeds
Swiss Chard	Paprika	Hemp seeds
Red onion	Pepper	Chia seeds
Green cabbage	Cilantro	
Cucumber	Mint	
Colored peppers	Basil	
Scallions (Green onion)	Garlic powder	
	Ginger powder	

EAT CLEAN FOODS LIST



Free Foods	Vegetables	Fruit	Carbohydrates	Fats - Nuts/Whole Fats	Protein
- Water	- Artichokes	- Apple	- Brown Rice	- Avocado	- Chicken Breast (skinless)
- Apple Cider Vinegar	- Asparagus	- Apricots	- Wild Rice	- Almonds	- Turkey Breast (skinless)
- Herbal Teas	- Bok Choy	- Bananas	- Quinoa	- Cashews	- Lean Ground Beef (93-97%)
- Coffee (In Moderation)	- Broccoli	- Beets	- Millet	- Chia Seeds	- Lean Ground Turkey (93-97%)
- Stevia (Truvia)	- Brussel Sprout	- Blackberries	- Sweet Potato	- Hummus	- White fish (Tilapia, Halibut, Cod, etc.)
- 100% Fresh Veg Juice	- Cabbage	- Blueberries	- Buckwheat	- Macadamia Nuts	- Dark Fish (Salmon, Catfish, Tuna, etc.)
- Almond milk (1 cup/day)	- Carrots	- Cranberries	- Yams	- Pecans	- Shellfish (Shrimp, Lobster, etc.)
- Lemon/Lime Juice	- Cauliflower	- Raspberries	- Beans	- Pine Nuts	- Lean Steak (Top Round, top sirloin)
- Vinegar	- Celery	- Strawberries	- Lentils	- Pistachios	- Wild Game (Bison, Elk, etc.)
- Herbs	- Collard Greens	- Cherries	- Corn Tortillas (2)	- Pumpkin Seeds	- Extra Lean Pork Tenderloin
- Spices	- Cucumbers	- Cantaloupe	- Oatmeal (Dry, Steel Cut or Rolled)	- Walnuts	- Tuna (Canned in water)
- Garlic	- Eggplant	- Honeydew	- Gold/red potatoes	- Coconut Milk (Full Fat)	- Lean Turkey Slices
- Ginger	- Fennel	- Watermelon	- Brown rice cakes	- Sacha Inchi Seeds/Nuts	- Collagen Powder
- Mustard (No Sugar)	- Jicama	- Figs	- Arrowroot flour	- Flaxseeds/Hemp seeds	- Whole Eggs (2)
- Salsa (No Sugar)	- Kale	- Grapefruit	- Coconut wraps	- Sunflower Seeds	- Egg Whites (4)
- Noncaloric Hot Sauce	- Lettuce	- Grapes	- Popcorn (homemade)	- Sesame Seeds	- Whole Egg (1) + Egg whites (2)
- Tomato Paste	- Mushrooms	- Kiwi	- Ezekial Bread (1-2)	- Shredded Coconut (Unsweetened)	- Bone Broth
- Vanilla	- Onions	- Mango		Fats - Nut Butter & Healthy Oils	
- Ginger	- Peppers	- Nectarine		- Nut Butter	
- Cinnamon	- Radishes	- Orange		- Olive Oil	
- Nutritional Yeast	- Rhubarb	- Papaya		- Coconut Oil	
- Coconut aminos (2 tsp)	- Snow Peas	- Peach		- Walnut Oil	
- Honey/Maple syrup (raw, 2 tsp/day)	- Spinach	- Pear		- Avocado Oil	
- Cacao Powder	- Sprouts	- Pineapple		- Tahini (Unsweetened)	
- Fermented vegetables	- Zucchini	- Tangerine		- Ghee	
	- Corn	- Pomegranates		- Greek Yogurt (whole fat, plain, unsweetened)	
	- Squash				
	- Green Beans				

Morning Bowl

(1 serving)

Ingredients:

- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1 garlic clove
- 1 slice ginger (½ thick)
- 1 large egg
- 1/2 cup cooked black lentils or beans
- 1 tbsp hemp seeds
- 1 tsp ground cumin
- 1 squeezed lemon
- 1 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tsp coconut oil

Instructions:

1. Steam broccoli, cauliflower, garlic and ginger for 7-10 minutes or until soft
2. Chop garlic and ginger
3. Place 1 tsp coconut oil in pan and cook egg over easy so yolk is still runny
4. Combined cooked black lentil or beans and all other ingredients in a bowl and mix to your liking
5. Enjoy!



Overnight Muesli

(1 serving)

Ingredients:

- 2 tablespoons rolled oats
- 1 tablespoon chia seeds
- ½ teaspoon vanilla extract
- ½ cup unsweetened almond milk
- pinch of cinnamon
- 5 raspberries
- ¼ Fuji apple, diced
- 5 almonds
- 5 walnuts
- 1 tablespoon pumpkin seeds
- 1 teaspoon ground flax seeds



Instructions:

1. In small/medium bowl combine oats, chia seeds, vanilla, milk, cinnamon. Mix well, cover and refrigerate overnight, or you can eat in 1-2 hours after it has set.
2. Serve topped with raspberries, apples, and nuts, seeds, flax, another sprinkle of cinnamon, and a little more milk if desired.

Hearty Vegan Lentil Stew

(4 servings)

Ingredients:

- 1 tbsp coconut oil
- 1 onion, chopped
- 3 celery stalks, chopped
- 3 carrots, chopped
- 1 cup crimini mushrooms, chopped
- 4 cloves of garlic, minced
- 1 ½ teaspoon ground cumin
- ½ teaspoon ground ginger
- ½ teaspoon ground turmeric
- 2 teaspoon salt
- 1 cup lentils
- ½ cup quinoa uncooked
- 5-6 cups of water or bone broth
- 2 cups kale or swiss chard, chopped

Instructions:

1. Heat a large pot over medium heat and melt coconut oil.
2. Add in the onions, celery and carrots and mushrooms and saute until tender.
3. Add the garlic and saute until 1-2 minutes.
4. Add in the spices, salt, lentils, quinoa, and 5 cups of water and bring to a boil. Once boiling, lower the heat and cover, simmering until lentils are tender, about 20 minutes.
5. When the lentils are cooked, add the kale and simmer until it wilts 2-3 minutes.
6. Ladle into bowls and serve warm!



Sweet Potato & Black Bean Stew

(4 servings)

Ingredients:

- 2 tablespoon olive oil
- 2 garlic cloves, minced
- ½ red onion, diced
- ½ teaspoon turmeric
- 1 heaped teaspoon ground coriander
- ¼- ½ teaspoon cayenne pepper
- 1 pinch red pepper flakes
- 1 teaspoon paprika
- 2 large sweet potatoes, peeled and chopped into small cubes
- 1 tablespoon tomato sauce
- 2 -15 oz cans tomatoes or we like the Pomi box tomatoes
- 2 cans black beans, drained and rinsed
- 16 oz vegetable broth
- 2-3 handfuls fresh spinach
- Salt & pepper, to taste



Instructions:

1. Heat a large pot on a medium heat and add in the olive oil, garlic, onion and a pinch of salt & pepper.
2. Saute until fragrant.
3. Add the turmeric, coriander, cayenne, red pepper and paprika and stir.
4. Mix in the sweet potato. Saute for 2-3 minutes, stirring frequently.
5. Add the tomatoes, tomato sauce, black beans, vegetable broth with pinch of salt and pepper
6. Bring to a boil, cover and reduce to low heat for 20-25 minutes
7. Lastly, add the spinach and stir allowing it to wilt. Ladle into bowls and enjoy!

Simple Salmon Salad

(4 servings)

Ingredients:

- 4 cups raw spinach
- 2 carrots chopped
- 4 celery stalks chopped
- 1 lb salmon
- 4 tbsp extra virgin olive oil
- 8 dates chopped
- 2 lemons squeezed
- 2 tbsp apple cider vinegar/balsamic
- 1 tsp ground cumin

Instructions:

1. Oil a baking sheet with small amount of olive oil and bake the salmon in the oven at 425 for 5-6 minutes per side or until the thickest part is cooked (It should flake)
2. Pull the salmon out of the oven and let stand for 5 minutes before serving.
3. Add all ingredients in a large bowl and stir.

Asian Rainbow Salad

(4-6 servings)

Ingredients:

- Asian Salad Dressing- see below or Primal Kitchen Sesame Ginger Vinaigrette
- 1 head green cabbage, shredded, or 10 oz of cruciferous crunch salad mix
- 2 cups baby spinach, chopped
- 2 large carrots, grated
- 10 cherry tomatoes, halved
- 1 cucumber, julienned
- 1 yellow, 1 orange & 1 red bell pepper, cored, seeded, chopped
- 1 cup organic edamame, shelled, fully cooked
- ½ bunch cilantro, chopped
- 1 small bunch mint, chopped
- ½ bunch scallions, green parts only, chopped
- 20 fresh basil leaves, chopped
- ½ c raw almonds, sliced



Asian Salad Dressing:

(makes about ½ cup; double if you like more)

Ingredients:

- 1/4 cup coconut aminos
- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- 1/2 tablespoon sesame oil
- 1 tsp raw honey
- 1/4 teaspoon garlic powder or 1 tsp minced garlic
- 1/4 teaspoon ginger powder or 1 tsp fresh grated ginger

Instructions:

1. Add dressing ingredients to an 8 oz mason jar. Cover with a lid and shake vigorously until well combined.

Salad Instructions:

1. In a large bowl, mix the dressing into the cabbage and massage it in. Then add everything else, except the tomatoes and stir well.
2. Add the tomatoes last and gently coat with dressing.
3. Divide among 4-6 plates and enjoy.