

Week 2 Shopping List

Proteins/Grains	Fruits	Liquids/Oils
Eggs	Limes	Extra Virgin Olive Oil
Tofu	Avocado	Coconut oil
Chicken	Blueberries	Chicken broth
Lentils	Cherry Tomatoes	Marinara Sauce
Quinoa	Tomatillos	Braggs liquid aminos
Sweet Potatoes	Banana	Avocado Oil
Clean Sausage		Sherry vinegar
Brown/Cauliflower rice	Spices, leaves, etc	Truffle oil
Baby potatoes	Garlic	Maple syrup
Oat Flour	Parsley	
Oats	Ground cumin	
	Oregano	
Veggies	Cilantro	Nuts
Zucchini	Basil	Almonds
Chickpeas	Sea salt	Chia seeds
Asparagus	Nutritional yeast	
Shiitake Mushrooms	Pepper	
Kale, Spinach, Chard	Anaheim chili pepper	
Baby Arugula	Jalapeno	
Cucumber		
Colored peppers		
Scallions (Green onion)		
Shallot		

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				

Shiitake, Arugula, Lentil, Egg Breakfast Bowl *(vegan option)*

(4 servings)

Ingredients:

- 4 eggs, soft-boiled, poached, or fried (omit or sub avocado for egg)
- 2 cups cooked lentils (Trader Joes has a ready made package)
- 2 tablespoons sherry vinegar
- 2 tablespoons olive oil
- salt and pepper
- 8 oz shiitake mushrooms, stems removed, caps sliced
- 1 shallot, diced
- 2 cloves of garlic, minced
- 2 tablespoons fresh parsley, chopped
- 2-3 cups brown rice, quinoa, or cauliflower rice
- 3 cups baby arugula, washed
- Truffle oil

Instructions:

1. Add the cooked lentils to a small bowl and mix in 1 tablespoon of the sherry vinegar and 1 tablespoon of the olive oil and a pinch of salt and pepper. Set aside.
2. Heat 1 tablespoons olive oil in a large skillet over medium high heat. When the oil is hot, add the mushrooms and cook until they start to turn golden, about 3 -5 minutes.
3. Add the shallot and garlic to the skillet and cook for another minute. Add 1 tablespoon of the sherry vinegar and the parsley and give it a good stir. Remove from heat.
4. Spoon the lentils and grains or cauliflower rice (if using) into 4 bowls. Add the arugula and top with the mushrooms and one egg. Drizzle truffle oil over the top with a pinch of salt and pepper and enjoy!



Killer B Scramble & Sweet Potato Toast (*SEE GUIDE TO MAKE YOUR OWN*)

(1 serving)

Ingredients:

- 1 tablespoon avocado oil
- 2 cups of your favorite base (spinach, kale, swiss chard)
- 1 cup of your favorite vegetables, chopped (spinach, onions, bell peppers, zucchini, mushrooms)
- 2 eggs, or meat, or clean sausage, or tofu or tempeh (see chart above for serving sizes)
- Add- ins: choose from the Mix & Match chart (Next Page) - (nutritional yeast, refried beans, tomatoes, salsa, fermented vegetables/ kimchi)
- salt and pepper, to taste

Instructions:

1. Heat oil in skillet on medium- high heat.
2. Saute the base (if you chose a dark leafy green vegetable) and vegetables for a few minutes, keeping the vegetables crisp and not overcooked.
3. Add your choice of protein and cook through.
4. Stir in the add-ins and enjoy.

NOTE: To make the sweet potato toasts: Slice raw sweet potato in ¼ inch slices. Toast or bake in a toaster oven until it gets tender and slightly brown.



Chicken Tomatillo Chili

(6-8 servings)

Ingredients:

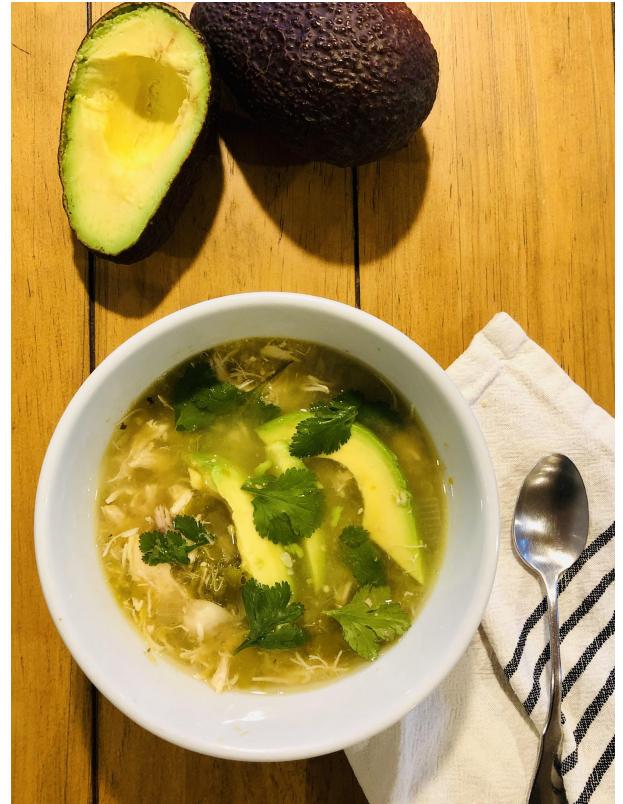
- 2 ½ lbs chicken breasts and or thighs (we use 50:50)
- 2 ½ lbs tomatillos, rinsed, husked
- 5 Anaheim chili peppers, seeded, diced
- 1 onion, diced
- 4 garlic cloves, minced
- 1 jalapeno, seeded, diced (more if you like spicier)
- 6-8 cups chicken broth
- 1 teaspoons cumin
- 1 teaspoons dried oregano
- 2 teaspoons salt
- 2 teaspoons black pepper
- 1-2 limes juiced

Toppings:

- 2 avocados, sliced
- handful of cilantro, chopped
- hot sauce (optional)

Instructions:

1. Combine everything except the toppings in the bowl of a slow cooker. Cook on low for 6-8 hours.
2. Near the end of the cook time, take two forks and shred the chicken and mash the tomatillos.
3. Ladle into bowls and add desired toppings!



Chickpea Lentil Salad

(2-4 servings)

Ingredients:

- 3 tablespoons olive oil
- 1 cup cooked lentils
- 1 can chickpeas, rinsed and drained
- 1 ½ c cherry tomatoes, halved
- 2 handfuls spinach
- juice of 1 lemon
- salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add everything except the lemon and stir well.
2. Cover for 3-4 minutes to allow the spinach to wilt.
3. Remove the cover and saute for for another 3-5 minutes. Remove from heat.
4. Spoon into bowls and very generously squeeze lemon juice over the salad. Season with salt and pepper.



Tofu Scramble

(4 servings)

Ingredients:

- 1 tablespoon avocado oil
- 1 garlic clove, minced
- 1 (16 ounces) package organic firm sprouted tofu or organic firm tofu
- 1 cup clean marinara sauce (we love Raos brand)
- 1 teaspoon tamari or Braggs Liquid Aminos
- 4-5 basil leaves, torn
- 1 tablespoon nutritional yeast
- ½ pint cherry tomatoes
- Salt
- Freshly ground black pepper

Instructions:

1. Heat 1 tablespoon oil in skillet on medium.
2. Add the garlic, and lightly saute.
3. Crumble the tofu into the skillet and mix until coated with oil and garlic. Add in the marinara sauce, if you plan to.
4. Add the tomatoes, tamari, basil and saute for a few minutes.
5. Add the nutritional yeast and mix well. Cover and cook until heated through. (If the mixture gets too dry, add a tablespoon or two of water.)
6. Season with salt and pepper. Enjoy.



Potato Lentil Salad

(4 servings)

Ingredients:

- 24 oz baby or fingerling potatoes, halved
- 2 teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 lemon, for zest/juice
- 8 oz asparagus, sliced
- 1 cup lentils, cooked (Trader Joes has ready-made package)
- 4 green onions, sliced thinly
- ½ cup sundried tomatoes drained, chopped
- 4 oz baby arugula
- 1 avocado, sliced



Instructions:

1. Preheat oven to 425 degrees F. Line a baking sheet with foil or parchment.
2. In a large bowl, mix potatoes with oil, salt, and pepper.
3. Transfer potatoes to baking sheet and roast 10-12 minutes.
4. Zest lemon until you have 1 teaspoon. Squeeze lemon until you have 2 tablespoons.
5. Remove the baking sheet from the oven and flip the potatoes over. Add the asparagus to the same baking sheet if there is room and bake 12-14 more minutes or until potatoes are tender. If asparagus is getting too brown before the potatoes are tender, remove asparagus from baking sheet and cook potatoes longer.
6. Place cooked lentils, onions, tomatoes, lemon zest, juice, and arugula in large bowl.
7. Add the roasted potato, asparagus mixture into the bowl.
8. Top salad with avocado and serve.

Berry Banana Bar (vegan)

Makes 8 x 8 inch pan

Ingredients:

- 2 cups blueberries (fresh or frozen)
- 1 ripe banana
- water
- 6 tablespoons chia seeds, divided
- 1 cup oat flour (blend oats in blender for 10-20 seconds)
- 1 cup ground almonds (blend almonds in blender 10-20 seconds)
- 2 cups oats
- 1 cup maple syrup
- 1 cup coconut oil (melted)



Instructions:

1. Preheat oven to 400°F. Line a 8x8 inch baking dish with parchment paper.
2. In a small saucepan on medium heat, add the blueberries, banana and 4 tablespoons water and cook for 5-10 minutes, until berries and banana soften and mush easily with a spoon. Allow them to remain chunky.
3. Add 4 tablespoons chia seeds, mix well and remove from heat. Set aside.
4. Make your chia egg: In a small bowl, mix together 2 tablespoons chia seeds and 5 tablespoons water. Set aside to thicken for 5 minutes.
5. In a large mixing bowl, mix together the oat flour, ground almonds and oats.
6. Pour in the maple syrup and coconut oil and mix well. Scoop out ½ cup of the mixture and use as the crumble topping
7. Add the chia egg mixture to the large mixing bowl and combine well. Scoop this batter out into the parchment paper lined dish. Press the mixture down into the corners.
8. Spread the berry mixture evenly on top. Scatter the extra crumble topping over the berries.
9. Bake for 25-30 minutes, until topping is golden brown. Allow to cool before cutting into bars.