

Week 3 Shopping List

| Proteins/Grains | Fruits | Liquids/Oils |
|-------------------------|----------------------------|------------------------|
| Eggs | Limes | Extra Virgin Olive Oil |
| Ground turkey | Avocado | Coconut oil |
| Ground chicken | Apple | Chicken/bone broth |
| Canned tuna | Heirloom tomatoes | Coconut oil |
| Chicken breast | Frozen Coconut | Thai red curry |
| Rice noodles | Banana | Salsa |
| Chickpea noodles | Lemons | Avocado oil mayonnaise |
| | | Hot sauce |
| | | Miso |
| | Spices, leaves, etc | |
| Veggies | Garlic | |
| Zucchini | Cayenne pepper | |
| Celery | Ginger | Nuts |
| Mushrooms | Oregano | Chia seeds |
| Cilantro | Cilantro | Almond meal |
| Kale, Spinach, Chard | Sea salt | Raw Cashews |
| Lettuce leaves | Nutritional yeast | |
| Cucumber | Pepper | |
| Colored peppers | Pea/Collagen protein | |
| Scallions (Green onion) | Cacao powder | |
| Shallot | Cinnamon | |
| | Chili powder | |
| | Onion 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 | | | | |

Green Coconut Smoothie

(1 serving)

Ingredients:

- ½ frozen banana
- 7 pieces, or 1 cup frozen coconut- we use the one from Trader Joes
- 1 cup water, more as needed
- 1 tablespoon coconut oil
- 1 handful favorite greens- kale, swiss chard, spinach
- 1 tablespoon chia seeds
- 1 scoop of protein powder (pea protein or collagen)

Instructions:

1. Place everything in blender. Blend until smooth.



Cacao Banana Shake

(1 serving)

Ingredients:

- 1 frozen banana
- 1 cup almond milk
- 1 tablespoon raw cacao powder
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 1 scoop of protein powder (pea protein)

Instructions:

1. Place everything in a blender. Blend until smooth. Serves one.



Mexican Fajita Meatballs

(12 meatballs)

Ingredients:

- avocado oil for cooking
- ⅓ cup diced shallots
- ¼ cup diced red bell pepper
- ½ cup almond meal
- 1 egg
- ¼ cup cilantro, chopped
- 1 teaspoon salt
- 1 teaspoon chili powder ½
- 1 teaspoon garlic powder
- 1 teaspoon lime juice
- 1 lb ground turkey
- 1 large head of green cabbage, sliced into ribbons
- 2 heirloom tomatoes, sliced
- 1 avocado, sliced
- salsa (pico de gallo or your favorite)



Instructions:

1. Preheat the oven to 350 F.
2. Heat 1 tablespoon avocado oil in a skillet over medium heat.
3. Add the shallots and red pepper. Cook for 5 minutes or until tender. Set aside to cool.
4. In a large bowl, combine the cooled vegetables, almond meal, egg, cilantro, salt, chili powder, garlic powder, lime juice and turkey.
5. Mix well with hands.
6. Form 12 meatballs and place them on a parchment paper lined baking sheet.
7. Bake for 24-30 minutes or until cooked through.
8. Enjoy on a bed of cabbage, topped with with tomato slices, avocado, and salsa.

Spicy Chicken Patties (3-4 servings, 10 small patties)

Ingredients:

- 1 lb. lean ground chicken (we use 90% lean),
- 1 medium zucchini, grated with the small side and excess water squeezed out (should be about ½ cup gratings),
- 1 clove garlic, minced
- ¾ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon onion powder
- ⅛ - ¼ teaspoon cayenne pepper, depending on how spicy you prefer
- 1 ½ tablespoons coconut oil

Directions:

1. Combine all ingredients (except oil) and stir until just combined. The mixture will be wet.
2. Form into small patties, about 1 1/2 inches wide, and place on a plate. It should be about 1/4 cup of the mixture for each patty.
3. Heat oil in a large skillet over medium-high heat.
4. Add patties, working in batches, and cook over medium-high heat for 5-6 minutes, then flip and finish cooking, another 4-5 minutes, until chicken is cooked through.
5. Add more oil before you cook the next batch.
6. Serve with a clean dip such as hummus, or a dressing, or as a slider in a lettuce wrap.

Tuna Salad

(1 serving)

Ingredients:

- 1 can of tuna in water, drained
- ½ avocado
- ½ cucumber, diced
- ½ apple, diced
- 2 celery stalks, diced
- 1 tablespoon Primal Kitchen avocado oil mayonnaise
- squeeze of lemon
- hot sauce (optional)
- large handful of lettuce leaves

Instructions:

1. Mix all ingredients except lettuce together in bowl until well combined.
2. Scoop tuna salad on top of lettuce leaves and enjoy!



Weeknight Red Curry

(2-3 servings)

Ingredients:

- 2 tablespoons coconut oil
- 2-3 tbsp Thai red curry (we like Thai Kitchen)
- 3 cloves garlic, minced
- 1 tbsp freshly grated ginger
- 8 oz skinless chicken breast, thinly sliced
- 4 cups chicken or bone broth
- 1 cup water
- 1 can full fat coconut milk
- 2 tbsp fish sauce
- 2 handfuls bok choy, chopped
- 1 cup red/green bell pepper, sliced
- 1 cups mushrooms sliced
- 4 cups chicken or bone broth
- Juice of 1 lime
- 6 oz cooked rice noodles (We like Lotus Foods millet and brown rice noodles)
- Fresh cilantro leaves, chopped
- Green onions, sliced

Instructions:

1. In a large pot, heat the oil over medium heat. Add the curry paste, garlic, and ginger and saute for 5-6 minutes.
2. Add the chicken and bok choy and saute until it turns opaque.
3. Add the peppers, mushrooms, chicken broth, water, coconut milk, and fish sauce and bring to a boil. Add more water if the broth is too salty.
4. Add noodles into the pot.
5. Add a squeeze of lime and cilantro, and green onions as toppings.
6. Divide into bowls and serve immediately.

Healthy Mac & Cheese (with Miso Cashew Cheese Sauce, a great probiotic)

(3-4 servings)

Ingredients:

- 2 cups raw cashews, soaked
- ¼ cup nutritional yeast
- 1 cup water
- ¼ cup shiro miso (non-GMO)
- 2 teaspoons lemon juice
- ½ red bell pepper, cored and deseeded (optional- gives an orange color)
- 4 cups cooked macaroni or chickpea noodles

Instructions:

1. In a Vitamix or blender, blend all ingredients except the pasta until smooth and creamy!
2. Fold into brown rice macaroni and enjoy a healthier version of this comfort food!

