



## WEEK ONE MEAL PLAN INSTRUCTIONS

Organic is inferred with the meal plans and shopping list. Opt for organic as much as your budget will allow. Each recipe makes 3-4 servings. This is by design. Why cook nightly when you can cook 2-3 times a week and eat all week? You will cook three nights this week and make one batch of Paleo Carrot, Banana and Raisin muffins to use over the next few weeks.

On the meal plans, **(recipe)** indicates that you will prepare this meal from a recipe. If a fresh leftover serving is used at a future meal, this is noted by **(leftover)**. If a frozen leftover serving is used at a future meal, this is noted by **(leftover, frozen)**. At the bottom of each recipe, you will find information on suitable substitutions and how to divide the recipe and store it for future meals.

**Example:** Wednesday's dinner recipe "**Chicken with Brussels's Sprouts and Mustard Sauce**" You will find the following at the bottom of the recipe:

**MAKES THREE SERVINGS:** divide equally into three servings. Have one tonight, pack one for lunch tomorrow and have the third serving for dinner Sunday evening.

### **\*SUBSTITUTIONS:**

Replace Chicken with Tofu...

Replace Brussels's Sprouts with Green Beans...

Replace Tofu with White Beans ...

During the four week challenge, you will see some frozen options on the shopping list, including frozen butternut squash. Pretty much every natural foods store carries this in their frozen foods section. Again, this is for convenience sake. If you want to cook this from scratch, feel free!



I have tried to make this shopping list as simple and straight forward as possible (as much as I can with a whole foods, fresh prep meal plan) – you will see “1 jar of minced garlic” on the shopping list instead of ‘whole head of garlic.’ This is to save you time. If you want to buy fresh garlic and chop it, feel free!

I have included snacks in this meal plan. If you want to eat a different snack(s), simply choose your snack from the snack list and update your shopping list accordingly.

Each week you will see ‘coconut yogurt, plain’ included in the meal plans, as a part of breakfast and many snacks. This is yogurt made from coconuts. It is dairy free. You will find this at Whole Foods and many other natural foods stores. So Delicious is the brand widely available.

The week one shopping list is the more expensive of the four weeks, in that, you will purchase a jar of virgin coconut oil, jar of minced garlic, rice crackers, and a small bag of cashews...etc. These items will carry forward and will be used each week of the challenge - you won’t need to buy them again. In the week two shopping list, I have *italicized* those items that you should still have on hand from week one.

Before you go shopping, take a look to see what you already have on hand (you likely have bay leaves, Dijon mustard, red pepper flakes, etc).



## **GREEN SMOOTHIE MEAL REPLACEMENT**

During the challenge, the Friday through Sunday meal plan calls for two 'green smoothie meal replacements' and one meal recipe. I have included the four foundation ingredients to the green smoothie meal replacement (protein powder, avocado, frozen fruit and spinach) on the last page of the shopping list. I have also included some open lines for you to list out any additional ingredients that you would like to add.

If you need these to taste a little less green, add  $\frac{1}{2}$  banana to the smoothie and experiment with some different fruits. Mango, pear and apple have a very different taste in a smoothie than blueberries do. Stick with one serving total added ( $\frac{2}{3}$  cup berries OR 1 medium apple) but feel free to add  $\frac{1}{2}$  and  $\frac{1}{2}$  ( $\frac{1}{3}$  cup berries +  $\frac{1}{2}$  medium apple).

If you have not opted in with any of the supplement packs, there is a Green Smoothie Supplement pack that has a container of protein, greens and fiber. You can find this in the MARKETPLACE.

If you do not wish to participate in the Green Smoothie Meal Replacement recommendations, feel free to repeat three of the full menu days or find another recipe in the RECIPES section.