



Detox & Clean Eating Boot Camp Week 1 Meal Ideas- VEGAN

Breakfast:

Protein Shake (also see Protein Shake Recipes in “FILES”)

Oatmeal with Berries (optional)

Life Changing Bread Toasted with Almond Butter (optional-recipe in FILES)

Fresh Fruit Bowl with Chia Seeds (optional)

Lunch:

Repeat Shakes

Green Salads, Low Glycemic Fruit Bowl

Arbonne Nutrition Bars

Dinner Leftovers

Dinner:

Moroccan Bean Stew with Sweet Potatoes

Buckwheat Ramen with Shiitake Mushrooms

Chickpea Sensation Patties

Coconut Curry Whole Roasted Cauliflower

Vegan Burrito Bowl

Leftover Night

Dine Out Night

Snacks:

Almonds-Tree Nuts mixed with Seeds (I like to mix almonds, sunflower seeds, and pepitas (hulled pumpkinseeds))

Green apples with Almond Butter

Berries

Hummus w/ raw veggies (carrot, cucumber, celery, radish, endive leaves)

Arbonne Nutrition Bars

Arbonne Fit Chews

Arbonne Energy Fizz Sticks

Week 1 Grocery List

You will be able to find these items at stores like Whole Foods, Sprouts, Trader Joe's & Your Local Co-Op or Whole Foods Market, and don't forget to stop by your local farmer's market!

Produce

| Quantity | Item Description |
|-----------------------|--|
| 3 large | Yellow Onion |
| 1 medium | Red Onion |
| 1 head | Fresh Garlic |
| 5-6 medium | Yam or Sweet Potato (I prefer texture of yams) |
| 1 piece | Fresh Ginger |
| 1 head | Broccoli |
| 1 bunch | Carrot |
| 2 bunches or 1 bag | Spinach |
| 2 bunches or 1 bag | Kale |
| 1 bunch | Scallions (green onions) |
| 1 bunch ea. | Fresh Parsley, Fresh Basil, Fresh Cilantro |
| 1 bunch | Celery |
| 1 head | Cauliflower |
| 2 heads | Romaine Lettuce |
| 2 ea. | Red Bell Pepper |
| 1 ea. | Green Chile of Your Choice (I like Poblano, AKA Pasilla) |
| 8 ea. | Fresh Button or Crimini Mushrooms |
| 2 ea. | Fresh Avocado |
| 6 ea. | Medium Tomatoes |
| 2 ea. | Fresh Limes |

| FOR SNACKS, QUICK SALADS AND SHAKES: | |
|---|--|
| 1 bunch | Fresh Grapes |
| 6 ea. | Lemons (for lemon water and tea) |
| 2-3 baskets | Strawberries & Other Berries (substitute frozen if needed) |
| 6 ea. | Green Apples |
| 1 bunch | Fresh Radish |
| 1 head | Endive |
| 1 ea. | Cucumber |
| 1 bag | Fresh Shelled Peas (Trader Joe's) |

Refrigerator - Freezer

| FOR SHAKES, SNACKS, AND BEVERAGE: | |
|--|---|
| Quantity | Item Description |
| 1-2 quarts | Almond, Coconut, or other Dairy & Soy Free Milk (as whole and as minimally processed as possible) |
| 1/2-1 pint | Hummus (as whole and as minimally processed as possible) |

Dry Goods

| Quantity | Item Description |
|-----------------|--|
| 1 oz. | Cumin Seed |
| 1 oz. | Ground Cumin (note, cumin seed can be ground in a spice grinder) |
| 1 oz. | Cinnamon |
| 1 oz. | Garam Masala (look in the ethnic foods aisle) |
| 1 oz. | Garlic Powder |
| 1 oz. | Curry Powder |
| 1 oz. | Dried Thyme |

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|---------------|---|
| 1 oz. | Turmeric |
| 1 oz. | Fennel Seeds |
| 1 oz. | Dried Basil |
| 1 oz. | Cayenne Pepper |
| 1 box | Sea Salt |
| 1 oz. | Whole Black Pepper (or ground if you don't have a pepper mill) |
| 2 ea. /14 oz. | Canned Black Beans |
| 3 ea. /14 oz. | Canned Chickpeas (Garbanzo Beans) |
| 1 bag | Dry Red or Green Lentils |
| 2 quarts | Vegetable Broth |
| 1 oz. | Dried Shiitake Mushrooms |
| 1 package | Dried Nori Sheets (try to find nori with no oil or olive oil) |
| 1 package | 100% Buckwheat Ramen Noodles (King Soba is a good brand)** |
| 1 sm. bottle | Gluten Free Vegan Worcestershire Suce |
| 1 bottle | Gluten Free Tamari or Coconut Aminos |
| 1 bag | Short Grain Brown Rice (short grain important for stickiness) |
| 1 bag | Gluten Free Rolled Oats |
| 1 sm. jar | Capers |
| 14 oz. | Canned Coconut Cream (Trader Joe's) |
| | FOR QUICK SNACKS, SALADS, AND SHAKES |
| 1 jar | 100% Pure Almond Butter (or other tree nut butter) |
| 1 sm. bottle | Pure Agave Nectar |
| 1 bag | Gluten Free Cracker or Chip (get the kind with as many seeds as possible, like flax, chia, sunflower, etc.) |
| 1 bag ea. | Almonds-Other Nuts, Pepitas, Sunflower Seeds |
| 1 bag ea. | Flax Seeds, Chia Seeds |

Shopping & Other Vegan Preparation Tips

** The list has a little extra fresh herbs like parsley, basil, and other basic veggies. If you have extra stuff be creative and add some flavor to something. Be adventurous and give yourself permission to make this fun. Recipes are there for guidance, and when you feel confident you should improvise a little.

** There is a lot of buckwheat pasta out there that uses wheat flour as a filler. Make sure your buckwheat pasta uses 100% pure buckwheat flour. It is more expensive but it pays you back in superfood nutrition.

** Feel free to substitute fresh herbs for anything dried. You need about 3 times the volume of a fresh herb, chopped, than you would of the same herb dried.

** Get in the habit of throwing pinches of flax and-or chia seeds, sunflower seeds, and other seeds in and on everything. These provide extra protein and the essential monounsaturated fats that you would otherwise get in meat, dairy, and fish oil. Put them in your shake, sprinkle them in your salads, etc.

At the same token, get in the habit of putting fresh shelled peas, cannellini beans, sprouted mung beans, and other protein rich legumes on top of your green salads.

** When you are choosing canned, packaged, anything remotely processed, check the label for synthetic, unnatural, unnecessary ingredients, and check for added sugar. If there is sugar in there, and it doesn't specify what kind, you can assume it is refined sugar. Any sugar you consume (like in the Protein shake mix) should be low on the GI scale.

** If you hear the “Corporate Food Media Machine” in your head telling you you need tofu and tempeh for protein, IGNORE IT! Many reliable studies show that we are an over protein-ed society and you can get plenty of protein and essentials from a complete plant based diet and proper supplementation

Breakfast/Shake Recipes

For all shake recipes, refer to the “Protein Shake Recipes” document in the “FILES” tab of the Detox & Clean Eating Boot Camp Facebook Group.

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

Strawberry Surprise

5-7 Strawberries (sub frozen if needed)
6 basil leaves
Juice from a large lemon
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
1/2 - 1 Scoop Fiber Boost

Green Apple Goodness

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

Mixed Berry Shake

1/4 - 1/2 cup Mixed Berries
1 tsp flax seeds
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
1/2 - 1 Scoop Fiber

Morning Mocha

1-2 tsp Almond Butter or 1 handful of raw almonds

1/2 cup ice

8-10 oz. Water/Almond Milk/Coconut Milk

2 Scoops Chocolate Protein

1/2 - 1 Scoop Fiber Boost

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 1/2 - 1 Scoop Fiber

Dinner Recipes

Moroccan Bean Stew with Sweet Potatoes

Serves 6- (plenty for dinner plus freezing for later or leftovers)

- 1 tablespoon water
- 1 teaspoon cumin seed
- 3/4 teaspoon ground cumin
- 1 1/2 teaspoons cinnamon
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon fennel seeds
- 1 teaspoon dried basil
- 3/4 teaspoon sea salt
- Few pinches cayenne pepper (optional)
- Freshly ground black pepper to taste
- 1 1/2 cups onion, diced
- 3-4 medium-large cloves garlic, minced or grated
- 3 – 3 1/2 cups fresh yams or sweet potatoes (peel or leave the peel)
- 1 can (14 ounces) black beans, rinsed and drained
- 1 can (14 ounces) chickpeas, rinsed and drained
- 1 cup dry red lentils, rinsed
- 3 cups vegetable stock
- 3 1/2 cups water
- 1 1/2 tablespoon freshly grated ginger

In a large pot over medium heat, add the tablespoon of water with the spices and salt. Cook for a couple of minutes, and then add the onion, garlic, and sweet potato. Stir through, cover, and cook for about 7-8 minutes, stirring occasionally, until the onions have started to soften. Add all remaining ingredients except ginger, and increase heat to high to bring to boil. Once at a boil, reduce heat to medium-low, cover, and cook for 20-25 minutes, until lentils are fully dissolved. Add fresh ginger, stir through, and serve.

Individual servings can be topped off with fresh or dried figs. Add a green salad if you want, to make this meal more complete

Buckwheat Ramen with Shiitake Mushrooms

5 cups vegetable broth
1 ounce dried shiitake mushrooms
2 100% buckwheat ramen noodle cakes
2 - 3 teaspoons grated fresh ginger
2-3 teaspoons chopped garlic (or 1 teaspoon garlic powder)
2 cups small broccoli florets
1 cup julienned or grated carrot
2 scallions, chopped
2 sheets nori, cut into 1-inch squares
1 handful julienned spinach or kale (optional)

Pour the broth into a large pot, bring to a boil, then remove from the heat. Add the mushrooms, cover, and let stand for 20 minutes, or until the mushrooms have softened. Remove the mushrooms from the broth with a slotted spoon. Cut off and discard the mushroom stems. Thinly slice the caps and set aside.

Add the garlic and ginger to the broth. Bring to a simmer and cook for 3 minutes. Add the mushrooms, broccoli, carrot, and scallions. Cover and simmer for 1 minute, just until the broccoli turns bright green. If you have ever been to a shabu shabu restaurant this is a similar method. Add the optional spinach or kale and simmer until just wilted. Place the ramen cakes in the bottoms of two bowls. Pour the broth evenly over each of the ramen cakes, making sure the veggies are evenly distributed, and sprinkle with the pieces of nori. Cover the bowls and wait for the ramen to become soft and loose, like it has been cooked through. You can also add the ramen to the pot and simmer it until it is cooked, but it doesn't come out as nice and shaped. The hot broth should cook the ramen in the bowl in less than 5 minutes. 100% buckwheat pasta is fairly delicate and cooks quickly. Season with salt & pepper or your favorite detox friendly seasoning.

Save any leftover broth for a quick soup for lunch or a morning hot meal beverage. Double up ramen cakes for a more filling portion.

Chickpea Sensation Patties

Makes 7 or 8 patties

Splash of water (for sauteeing vegetables)

1 1/2 cups chopped onion

1 cup chopped celery

Pinch sea salt

Freshly ground black pepper, to taste

2 cups cooked or canned chickpeas (drained extremely well)

2 medium-large garlic cloves, quartered

2 tablespoons gluten free vegan Worcestershire sauce

2 tablespoons tamari or coconut aminos (for soy-free version)

2–3 teaspoons fresh thyme leaves, or 3/4 teaspoon dried thyme

1 tablespoon capers

1/8 teaspoon sea salt

2 cups cooked short-grain brown rice, divided into separate 1-cups

3/4 cup + 2 tablespoons rolled oats, uncooked

Olive oil (for pan frying patties, or can bake, see note)

In a nonstick pan on medium heat, add water, onion, celery, salt, and black pepper and saute for 7 to 10 minutes, stirring occasionally, until onion and celery start to soften. Meanwhile, in a food processor, puree chickpeas with garlic, Worcestershire sauce, tamari, thyme, capers, and salt. Add sauteed veggies and puree to incorporate. Add 1 cup brown rice and puree to combine, then add remaining rice and pulse to incorporate but retain some texture.

Transfer mixture to a large bowl and stir in oats. Cover and refrigerate for at least 30 minutes to firm up. Remove from refrigerator and form into patties with your hands. Pour just enough oil over a sautee pan to coat, and set heat to medium/medium high. Add patties in batches, frying for 6-9 minutes each side, until golden. Serve as-is, topped with sautéed mushrooms, tomato sauce, or your favorite detox friendly condiment, or shape them like falafel and wrap the cooked patties in a lettuce leaf.

For a more complete meal, serve with a green salad and-or steamed vegetables.

Coconut Curry Whole Roasted Cauliflower

Serves 2-4

1 head cauliflower
1½ cups coconut cream (separated from the liquid)
1 lime, zested and juiced
1 tablespoon chile powder
1 tablespoon cumin
1 tablespoon garlic powder
2 teaspoon curry powder
½ teaspoon garam masala seasoning
1- 2 teaspoons kosher salt (depending on your taste)
1 teaspoon black pepper

Preheat oven to 400°. Remove the leaves from the cauliflower and cut the stem down so that the head can sit flat in a roasting pan. Mix all the other ingredients in a mixing bowl, then give the cauliflower a good drenching in the marinade, using your hands or a spoon to thoroughly cover the entire head in the marinade. Make sure you drizzle the marinade into all the crevices of the cauliflower. Place in a roasting dish and roast until a skewer pierces through fairly easy (about an hour or more). It is better if the stems on the inside are still a little al dente, but not raw. Throughout the roasting, you can add more marinade or baste in the existing marinade. I did this about 3 times while it was roasting.

Remove from the oven and let sit for about 10 minutes.

Serve the cauliflower immediately, sliced like a roast, or broken into pieces on top of steamed rice or quinoa. Some dairy free tzatziki (made with coconut yogurt) or other cucumber relish would make a great condiment for this. Complete the meal with a green salad, or steamed vegetables.

NOTE: This dish gives you more than enough coconut fat, so try to have this on a day when you aren't consuming as much healthy oils.

Vegan Burrito Bowl

Serves 2-4

1 head of romaine lettuce, shredded
1/2 cup of dry brown rice
3/4 cup cooked black beans
2 red peppers, sliced - 8 mushrooms, sliced
Half a tsp each of chile powder & cumin
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

Cook the brown rice per package instructions. While 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.

This meal is fairly complete on its own, but you can always add a side of steamed veggies or a fresh fruit cup.