



Detox & Clean Eating Boot Camp Week 3 Meal Ideas- VEGAN

Breakfast:

Continue Favorite Shakes (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:

Portobello Fajitas
Vegan Lentil & Rice Stuffed Peppers
Israeli Quinoa Salad
Penne Al Forno
Cuban Black Bean & Sweet Potato Stew
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
Brown Rice Cake “Tostada” with Hummus, Greens, & Tomato
Arbonne Nutrition Bars
Arbonne Fit Chews
Arbonne Energy Fizz Sticks

Week 3 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 medium	Yellow Onion
1 small	Red Onion
2 large	Portobello Mushrooms
4 oz.	Regular Button Mushrooms
1 head	Fresh Garlic
3 small	Sweet Potatoes or Yams
1 large	Pomegranate
1 bunch	Carrot
2 bunches or 1 bag	Spinach (for side salads, lunch, etc)
2 bunches or 1 bag	Kale (for side salads, shakes, lunch, etc.)
1 bunch	Scallions (green onions)
1 bunch ea.	Fresh Herbs: Oregano, Basil, Parsley, Cilantro,
1 bunch	Celery
2 heads	Your Favorite Lettuce (for side salads, lunch, etc.)
4 ea.	Red Bell Pepper
1 ea.	Green Bell Pepper
4 ea.	Bell Peppers (any color or mix it up)
2 medium	Zucchini
5 large	Cherry Tomatoes
3 ea.	Roma 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 pint	Fresh Salsa
1/2-1 pint	Hummus (as whole and as minimally processed as possible)

Dry Goods

Quantity	Item Description
1 oz.	Fennel Seed
1 oz.	Ground Cumin (note, cumin seed can be ground in a spice grinder)
1 oz.	Chili Powder
1 oz.	Bay Leaf

1 box	Sea Salt
1 oz.	Whole Black Pepper (or ground if you don't have a pepper mill)
4 ea. /15 oz.	Canned Black Beans
2 ea. / 15 oz.	Canned Tomato Sauce
1 ea. /15 oz.	Canned Diced Tomatoes
1 ea. / 24 oz.	Marinara Sauce
1 sm. jar	Stuffed Green or Kalamata Olives
1 bag	Gluten Free Tortillas
1 bag	Lentils
1 bag	Quinoa
1 bag	Brown Rice (or quinoa) Penne Pasta
1 bag	Brown Rice
1 bag	Sliced Almonds
1 bottle	Raw Cider Vinegar
1 bottle	Extra Virgin Olive Oil
	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	Brown Rice Cakes
1 bag ea.	Walnuts-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.

**If you followed the WEEK 1 and WEEK 2 Meal Plan then you may already have many spices and other staples on this list from last week, so double check so you don't buy too much.

** 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 if you were eating animal products. On the same subject, 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 from a product formula should be low on the GI scale.

Breakfast/Shake Recipes

For all shake recipes, refer to the last two meal plans and also 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!)

Brown Rice Cake “Tostada” with Hummus, Greens, & Tomatoes

Spread some hummus on top of a brown rice cake. To that, add some finely julienne greens like spinach, kale, or watercress. I LOVE the “Cruciferous Crunch” mix from Trader Joe's; it has kale, cabbage, Brussels sprouts, etc. Top it off with a couple slices of tomato. Season with salt & pepper to taste.

Dinner Recipes

Portobello Fajitas

Serves 2

Portobellos are thick and juicy, with lots of flavor, making them a satisfying alternative to meat.

1/2 onion, thinly sliced
Splash of water (about 3 tablespoons)
2 large portobello caps, thickly sliced
2 cloves garlic, minced
1/2 teaspoon ground cumin
1 teaspoon chili powder
1 large roasted red pepper, sliced
3 tablespoons chopped fresh cilantro
Your favorite gluten-free tortillas
Salsa and-or lime wedges

Over medium-high heat, sauté the onion until it turns a rich, dark, brown color. Add a splash of water and quickly stir. The liquid will evaporate in just a few seconds. Reduce the heat to medium. Add the portobellos and garlic and sauté until the mushrooms glisten and lose their raw, whitish look. Add the cumin and chili powder; sauté for 15 to 30 more seconds. Remove the pan from the heat. Immediately add the roasted red peppers and cilantro. Serve with tortillas as well as salsa or lime wedges. Add some fresh avocado and guacamole as well (optional).

Vegan Lentil & Rice Stuffed Peppers

Makes 4 stuffed peppers

2 cups cooked lentils (prepared from dry or canned lentils will do)
1 cup cooked brown rice
1 cup chopped mushrooms
1 onion, diced
2 cloves garlic, minced
1 tablespoon chopped basil
1/2 teaspoon oregano
4 bell peppers, blanched (any color pepper you like)
1/2 teaspoon crushed fennel seed
1 tablespoon of olive oil
24-oz. jar of your favorite marinara
Salt and pepper to taste

Preheat your oven to 350°F Heat the oil in a large oven-proof Dutch oven or pot over medium low heat. Add the mushrooms and onions, and cook until onions are soft and mushrooms have browned. "

Add the garlic and cook for about two to three minutes more. Remove from heat. In a large bowl, add your lentils, rice, and mushroom mixture. To that add your basil, oregano, fennel, and half the jar of marinara. Stir and combine well. Season to taste with salt and pepper.

In the pot you used to cook the onions and mushrooms (or baking dish), spread a thin layer of the marinara sauce on the bottom of the pan. Fill each pepper with your lentil mixture then place into your pot. Top each pepper with a scoop of marinara. Put the lid on the pot, and bake in your preheated oven for 30 minutes. Remove the lid from the pot, and cook for about 10 more minutes. Remove from the oven, let cool ten minutes then serve.

Israeli Quinoa Salad

Makes 4-6 servings

1 cup of quinoa (red or white as you prefer), cooked

3/4 cup pomegranate seeds

1/3 cup scallions, thinly sliced

1/2 cup of flat-leaf parsley, roughly chopped

5 cherry tomatoes, quartered

1 tablespoon olive oil

1 tablespoon lemon juice

1 tablespoon apple cider vinegar

1 teaspoon agave nectar (optional)

1 teaspoon lemon zest

Salt and pepper to taste

1/3 cup of slivered almonds, toasted on a small skillet

Cook the quinoa in a small pot with 1/2 teaspoon salt as directed on package. In a medium-large bowl, toss together quinoa, pomegranate seeds, scallions, parsley, tomatoes, and slivered almonds. In another small bowl, mix lemon juice, lemon zest, apple cider vinegar and agave (optional). Pour over the quinoa pomegranate salad and mix well. Season with salt and pepper, and sprinkle with toasted almonds.

Make this meal more complete with a side of green vegetables or a cup of soup.

Penne al Forno

Serves 4

8–10 fresh basil leaves, julienned

2 carrots, sliced

2 stalks celery, sliced

2 zucchini, sliced

1/2 yellow onion, chopped

Water

1 lb. brown rice or quinoa penne pasta

2 roasted red peppers, chopped

3 roma tomatoes, chopped

6–8 green olives stuffed with garlic, sliced, or ¼ cup pitted whole

Kalamata olives

2 cups tomato sauce

2 cups rinsed cooked cannellini beans (optional)

Roll the basil leaves tightly and slice them into ribbons. Over medium heat, sauté the carrots, celery, zucchini, and onion for about 3 to 5 minutes (this will ensure they are soft enough by the time they are done baking and will help all the flavors meld). Bring the water to a boil. Add the brown rice pasta and stir. Cook the pasta until it is slightly underdone (it will finish cooking in the oven). Immediately mix all the ingredients together in deep baking dish. Cover the dish. Bake the pasta at 350 degrees F for 10 to 12 minutes. If you want to add the beans, stir them into the pasta just after it comes out of the oven.

Making It Simple: Slice all the veggies and forgo sautéing them. Just throw it all in a baking dish and bake it for about 15 to 20

Make this meal more complete with a green salad.

Cuban Black Bean and Sweet Potato Stew

Serves 4

1 onion, diced

1 red bell pepper, chopped

1 green bell pepper, chopped

6 cloves garlic, sliced

6 cups cooked black beans (about 4 or 5 15-oz. cans)

Water or vegetable broth

1 tablespoon ground cumin

1 tablespoon chopped fresh oregano leaves

Bay leaf

2 tablespoons cider vinegar

1/2 teaspoon salt

3 small sweet potatoes, diced

Diced red onion and lime wedges for garnish

Sauté the onion, peppers, and garlic over medium heat until they are soft. Puree the onion, garlic, and peppers, creating what is called a sofrito. Add about half the beans and puree these with the sofrito plus enough water-vegetable broth to create a semi-thick soup. Return this to the pot and add the remaining ingredients (except the sweet potatoes and garnish). Bring the soup to a simmer. Add the sweet potatoes and continue simmering until they're soft. Remove the bay leaf (or eat around it). Garnish with diced red onion and a squeeze of lime.

Make this meal more complete with a green salad.