



DETOX MEAL PLAN

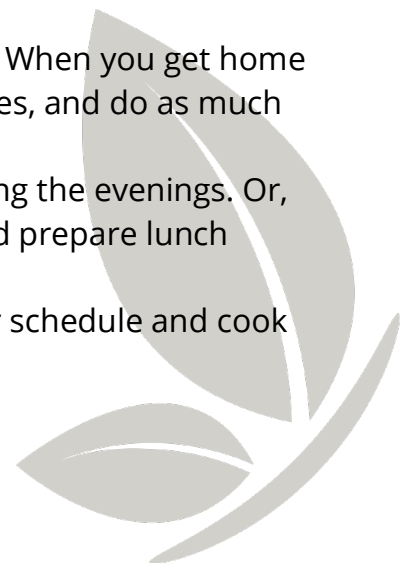
HOW TO USE THIS PLAN:

This meal plan and shopping guide is intended to eliminate any stress from having to plan your meals for the week. Simply purchase all ingredients listed on the shopping list below and follow the recipe schedule on the attached meal plan. This list is designed for one full week of meals during Foundations Program and will serve breakfast, lunch, and dinner for two people.

If you wish to serve more than 2 people, you can double the shopping list and double each recipe provided. Keep in mind that some meals are designed to make extra so they can be consumed for leftovers later in the week. Also, some people like to add a grilled chicken breast to the meals without meat. We have marked these meals with the notation "Optional: Add Side Portion of Grilled Chicken." Note that this is only acceptable on days 1-5 or 11-15, as no animal protein should be consumed on during days 6-10 of the detox.

QUICK TIPS:

- Remember to check your pantry and fridge for grocery items before going to store.
- If you are unfamiliar with an item on the list, call your grocery store in advance to see if they carry it. If they do, ask them to tell you where to find it in the store or have them hold it at customer service.
- If you can't find an item in the store, remember to check out Thrive Market online or consider swapping out the meal with a different recipe from the Recipe Guide. Adjust the shopping list accordingly.
- Do your shopping and food prep for the week on the same day. When you get home from the store, cut up your veggies, portion meat, organize spices, and do as much work as possible to make cooking later in the week easy.
- If you are working, consider preparing the next day's lunch during the evenings. Or, instead of eating leftovers for dinner, shift leftovers to lunch and prepare lunch meals for the evening.
- If you shop the list, you can re-organize the meal plan to fit your schedule and cook meals at the times that work best for you.



DETOX MEAL PLAN

SHOPPING LIST

PRODUCE

- _____ 1 organic yellow squash
- _____ 1 organic zucchini
- _____ 3 organic onions
- _____ 1 shallot
- _____ 5 organic celery stalks
- _____ 5 large organic carrots
- _____ ¼ head of white cabbage
- _____ 5 handfuls organic green beans
- _____ 3 handfuls organic okra
- _____ 13 garlic cloves
- _____ 5 tsp organic chives
- _____ 1 organic orange
- _____ 1 organic lemon
- _____ 3 Tarragon sprigs
- _____ 3 Thyme sprigs
- _____ 3 avocados
- _____ 1 16-ounce package organic spinach
- _____ 1 bunch fresh parsley
- _____ 10 large basil leaves
- _____ 2 organic green peppers
- _____ 2 organic sweet potatoes
- _____ 1 pound Brussels sprouts
- _____ 6 cups organic collard greens
- _____ 1 organic red bell pepper

MEAT

- _____ 3 ½ lbs. organic pastured chicken breasts *(add 2 pounds for optional sides)*
- _____ 1 ½ lbs. wild-caught mahi mahi
- _____ 1 lb. ground turkey

GROCERY

- _____ 12 ½ cups vegetable stock
- _____ 2 Tbsp. lemon juice
- _____ 2 tsp. lime juice

GROCERY (CONTINUED)

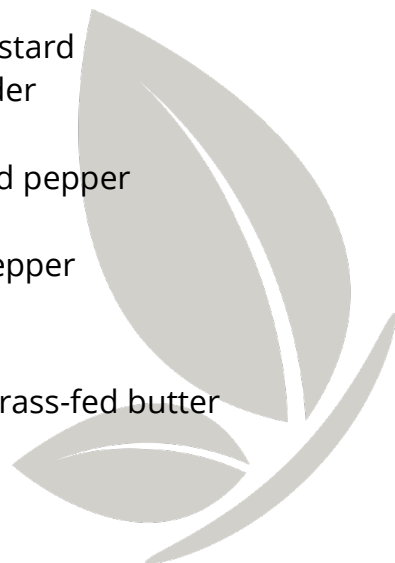
- _____ 2 Tbsp. soy-free veganaise
- _____ 1 cup chicken broth
- _____ ¼ cup sliced raw almonds

PANTRY / SPICES

- _____ ¾ cup coconut oil
- _____ 3 Tbsp. olive oil
- _____ 1 ½ cups finely shredded organic unsweetened coconut
- _____ ¼ cup gluten free coconut flour
- _____ 2 ¾ tsp. Himalayan Salt
- _____ ¾ tsp. black pepper
- _____ ½ tsp. onion powder
- _____ 1 tsp. garlic powder
- _____ ½ tsp. paprika
- _____ 1 tsp. oregano
- _____ 2 Tbsp. ginger
- _____ 2 Tbsp. Turmeric
- _____ 1 Tbsp. curry powder
- _____ 2 Tbsp. Italian Parsley
- _____ ½ Tbsp. dill
- _____ 2 ½ tsp. Dijon mustard
- _____ 2 Tbsp. chili powder
- _____ 1 Tbsp. basil
- _____ ¼ tsp. crushed red pepper
- _____ 1 tsp. nutmeg
- _____ ½ tsp. cayenne pepper

DAIRY

- _____ 2 Tbsp. organic, grass-fed butter



DETOX MEAL PLAN

30-DAY AND 60-DAY PROGRAM

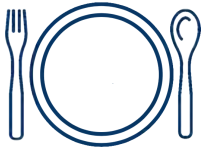
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake
LUNCH	Coconut Chicken Bites + Caribbean Style Sweet Potatoes	<u>Leftover</u> Baked Citrus-Herb Mahi Mahi + Steamed Green Beans	<u>Leftover</u> Coconut Chicken Bites + Caribbean Style Sweet Potatoes	<u>Leftover</u> Carrot, Ginger & Turmeric Bisque <i>(Optional: Add Side Portion of Grilled Chicken)</i>	<u>Leftover</u> Veggie Soup <i>(Optional: Add Side Portion of Grilled Chicken)</i>	Detox Complete Shake	Detox Complete Shake
DINNER	Baked Citrus-Herb Mahi Mahi + Steamed Green Beans	Carrot, Ginger & Turmeric Bisque <i>(Optional: Add Side Portion of Grilled Chicken)</i>	Veggie Soup <i>(Optional: Add Side Portion of Grilled Chicken)</i>	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake
NOTES	Save leftover lunch and dinner for meals this week	Save leftover dinner for Day 4	Save leftover dinner for Day 5				

DETOX MEAL PLAN

30-DAY AND 60-DAY PROGRAM

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BREAKFAST	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake
LUNCH	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Chicken Salad on top of Spinach, Topped with Avocado Slices	Basil Turkey Burger topped with Guacamole + Pan Roasted Brussels Sprouts	<u>Leftover</u> Chicken Salad on top of Spinach, Topped with Avocado Slices	<u>Leftover</u> New Orleans Style Chicken + Sautéed Garlic Collards
DINNER	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	New Orleans Style Chicken + Sautéed Garlic Collards	<u>Leftover</u> Basil Turkey Burger topped with Guacamole + Pan Roasted Brussels Sprouts
NOTES				Save leftover lunch for Day 13 lunch	Save leftover lunch for Day 14 dinner	Save leftover dinner for Day 14 lunch	

COCONUT CHICKEN BITES



SERVES
2-4



PREP TIME
15 MIN



COOK TIME
20 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

3 boneless skinless chicken
(cut into bite size)

¼ cup coconut oil-melted

For the breading:

1 ½ cup unsweetened
coconut *(finely shredded)*

¼ cup gluten free coconut
flour

½ tsp salt

¼ tsp pepper

½ tsp onion powder

½ tsp garlic powder

½ tsp paprika

these crispy bite-sized chicken nuggets are bursting with an herby flavor of onion and garlic along with a sweet hint of coconut

Preheat oven to 375 degrees.

In a bowl, combine breading ingredients.

In a large bowl toss the chicken in 1/8 cup coconut oil.

Sprinkle breading over the chicken in the bowl and toss to coat.

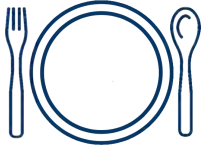
In a 9X13 glass baking dish spread out the chicken pieces.

Pour remaining oil over the chicken and bake for 15 minutes or until chicken is done.

Broil the chicken about 5 minutes until golden on top.

**This recipe is not allowed during days 6-10 of the Detox*

CARIBBEAN-STYLE SWEET POTATOES



SERVES
4



PREP TIME
5 MIN



COOK TIME
45 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 medium organic sweet potatoes

4 **tsp** organic, expeller pressed coconut oil

1 **tsp** organic ground nutmeg

1/2 **tsp** organic cayenne pepper

1/2 **tsp** Himalayan sea salt

these sweet and spicy baked sweet potatoes are served open faced with a warm drizzle of nutmeg, salt, coconut oil, and cayenne pepper on the inside

Preheat oven to 350 degrees.

Wash sweet potatoes and prick with fork.

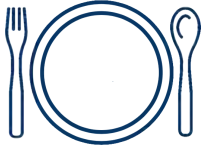
Bake on a cookie sheet or glass baking dish for 45 minutes or until tender.

Remove from oven, slice in half and mash inside.

Whisk nutmeg, salt, coconut oil and cayenne pepper.

Drizzle over sweet potatoes and serve.

BAKED CITRUS-HERB MAHI MAHI



SERVES
6



PREP TIME
10 MIN



COOK TIME
30 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

1 ½ pounds wild Mahi Mahi
1 tsp Himalayan sea salt
5 tsp fresh organic chives
(chopped)
½ Tbsp organic orange rind
(grated)
½ Tbsp organic lemon rind
(grated)
1 whole organic lemon
(sliced into 10 slices)
1 tsp fresh oregano
(chopped)
½ tsp freshly ground black
pepper
2 Tbsp tarragon sprigs
2 Tbsp thyme sprigs

get a taste of the tropics with the bright citrus from the orange and lemon covered mahi mahi. Let the tarragon and thyme sprigs cut through a bit of the sweetness creating a perfectly balanced citrus-herb flavor

Preheat oven to 450 degrees.

Line a shallow roasting pan with foil and coat with olive oil.

Sprinkle Mahi Mahi with salt and pepper.

Combine orange and lemon rinds; spread over fish.

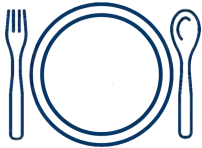
Arrange chives, thyme, oregano, and tarragon horizontally across fish.

Arrange lemon slices on top of herbs.

Place fish on prepared pan. Cover with foil. Bake at 450° for 30 minutes or until fish flakes easily when tested with a fork.

Serve warm and enjoy!

STEAMED GREEN BEANS



SERVES
4



PREP TIME
5 MIN



COOK TIME
5 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 Tbls grass-fed butter

3 handfuls fresh green beans (*ends trimmed and steamed until slightly crispy*)

1 garlic clove (*minced*)

indulge in this delectable side dish of crisp green beans with melted butter and minced garlic

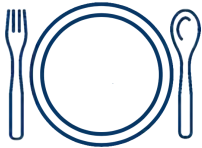
In a large skillet, heat butter over medium-high heat and add garlic. Stir for 30 seconds.

Turn heat to medium and add the green beans.

Toss to coat the green beans.

Season with salt.

CARROT, GINGER AND TURMERIC BISQUE



SERVES
4



PREP TIME
15 MIN



COOK TIME
30 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 Tbls coconut oil (*melted*)
3 carrots (*chopped into small chunks*)
1 white or yellow onion (*chopped*)
3 cloves garlic (*minced*)
2 Tbls fresh ginger (*finely grated*)
2 Tbls fresh turmeric (*finely grated*)
4 cups vegetable stock
1 Tbls lemon juice

Optional:

1 Tbls curry powder

Topping:

Canned unsweetened coconut milk

the warm spices of ginger and turmeric pair perfectly with the sweetness of the carrot base in this delicious soup

Heat coconut oil in the bottom of a large stock pot.

Sauté onion until translucent, about 3 minutes.

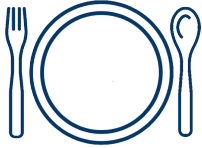
Add garlic, turmeric, and ginger and sauté 1 minute. Add carrots and sauté 2 minutes.

Pour in vegetable stock and curry (optional) and simmer for 20-25 minutes or until carrots are cooked through and soft.

Use an immersion blender to blend the soup until smooth or transfer into a standing blender and blend.

Stir in lemon juice and serve with a swirl of coconut milk.

VEGGIE SOUP



SERVES
4-6



PREP TIME
30 MIN



COOK TIME
20 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 squash (*roughly chopped*)
1 zucchini (*roughly chopped*)
1 onion (*roughly chopped*)
2 stalks celery (*thinly sliced*)
2 large carrots (*roughly chopped*)
¼ head white cabbage (*thinly sliced*)
2 large handfuls green beans (*cut in half or thirds*)
3 handfuls okra (*cut ends off and slice into desired size - apx. ½"*)
2 cloves garlic (*minced*)
4 Tbls coconut oil
8 cups bone broth or vegetable stock
Salt and pepper to taste

every vegetable from the garden is incorporated into this warm, rich, and delicious soup

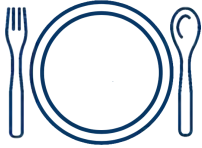
Heat the coconut oil in a large stock pot on medium-high heat and sauté the veggies and garlic until they begin to get tender, about 10 minutes.

Once veggies are tender, add broth, salt and pepper and bring to a low simmer.

Simmer for 10 minutes to combine all the flavors and serve.

*You can also add cooked stew meat or chicken if desired during non-detox dietary transitions.

CHICKEN SALAD



SERVES
2-4



PREP TIME
10 MIN



COOK TIME
0 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

2 cups cooked boneless
skinless chicken breasts
(chopped)

1 stalk celery *(finely diced)*

1 Tbls fresh Italian parsley
(chopped finely)

½ tsp dill

½ tsp Dijon mustard

2 Tbls soy free veganaise

1 Tbls lemon juice

¼ cup sliced almonds
(lightly toasted)

Optional:

avocado *(sliced)*

just like you get from a bakery café, this chicken salad has a nice crunch from the celery and the almonds, while the traditional “mayonnaise” sauce is amped up with a hint of dill

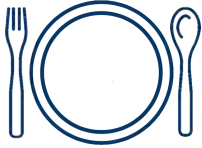
Mix all ingredients together in a bowl.

Stir in almonds.

Serve over your favorite salad and top with optional avocado.

**This recipe is not allowed during days 6-10 of the Detox*

BASIL TURKEY BURGERS



SERVES
4



PREP TIME
30 MIN



COOK TIME
8 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

1 lb ground turkey
1 cup fresh spinach
(chopped)
1 shallot (finely chopped)
10 large basil leaves (finely
chopped)
2 Tbls fresh parsley (finely
chopped)
2 tsp Dijon mustard
½ red bell pepper (finely
chopped)
salt and pepper to taste
olive oil

Toppings (optional):

Lettuce
Onion
Dill Pickles (no sugar added)
Tomatoes *(except during
dietary transitions 4 & Detox)

this is the ultimate Italian turkey burger, with the basil taste being sweet, but savory, and just like the smell it is peppery yet ever so slightly minty, while the Dijon mustard adds a layer of depth to the flavor profile and the fresh spinach keeps the patties extra moist

Mix all ingredients in a large bowl.

Combine ingredients mixing until all ingredients are well incorporated.

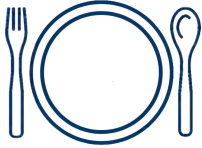
Make patties into equal portions.

Grill for 3-4 minutes on each side or until done.

Top with desired toppings.

**This recipe is not allowed during days 6-10 of the Detox*

GUACAMOLE



SERVES
2



PREP TIME
10 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 large ripe avocado
1/8 tsp garlic powder
1/4 tsp salt
1/4 tsp pepper
1 tsp fresh lime juice
1 tsp red onion (*diced finely*)

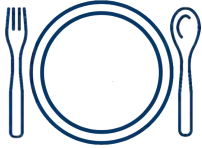
all the flavor of restaurant style guacamole with ingredients that will nourish your body. Use this as a dip, on top of a taco, or just eat by the spoonful...yes it is THAT good

Scoop out avocado flesh onto a plate.

Mash with a fork until desired texture.

Add remaining ingredients and stir to combine.

PAN ROASTED BRUSSELS SPROUTS



SERVES
4



PREP TIME
5 MIN



COOK TIME
15 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 lb shaved Brussels sprouts

2 Tbs coconut oil (*melted*)

salt and pepper to taste

2 garlic cloves (*minced*)

the nutty flavor of the Brussels sprouts is brought to the forefront by roasting them, then amped up a notch with a kick of garlic, salt, and pepper

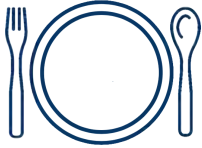
Preheat oven to 400 degrees.

Line a baking sheet with parchment paper.

Toss the sprouts with the coconut oil and garlic on the baking sheet and spread out evenly.

Bake 12-15 minutes until slightly crispy.

NEW ORLEANS STYLE CHICKEN



SERVES
6



PREP TIME
15 MIN



COOK TIME
20 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

1 ½ pounds of organic
pastured chicken breasts
(cut into 1-inch strips)

1 cup chicken broth or
bone broth

1 ½ cups organic green
peppers *(chopped)*

1/2 cups organic celery
(chopped)

1/4 cup organic onion
(chopped)

2 garlic cloves *(minced)*

2 Tbsp Chilli powder

1 Tbsp fresh basil

1 Tbsp fresh parsley

1/4 tsp crushed red pepper

1/4 tsp Himalayan salt

this one pot dish will transport you to the streets of New Orleans with the spices, bone broth, and vegetables creating the soup base to soak the pastured chicken strips in. Serve the flavorful spicy chicken, peppers, celery, and onion mixture over a bed of cauliflower rice to create a complete meal

Coat a skillet with coconut oil and preheat over medium-high heat.

Cook chicken in hot skillet, stirring, for 5-8 minutes, or until no longer pink.

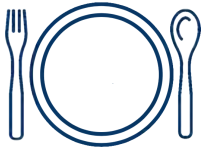
Reduce heat. Add all remaining ingredients, including spices and bring to a boil.

Reduce heat and simmer, covered, for 10 minutes.

Serve warm and over cauliflower rice, enjoy!

**This recipe is not allowed during days 6-10 of the Detox*

SAUTÉED GARLIC COLLARDS



SERVES
4



PREP TIME
5 MIN



COOK TIME
5-7 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

6 cups organic collards
(chopped)

3 garlic cloves (chopped)

½ cup organic vegetable
broth

½ tsp Himalayan salt

the bright green and tender collard greens are enriched with a punch of garlic. This delectable side dish can be served alongside your favorite protein

Add broth, salt, and garlic to a large skillet.

Heat over medium high heat.

Add collards and sauté 5-7 minutes or until bright green and tender.

Serve alongside your favorite protein.