



ONE-WEEK 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. It applies to the following transitions:

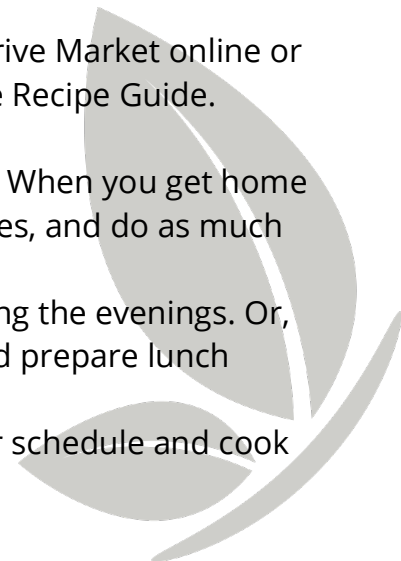
30-DAY PROGRAM: DIETARY TRANSITIONS 1 & 2

60-DAY PROGRAM: DIETARY TRANSITIONS 1, 2, & 3

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."

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.



ONE WEEK MEAL PLAN

SHOPPING LIST

PRODUCE

- _____ 3 organic sweet potatoes
- _____ 2 handfuls organic kale leaves
- _____ 1 organic green bell pepper
- _____ 5 organic red peppers
- _____ 4 organic onions
- _____ 2 cups organic leeks
- _____ 1 large organic butternut squash
- _____ 1 small organic apple
- _____ 5 ½ cups organic cabbage, chopped
- _____ 3 organic carrots
- _____ 11 medium organic zucchinis
- _____ 2 organic green onions
- _____ ½ cup of organic mushrooms
- _____ 8 organic brussels sprouts
- _____ 5 cups organic broccoli
- _____ 1 cup organic spinach
- _____ 1 organic shallot
- _____ ¼ cup organic cilantro leaves
- _____ 10 large organic basil leaves
- _____ 2 Tbsp organic parsley
- _____ Juice of ½ organic lime
- _____ 4 Tbsp organic lemon juice
- _____ 15 garlic cloves

MEAT

- _____ 2 pounds organic ground turkey
- _____ 2 packages organic uncured bacon
- _____ 3 lbs. organic pastured chicken breasts
(add 4 lbs for optional grilled chicken sides)
- _____ ½ lb. organic grass-fed beef sirloin

GROCERY

- _____ 7 ¼ cups organic bone broth
- _____ 1 cup + 1 Tbsp. spring water
- _____ 2, 16 ounce cans organic white beans

GROCERY (CONTINUED)

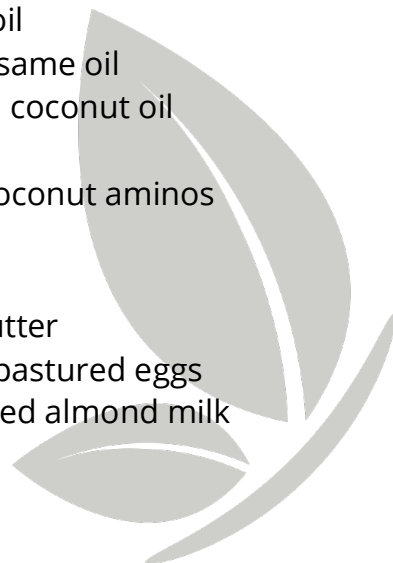
- _____ 1 can sliced bamboo shoots
- _____ 2 tsp. Dijon mustard
- _____ 1½ cups shredded unsweetened coconut
- _____ ¼ cup gluten free coconut flour
- _____ ¼ cup raw organic cashews
- _____ ½ cup creamy organic almond butter

PANTRY / SPICES

- _____ 1½ tsp cumin
- _____ 2¼ tsp ground ginger
- _____ 1 tsp coriander
- _____ 1 tsp fennel seed
- _____ 1 ½ tsp pepper
- _____ 1 Tbsp. nutritional yeast
- _____ ½ tsp onion powder
- _____ 4¼ tsp Himalayan salt
- _____ ½ tsp garlic powder
- _____ ½ tsp black pepper
- _____ 1 tsp paprika
- _____ ½ tsp cinnamon
- _____ 1 package organic taco seasoning
- _____ 1 tsp oregano
- _____ 2 Tbsp. avocado oil
- _____ 1 Tbsp. + 2 tsp sesame oil
- _____ ¼ cup + 1 ½ Tbsp. coconut oil
- _____ 1 Tbsp. olive oil
- _____ ½ cup + 1 Tbsp. coconut aminos

DAIRY

- _____ 5 tsp grass-fed butter
- _____ 2 dozen organic, pastured eggs
- _____ ¼ cup unsweetened almond milk

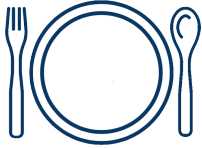


ONE-WEEK MEAL PLAN

30-DAY PROGRAM: DIETARY TRANSITIONS 1 & 2
60-DAY PROGRAM: DIETARY TRANSITIONS 1. 2. & 3

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|-----------------------|--|---|--|---|--|--|
| BREAKFAST | Bacon, Sweet Potato, & Kale Casserole | Grab-N-Go Egg Muffins | Bacon, Sweet Potato, & Kale Casserole | Grab-N-Go Egg Muffins | Bacon, Sweet Potato, & Kale Casserole | Grab-N-Go Egg Muffins |
| Asian Beef & Broccoli | <u>Leftover</u> Crockpot Butternut Squash Soup <i>(Optional: Add Side Portion of Grilled Chicken)</i> | Asian Veggie Stir-Fry <i>(Optional: Add Side Portion of Grilled Chicken)</i> | Chilled Asian Noodle Salad <i>(Optional: Add Side Portion of Grilled Chicken)</i> | <u>Leftover</u> Crockpot White Chicken Chili | <u>Leftover</u> Chilled Asian Noodle Salad <i>(Optional: Add Side Portion of Grilled Chicken)</i> | Crucifer Crunch Medley <i>(Optional: Add Side Portion of Grilled Chicken)</i> |
| LUNCH | Crockpot Butternut Squash Soup <i>(Optional: Add Side Portion of Grilled Chicken)</i> | Crockpot White Chicken Chili | <u>Leftover</u> Crockpot Butternut Squash Soup <i>(Optional: Add Side Portion of Grilled Chicken)</i> | <u>Leftover</u> Asian Veggie Stir-Fry <i>(Optional: Add Side Portion of Grilled Chicken)</i> | Coconut Chicken Bites + Zucchini, Mushrooms, & Onion Side | Basil Turkey Burgers + Baked Sweet Potato Wedges |
| DINNER | Save leftover breakfast casserole and soup for meals this week | Save leftover egg muffins and crockpot chili for meals this week | Save leftover stir-fry for tomorrow's dinner | Save leftover noodle salad for lunch later this week | Save leftover zucchini side for later this week | Save leftover sweet potato wedges for tomorrow |
| NOTES | | | | | | |

BACON, SWEET POTATO AND KALE BREAKFAST CASSEROLE



SERVES
4-6



PREP TIME
20 MIN



COOK TIME
30 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

8 slices of organic uncured bacon (*cooked and cut into bite size pieces*)

1 large sweet potato (*peeled, chopped into small cubes and cooked*)

2 large handfuls of organic kale leaves

1 tsp cumin

1 tsp coriander

1 tsp fennel seed

8 large organic pastured eggs

¼ cup unsweetened almond milk

1 Tbsp nutritional yeast

1 Tbsp coconut oil

the aroma of crisp bacon, fresh kale, and sweet potatoes will fill your kitchen when you create this easy breakfast casserole dish

Preheat the oven to 375 degrees.

Spread sweet potatoes on a baking sheet and bake for 15 minutes or until fork tender

While the sweet potatoes are in the oven, cook the bacon on the stove.

Grease a 9X13 casserole dish with coconut oil

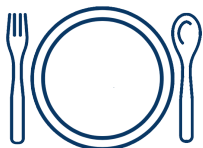
Beat the eggs in a large bowl with the almond milk and nutritional yeast. Add the bacon, sweet potato, kale, and spices to the egg mixture.

Pour mixture into the prepared baking dish and cook for 30 minutes or until the eggs are firm.

Serve warm and enjoy!

Pre-slice and store in individual zip lock bags for a quick grab and go breakfast.

ASIAN BEEF AND BROCCOLI



SERVES
2



PREP TIME
10 MIN



COOK TIME
15 MIN



TRANSITIONS
1, 2, 3 & 4

INGREDIENTS

4 cups organic broccoli florets

¼ cup coconut aminos

1 tsp sesame oil

¼ cup organic chicken broth or bone broth

6 garlic cloves (*chopped*)

2 tsp ginger (*ground or finely chopped*)

¼ tsp black pepper

8 oz organic grass-fed beef sirloin

1 can sliced bamboo shoots (*drained*)

¼ tsp Himalayan salt

warm spices of garlic, ginger, and coconut aminos melt wonderfully into the grass-fed beef and broccoli while the bamboo shoots add a hint of crunchy texture

Heat a wok or large pan over medium-high heat and coat in sesame oil.

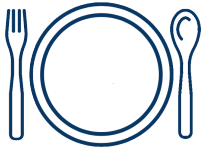
While pan is heating, cut the beef lengthwise into 2-inch strips. Add beef, salt, and pepper to pan and cook through or until beef reaches a temperature of 145 degrees.

Once the beef is cooked, add all remaining ingredients, cover, and let simmer for 10 minutes.

Serve warm and enjoy!

* If you would like to use this recipe during part of the detox, simply sub the beef for chicken

CROCK POT BUTTERNUT SQUASH SOUP



SERVES
6



PREP TIME
20 MIN



COOK TIME
3-6 HOURS



TRANSITIONS
1, 2, 3 & 4

INGREDIENTS

2 cups organic leeks (*sliced*)

4 cups organic bone broth
or chicken stock

1 cup spring water

½ tsp Himalayan salt

½ tsp cinnamon

1 large organic butternut
squash (*peeled, seeded, and
diced*)

1 small organic apple
(*peeled, cored, and diced*)

The warm cinnamon spice and sweet apple work in tandem to pull out the sweetness of the butternut squash while the bone broth adds depth to the soup.

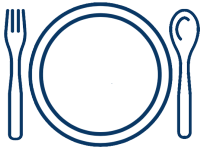
In a crock pot or slow cooker, add all ingredients.

Cover and cook on low for 6 hours or high for 3 hours.

Once the soup ingredients are cooked, use an emersion blender to blend until smooth or pour all ingredients into a blender or food processor and blend until smooth.

Serve hot and enjoy!

GRAB-N-GO EGG MUFFINS



SERVES
6



PREP TIME
10 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

1 dozen organic, pastured eggs

1 package of organic, nitrate/nitrite free bacon
(fully cooked)

1 green bell pepper
(chopped)

½ onion *(chopped)*

½ tsp Himalayan salt

½ tsp black pepper

all the flavors of a traditional breakfast omelet wrapped into the convenience of a grab-n-go egg muffin

Pre-heat oven to 350 degrees. Grease a 12-cup muffin tin with coconut oil.

In one large bowl, mix together cracked eggs and all other ingredients until fully combined.

Evenly distribute the egg mixture between all 12 muffin cups.

Bake for about 10 minutes or until the eggs are cooked through.

This is a great grab-n-go breakfast that can be kept in the refrigerator for a few days or in the freezer for up to 4 months. Feel free to sub out the veggies for whatever you may have in your refrigerator. Enjoy!

CROCK POT WHITE CHICKEN CHILI



SERVES
4



PREP TIME
10-15 MIN



COOK TIME
4-8 HOURS



TRANSITIONS
1, 2 & 3

INGREDIENTS

2 16-ounce cans organic white beans
½ tsp ground cumin
½ tsp Himalayan salt
4 medium organic red peppers (*chopped*)
1 ½ pounds organic, pastured chicken breasts or thighs
6 garlic cloves (*minced*)
1 tsp oregano
2 medium organic onions (*chopped*)
3 cups organic bone broth or chicken stock

nothing says home cooking like good old white chicken chili, with hearty pastured shredded chicken, an array of sweet vegetables, and nutty cumin spice

Combine all ingredients into a slow cooker or crock pot, placing the chicken breasts at the very bottom.

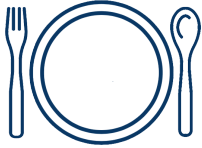
Cover and cook on low for 7-8 hours or high for 4-5 hours.

Once the chicken breasts reach 165 degrees, shred the chicken with two forks and stir all ingredients together.

Serve hot and enjoy!

NOTE: If you eliminate the beans from this recipe, it can be used during the detox, except days 6-10 of the detox when animal proteins need to be eliminated.

ASIAN VEGGIE STIR FRY



SERVES
4



PREP TIME
10 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

4 cups organic cabbage
(chopped)

1 cup organic carrots
(sliced)

1 tsp sesame oil

1 cup organic onion
(diced)

¼ cup coconut aminos

organic cabbage and carrots are the star of this sweet and savory stir fry

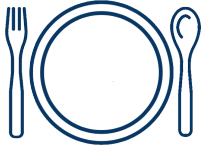
Preheat a large skillet or wok over medium-high heat.

Add oil to coat the pan.

Add the carrots and the onions, cooking 5 minutes.

Add the cabbage and the coconut aminos. Stir to coat all vegetables and cook until tender, about 5 minutes.

CHILLED ASIAN NOODLE SALAD



SERVES
4-6



PREP TIME
30 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 medium zucchini
(spiralized into noodles)
1 large carrot (spiralized into
noodles)
½ cup red cabbage (thinly
sliced)
2 green onions (thinly sliced)
¼ cup cilantro leaves
(chopped)
¼ cup raw cashews (halved)

Sauce:

½ cup organic creamy
almond butter (no sugar
added)
2 Tbls avocado oil
1 Tbls toasted sesame oil
1 clove garlic (finely minced)
1 tsp fresh ginger (grated)
(sub **¼ tsp** ground ginger)
1 Tbls coconut aminos
1 Tbls water
½ a lime (juiced)
pinch of red pepper flakes
or cayenne to taste

this refreshing Asian noodle salad is brightened up with the colorfulness of zucchini, carrot, cabbage, and cilantro. The almond butter based sauce is sweetened with coconut aminos and kicked up a notch with red pepper flakes and cayenne

In a large bowl, combine zucchini and carrot “noodles”, cabbage, onions, cashews, and cilantro.

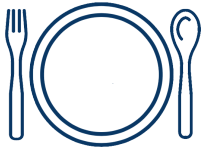
In a small bowl whisk together sauce ingredients (should be a thick texture until combined with zucchini noodles). You may need to heat almond butter in a double broiler for easier stirring.

Toss sauce in with noodles until combined.

Garnish with lime wedge and cilantro.

*If you don't have a spiralizer, you can purchase pre-spiralized zucchini noodles from most grocery stores

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.

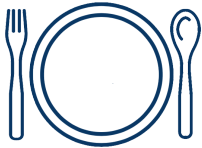
In a 9X13 glass baking dish spread out the chicken pieces.

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*

ZUCCHINI, MUSHROOMS AND ONIONS



SERVES
4



PREP TIME
15 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

4 medium zucchini (*washed and sliced into ½ inch thick pieces*)

1 Tbls olive oil

½ small onion (*chopped*)

½ cup mushrooms (*chopped*)

2 garlic cloves (*chopped*)

salt and pepper to taste

this fresh vegetable trio of soft zucchini, crisp mushrooms, and onions is enhanced with a spicy kick of garlic. This is a great side dish to serve alongside grilled chicken

Heat large skillet over medium-high heat.

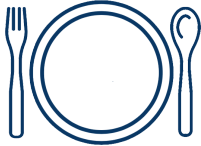
Add olive oil and onions and cook for 2-3 minutes.

Add garlic and mushrooms to the pan and cook until 2-3 minutes.

Add zucchini to pan and cook 5-6 minutes.

Season with salt and pepper.

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.

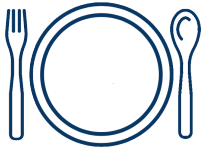
Make patties into equal portions.

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*

BAKED SWEET POTATO WEDGES



SERVES
4



PREP TIME
5 MIN



COOK TIME
30 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 organic sweet potatoes
(sliced into fry shape)

½ Tbsp organic coconut oil

½ tsp Himalayan salt

½ tsp paprika

these crisp sweet potato fries are baked to perfection and the Himalayan salt and paprika spices balance out the sweetness of the potato wedge

Preheat oven to 400 degrees.

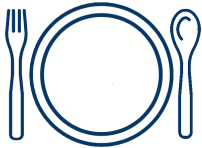
Toss sweet potato wedges with oil in a medium bowl.

Sprinkle with salt and paprika.

Place wedges on a cookie sheet.

Bake 30 minutes.

CRUCIFER CRUNCH MEDLEY



SERVES
2



PREP TIME
15-20 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

8 organic Brussels sprouts
(finely sliced)

1 Tbsp organic extra virgin
coconut oil

1 cup organic red cabbage
(chopped)

1 cup organic broccoli
(finely chopped)

4 Tbsp fresh organic lemon
juice

1 tsp Himalayan salt

1 tsp black pepper

the best of the cruciferous vegetables, including Brussels sprouts, red cabbage, and broccoli are brought together with a lemon, salt, and black pepper dressing in this cold side dish

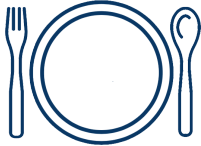
Mix lemon juice and melted coconut oil in a small bowl.

Combine sliced Brussels sprouts with chopped red cabbage.

Top with finely chopped broccoli.

Drizzle with lemon/coconut oil mixture and sprinkle with Himalayan salt and black pepper.

TACO ZUCCHINI BOATS



SERVES
4-6



PREP TIME
20 MIN



COOK TIME
15 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

5 medium zucchini (*washed with ends removed, sliced in half lengthwise*)

5 tsp butter

1 package organic taco seasoning

1 pound ground turkey (*browned in a sauté pan*)

Toppings (optional):

Shredded lettuce

Cilantro (*chopped*)

Green onions (*diced*)

Bell peppers (*chopped*)

the crisp buttery zucchini boat makes the perfect vessel for the seasoned ground turkey taco meat. Set up the additional toppings buffet-style and have yourself a taco Tuesday party

Preheat oven to 400 degrees.

Using a spoon, scoop out the seeds from the zucchini.

Place zucchini face up on a baking sheet and add ½ t butter to each boat.

Bake in oven for 15 minutes until zucchini is tender.

While the zucchini is in the oven, brown the turkey and add taco seasoning.

Take zucchini out and spoon the beef into the boats.

Add toppings if desired.

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