



## DETOX MEAL PLAN

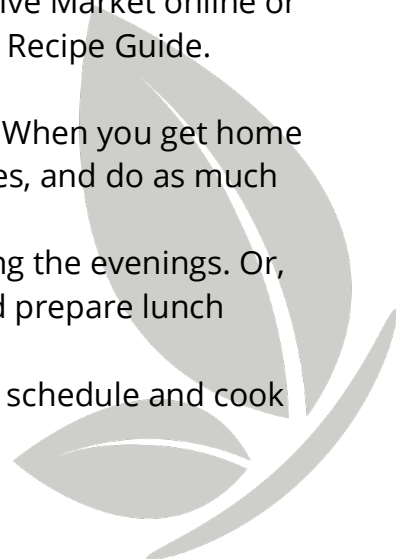
### HOW TO USE THIS PLAN:

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. You may add a vegetable side during days 6-10 of the detox if you'd like. The ingredients for this optional side are asterisked in your shopping list.

### 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.



**PRODUCE**

- \_\_\_\_\_ 1 ¼ head organic cabbage
- \_\_\_\_\_ 1 ½ cups organic carrots
- \_\_\_\_\_ 2 heads organic cauliflower
- \_\_\_\_\_ 3 organic bell peppers
- \_\_\_\_\_ 2 cups organic broccoli crowns
- \_\_\_\_\_ 2 organic shallots
- \_\_\_\_\_ 2 medium organic leaks
- \_\_\_\_\_ 3 handfuls organic green beans
- \_\_\_\_\_ 15 garlic cloves
- \_\_\_\_\_ 1 lb. Brussels sprouts
- \_\_\_\_\_ 4 oz. diced water chestnuts
- \_\_\_\_\_ 1 head organic romaine lettuce
- \_\_\_\_\_ 3 large organic cucumbers
- \_\_\_\_\_ 3 tsp. organic dill
- \_\_\_\_\_ 1 head organic romaine lettuce
- \_\_\_\_\_ 1 medium organic scallion
- \_\_\_\_\_ 1 cup organic cilantro leaves
- \_\_\_\_\_ 1 organic onion + ½ organic onion\*
- \_\_\_\_\_ 4 medium organic zucchini\*
- \_\_\_\_\_ ½ cup white mushrooms + ½ cup regular mushrooms\*

**MEAT**

- \_\_\_\_\_ 1 lb. organic ground turkey
- \_\_\_\_\_ 4 wild salmon fillets
- \_\_\_\_\_ 5 lbs. organic pastured chicken breasts  
*(add 4 lbs for optional grilled chicken sides)*

**GROCERY**

- \_\_\_\_\_ 2 cups organic bone broth
- \_\_\_\_\_ ½ cup organic coconut cream
- \_\_\_\_\_ 1 cup dry white wine
- \_\_\_\_\_ 3 Tbsp. pine nuts
- \_\_\_\_\_ 2 tsp. Dijon mustard
- \_\_\_\_\_ 3 Tbsp. lemon juice

**GROCERY (CONTINUED)**

- \_\_\_\_\_ 1 tsp + 1 Tbsp. raw honey
- \_\_\_\_\_ 1 cup raw organic cashews
- \_\_\_\_\_ ¼ cup organic lime juice

**PANTRY / SPICES**

- \_\_\_\_\_ 1 tsp sesame oil
- \_\_\_\_\_ ½ tsp. onion powder
- \_\_\_\_\_ 1 ¼ cup coconut aminos
- \_\_\_\_\_ ½ tsp ground pepper
- \_\_\_\_\_ 1 Tbsp. curry seasoning
- \_\_\_\_\_ 2 tsp Pink Himalayan Salt
- \_\_\_\_\_ 1 tsp turmeric
- \_\_\_\_\_ 7 Tbsp. coconut oil
- \_\_\_\_\_ 1 cup + 2 Tbsp. Olive oil
- \_\_\_\_\_ ¼ cup balsamic vinegar
- \_\_\_\_\_ 1 tsp. fish sauce
- \_\_\_\_\_ 1/2 cup rice vinegar
- \_\_\_\_\_ 1 tsp. GF Worcestershire sauce
- \_\_\_\_\_ 5 tsp ground ginger

**DAIRY**

- \_\_\_\_\_ 3 Tbsp. organic, grass-fed butter



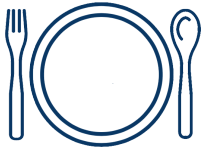
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake
LUNCH	Asian Veggie Stir-Fry <i>(Optional: Add Side Portion of Grilled Chicken)</i>	<u>Leftover</u> Vegetable Curry Bowl	<u>Leftover</u> Asian Veggie Stir-Fry <i>(Optional: Add Side Portion of Grilled Chicken)</i>	<u>Leftover</u> Skillet Grilled Chicken w/ Leeks & Pine Nuts + Steamed Green Beans	<u>Leftover</u> Balsamic & Mustard Chicken + Brussels Sprouts	Detox Complete Shake	Detox Complete Shake
DINNER	Vegetable Curry Bowl	Skillet Grilled Chicken Breasts w/ Leeks & Pine Nuts + Steamed Green Beans	Balsamic & Mustard Chicken + Pan Roasted Brussels Sprouts	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake
NOTES	Save leftover breakfast and lunch for meals this week	Save leftover dinner for Day 4	Save leftover dinner for Day 5			Use optional Zucchini, Mushroom, & Onions side for any meal, if desired	

# 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	Asian Turkey Lettuce Wraps + Garlic Roasted Cauliflower	Asian Salmon + Crisp Cucumber Salad	<u>Leftover</u> Asian Turkey Lettuce Wraps + Garlic Roasted Cauliflower	<u>Leftover</u> Asian Salmon + Crisp Cucumber Salad
DINNER	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Detox Complete Shake	Asian Chicken Salad	<u>Leftover</u> Asian Chicken Salad
NOTES				Save leftover dinner for Day 13 lunch	Save leftover dinner for Day 14 lunch	Save leftover dinner for Day 14 dinner	

## 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*

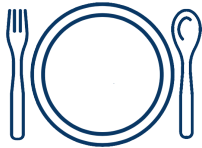
Preheat a large skillet or wok over medium-high heat.

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.

## VEGETABLE CURRY BOWL



**SERVES**  
2



**PREP TIME**  
15-20 MIN



**COOK TIME**  
25 MIN



**TRANSITIONS**  
1, 2, 3, 4 & DETOX

### INGREDIENTS

**1 head** of organic cauliflower (*riced*)

**2** organic bell peppers (*diced*)

**1** onion (*diced*)

**2 cups** of organic broccoli crowns

**1 cup** cashew cream sauce (1 cup soaked cashews that has been blended with water to create a cream)

**½ cup** coconut cream

**1 Tbls** curry seasoning

**1 tsp** Himalayan salt

**1 tsp** turmeric

**1 Tbls** coconut oil

*this savory and sweet vegetable bowl is turned into a creamy dish with the combination of cashew cream sauce and coconut cream. If you like Indian curry bowls, this dish is for you*

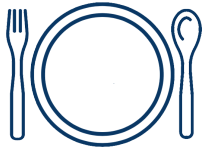
In a large pot, sauté all vegetables together with coconut oil for about 8 minutes or until soft.

Add all spices, cashew cream, and coconut cream to the pot and simmer for 15 minutes.

Serve warm and enjoy!

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

# SKILLET GRILLED CHICKEN WITH LEEKS AND PINE NUTS



**SERVES**  
4



**PREP TIME**  
5 MIN



**COOK TIME**  
40 MIN



**TRANSITIONS**  
1,2,3,4 & DETOX\*

## INGREDIENTS

**1 1/2 cups** organic chicken broth or bone broth

**1 Tbsp** organic extra-virgin olive oil

**1 cup** dry white wine (the alcohol will cook out – so, it's still acceptable)

**1 pound** organic pasture-raised chicken breasts

**2** organic shallots (*diced*)

**2** medium organic leeks (*white and tender green parts*)

**1 Tbsp** organic, grass-fed butter

**3 Tbsp** pine nuts

*grill marks give this chicken dish a nice depth of smoky flavor while the smooth white wine sauce is elevated with the sweetness of shallots and the onion flavor of the leeks*

Preheat the oven to 300°. In an oiled skillet, toast the pine nuts over moderately high heat, stirring, until golden brown, about 2 minutes. Transfer the pine nuts to a small plate and set aside.

In the same skillet, heat the oil. Season the chicken breasts with salt and pepper (to taste) and add them to the skillet. Cook not fully through, turning once and pressing with a spatula, until browned on both sides, about 6 minutes.

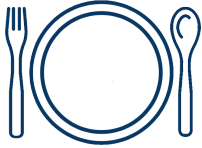
Transfer the chicken breasts to a large rimmed baking sheet and bake in the oven until the chicken reaches 165°, about 20 minutes.

Meanwhile, add the leeks and shallots to the skillet and cook over moderately low heat, stirring, until softened, about 7 minutes. Add the wine, increase the heat to high and boil until the liquid is reduced by half, about 3 minutes. Add the chicken stock and boil until reduced to 1/2 cup, about 10 minutes. Turn off the heat and add in the butter.

Transfer the chicken to plates. Pour the sauce over and garnish with the pine nuts, enjoy!

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

## 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.

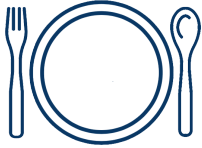
Turn heat to medium and add the green beans.

Toss to coat the green beans.

Season with salt.



## BALSAMIC & MUSTARD CHICKEN



**SERVES**  
2-4



**PREP TIME**  
10 MIN



**COOK TIME**  
10 MIN



**TRANSITIONS**  
1,2,3,4& DETOX\*

### INGREDIENTS

**2 Tbls** olive oil

**3** boneless skinless chicken breasts *(lightly seasoned with salt and pepper)*

#### **Sauce:**

**½ cup** chicken broth

**¼ cup** balsamic vinegar  
*\*(Approved exception but try to find one with 2g or less of sugar per Tbls.)*

**2 tsp** Dijon mustard

**1 Tbls** lemon juice

**3 cloves** garlic *(minced)*

**2 Tbls** olive oil

*the sweet flavor of the balsamic vinegar and the mustard pair perfectly together to create a sticky glaze like sauce for the thinly pounded grilled chicken*

In a bowl, combine the sauce ingredients.

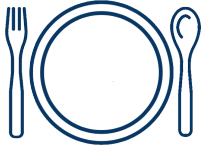
In a large skillet, heat olive oil over medium-high heat.

Add chicken and brown on both sides (approximately 2-3 minutes each side).

Turn heat down to medium and add the sauce over the chicken. Simmer for about 5 minutes or until chicken is done.

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

## 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*

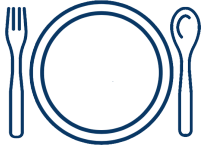
Preheat oven to 400 degrees.

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.

## 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.

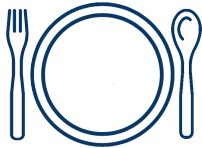
Add olive oil and onions and cook for 2-3 minutes.

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.

# ASIAN TURKEY LETTUCE WRAPS



**SERVES**  
4



**PREP TIME**  
15 MIN



**COOK TIME**  
12-15 MIN



**TRANSITIONS**  
1,2,3,4 & DETOX\*

## INGREDIENTS

### For the sauce:

1/3 cup coconut aminos  
1 tsp fish sauce  
1/4 cup rice vinegar  
1 tsp GF Worcestershire  
sauce *\*(approved exception)*

### Meat filling:

1 Tbls olive oil  
1 lb ground turkey *(browned  
in 1 Tbls olive oil)*  
1/2 cup white mushrooms  
*(finely chopped)*  
1 tsp fresh ginger *(grated)*  
2 garlic cloves *(minced)*  
4 oz water chestnuts *(diced)*  
1/2 cup carrots *(shredded)*

romaine lettuce *(whole)*

### Toppings (optional):

Cucumbers *(diced)*  
Green onions *(chopped)*

*all the delicious flavors of an Asian salad, wrapped in a crunchy lettuce shell. The sauce is a traditional Asian sauce that blends harmoniously with the ginger and garlic spiced ground turkey, while the zesty chestnuts add a nice crunchy texture*

Combine sauce ingredients in a bowl.

Heat 1 Tbls oil over medium-high heat in a large skillet.

Add the ground turkey and brown the meat for 3 minutes. Stirring.

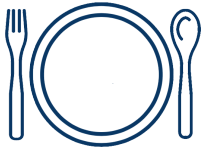
Stir in garlic, ginger, mushrooms, carrots, water chestnuts, and a dash of salt and pepper. Cook for 3 more minutes.

Pour in the sauce mixture. Reduce heat and simmer for 4-5 minutes or until meat is cooked through.

Top with cucumbers and green onions if desired.

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

## GARLIC ROASTED CAULIFLOWER



**SERVES**  
4



**PREP TIME**  
10 MIN



**COOK TIME**  
20 MIN



**TRANSITIONS**  
1, 2, 3, 4 & DETOX

### INGREDIENTS

**1 head** of cauliflower (*rinsed and cut into smaller pieces*)

**3 Tbls** coconut oil (*melted*)

**3 garlic cloves** (*chopped*)

salt and pepper to taste

*a bit of crispness is added by pan roasting the cauliflower and the nutty flavor is brought about while the garlic adds an element of spice*

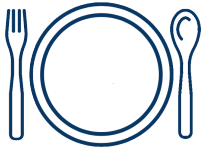
Preheat oven to 350 degrees.

Place cauliflower in a large bowl and toss with the melted coconut oil and garlic.

Spread out on a baking sheet and sprinkle with salt and pepper to taste.

Bake for 20 minutes until tender and edges slightly browned.

## ASIAN SALMON



**SERVES**  
4



**PREP TIME**  
10 MIN



**COOK TIME**  
7 MIN



**TRANSITIONS**  
1,2,3,4&DETOX\*

### INGREDIENTS

4 wild salmon fillets

1 Tbls coconut oil

#### Sauce:

5 Tbls coconut aminos

3 tsp fresh ginger (*grated*)

2 Tbls lemon juice

1 Tbls raw honey *\*(Approved Exception)*

2 garlic cloves (*minced*)

½ tsp onion powder

4 Tbls olive oil

#### Garnishes:

Green onion (*chopped*)

sesame seeds

*this crispy salmon dish is sweetened by the hint of honey and coconut aminos, while the raw garlic, ginger, and onion powder add a spicy element*

Heat a large skillet over medium-high heat and add coconut oil.

Add salmon fillets and cook for 1 minute.

Flip the salmon and reduce heat to medium-low.

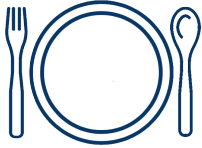
Cook covered for another 3 minutes.

Pour sauce over the fish and simmer, uncovered for 2-3 minutes making sure salmon is done.

Garnish with chopped green onions and sesame seeds.

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

## CRISP CUCUMBER SALAD



**SERVES**  
4



**PREP TIME**  
10 MIN



**COOK TIME**  
0 MIN



**TRANSITIONS**  
1, 2, 3, 4 & DETOX

### INGREDIENTS

**3** large cucumbers (*peeled leaving a few strips of green and sliced*)

#### **Dressing:**

**4 Tbls** rice vinegar

**2 Tbls** olive oil

**1 tsp** raw honey *\*(approved exception)*

**3 tsp** fresh dill (*chopped*)

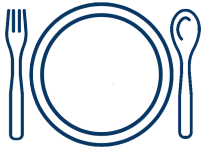
*the crisp raw cucumber is drenched with the slightly sweet honey dill dressing, making it a great Summer salad*

Place cucumbers in a bowl and toss with the dressing.

Sprinkle lightly with salt to taste.

Serve chilled and enjoy!

# ASIAN CHICKEN SALAD



**SERVES**  
4



**PREP TIME**  
20-30 MIN



**COOK TIME**  
0 MIN



**TRANSITIONS**  
1,2,3,4 & DETOX\*

## INGREDIENTS

**2.5 pounds** shredded chicken

**1/4 head**, medium organic red cabbage (*cored and thinly sliced*)

**1 head** organic romaine lettuce (*torn into bite-size piece*)

**1 Medium** organic scallion (*thinly sliced*)

**1/2 cup** red bell pepper (*thinly sliced*)

### Dressing:

**1/4 cup** fresh organic lime juice (*from 2 limes*)

**1 cup** fresh cilantro leaves

**1 tsp** ground ginger

**1/8 tsp** Himalayan sea salt

**1/4 cup** organic olive oil

**1/4 cup** Coconut Aminos

**1/2 tsp** freshly ground pepper

*the Asian dressing is the star of this bright and crisp salad with the forward flavors of ginger, cilantro, and lime juice. The addition of scallions adds a bit of crunch and the shredded chicken adds a protein punch*

Make dressing: In a blender, combine ginger, salt, black pepper, cilantro, lime juice, coconut aminos, and oil. Blend until smooth.

In a large bowl, combine chicken, cabbage, bell pepper, scallions, and lettuce.

Pour dressing over all ingredients and toss until combined.

Serve cold and enjoy!

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