



ONE-WEEK MEAL PLAN #2

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:

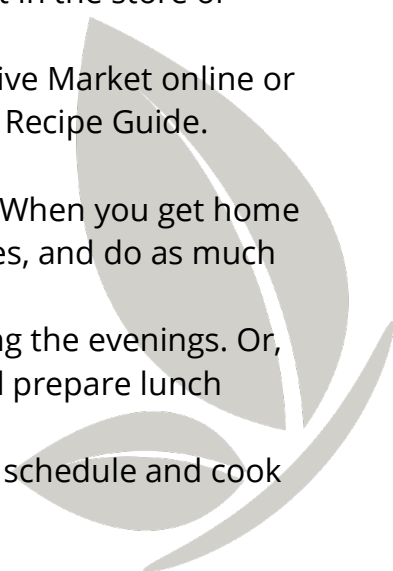
30-DAY PROGRAM: DIETARY TRANSITIONS 1 & 2

60-DAY PROGRAM: DIETARY TRANSITIONS 1, 2, 3 & 4

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

- _____ 9 large organic carrots
- _____ 5 organic onion
- _____ 6 handfuls organic baby spinach
- _____ 2 handfuls organic kale
- _____ 3 organic lemon
- _____ 24 garlic cloves
- _____ 5 rosemary sprigs
- _____ 1 cup organic white mushrooms
- _____ 1 Tbsp. + 1 tsp dried dill
- _____ 1 bunch organic cilantro
- _____ 10 sweet potatoes
- _____ 2 Tbsp. capers
- _____ 2 organic celery stalks
- _____ 3 handfuls organic green beans
- _____ 1 organic head cauliflower
- _____ 6 cups organic collard greens
- _____ 1 Pound shaved Brussels sprouts
- _____ 2 organic green bell pepper

MEAT

- _____ 3 packages organic uncured bacon
(You will have a few slices leftover)
- _____ 1 pound organic pastured chicken
breasts + optional 1 pound
- _____ 4 organic pastured chicken leg
quarters, bone-in
- _____ 6 boneless organic pastured chicken
thighs
- _____ 1 whole organic pastured chicken
- _____ 4 wild caught salmon fillets

GROCERY

- _____ 4 ½ cups vegetable stock
- _____ 3 Tbsp lemon juice
- _____ 1 can organic unsweetened coconut milk
- _____ 10 cups organic chicken broth
- _____ ½ cup lime juice

PANTRY / SPICES

- _____ 9 ½ Tbsp coconut oil
- _____ 2 Tbsp fresh ginger
- _____ 2 Tbsp + ½ tsp fresh turmeric
- _____ 1 Tbsp curry powder
- _____ 2 tsp Himalayan salt
- _____ 1 + ¼ tsp pepper
- _____ ¼ cup olive oil
- _____ 1 tsp onion powder
- _____ 1 tsp paprika
- _____ ½ tsp poultry seasoning
- _____ 1 tsp Italian seasoning
- _____ 1 Tbsp. + 2 tsp fennel seed

DAIRY

- _____ 2 Tbsp. organic, grass-fed butter

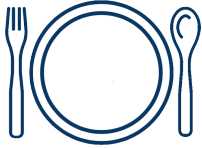


ONE-WEEK MEAL PLAN

30-DAY PROGRAM: DIETARY TRANSITIONS 1 & 2
60-DAY PROGRAM: DIETARY TRANSITIONS 1, 2, 3 & 4

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Savory Breakfast Baked Sweet Potato	Eggless Breakfast Hash	<u>Leftover</u> Savory Breakfast Baked Sweet Potato	<u>Leftover</u> Eggless Breakfast Hash	Baked Sweet Potato Wedges + 2 Slices Organic Uncured Bacon	Sautéed Garlic Collards + 2 Slices Organic Uncured Bacon	<u>Leftover</u> Sweet Potato Wedges + 2 Slices Organic Uncured Bacon
LUNCH	Carrot, Ginger & Turmeric Bisque <i>(Optional: Add Side Portion of Grilled Chicken)</i>	<u>Leftover</u> Carrot, Ginger & Turmeric Bisque <i>(Optional: Add Side Portion of Grilled Chicken)</i>	<u>Leftover</u> Herb Chicken + Steamed Green Beans	<u>Leftover</u> Slow Cooker Chicken	<u>Leftover</u> Grilled Lime & Dill Chicken + Sautéed Garlic Collards	<u>Leftover</u> Slow Cooker Chicken	<u>Leftover</u> Citrus Caper & Spinach Salmon + Pan Roasted Brussels
DINNER	Herb Chicken + Steamed Green Beans	Grilled Lime & Dill Chicken + Garlic Roasted Cauliflower	Slow Cooker Chicken	<u>Leftover</u> Grilled Lime & Dill Chicken + Garlic Roasted Cauliflower	Citrus Caper & Spinach Salmon + Pan Roasted Brussels Sprouts	Chicken & Kale Soup	<u>Leftover</u> Chicken & Kale Soup
NOTES	Save leftover breakfast sweet potato, carrot bisque and herb chicken for meals this week	Save leftover eggless hash and grilled lime & dill chicken for meals this week	Save leftover slow cooker chicken for meal's this week		Save leftover sweet potato wedges and citrus caper salmon for later this week	Save leftover chicken and kale soup for tomorrow	

SAVORY BREAKFAST BAKED SWEET POTATO



SERVES
4



PREP TIME
45 MIN



COOK TIME
7 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

4 sweet potatoes (*pre-baked*)

2 organic green bell peppers (*cut into strips*)

2 small organic onions (*cut into strips*)

2 **tsp** fennel seed

1 **Tbsp.** coconut oil
salt & pepper to taste

this warm savory breakfast has a hint of sweetness from the sweet potato and a touch of spice from the bell pepper and onion while the fennel seed brings a dash of licorice to the taste buds

*pre-bake the sweet potatoes

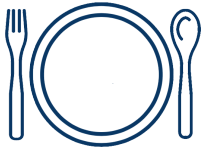
In a large stovetop pan, sauté diced bell peppers and onion in 1 Tbsp. coconut oil on medium heat for 5-7 minutes or until veggies are soft.

Cut the warm pre-baked sweet potatoes in half and sprinkle each one with 1/2 tsp of fennel seed and salt and pepper to taste.

Evenly divide the bell pepper and onion mixture over the top of each sweet potato.

Serve warm and enjoy!

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.

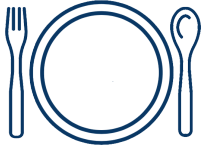
Add garlic, turmeric, and ginger and sauté 1 minute. Add carrots and sauté 2 minutes.

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.

HERB CHICKEN



SERVES
4



PREP TIME
10 MIN



COOK TIME
45 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

4 chicken leg quarters (*bone in*)

1 **tsp** salt

½ **tsp** pepper

¼ turmeric

1 **Tbls** coconut oil

1 lemon (*cut into quarters*)

3 rosemary sprigs

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

1 **cup** white mushrooms
(*washed and sliced*)

1 **cup** chicken broth

beautiful chicken legs are brought to life with the Thanksgiving herbs of rosemary and garlic and just a hint of orange that the turmeric brings out. This one skillet dish provides all you need for a quick dinner that is easy to clean up after

Preheat oven to 400 degrees.

Combine salt, pepper, onion, and turmeric in a bowl. Sprinkle seasonings over the chicken.

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

Add chicken to the pan browning both sides.

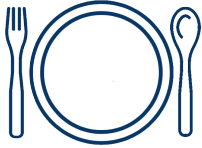
Squeeze lemon over the chicken and place rosemary in the pan around the chicken.

Add garlic, mushrooms, and broth to the pan.

Bake in oven uncovered for 40 minutes or until no longer pink.

**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

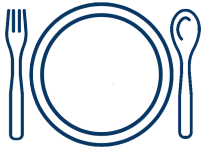
In a large skillet, heat butter over medium-high heat and add garlic. Stir for 30 seconds.

Turn heat to medium and add the green beans.

Toss to coat the green beans.

Season with salt.

EGGLESS BREAKFAST HASH



SERVES
4



PREP TIME
10 MIN



COOK TIME
10 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

2 large sweet potatoes
(diced into small cubes)

4 large handfuls of organic
spinach

1 organic onion *(diced)*

1 package of uncured
organic bacon *(diced)*

1 Tbsp. coconut oil

1 Tbsp. fennel seed

salt & pepper to taste

the aroma from this hash will fill your kitchen with pleasant tones of breakfast spices and let's be honest, who doesn't love bacon for breakfast

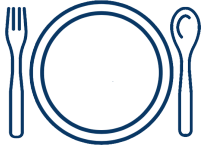
In a large stovetop pan, sauté diced sweet potatoes, diced onion, and diced bacon in 1 Tbsp. coconut oil on medium heat for 5-7 minutes or until bacon is fully cooked through.

Add spinach, fennel seed, salt, and pepper and sauté for another 3 minutes or until the spinach has slightly wilted.

Serve warm and enjoy!

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

GRILLED LIME AND DILL CHICKEN



SERVES
6



PREP TIME
10 MIN**



COOK TIME
8 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

6 boneless skinless chicken thighs

½ cup lime juice

¼ cup olive oil

4 garlic cloves (*minced*)

1 Tbls plus 1 tsp dried dill

½ tsp salt

¼ tsp pepper

cilantro (*chopped for garnish*)

if you like pickles, then this dish is for you. The dill brings a strong, distinctive taste that is like a combination of fennel, anise and celery, with warm, slightly bitter undertones to the chicken, while the refreshing lime juice helps to balance out the flavors

In a bowl, combine lime juice, olive oil, garlic, dill, salt and pepper. In a large zip-lock bag add chicken and liquid.

Refrigerate for a few hours or overnight.

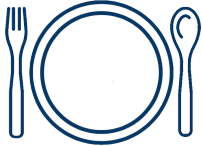
Grill chicken 3-4 minutes on each side until browned and cooked through. Discard the marinade.

Top with cilantro.

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

***Prep time does not include marinade time.*

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

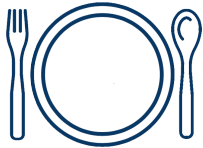
Preheat oven to 350 degrees.

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.

SLOW COOKER CHICKEN



SERVES
4-6



PREP TIME
15 MIN



COOK TIME
6-8 HOURS



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

- 1 whole chicken
- 1 large yellow onion (*sliced*)
- 2 sweet potatoes (*diced into 1 inch cubes*)
- 4 large carrots (*peeled and cut into 1 inch pieces*)
- 1 cup chicken broth

Seasoning:

- 1 tsp onion powder
- ¼ tsp turmeric
- ½ tsp paprika
- ½ tsp poultry seasoning
- 1 tsp Italian seasoning
- 3 garlic cloves (*minced*)

the aromatic smells of turmeric, paprika, and poultry seasoning will take over your kitchen with this crockpot chicken dish. The slightly sweet flavor of the sweet potatoes and the spicy tang of the onions seep into the juicy chicken as it slowly roasts

Rinse chicken and remove anything from the cavity.

Sprinkle seasonings all over chicken.

Place chicken in a slow cooker.

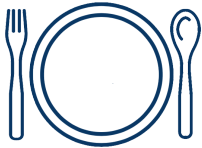
Spread the onions, potatoes, carrots, and garlic all around the chicken.

Pour broth over the vegetables.

Cook 6-8 hours on low or 4-5 hours on high.

**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.

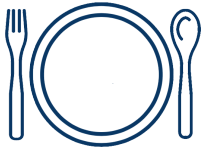
Toss sweet potato wedges with oil in a medium bowl.

Sprinkle with salt and paprika.

Place wedges on a cookie sheet.

Bake 30 minutes.

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

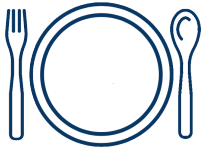
Add broth, salt, and garlic to a large skillet.

Heat over medium high heat.

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

Serve alongside your favorite protein.

CITRUS CAPER AND SPINACH SALMON



SERVES
4



PREP TIME
10 MIN



COOK TIME
15 MIN



TRANSITIONS
1,2,3,4&DETOX*

INGREDIENTS

4 wild caught salmon fillets
1 Tbls olive oil
2 garlic cloves (*minced*)
1 tsp fresh rosemary leaves
(*chopped finely*)
2 Tbls lemon juice
2 Tbls capers (*drained*)
2 lemons (*sliced*)
2 handfuls baby spinach
salt and pepper to taste

wild caught salmon fillets are encapsulated by the citrus zest of the lemon slices and elevated with the saltiness of the capers, while the slightly wilted spinach cascades over the top of the salmon to create this lovely dish

Preheat oven to 375 degrees.

Lightly grease a 9X13 glass baking dish with 1 Tbls of olive oil.

Pat salmon dry with a paper towel. Lightly season the fillets with salt and pepper. Sprinkle salmon with garlic, rosemary, lemon juice, and capers. Spread the sliced lemons over the fillets.

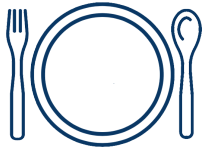
Bake for 8 minutes.

Pull out the salmon and spread the spinach over the fish and cook another 7 minutes.

Spinach should be wilted and check to be sure the fish is cooked through.

**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

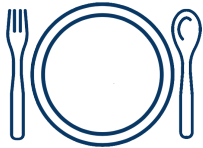
Preheat oven to 400 degrees.

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.

CHICKEN AND KALE SOUP



SERVES
4-6



PREP TIME
20 MIN



COOK TIME
30 MIN



TRANSITIONS
1,2,3,4 & DETOX*

INGREDIENTS

2 cups chicken breasts
(cooked and chopped)

8 cups chicken broth

3 garlic cloves (minced)

2 celery stalks (chopped)

1 large onion (chopped)

2 large carrots (peeled and
chopped)

2 cups kale (chopped)

1 small rosemary sprig
(remove stem and finely chop
the leaves)

salt and pepper to taste

this is the perfect Winter soup that will warm your soul with the rich flavors of the vegetable medley mixed with just a hint of rosemary

Pour all ingredients into a large stockpot and heat over medium-high heat.

Bring to a boil then lower the heat and simmer covered about 30 minutes.

Cook until vegetables are tender.

Add salt and pepper to taste.

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