

Meals maker



7-DAY WHOLE 30 DAY RESET + PALEO

WEEK 3

ABOUT

The Whole 30 Day Reset Meal Plan is a 30 day plan to reset your body. This is intended to give your body a nutritional reset from unhealthy foods, cravings, and habits. For 30 days, you want to eat as clean and unprocessed as possible. This is a strict plan that requires eating foods with little to no added chemicals or ingredients. You want to eat whole foods that contain no additives or sugars.

GUIDELINES

- This is intended to be a short term way of eating to give your metabolism a reset and allow for the body to adjust to new healthy habits and foods.
- For 30 days you will be removing inflammatory and gut disruptive foods.
- Foods not allowed in your diet include: sugar, cheese, all forms of dairy, legumes, processed foods, baked goods, grains, alcohol, and artificial foods.
- Since this is a reset for the body, substitutions are not allowed.
- Due to the nature of restriction, this is not a long term plan but rather a quick way to get your body to adjust and reset.
- Disclaimer: Our advice is not intended to replace the consultation or advice of a medical professional. Always make sure to consult a medical professional before starting a new nutrition plan or workout plan. We assume no risk. By voluntarily deciding to partake in this meal plan, you assume all risk. If you feel any unusual changes to your body due to this meal plan, please stop immediately and consult with a physician.



PREPARATION

- Clear your home of any foods not allowed in the meal plan. If you do not live alone, then create a “safe space” where you can store all your foods so that you aren't tempted every time you need to take a spice out of your pantry.
- Plan ahead. Get all your shopping done at the start of the week.
- Prep ahead of time. Cut your vegetables and store them in the fridge, cook meals ahead of time and keep them handy, etc., so that you don't get tempted to fall off the plan.
- If you do fall off, then just start again immediately.
- Don't measure yourself or weight yourself for 30 days - this is truly intended to be a reset for the body. Don't focus on the weight.
- Don't be tempted by events, parties, etc., this plan is only for 30 days so stay on course with your meals.
- **You can do this!**

SIDE NOTE

- Week 4 will include 2 days of meals to complete the 30 days.
- For this week, we have included a separate Necessary Staples and Grocery List for you to shop at your discretion.



THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

**SPINACH, BANANA AND
ORANGE SMOOTHIE**

Lunch:

**LIME CILANTRO COD AND
BROCCOLI**

Dinner:

STUFFED BELL PEPPERS

DAY 2

Breakfast:

**SALMON AND ARUGULA
SALAD WITH DRESSING**

Lunch:

**GARLIC-GINGER SALMON
SALAD**

Dinner:

TACO SALAD

DAY 3

Breakfast:

KIWI BOWL

Lunch:

**SALMON AND
CAULIFLOWER**

Dinner:

**STEAK AND VEGETABLE
SALAD**

DAY 4

Breakfast:

BREAKFAST EGG SALAD

Lunch:

**LEMON GARLIC
ASPARAGUS AND SHRIMP**

Dinner:

CHICKEN AND BEETS

DAY 5

Breakfast:

**PEPPER AND ONION
SCRAMBLED EGGS**

Lunch:

**CAULIFLOWER RICE AND
CAJUN SHRIMP**

Dinner:

**BURGER PATTIES TOPPED
WITH EGGS**

DAY 6

Breakfast:

TURKEY CARROT QUICHE

Lunch:

**AVOCADO AND SPICY EGG
SALAD**

Dinner:

**MEATBALLS AND
VEGETABLES IN TOMATO
BROTH**

DAY 7

Breakfast:

**FRIED EGGS AND SWEET
POTATO HASH**

Lunch:

**GROUND BEEF AND
CHEESE STUFFED
TOMATOES**

Dinner:

**SHRIMP, POTATO AND
MIXED VEGETABLE SOUP**

WEEKLY Notes



SPINACH, BANANA AND ORANGE SMOOTHIE

Prep Time: 10 min.

Cook Time: 0 min.

Total Time: 10 min.

Ingredients:

- 1 cup spinach, chilled
- 1 banana, chilled
- 1 orange, peeled and sliced
- 1 cup coconut water
- 4 ice cubes or ½ cup shredded ice

Instructions:

1. Add the spinach, banana, orange, coconut water and ice cubes into the blender.
2. Blend for 30 seconds or until smooth in consistency.
3. Once done, pour into serving glasses and serve.



LIME CILANTRO COD AND BROCCOLI

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

olive oil
2 limes, juiced
¼ tablespoon salt
½ tablespoon pepper
½ pound cod fillet
¼ cup cilantro
1 cup broccoli florets
1 bay leaf, crushed, garnish

Instructions:

1. Preheat the oven to 400°F.
2. Inside a small bowl, mix together 2 tablespoons olive oil, lime juice, salt and pepper; whisk to combine.
3. Coat the cod with the above mixture and top with cilantro.
4. Place the cod on a lightly olive oil greased baking sheet and bake for 12-15 minutes.
5. In the meantime, bring a large saucepan filled with water to a boil then add the broccoli, cover and simmer for 5 minutes.
6. Drain the water and transfer the broccoli to a serving plate alongside the cooked cod.
7. Garnish using the crushed bay leaf and serve.



STUFFED BELL PEPPERS

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients

2 bell peppers
½ pound ground beef
1 zucchini, minced
½ of an onion, minced
½ tablespoon salt
1 tablespoon paprika powder
olive oil
3 tablespoons cilantro, garnish

Instructions:

1. Preheat the oven to 375°F.
2. Cut off the tops of the bell peppers, discard seeds and the insides; we basically want to make an opening to resemble a cup. Rinse with water and dry with a paper towel.
3. In a mixing bowl, combine the ground beef, zucchini and onion. Season with salt and paprika powder and mix again. This will be used as the stuffing for the bell peppers.
4. Line a large baking sheet with foil. Drizzle some olive oil over the bell peppers and massage to coat.
5. Stuff the bell peppers, place them on the baking sheet and bake for 18-20 minutes.
6. Once done, remove from the oven and transfer to a serving plate.
7. Garnish with cilantro and serve.



SALMON AND ARUGULA SALAD WITH DRESSING

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

olive oil
½ pound salmon fillet
2 teaspoons salt
2 teaspoons pepper
4 cups fresh arugula
3 cups spinach
1 cup cherry tomatoes, halved

Dressing:

2 teaspoons salt
2 teaspoons pepper
2 teaspoons ground mustard powder
4 tablespoons olive oil
1 small lemon, juiced

Instructions:

1. Preheat the oven to 400°F.
2. Grease a large baking sheet with olive oil and place the salmon on the baking sheet, season with salt and pepper and bake for 15 minutes.
3. In the meantime, combine the arugula, spinach and cherry tomatoes in a large salad bowl.
4. In a small bowl, whisk together the ingredients for the dressing and set aside.
5. Once the salmon is done, remove from heat and transfer to a prep area.
6. Flake with a fork and transfer to the salad bowl with the vegetables.
7. Drizzle with the dressing and serve while the salmon is still a little warm.



GARLIC-GINGER SALMON SALAD

Prep Time: 15 min.

Cook Time: 10 min.

Total Time: 25 min.

Ingredients:

olive oil
2 tablespoons ginger, minced
½ pound salmon
½ tablespoon salt, divided
½ tablespoon pepper
½ tablespoon garlic powder
3 cups spinach
1 cup cherry tomatoes, halved
1 cup parsley
1 lemon, juiced

Instructions:

1. Heat olive oil in a large skillet over medium heat, sauté ginger for 3 minutes.
2. Season the salmon with pepper, garlic powder and ¼ tablespoon salt.
3. Add to the skillet, cover and let cook for 5 minutes on each side.
4. In the meantime, add the spinach, cherry tomatoes and parsley into a small bowl; drizzle with 1 tablespoon olive oil, lemon juice and the remaining salt; toss. Transfer to a serving plate.
5. Once the salmon is done, place next to the salad and serve.



TACO SALAD

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

½ pound ground beef
½ of an onion, minced
½ tablespoon paprika powder
½ tablespoon garlic powder
½ tablespoon chili powder
½ tablespoon dried oregano
½ tablespoon salt, divided
½ tablespoon pepper
olive oil
½ cup spinach, chopped
½ of a tomato, diced
1 avocado, cubed
1 cucumber, chopped
2 lemons
¼ cup cilantro, chopped, garnish

Instructions:

1. In a large mixing bowl, combine the ground beef, onion, paprika, garlic powder, chili powder, dried oregano, pepper and ¼ tablespoon salt. Mix everything well using your hands.
2. Heat olive oil in a large deep skillet over medium heat, add the seasoned ground beef. Cook for 12 minutes, make sure to stir occasionally.
3. Remove from heat and scoop into a serving bowl. Then top with spinach, tomato, avocado, and cucumber. Squeeze the first lemon over.
4. Squeeze the second lemon on top and garnish with cilantro. Season with ¼ tablespoon salt and serve.



KIWI BOWL

Prep Time: 15 min.

Cook Time: 0 min.

Total Time: 15 min.

Ingredients:

- 1 cup spinach, chilled
- 1 banana, sliced and chilled
- 2 kiwis, peeled, sliced and chilled
- 1 cup coconut water, chilled
- 1 kiwi, peeled and sliced, topping

Instructions:

1. In a blender, put together the spinach, banana, kiwis and coconut water.
2. Blend for about 45 seconds or until smooth and fully blended, but not watery.
3. Transfer to a serving bowl, top with kiwi and serve.



SALMON AND CAULIFLOWER

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

olive oil
3 cups cauliflower florets
1 teaspoon cumin powder
½ tablespoon salt, divided
1 tablespoon pepper, divided
½ pound salmon
1 lemon, juiced
2 tablespoons cilantro, chopped, garnish
½ tablespoon dried oregano, garnish

Instructions:

1. Preheat the oven to 375°F.
2. Grease a large baking sheet with olive oil. Add the cauliflower; season with cumin powder, ¼ tablespoon salt and ½ tablespoon pepper. Set aside.
3. Line another large baking sheet with foil. Place the salmon on the foil, cover with lemon juice and season with the remaining salt and pepper, massage with your hands to coat well.
4. Close the foil up, place both baking sheets in the oven and bake the salmon for 15 minutes and the cauliflower for 20 minutes.
5. Make sure to remove the fish at the 15-minute mark and then allow the cauliflower to keep roasting for 5 additional minutes.
6. Assemble the cauliflower and salmon on a serving plate.
7. Garnish the cauliflower with cilantro and the salmon with the dried oregano. Serve.



STEAK AND VEGETABLE SALAD

Prep Time: 15 min.

Cook Time: 24 min.

Total Time: 39 min.

Ingredients:

olive oil
½ pound top sirloin steak, sliced
¾ tablespoon salt, divided
¾ tablespoon pepper, divided
2 medium summer squashes, chopped
2 medium zucchinis, chopped
1 lime, juiced
1 tablespoon cilantro, garnish

Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Place the steak inside the skillet; season with ½ tablespoon salt and ½ tablespoon pepper; stir-fry. Cover and cook for 8-10 minutes. Set aside to a large serving plate.
2. In another skillet, heat olive oil over medium heat. Put in the summer squash and the zucchini; add the lime juice and season with the remaining salt and pepper. Cover and cook for 10-12 minutes.
3. Remove from heat, transfer to the serving plate alongside the steak. Garnish with cilantro leaves and serve.



BREAKFAST EGG SALAD

Prep Time: 10 min.

Cook Time: 10 min.

Total Time: 20 min.

Ingredients:

6 eggs
½ of a tomato
1 avocado
3 tablespoons cilantro, chopped
3 tablespoons olive oil
¼ tablespoon salt
½ tablespoon pepper

Instructions:

1. Bring a saucepan filled with water to a boil then add the eggs slowly to it. Make sure to be gentle so that the eggs do not crack. Cover and allow to simmer for 10 minutes.
2. Drain and run the eggs under cold water. Remove shells and run under cold water again to remove any excess shells.
3. Chop the eggs into cubes.
4. In a mixing bowl, combine the eggs, tomato, avocado and cilantro, then pour 3 tablespoons of olive oil, season with salt and pepper.
5. Gently toss the salad.
6. Transfer to a serving plate and serve.



LEMON GARLIC ASPARAGUS AND SHRIMP

Prep Time: 20 min.

Cook Time: 15 min.

Total Time: 35 min.

Ingredients:

olive oil
15 asparagus spears
1 lemon
2 cloves garlic, minced
¼ tablespoon salt
½ tablespoon pepper
½ pound shrimp, peeled
½ cup cherry tomatoes, halved
¼ tablespoon dried oregano, garnish

Instructions:

1. Preheat oven to 400°F.
2. Place the asparagus on a large baking sheet greased with olive oil, spaced evenly from each other to make sure they don't overlap so that they cook evenly.
3. Squeeze the juice from the lemon and sprinkle the garlic over the asparagus; season with salt and pepper.
4. Allow to roast for 15 minutes.
5. Meanwhile, heat olive oil in a large skillet over medium heat. Add the shrimp. Cover and let cook for 3 minutes on each side or until the flesh is pink and opaque.
6. Arrange the shrimp and asparagus on a large serving plate.
7. Garnish with cherry tomatoes and dried oregano. Serve.



CHICKEN AND BEETS

Prep Time: 15 min.

Cook Time: 27 min.

Total Time: 42 min.

Ingredients:

olive oil
2 large beets, sliced
 $\frac{3}{4}$ tablespoon salt, divided
 $\frac{3}{4}$ tablespoon pepper, divided
2 teaspoons cumin powder
1 lime, juiced
3 tablespoons dried rosemary
 $\frac{1}{2}$ pound chicken breast, skinless and boneless, sliced
1 tablespoon cilantro, garnish

Instructions:

1. Preheat oven to 400°F.
2. Grease a large baking sheet with olive oil and place the beets onto the sheet; drizzle with 2 tablespoons olive oil and season with $\frac{1}{2}$ tablespoon salt, $\frac{1}{4}$ tablespoon pepper, and cumin powder. Bake for 15 minutes.
3. In a small mixing bowl, whisk together 2 tablespoons olive oil, lime juice, dried rosemary and the remaining salt and pepper. Pour this over the chicken and massage to coat well.
4. Heat olive oil in a large skillet over medium heat. Add the chicken, cover and cook for 12 minutes, stirring occasionally.
5. Arrange the beets and chicken side by side on a serving plate.
6. Garnish with cilantro and serve.



PEPPER AND ONION SCRAMBLED EGGS

Prep Time: 10 min.

Cook Time: 11 min.

Total Time: 21 min.

Ingredients:

olive oil
½ of an onion, chopped
1 clove garlic, minced
1 bell pepper, chopped
5 eggs
2 teaspoons salt
2 teaspoons pepper

Instructions

1. Heat olive oil in a large skillet over medium heat. Sauté onion and garlic for 2 minutes.
2. Add the bell pepper and cook for 4 minutes.
3. Then crack the eggs into the skillet, combine; season with salt and pepper. Scramble for 5 minutes.
4. Transfer to a serving plate and serve.



CAULIFLOWER RICE AND CAJUN SHRIMP

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

4 cups cauliflower florets
olive oil
½ of an onion, chopped
2 cloves garlic, minced
1 lime, juiced
2 teaspoons salt
2 teaspoons pepper
½ pound shrimp, peeled
½ tablespoon Cajun powder
3 tablespoons parsley, garnish

Instructions

1. Working in sections, place the cauliflower pieces in a blender and pulse until it has the texture of rice.
2. Heat olive oil in a large skillet over medium heat. Sauté onion and garlic for 2 minutes.
3. Add the cauliflower; squeeze the lime juice in and season with salt and pepper; allow to cook for 10 minutes.
4. Transfer to a serving plate and set aside.
5. Preheat the oven to 400°F.
6. Grease a large baking sheet with olive oil and add the shrimp; season with 2 tablespoons olive oil and the Cajun powder. Bake for 8 minutes.
7. Assemble the cooked shrimp on top of the cauliflower rice.
8. Garnish with parsley and serve.



BURGER PATTIES TOPPED WITH EGGS

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

olive oil
2 burger patties
2 eggs
2 cups spinach, chopped
½ of a tomato, sliced
½ of an onion, sliced
3 tablespoons parsley, garnish
2 teaspoons dried oregano, garnish

Instructions

1. Heat olive oil in a large skillet over medium heat. Add the burger patties and cook for 5 minutes on each side, or to desired doneness. Set aside.
2. Wipe the skillet clean, heat some more olive oil. Crack the eggs into the skillet, cover and let cook on each side for 2-4 minutes. Set aside.
3. On a large serving plate, layer the dish in this order - patty, egg, spinach, tomato, onion and parsley.
4. Top with dried oregano if desired. Serve.



TURKEY CARROT QUICHE

Prep Time: 25 min.

Cook Time: 50 min.

Total Time: 1h. 10 min.

Ingredients:

olive oil
½ pound ground turkey
1 small yellow onion, chopped
1 carrot, shredded
1 teaspoon cumin powder
8 eggs
3 teaspoons salt
3 teaspoons pepper
1 tablespoon mint leaves

Instructions

1. Preheat oven to 350°F.
2. Grease a 9-inch pie pan or baking dish with olive oil and set aside.
3. Heat olive oil in a large skillet over medium heat. Add the ground turkey, onion, carrot and cumin powder. Stir-fry and allow to cook for 5 minutes. Set aside.
4. In a large mixing bowl, whisk together the eggs, salt and pepper. Then add the mint leaves and the turkey mixture. Mix well.
5. Pour the entire mixture from the large mixing bowl into the pie pan, place in the oven and bake for 40-45 minutes.
6. Cool down a little and transfer to a serving plate. Serve.



AVOCADO AND SPICY EGG SALAD

Prep Time: 15 min.

Cook Time: 10 min.

Total Time: 25 min.

Ingredients:

5 eggs
½ tablespoon paprika power
½ tablespoon chili powder
1 cup spinach
1 cup arugula
½ tomato, cubed
4 tablespoons olive oil
1 teaspoon salt
1 teaspoon pepper
1 avocado, sliced
2 tablespoons cilantro leaves, garnish

Instructions

1. Bring a saucepan filled with water to a boil add then add the eggs slowly into it. Make sure to be gentle so that the eggs do not crack. Cover and allow to simmer for 10 minutes.
2. Drain and run the eggs under cold water. Remove shells and run under cold water again to remove any excess shells.
3. Cut half the eggs length-wise, sprinkle the surface with paprika powder and chili powder.
4. Place the spinach, arugula and tomatoes into a large mixing bowl. Drizzle with 4 tablespoons olive oil and season with salt and pepper. Toss to coat then transfer to a serving bowl.
5. Add the eggs into the serving bowl and top with avocado and cilantro. Serve.



MEATBALLS AND VEGETABLES IN TOMATO BROTH

Prep Time: 15 min.

Cook Time: 35 min.

Total Time: 50 min.

Ingredients:

1 large tomato, roughly chopped
½ of an onion
2 cloves garlic
1 ½ cups water, divided
½ pound ground beef
¼ cup parsley, chopped
1 bell pepper, minced
2 eggs
½ tablespoon garlic powder
¼ tablespoon chili powder
1 tablespoon pepper
½ tablespoon salt, divided
olive oil
1 eggplant, sliced
2 zucchinis, sliced

Instructions:

1. In a blender, place the tomato, onion, garlic cloves and water; blend for 45 seconds, or until smooth. Set aside.
2. Preheat the oven to 400°F.
3. Mix well the ground beef, parsley, bell pepper, eggs, garlic powder, chili powder, pepper and ¼ tablespoon salt into a large mixing bowl.
4. Scoop some mixture and roll it into small meatballs.
5. Grease a large baking sheet with olive oil and place the meatballs on the sheet. Space them out evenly.
6. Bake for 20 minutes and set aside.
7. In a large saucepan, pour in the tomato broth from the blender, season with the remaining salt, bring to a slow boil.
8. Add the eggplant and zucchinis; cover and cook for 10 minutes.
9. Then add the meatballs, combine everything and allow to cook for 5 minutes.
10. Once done, remove from heat and transfer to a serving bowl and serve.



FRIED EGGS AND SWEET POTATO HASH

Prep Time: 20 min.

Cook Time: 40 min.

Total Time: 1 h.

Ingredients:

coconut oil
½ of an onion, chopped
1 sweet potato, peeled and cubed
2 teaspoons salt
1 bell pepper, sliced
2 tablespoons water
4 eggs
2 teaspoons pepper

Instructions:

1. In a large skillet, heat coconut oil over medium heat.
2. Add the onion and sweet potato; season with salt and sauté for 9 minutes, or until the sweet potato cubes are slightly soft.
3. Add the bell pepper and water. Cover and cook for 15 minutes or until the sweet potato cubes are completely soft, stirring frequently. Once done, remove from heat and transfer to a serving plate.
4. Meanwhile, grease a second skillet over medium heat. Add the eggs, cook each side for 2-3 minutes.
5. Season the eggs with the pepper and serve over the sweet potato hash.



GROUND BEEF AND CHEESE STUFFED TOMATOES

Prep Time: 10 min.

Cook Time: 18 min.

Total Time: 28 min.

Ingredients:

4 large tomatoes, create a cavity at the top
1 tablespoon olive oil, plus additional for cooking
¼ pound ground beef
1 tablespoon paprika powder
¼ tablespoon salt
½ cup parsley
3 tablespoons cilantro, garnish
½ tablespoon dried oregano, garnish

Instructions:

1. Preheat the oven to 450°F.
2. Prepare the tomatoes by gently carving out the insides, creating a cavity to resemble cups. Set aside the tomato cups and the insides of the tomatoes.
3. Heat olive oil in a large skillet over medium heat. Add the ground beef; season with paprika powder and salt. Stir-fry and cook for 8 minutes. Set aside.
4. Line a large baking sheet with foil. Place the tomatoes and drizzle with olive oil. Stir in the insides of the tomatoes and parsley to the ground beef. Then stuff the tomatoes with this mixture.
5. Bake for 10 minutes.
6. Once done, remove from heat and transfer to a serving plate.
7. Garnish with cilantro and dried oregano and serve.



SHRIMP, POTATO AND MIXED VEGETABLE SOUP

Prep Time: 15 min.

Cook Time: 30 min.

Total Time: 1 h.

Ingredients:

olive oil
2 potatoes, peeled and cubed
2 tablespoons fresh ginger, minced
3 cloves garlic, minced
½ tablespoon salt, divided
4 cups water
1 bell pepper, thinly sliced
2 cups broccoli florets, no stems
½ tablespoon chili powder
½ pound shrimp, peeled

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add the potatoes, ginger and garlic; season with ¼ salt and stir-fry. Cook for 15 minutes, stirring occasionally.
2. Fill a large saucepan with 4 cups of water and transfer the contents from the skillet along with the bell pepper and broccoli. Season with chili powder and the remaining salt. Simmer for 10 minutes.
3. Stir in the shrimp and allow to cook for an additional 5 minutes.
4. Remove from heat and transfer to a serving bowl.
5. Garnish using the cilantro and serve.



WEEK 3

NECESSARY STAPLES



Day 1 Breakfast:

none needed

Day 1 Lunch:

olive oil
¼ tablespoon salt
½ tablespoon pepper
1 bay leaf, crushed
¼ cup cilantro

Day 1 Dinner:

olive oil
½ tablespoon salt
1 tablespoon of paprika powder

Day 2 Breakfast:

olive oil
4 teaspoons salt
4 teaspoons pepper
2 teaspoons ground mustard powder
4 tablespoons olive oil

Day 2 Lunch:

olive oil
½ tablespoon pepper
½ tablespoon garlic powder
½ tablespoon salt

Day 2 Dinner:

olive oil
½ tablespoon salt
½ tablespoon pepper
½ tablespoon paprika powder
½ tablespoon garlic powder
½ tablespoon chili powder
½ tablespoon dried oregano

Day 3 Breakfast:

none needed

Day 3 Lunch:

olive oil
1 teaspoon cumin powder
½ tablespoon salt
½ tablespoon pepper
½ tablespoon dried oregano
2 tablespoons cilantro

Day 3 Dinner:

olive oil
¾ tablespoon salt
¾ tablespoon pepper

Day 4 Breakfast:

3 tablespoons olive oil
¼ tablespoon salt
½ tablespoon pepper

Day 4 Lunch:

olive oil
¼ tablespoon salt
¼ tablespoon dried oregano
¾ tablespoon pepper

Day 4 Dinner:

olive oil
2 teaspoons cumin powder
¾ tablespoon salt
¾ tablespoon pepper
3 tablespoons of dried rosemary

Day 5 Breakfast:

olive oil
2 teaspoons salt
2 teaspoons pepper

Day 5 Lunch:

olive oil
2 teaspoons salt
2 teaspoons salt
2 teaspoons pepper
½ tablespoon Cajun powder

Day 5 Dinner:

olive oil
2 teaspoons dried oregano

Day 6 Breakfast:

olive oil
1 teaspoon cumin powder
3 teaspoons salt
3 teaspoons pepper
9-inch pie pan or baking dish

Day 6 Lunch:

olive oil
1 teaspoon salt
1 teaspoon pepper
½ tablespoon paprika powder
½ tablespoon chili powder

Day 6 Dinner:

olive oil
¼ tablespoon chili powder
½ tablespoon salt
½ tablespoon of garlic powder
1 tablespoon pepper

Day 7 Breakfast:

coconut oil
2 teaspoons salt
2 teaspoons pepper

Day 7 Lunch:

1 tablespoon olive oil
¼ tablespoon salt
½ tablespoon dried oregano
1 tablespoon paprika powder

Day 7 Dinner:

olive oil
½ tablespoon salt
½ tablespoon chili powder



WEEK 3

GROCERY LIST



Produce:

- 1 orange
- 1 cucumber
- 1 carrot
- 1 eggplant
- 1 sweet potato
- 1 garlic head
- 1 small yellow onion
- 1 large piece of ginger
- 2 bananas
- 2 large beets
- 2 potatoes
- 2 summer squashes
- 3 kiwis
- 3 avocados
- 6 lemons
- 3 onions
- 5 limes
- 5 zucchinis
- 6 bell peppers
- 4 large tomatoes
- 1 small bag of arugula
- 2 bags of spinach
- 1 head of broccoli
- 1 head of cauliflower
- 1 bundle of cilantro
- 1 container of parsley leaves
- 1 container of cherry tomatoes
- 1 bundle of asparagus

Refrigerated:

- 32 eggs

Seafood:

- ½ pound cod
- 1 ½ pounds salmon
- 1 ½ pounds shrimp

Meat & Poultry:

- 2 burger patties
- ½ pound top sirloin steak
- ½ pound of chicken breast
- ½ pound ground turkey
- 1 ¾ pounds of ground beef

Canned & Packaged:

- 1 (16 ounce) can of coconut water

Miscellaneous:

- 9-inch pie pan or baking dish
- spatula
- tongs
- skillets
- saucepans
- baking sheet
- mixing bowls
- serving bowls
- serving plates
- foil

