

# DETOX!

## BOOTCAMP MEAL PLAN: WEEK 2

### **BREAKFAST:**

Your Favorite Recipes

Mixed berry smoothie

Basic chocolate shake

Chocolate almond smoothie

Blueberry smoothie



### **LUNCH:**

Repeat shakes or dinner leftovers

Salads are a great meal too!!!

Healthy  
Living

NUTRITION



### **DINNER:**

No Bean Turkey Chili

Blackened Chicken with Cilantro Lime  
Quinoa

Easy Vegan Burrito Bowls

Cauliflower Alfredo with Kale & Sundried  
Tomatoes

5 Ingredient White Chicken Chili

Black Bean Lentil Salad

LEFTOVER OR DINE OUT NIGHT

### **SNACKS:**

Almonds

Apples with Almond butter Berries

Hummus w/ raw veggies or veggie chips

Fizzies & Chews (Arbonne)

Sliced cucumbers with lemon juice and a  
dash of sea salt and cayenne pepper



## **Week 2 Shopping List**

### Spices:

Cayenne Pepper  
Bay Leaf  
Sea Salt  
Black Pepper  
Paprika  
Nutmeg  
Onion Powder  
Cumin  
Chili Powder  
Oregano  
Ground Mustard

### Shakes:

Coconut/Almond Milk  
Berries  
Ingredients for favorite recipes

### Snacks:

Boiled eggs  
Cucumber with Lemon  
Green Apples with Almond Butter  
Homemade Kale Chips  
Arbonne Fizz Sticks  
Arbonne Fit Chews

### Meat:

1 Chicken Breast per Person  
1 1/2 Pounds Ground Turkey  
3 Cups Cooked Shredded Chicken

### Fresh Produce:

1 sweet potato  
1 onion  
5 garlic cloves  
1 bunch cilantro  
6 limes  
2 cups grape tomatoes  
1 orange bell pepper  
1 red bell pepper  
1 red onion  
1 jalapeño  
2 avocados  
1/2 head of cauliflower  
1 cup kale  
2 roma tomatoes  
1 bunch green onion  
1 shallot  
Lemons for water

### Optional Spring Vegetables:

Asparagus  
Spinach  
Swiss Chard & other greens  
Peas  
Artichokes

### Dry/Canned Goods:

Almond Milk  
Brown Rice Pasta  
Quinoa  
Extra Virgin Olive Oil  
10 oz can tomatoes w green chiles  
8 oz can tomato sauce  
64 oz Chicken Broth  
3 cans black beans  
1 package cooked lentils  
38 oz white beans  
16 oz. salsa verde  
1/8 cup Sundried tomatoes  
Flax Seeds

## No Bean Turkey Chili

### Ingredients:

- 20 oz ground turkey
- salt, to taste
- 1/2 cup onion, chopped
- 3 cloves garlic, crushed
- 10 oz can mild tomatoes with green chilies
- 8 oz can tomato sauce
- 3/4 cup water
- 1/2 tsp cumin, or to taste
- 1/4 tsp chili powder
- 1/4 tsp paprika
- 1 bay leaf
- 1 medium sweet potato, peeled and diced into 1/2-inch cubes
- fresh cilantro, for garnish



### Directions:

In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt and cumin. When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat. Add the can of tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf.

Cover and simmer over medium-low heat until potatoes are soft and cooked through, about 25 minutes stirring occasionally. Add 1/4 cup more water if needed. Remove bay leaf and serve.

## Blackened Chicken and Cilantro-Lime Quinoa

### Ingredients:

- 1 chicken breast per person
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon cumin
- 2 teaspoon olive oil
- 2 cups low sodium chicken stock
- 1 cup quinoa
- 1 lime, juice and zest
- 2 tablespoons cilantro, chopped

### Directions:

Combine the first six ingredients in a small bowl. Mix well, then season both sides of each chicken breast.

Add the teaspoon of olive oil to a large pan or skillet. Heat the olive oil for a minute over medium/high heat. Add the chicken breasts to the pan. Cook for seven minutes on each side with the lid on.

Add the chicken stock and quinoa to a medium saucepan. Bring to a simmer over medium/low heat. Reduce the heat



to low and simmer for ten to fifteen minutes with the lid on, until all the stock has been absorbed.

After the chicken breasts have fully cooked, remove them from the pan and let them rest for seven minutes before slicing them.

In a large bowl, toss together the warm quinoa, lime zest, lime juice, chopped cilantro, and salt and pepper to taste.

Serve the sliced chicken breast on top of the quinoa with the optional Avocado.

## Easy Vegan Burrito Bowls

### Ingredients:

- 2 cups quinoa
- 3 Tbs whole golden flax seeds
- 2 cups grape tomatoes, halved
- 1 orange bell pepper, diced
- 2 cans of black beans, drained and rinsed
- 1 red onion, diced
- 1 bunch of cilantro, chopped fine
- 1 jalapeño, diced very fine
- juice of 3-4 limes
- 1 large avocado, cut into slices or diced
- sea salt and pepper to taste

### Directions:

In a pot over medium heat, bring 4 cups of water to a boil. Add quinoa and a dash of sea salt and cook covered until all the moisture is absorbed, about 15mins. Remove from heat and keep covered.

While your quinoa is cooking, dice your red onion and add to a large mixing bowl with lime juice and sea salt. Keep adding your veggies (tomatoes, bell pepper, corn, cilantro, and jalapeño to the bowl as you chop. Letting the veggies sit in the salt & lime juice allows them to marinate and absorb the flavor.



Taste and adjust lime juice, salt, and pepper as needed according to taste. This combo is delicious on it's own, on top of a salad, in a lettuce wrap, or as a lovely salsa!

Next, uncover your quinoa and sprinkle whole flax seeds on top. Use a wooden spoon to fluff the quinoa and mix in your flax seeds. Then add black beans and the veggie mixture. Gently fold all ingredients together. Taste and adjust lime juice, salt, and pepper as needed according to taste. Serve in a large bowl with several slices of fresh avocado on top. Yumm!!



## **Cauliflower Alfredo with Kale & Sundried Tomatoes**

### **Ingredients:**

- 1/2 head cauliflower, about 2 cups worth
- 1 cup white beans (drained and rinsed if using canned)
- 1 - 1 1/4 cup almond milk
- 3 Tbsp. EVOO, divided
- 1 large shallot
- Salt & pepper to taste
- 1 cup kale raw or cooked to taste
- 1/8 cup sun-dried tomatoes, packed in oil
- Dash nutmeg
- Cooked brown rice pasta

### **Directions:**

Cut the cauliflower into large florets and add them to a pot of boiling water. Cook until soft, about 15-20 minutes, then drain. While the cauliflower is cooking, heat 1 tablespoon of olive oil in a pan and sauté the shallots until softened and lightly browned. Place the cooked cauliflower in a blender along with the white beans, almond milk, and sautéed Shallots, the remaining 2 tablespoons of oil and a dash of nutmeg. Blend until silky smooth.

Season to taste with sea salt & pepper. Pour enough needed to coat the cooked pasta and mix. Fold in the sun-dried tomatoes and kale and heat through.



Place any remaining sauce in a sealed container in the fridge and use within a few days.

## 5-Ingredient White Chicken Chili

### Ingredients:

- 6 cups chicken broth
- 3 cups cooked shredded chicken
- 2 (15-ounce) cans white beans, drained
- 2 cups salsa verde
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper, to taste
- For serving
- Chopped fresh cilantro leaves
- Diced avocado

### Instructions

Add chicken broth, shredded chicken, beans, salsa verde and cumin to a large stockpot or Dutch oven over medium heat; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer until heated through, about 5 minutes.

Serve immediately with desired toppings.



## **Black Bean Lentil Salad with Cumin-Lime Dressing**

### **Ingredients:**

- 1 package Lentils
- 15 oz. can black beans, rinsed and drained
- 1 red bell pepper
- 1/2 small red onion
- 1-2 roma tomatoes
- Large bunch cilantro, stems removed
- Optional: green onion

### **{For the dressing}**

- Juice of 1 lime
- 2 Tbsp. olive oil
- Ground mustard to taste
- 1-2 cloves garlic, minced
- 1 tsp. cumin
- 1/2 tsp. oregano
- 1/8 tsp. salt

Optional: chipotle powder, chili powder, pepper, other seasonings, etc.

### **Directions**

Place all dressing ingredients in a small bowl and whisk to combine. Set aside.

Finely dice the bell pepper, onion, and tomatoes. Roughly chop the cilantro.



In a large bowl, place the black beans, bell pepper, onion, tomatoes, and lentils. Add the dressing and toss to combine. Add cilantro, and lightly toss.

Serve immediately or chill covered in the fridge for at least an hour to let the flavors combine.