

# Optimized Health

**RECIPE PLAN - WEEK 1**  
***SCROLL DOWN BELOW FOR GROCERY LIST***

Week 1	Day 1	Day 2	Day 3
<b>Early Morning Routine</b>	1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>
<b>Breakfast</b>	<u>Silky Smooth Raw Chocolate Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Silky Smooth Raw Chocolate Shake</u>
<b>Lunch</b>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Gut Friendly Veggie Salad</u></li> <li>3. <u>3 oz Classic Burger</u> topped w/ sliced avocado</li> <li>4. <u>Gut Friendly Bread</u></li> <li>5. <u>Dark Chocolate Coconut Fudge</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>3 oz. Lemon Herb Chicken</u></li> <li>3. <u>Gut Friendly Veggie Salad</u></li> <li>4. <u>Frosted Cinnamon Swirl Fat Bombs</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>1 Serving Salmon Salad</u></li> <li>3. <u>Gut Friendly Bread</u></li> <li>4. <u>Veggie Salad w/ Lemon Tahini Dressing</u></li> <li>5. <u>Lemon Tahini Dressing</u></li> </ol>
<b>Dinner</b>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)*</li> <li>3. <u>3 oz. Lemon Herb Chicken</u> served over</li> <li>4. <u>Sautéed Kale</u></li> <li>5. <u>Salad w/ Dressing</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)*</li> <li>3. <u>1 Serving Salmon Salad</u></li> <li>4. <u>Gut Friendly Bread</u></li> <li>5. <u>Salad w/ Dressing</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Mint Chocolate Chip Shake</u> (drink 20 minutes before dinner)*</li> <li>3. <u>3 oz Teriyaki Chicken</u> topped w/ sliced avocado</li> <li>4. <u>Sautéed Collards</u></li> <li>5. <u>Salad w/ Dressing</u></li> </ol>
<b>Still Hungry!</b>	<u>Digestion Teas</u>	<u>Digestion Teas</u>	<u>Dark Chocolate Coconut Fudge</u>

Day 4	Day 5	Day 6	Day 7
1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>
<u>Creamy Cinnamon Roll Shake</u>	<u>Silky Smooth Raw Chocolate Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Silky Smooth Raw Chocolate Shake</u>
<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Gut Friendly Veggie Salad</u></li> <li>3. <u>3 oz Teriyaki Chicken</u></li> <li>4. <u>Mom's House Italian Dressing</u></li> <li>5. <u>Frosted Cinnamon Swirl Fat Bombs</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Gut Friendly Veggie Salad</u></li> <li>3. <u>Topped w/ 1 Serving Dijon Salmon Salad</u> (remove paprika)</li> <li>4. <u>Mom's House Italian Dressing</u></li> <li>5. <u>Dark Chocolate Coconut Fudge</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Gut Friendly Veggie Salad</u></li> <li>3. <u>3 oz Classic Burger</u></li> <li>4. <u>Gut Friendly Bread</u></li> <li>5. <u>Miso Ginger Dressing</u></li> <li>6. <u>Frosted Cinnamon Swirl Fat Bombs</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Gut Friendly Veggie Salad</u></li> <li>3. <u>3 oz Pan-Seared Steak</u></li> <li>4. <u>Drizzled w/ Chimichurri Sauce</u></li> <li>5. <u>Dark Chocolate Coconut Fudge</u></li> </ol>
<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)*</li> <li>3. <u>1 Serving Dijon Salmon Salad</u></li> <li>4. <u>Gut Friendly Bread</u></li> <li>5. <u>Gut Friendly Veggie Salad</u></li> <li>6. <u>Mom's House Italian Dressing</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)*</li> <li>3. <u>3 oz Classic Burger</u></li> <li>4. <u>Gut Friendly Bread</u></li> <li>5. <u>Veggie Salad w/ Lemon Tahini Dressing</u></li> <li>6.</li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Mint Chocolate Chip Shake</u> (drink 20 minutes before dinner)*</li> <li>3. <u>3 oz Pan-Seared Steak</u></li> <li>4. <u>Topped w/ Chimichurri Sauce</u></li> <li>5. <u>Sautéed Collards</u></li> <li>6. <u>Salad w/ Dressing</u></li> </ol>	<ol style="list-style-type: none"> <li>1. Take Enzymes!</li> <li>2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)*</li> <li>3. <u>3 oz Teriyaki Baked Salmon</u></li> <li>4. <u>Sautéed Kale</u></li> <li>5. <u>Salad w/ Dressing</u></li> </ol>
<u>Digestion Teas</u>	<u>Dark Chocolate Coconut Fudge</u>	<u>Frosted Cinnamon Swirl Fat Bombs</u>	<u>Digestion Teas</u>

### \*\*\*Plan to Grocery Shop 1X per Week

NOTE: The grocery list below lists all the items needed for the Week 1 Recipe Plan. Because the amounts to buy (that are listed next to each food item) are only recommended amounts based on the recipes, check your pantry and fridge each week before going to the store or ordering online, to see how much you have as carry over from the previous week and deduct that from the amounts listed on the grocery list. (Example: if you have 5 lemons in your fridge from the week before then, deduct 5 from the amounts of lemons recommended in current week's grocery list to prevent over-buying.

### Produce:

- 7 heads - Organic Romain Lettuce
- 4 heads - Organic Red/Green Leaf Lettuce
- 2 bunches - Organic Kale
- 2 bunches - Organic Collards
- 3 - Organic Cucumber
- 1 large box - Organic Spinach
- 2 bunches - Organic Cilantro
- 1 bunches - Organic Parsley
- 1 bunch - Mint (Organic if possible)
- 1 bunch - Organic Green Onions (optional)
- 21 - Organic Lemons
- 8 - Organic Limes
- 15 large - Organic Avocados (or 30 small avocados)
- 1 large root - Organic Ginger
- 3 bunches - Organic Radishes
- 1 bunch - Organic Celery
- 1 lb - Organic Carrots
- (optional for extra calories) 1 cup - Fresh Olives (Black, Kalamata etc.) (in a jar OR at the olive bar - only buy olives that are in water & vinegar: **NO OIL**)

### Organic Protein:

- 2 lbs - Organic Gr. Beef - either 80/20 &/or 90/10 fat percentage are fine. (If you can find beef that's both organic AND grass fed, that's best! But if you can't find a brand that does both, always make sure it's organic. \*\*\*We love the brand Panorama from Whole Foods) <https://panoramameats.com/>
- 1/2 lb (8 oz) Organic Steak Or Filet or Sirloin (Grass Fed is best!)
- 2 lb Wild Caught Alaskan Salmon
- 2 lbs Organic Chicken Thighs, Boneless, Skinless

## Organic Section:

- 4 - Organic **Unsweetened** Vanilla Coconut or Almond Milk (Best Brands: So Delicious Coconut Milk or MALK) found in Refrigerator Section)
- 1 container - Organic Red Miso Paste
- 1 32 oz Container - Organic Chicken or Vegetable Broth - (Low Sodium)
- 1 Jar - Pink Himalayan Sea Salt
- 1 Jar - Organic Ground Cinnamon
- 1 jar - Organic Black Pepper
- 1 jar - Organic Ground Cumin
- 1 jar - Organic Curry Powder
- 1 jar - Organic Oregano Spice
- 1 jar - Organic Parsley
- 1 jar - Organic Turmeric Powder
- 1 bottle - Organic Gluten Free Coconut Aminos or Organic Gluten Free Tamari
- 1 Large bottle - Braggs Apple Cider Vinegar
- 1 bottle - Balsamic Vinegar (optional)
- 1 container - Braggs Nutritional Yeast
- 2 jars - Organic Mayo (made with Avocado Oil) (I love the brand: Primal Kitchen)
- 2 bottles - Extra Virgin Olive Oil - Cold Pressed (We love the brand: California Olive Ranch)
- 1 jar - Organic (hexane free) Coconut Oil (Regular) (I love the Nutiva Brand)
- 1 jar - Organic (hexane free) Coconut Oil (Refined) (I love the Nutiva Brand)
- 1 jar - Organic Coconut Butter/Manna (I love the Native Brand)
- 1 bag - Unsweetened Organic Dried Shredded Coconut
- 1 jar - Organic Tahini
- 1 bag - Organic Coconut Flour
- 1 bag - Organic Cacao Nibs
- 1 container Non-GMO, Aluminum Free Baking Powder
- (if not using Monkfruit) 1 bottle - Organic Stevia (liquid) (I love the brand: Sweet Leaf)

(when needed) **Shake Ingredients** (order online is recommended but you can also purchase some of these items in a grocery/ health store):

**Organic Psyllium Husks: (Need 2 bags total)**

[https://www.amazon.com/gp/product/B07CPJJWTH/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07CPJJWTH/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

OR

<https://bit.ly/3iKWFHr>

**Organic Monkfruit Extract Powder:**

<https://amzn.to/34f9uzN>

**Organic Stevia (liquid):**

<https://bit.ly/3w6Gesi>

**Maca Powder: (for 1 bag)**

<https://amzn.to/31q8IPk>

**Organic Whole Flax Seeds (avoid pre-ground flax seeds as oils will be rancid):  
(Buy a 5 lb bag)**

<https://amzn.to/3dIMRoX>

**Organic Cacao Powder: (Buy a pack of 3 bags)**

<https://amzn.to/3dKBuN4>