

Optimized Health

RECIPE PLAN - WEEK 2
SCROLL DOWN BELOW FOR GROCERY LIST

Week 2	Day 1	Day 2	Day 3
Early Morning Routine	1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>	1 quart <u>Morning Alkalizing Drink</u>
Breakfast	<u>Chocolate Gingerbread Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Chocolate Gingerbread Shake</u>
Lunch	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. Topped w/ 1 <u>Serving Teriyaki Baked Salmon</u> 4. <u>Miso Ginger Dressing</u> 5. Olives 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. 3 oz. <u>Lemon Herb Chicken</u> topped w/ sliced avocado 4. <u>Dijon Herb Dressing</u> 5. Olives 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. 1 <u>Serving Teriyaki Baked Salmon</u> 3. <u>Gut Friendly Veggie Salad</u> 4. <u>Miso Ginger Dressing</u> 5. Olives
Dinner	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion) 3. 3 oz. <u>Lemon Herb Chicken</u> topped w/ avocado 4. <u>Sautéed Kale</u> 5. <u>Fudgy Fat Bombs</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion) 3. 1 <u>Serving Teriyaki Baked Salmon</u> 4. <u>Sautéed Collards</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion) 3. <u>Gut Friendly Veggie Salad</u> 4. 3 oz <u>Savory Beef</u> 5. <u>Lemon Tahini Dressing</u>
Still Hungry?	<u>Fudgy Fat Bombs</u>	<u>Mint Chocolate Chip Shake</u>	<u>Fudgy Fat Bombs</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>Chocolate Gingerbread Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Chocolate Gingerbread Shake</u>
<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>3 oz Savory Grass Fed Beef</u> 4. <u>Lemon Tahini Dressing</u> 5. <u>Olives</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>3 oz. Lemon Herb Chicken</u> 4. <u>Dijon Herb Dressing</u> 5. <u>Olives</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>3 oz Teriyaki Baked Salmon</u> 4. <u>Miso Ginger Dressing</u> 5. <u>Olives</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 1 Serving Salmon Salad</u> 4. <u>Dijon Herb Dressing</u> 5. <u>Olives</u>
<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion) 3. <u>3 oz. Lemon Herb Chicken</u> 4. <u>Sautéed Kale</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>3 oz Teriyaki Baked Salmon</u> 4. <u>Sautéed Collards</u> 5. <u>Fudgy Fat Bombs</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Creamy Green Smoothie</u> (drink 20 minutes before dinner)* 3. <u>1 Serving Salmon Salad</u> 4. <u>Gut Friendly Veggie Salad</u> 5. <u>Dijon Herb Dressing</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Revitalizing Green Smoothie</u> (drink 20 minutes before dinner for optimal digestion) 3. <u>Savory Grass Fed Beef</u> 4. <u>Gut Friendly Veggie Salad w/ Lemon Tahini Dressing</u>
<u>Mint Chocolate Chip Shake</u>	<u>Fudgy Fat Bombs</u>	<u>Mint Chocolate Chip Shake</u>	<u>Fudgy Fat Bombs</u>

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

NOTE: The grocery list below lists all the items needed for the Week 2 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
- 3 - Organic Cucumbers
- 1 large box - Organic Spinach
- 2 bunches - Organic Cilantro
- 1 bunches - Organic Parsley
- 2 bunches - Organic Collards
- 2 bunches - Organic Kale
- 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 bunch - Mint (organic if possible)
- 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 lb - 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/>
- 3 lb (24 oz) - Wild Caught Alaskan Salmon
- 2 lbs Organic Chicken Thighs, Boneless, Skinless

Organic Section:

- 3 - Organic **Unsweetened** Vanilla Coconut Milk (Best Brand: So Delicious Coconut Milk found in Refrigerator Section)
- 1 32 oz Container - Organic Chicken or Vegetable Broth - (Low Sodium)
- 1 container - Organic Red Miso Paste
- 1 jar - (egg free) Organic Mayo (made with Avocado Oil) (I love the brand: Primal Kitchen)
- 1 jar - Organic Cinnamon
- 1 jar - Organic Ginger
- 1 jar - Organic Nutmeg
- 1 bag Organic Coconut Flour
- 1 bag - Organic Cacao Nibs
- 1 jar - Organic Coconut Oil (hexane free) (Regular) (I love the Nutiva Brand)
- 1 jar - Organic Coconut Oil (hexane free) (Refined) (I love the Nutiva Brand)
- 1 jar - Organic Coconut Butter/ Manna (I love Native Brand)
- (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

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>