

Optimized Health

RECIPE PLAN - WEEK 4

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 Superfood Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Chocolate Superfood Shake</u>
Lunch	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. Topped w/ <u>3 oz Teriyaki Baked Salmon</u> 4. <u>'Healthy Gut' Bread</u> 5. <u>Miso Ginger Dressing</u> 6. <u>Olives</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>Gut Friendly Veggie Salad</u> 3. <u>1 Serving Ranch Deviled Eggs</u> 4. <u>Buffalo Ranch Dressing</u> 5. <u>Olives</u> 	<ol style="list-style-type: none"> 1. Take Enzymes! 2. <u>3 oz Teriyaki Baked Salmon</u> 3. <u>Gut Friendly Veggie Salad</u> 4. <u>Miso Ginger Dressing</u> 5. <u>Olives</u>
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. <u>Veggie Salad</u> 4. <u>1 Serving Ranch Deviled Eggs</u> 5. <u>Buffalo Ranch Dressing</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 Teriyaki Baked Salmon</u> 4. <u>Sautéed Kale</u> 5. <u>Salad w/ 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>Gut Friendly Veggie Salad</u> 4. <u>3 oz Savory Grass Fed Beef</u> 5. <u>Lemon Tahini Dressing</u>
Treats	<u>Mint Fudge Fat Bombs</u>	<u>Almond Butter Fudge Fat Bombs</u>	<u>Mint Fudge 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 Superfood Shake</u>	<u>Creamy Cinnamon Roll Shake</u>	<u>Chocolate Superfood Shake</u>
<ol style="list-style-type: none"> 1. <u>Take Enzymes!</u> 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. <u>Take Enzymes!</u> 2. <u>Gut Friendly Veggie Salad</u> 3. <u>1 Serving Buffalo Salmon Salad Sandwich</u> 4. <u>Buffalo Ranch Dressing</u> 5. <u>Olives</u> 	<ol style="list-style-type: none"> 1. <u>Take Enzymes!</u> 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 1 Serving Curried Egg Salad</u> 4. <u>Buffalo Ranch Dressing</u> 5. <u>Olives</u> 	<ol style="list-style-type: none"> 1. <u>Take Enzymes!</u> 2. <u>Gut Friendly Veggie Salad</u> 3. <u>Topped w/ 1 Serving Salmon Salad</u> 4. <u>Miso Ginger Dressing</u> 5. <u>Olives</u>
<ol style="list-style-type: none"> 1. <u>Take Enzymes!</u> 2. <u>Creamy Green Smoothie (drink 20 minutes before dinner for optimal digestion)</u> 3. <u>1 Serving Buffalo Salmon Salad</u> 4. <u>on 'Healthy Gut' Bread</u> 5. <u>Sautéed Collards</u> 	<ol style="list-style-type: none"> 1. <u>Take Enzymes!</u> 2. <u>Revitalizing Green Smoothie (drink 20 minutes before dinner)*</u> 3. <u>1 Serving Curried Egg Salad</u> 4. <u>on 'Healthy Gut' Bread</u> 5. <u>Gut Friendly Veggie Salad w/ Buffalo Ranch Dressing</u> 6. <u>Buffalo Ranch Dressing</u> 	<ol style="list-style-type: none"> 1. <u>Take Enzymes</u> 2. <u>Creamy Green Smoothie (drink 20 minutes before dinner)*</u> 3. <u>1 Serving Salmon Salad</u> 4. <u>on 'Healthy Gut' Bread</u> 5. <u>Addictive Kale Salad w/ Dressing</u> 6. <u>Salad w/ Dressing</u> 	<ol style="list-style-type: none"> 1. <u>Take Enzymes!</u> 2. <u>Revitalizing Green Smoothie (drink 20 minutes before dinner for optimal digestion)</u> 3. <u>Gut Friendly Veggie Salad</u> 4. <u>3 oz Teriyaki Chicken</u> 5. <u>Miso Ginger Dressing</u>
<u>Mint Fudge Fat Bombs</u>	<u>Almond Butter Fudge Fat Bombs</u>	<u>Mint Fudge Fat Bombs</u>	<u>Almond Butter Fudge 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
- 4 - Organic Cucumbers
- 1 large box - Organic Spinach
- 2 bunches - Organic Cilantro
- 1 bunches - Organic Parsley
- 2 bunches - Organic Kale
- 1 bunch - Organic Collards
- 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
- 2 bunches - Organic Celery
- 1 lb - Organic Carrots
- 1 bunch - Mint leaves (Organic if possible)
- (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:

- 1 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/>
- 2 lb (16 oz) - Wild Caught Alaskan Salmon
- 1 dozen - Organic Eggs (If you can find eggs that are both organic AND pastured, that's best! But if you can't find a brand that does both, always make sure they're organic.

Organic Section:

- 3 - Organic **Unsweetened** Vanilla Coconut or Almond Milk (Best Brands: So Delicious Coconut Milk or MALK) found in Refrigerator Section)
- 1 - container Organic Chicken or Vegetable Broth (Low Sodium)
- 1 container - Organic Red Miso Paste
- 2 jars - Organic Mayo (made with Avocado Oil & Pastured Eggs) (I love the brand: Primal Kitchen)
- 1 jar - Organic Cinnamon
- 1 jar - Organic Nutmeg
- 1 bag Organic Coconut Flour
- 1 jar - Organic Almond Butter
- 1 bag - Organic Cacao Nibs
- 1 bottle - Franks Red Hot Sauce (okay for gut in very small amounts)
- 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/31q8lPk>

**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>

Organic Almond Flour:

(1 lb bag)

<https://amzn.to/2NBVoPZ>

OR

(3 lb bag - better unit price)

<https://amzn.to/37InRUT>