



14 Days to Healthier Eating

Program Meal Plan and Shopping List



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14 Days to Healthier Eating Meal Plan – Week 1

	BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
Day 1	Tropical Greens Smoothie	Garlic Shrimp & Sautéed Swiss Chard	Super Easy Summer Soup makes extra for dinner on Wed.	Almond Butter and Banana Bites / Frozen Peaches with Coconut Butter
Day 2	Boiled Eggs with Sautéed Spinach	Lemon Basil Chicken Salad	Summer Quinoa & Spinach & Strawberry Salad	Avocado Boats/ Creamy Energy Boosting Shake
Day 3	Ginger Toasted Millet – save leftovers for Friday	Leftover Summer Quinoa	Super Easy Summer Soup	Almond Butter and Banana Bites / Frozen Peaches with Coconut Butter
Day 4	Peachy Green Smoothie	Leftover Lemon Basil Chicken Salad	Summer Stir Fry with Brown Rice & Cucumber Salad	Toasted Beet Chips / Grilled Pineapple with Coconut Shavings
Day 5	Leftover Ginger Toasted Millet	Leftover Summer Stir Fry with Brown Rice	Artichoke & Chickpea Bowl and Summer Salad – make enough salad for Sat	Toasted Beet Chips / Grilled Pineapple with Coconut Shavings
Day 6	Tropical Greens Smoothie	Mediterranean Salmon Salad	Farm Fresh Pasta Salad with Summer Salad	Carrots & Celery with Hummus / Pineapple Watermelon Popsicles
Day 7	Breakfast Veggie Hash	“Curry” with Summer Veggies	Portobello Spinach and Egg Sandwich	Carrots & Celery with Hummus / Pineapple Watermelon Popsicles

14 Days to Healthier Eating Meal Plan – Week 2

	BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
MON	Creamy Cashew Smoothie	Collard Green Banh Mi	Zucchini and Basil Soup with Pineapple Summer Salad	Beet Chips/ Almond Butter and Banana Bites
TUES	Non-Dairy Berry Parfait – save one for breakfast on Wed	Leftover Zucchini Soup and Pineapple Summer Salad	Summer Stir Fry with Brown Rice	Creamy Roasted Broccoli / Creamy Energy Boosting Shake
WED	Non-Dairy Berry Parfait Berry	Leftover Summer Stir Fry with Brown Rice	Super Easy Summer Soup – make extra for lunch tomorrow	Avocado Boats/ Pineapple Watermelon Popsicles
THU	Berry Cleansing Smoothie	Leftover Summer Soup	Farm Fresh Pasta Salad with Cucumber Salad	Creamy Roasted Broccoli/ Mixed Summer Fruit Salad
FRI	Berry Cleansing Smoothie	Leftover Farm Fresh Pasta Salad	"Curry" with Summer Veggies	Creamy Energy Boosting Shake/ Blueberry Lemon Chia Pudding
SAT	Ginger Toasted Millet	Collard Green Banh Mi and Cucumber Salad	Summer Quinoa with Creamy Roasted Broccoli	Beet Chips/ Blueberry Lemon Chia Pudding
SUN	Creamy Cashew Smoothie	Leftover Summer Quinoa	Artichoke & Chickpea Bowl with Toasted Beet Chips	Almond Butter and Banana Bites /Mixed Summer Fruit Salad

Week 1 Shopping List

Produce

2lbs pre-washed spinach
 3 bunches of kale
 2 heads of butter lettuce
 1 head romaine lettuce
 3 bunches Swiss chard
 1 bunch carrots
 1 bunch celery
 2 small heads of bok choy
 3 cucumbers
 ½ cup snow peas
 ½ cup sugar snap peas
 1 small package of shiitake mushrooms
 1 small package white mushrooms
 2 Portobello mushrooms
 4 shallots
 2 white onions
 1 red onion
 1 bunch green onions
 3 heads of garlic
 5 medium zucchinis
 2 medium yellow squash
 2 medium summer squash
 1 small handful of green beans
 1 bunch asparagus
 1 sweet potato
 6 avocados
 5 beets
 1 nectarine
 1 peach
 1 small seedless watermelon
 3 pineapples
 1 pint of strawberries
 1 pint blackberries
 1 bunch bananas
 1 mango
 2 bunches mint
 1 bunch cilantro
 1 bunch parsley
 3 bunches basil
 1 bunch chives
 7 lemons
 3 limes
 1 ginger root
 1 package mung bean sprouts

Grains, Beans and Canned Goods

2lbs of quinoa
 2lbs of brown rice
 1lb millet
 2 packages of kelp noodles
 1 can of black beans (Eden Organics)
 2 cans of white beans (Eden Organics)
 4 cans garbanzo beans
 1 can full fat coconut milk

1 can sustainably caught salmon
 4 cartons of vegetable broth (4 cup size)

Condiments

Sliced Almonds
 Pistachios (shelled)
 Pine Nuts
 Sea Salt
 Pepper
 Italian Seasoning
 Chipotle Seasoning
 Sesame Seeds
 Cumin
 Turmeric
 Coriander
 Garlic Powder
 Cinnamon
 Nutmeg
 Ground Ginger
 Unrefined Coconut Oil
 Coconut Butter
 Extra Virgin Olive Oil
 Sesame Oil
 Apple Cider Vinegar
 White Miso
 Gluten Free Tamari
 Capers
 Kalamata Olives
 Jar of artichoke hearts
 Almond Butter
 Cashew Butter
 Stevia (liquid)
 Unsweetened coconut flakes

Meat / Dairy / Eggs / Refrigerated Section

2 Rotisserie Chickens
 1 ½ lb medium shrimp, peeled and deveined
 ½ dozen eggs
 1 carton of unsweetened almond milk
 1 coconut water – you may want to buy several to have as a drink
 small container of ghee
 Hummus

Frozen

Peaches

Miscellaneous Raw

Cacao Powder
 Maca Powder
 Chia Seeds (if you can buy in bulk only get 1 cup)
 Hemp Seeds (if you can buy in bulk only get ½ cup)

Week Two Shopping List

Produce

4 bunches of kale
 1 head romaine lettuce*
 2 bunches collard greens
 1 bunch Swiss chard*
 1 package baby spinach
 1 bunch carrots
 1 large head of broccoli
 2 small heads of bok choy
 4 cucumbers
 1 small package of shiitake mushrooms
 2 shallots
 1 red onion*
 3 white onions
 1 bunch green onions*
 2 heads of garlic*
 9 medium zucchini
 2 medium yellow squash
 2 medium summer squash
 ½ cup sugar snap peas
 ½ cup snow peas
 1 bunch asparagus
 6 avocados
 9 beets
 2 nectarines
 2 peaches
 1lb cherries
 1 small seedless watermelon*
 2 pineapples*
 3 pint of blueberries
 1 pint blackberries
 1 bunch bananas*
 1 bunch mint
 1 bunch cilantro*
 1 bunch parsley*
 2 bunches basil*
 11 lemons*
 2 limes
 1 ginger root*
 1 package mung bean sprouts*

Grains, Beans and Canned Goods

1lb of quinoa*
 2lbs of brown rice*
 1lb millet*
 2 packages kelp noodles
 1 package Gluten Free Oats (Bob's Red Mill)
 6 cans garbanzo beans

1 can white beans
 5 cartons of vegetable broth (4 cup size)*
 1 can unsweetened coconut milk

Condiments

Sliced Almonds*
 Raw Cashews
 Sunflower Seeds
 Sea Salt*
 Pepper*
 Sesame Seeds*
 Cumin*
 Garlic Powder*
 Turmeric*
 Nutmeg*
 Coriander*
 Ground Ginger*
 Cinnamon*
 Unrefined Coconut Oil*
 Extra Virgin Olive Oil*
 Sesame Oil*
 White Miso*
 Gluten Free Tamari*
 Jar of artichoke hearts*
 Almond Butter*
 Cashew Butter*
 Stevia (liquid)*
 Vanilla

Refrigerated Section

small container of ghee*
 1 carton of unsweetened almond milk
 1 bottle of unsweetened cranberry juice
 Hummus*

Frozen

Raspberries
 Mixed berries

Miscellaneous

Fitat60 Collagen Peptides
 Maca Powder*
 Raw Cacao Powder*
 Chia Seeds*
 Hemp Seeds*

* These are items you may already have from week one. Do a quick inventory before shopping for week two.