



Elimination diet

Phase 1 meal plan

A complete 14-day meal plan,
including grocery lists and recipes

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Introduction

The elimination diet is a dietary intervention in which common irritating or reactive foods are eliminated from the diet in order to uncover food sensitivities. This booklet is designed to support phase 1 of the diet, which involves the elimination of potential reactive foods. The elimination phase of the dietary protocol typically lasts for a minimum of two weeks before moving on to the next phase, reintroduction.

Included in this booklet are two seven-day meal plans that comply with the elimination phase of the diet, as well as corresponding grocery shopping lists and recipes for each week. Each meal plan provides a seven-day overview of what will be consumed each

day for breakfast, lunch, snack, and dinner. In order to simplify the meal preparation process and save time, the servings sizes specified for each meal account for leftovers to be consumed the following day.

The accompanying grocery shopping lists and recipes include all of the ingredients required for the week and easy-to-follow directions, providing you with everything you need to successfully complete the elimination period.

More information on the elimination diet protocol and additional resources can be found in "[A complete guide to the elimination diet](#)".

This 14-day elimination diet meal plan was developed in partnership with Living Plate Rx, a digital meal planning company that supports healthcare professionals in creating meal plans for patients. Using evidence-based nutrition protocols, a team of dietitians and chefs translate the science of nutrition into simple, delicious recipes everyone can make.





Week 1

Meal plan

This plan provides an overview of the meals to be consumed on Monday, Wednesday, Friday, and Sunday. The servings sizes specified for each meal account for leftovers to be consumed on Tuesday, Thursday, and Saturday.

Monday	Wednesday	Friday	Sunday
Breakfast			
<ul style="list-style-type: none"> <input type="checkbox"/> Coconut chia pudding (p. 8) <input type="checkbox"/> Banana 	<ul style="list-style-type: none"> <input type="checkbox"/> Pineapple wild blueberry quinoa with cardamom (p. 14) 	<ul style="list-style-type: none"> <input type="checkbox"/> Overnight apple pie oatmeal (p. 18) 	<ul style="list-style-type: none"> <input type="checkbox"/> Carrot ginger banana smoothie (p. 24)
Lunch			
<ul style="list-style-type: none"> <input type="checkbox"/> Chickpea salad with spices (p. 9) 	<ul style="list-style-type: none"> <input type="checkbox"/> Endive salad with apples (p. 12) <input type="checkbox"/> Silky butternut squash detox soup (p. 13) 	<ul style="list-style-type: none"> <input type="checkbox"/> Plain poached salmon (p. 16) <input type="checkbox"/> Mushroom zucchini sauté (p. 17) 	<ul style="list-style-type: none"> <input type="checkbox"/> Lentil mushroom burgers (p. 21)
Snack			
<ul style="list-style-type: none"> <input type="checkbox"/> Beauty greens smoothie with kiwi and papaya (p. 10) 	<ul style="list-style-type: none"> <input type="checkbox"/> Everyday detox green smoothie (p. 15) 	<ul style="list-style-type: none"> <input type="checkbox"/> Basil melon grape salad (p. 19) <input type="checkbox"/> Cinnamon spiced pepitas (p. 20) 	<ul style="list-style-type: none"> <input type="checkbox"/> Sunflower seeds (p. 25) <input type="checkbox"/> Spiced baked apples (p. 26)
Dinner			
<ul style="list-style-type: none"> <input type="checkbox"/> Grilled chicken breast (p. 11) <input type="checkbox"/> Endive salad with apples (p. 12) <input type="checkbox"/> Silky butternut squash detox soup (p. 13) 	<ul style="list-style-type: none"> <input type="checkbox"/> Plain poached salmon (p. 16) <input type="checkbox"/> Mushroom zucchini sauté (p. 17) 	<ul style="list-style-type: none"> <input type="checkbox"/> Lentil mushroom burgers (p. 21) <input type="checkbox"/> Chopped tavern salad (p. 22) <input type="checkbox"/> Over-roasted butternut squash fries (p. 23) 	<ul style="list-style-type: none"> <input type="checkbox"/> Skillet chicken thighs with carrots and kale (p. 27) <input type="checkbox"/> Borscht with cucumber and dill (p. 28) <input type="checkbox"/> Crisp snap pea and radish salad (p. 29)

Grocery list

Produce

- Apples, 8
- Avocado, 2
- Banana, 2
- Basil, fresh, 2 tbsp
- Beets, medium, 6
- Belgian endive, 4 heads
- Bibb lettuce, 2 heads
- Butternut squash, 3 lb
- Cantaloupe, 1 cup
- Capers, 2 tbsp
- Carrots, 3
- Cauliflower, 1 head
- Celery, 1 stalk
- Cilantro, 1 cup
- Cucumber, 6
- Dill, fresh, 1 tbsp
- Garlic, 7 cloves
- Ginger root, 2 2/3 tbsp
- Grapes, 1 cup
- Kale, 2 cups
- Kiwis, 4
- Lettuce, 4 leaves
- Mint, 1/2 cup
- Mushrooms, 1 lb
- Papaya, 1 cup
- Parsley, fresh, 7 tbsp
- Pineapple, 2 1/2 cups
- Pear, 1
- Raspberries, 1/2 cup
- Radishes, 1 1/2 cups
- Red onion, 1/2 cup
- Romaine lettuce, 1 cup
- Scallions, 1 1/4 cups
- Spinach, 1 cup
- Sugar snap peas, 4 cups
- Sweet onion, 2 cups
- Wild blueberries, frozen, 1 cup
- Zucchini, 4

Meat / fish

- chicken breast, 1 1/2 lb
- chicken thighs, 12 oz
- salmon fillet, 1 1/2 lb

Dry goods

- Apple cider vinegar, filtered and pasteurized, 7 tbsp
- Arrowroot starch, 2 tbsp
- Cardamom, ground, 1/4 tsp
- Celery seed, 3/4 tsp
- Chia seeds, 4 tbsp
- Chickpeas, canned, 4 cups
- Cinnamon, ground, 2 tbsp
- Cloves, ground, 1/8 tsp
- Coconut aminos, 1 tbsp
- Coconut flakes, unsweetened, 8 tbsp
- Coconut milk, canned, 1 1/2 cups
- Coriander, ground, 1/2 tsp
- Cumin, ground, 2 3/4 tsp
- Dijon mustard, 2 tsp
- Ginger, ground, 1/4 tsp
- Hearts of palm, 1 (14 oz.) can
- Lentils, canned, 1 1/2 cups
- Maple syrup, 3 tbsp
- Nutmeg, ground, 1/2 tsp
- Oat milk, gluten-free, unsweetened, 6 cups
- Olive oil, 2 cups
- Pepitas, 1 1/4 cups
- Pepper
- Quick oats, gluten-free, 2 1/3 cups
- Quinoa, 1/2 cup
- Red wine vinegar, filtered and pasteurized, 2 tbsp
- Salt
- Sherry vinegar, filtered and pasteurized, 2 tbsp
- Stevia
- Sunflower seeds, raw, 1 cup
- Turmeric, ground, 1/2 tsp
- Vanilla extract, alcohol-free, 2 1/2 tsp
- Vegetable broth, low-sodium, yeast and nightshade-free, 1 cup
- White balsamic vinegar, filtered and pasteurized, 3 tbsp
- Yellow curry powder, chili pepper-free, 1 tbsp



Recipes

Coconut chia pudding

Breakfast

Prep Time 10 mins

Total Time 4 hrs

Servings 2



Ingredients

- 3/4 cup coconut milk, canned
- 3 tbsp chia seeds
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract, alcohol-free
- 2 tbsp coconut flakes, unsweetened
- Pinch of salt
- 1/2 cup raspberries

Directions

1. Add all ingredients except raspberries to a mason jar with a lid. Shake to combine and let sit for 10 minutes.
2. Shake or stir vigorously again and refrigerate for at least 4 hours or overnight.
3. Serve with fresh raspberries.

Notes

Top with any favorite, seasonal fruit.

Chickpea salad with spices

Lunch

Prep Time 10 mins

Total Time 10 mins

Servings 4



Salad

Ingredients

- 3 cups canned chickpeas, drained and rinsed
- 1 cup scallions, chopped
- 1 cup cilantro, chopped
- 1/2 cup mint, chopped
- 1/2 cup red onion, chopped
- 1 cucumber, chopped
- 1 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- Salt, to taste

Directions

Prep

1. Drained and rinse chickpeas.
2. Chop scallions, cilantro, mint, onion, and cucumber.

Make

1. Add all salad ingredients to a bowl and toss with dressing to coat.

Garlic dressing

Ingredients

- 1 clove garlic, minced
- 3 tbsp apple cider vinegar, filtered and pasteurized
- 1/4 cup olive oil
- 1/4 tsp ground cumin

Directions

1. Whisk ingredients and drizzle over salad.

Beauty greens smoothie with kiwi and papaya

Snack

Prep Time 15 mins

Total Time 15 mins

Servings 2



Ingredients

- 1 cup papaya, peeled and chopped
- 2 kiwis, peeled and chopped
- 1 pear, chopped
- 1 stalk celery, chopped
- 1 tbsp ginger root, peeled and chopped
- 1 cup spinach
- 2 tbsp fresh parsley
- 1 1/2 cup water

Directions

Prep

1. Peel and chop fruits and vegetables.

Make

1. Add all ingredients into blender and process until smooth.

Notes

Other leafy greens will work well here too!

Grilled chicken breast

Dinner

Prep Time 5 mins

Total Time 5 mins

Servings 4



Ingredients

- 1 1/2 lb chicken breast, pre-cooked

Directions

1. Chop or slice pre-cooked chicken breast as a topping for salads.

Endive salad with apples

Dinner

Prep Time 10 mins

Total Time 20 mins

Servings 4



Ingredients

- 2 cucumbers, peeled and chopped
- 2 apples, chopped
- 4 heads Belgian endive, chopped
- 3 tbsp fresh parsley
- 1/4 cup olive oil
- 2 tbsp red wine vinegar, filtered and pasteurized
- Salt, to taste
- Pepper, to taste
- 1/4 cup raw sunflower seeds

Directions

Prep

1. Chop cucumbers, apple, endive, and parsley.

Make

1. Toss cucumber, apple, endive, and parsley together with oil and vinegar. Season with salt and pepper.
2. Top with sunflower seeds and serve!

Silky butternut squash detox soup

Dinner

Prep Time 20 mins

Total Time 45 mins

Servings 4



Ingredients

- 1 cup sweet onion, chopped
- 4 cloves garlic, chopped
- 1 head cauliflower, chopped 2" pieces, stems included
- 1 tbsp olive oil
- 1 tbsp yellow curry powder, chili pepper-free
- 3 tbsp chickpea miso paste (or rice miso)
- 1 lb butternut squash, peeled, seeded, and cubed
- 8 cups water
- 1 tbsp olive oil, optional
- Salt, to taste

Notes

*Chickpea or rice miso will work well too.

*Frozen butternut squash works well.

*Add more or less water depending on the size of the cauliflower.

*Use leftover roasted vegetables in place of raw!

Directions

Prep

1. Chop onion, garlic, and cauliflower.

Make

1. In a large soup pot, sauté onion and garlic gently in olive oil until softened and fragrant.
2. Add miso paste and stir to coat onions.
3. Add cauliflower, squash, and water. Bring to a boil then reduce heat and simmer until cauliflower is soft – about 15-20 minutes. Add water if necessary to keep cauliflower covered.
4. Remove from heat and let stand until cool enough to purée.
5. Purée soup in batches in blender – be sure cover of blender is on tight as steam from soup could pop lid (we like to cover with a towel just to be sure).
6. Season with salt.
7. Ladle soup into bowls and drizzle with lemon oil if desired just before serving.

Pineapple wild blueberry quinoa with cardamom

Breakfast

Prep Time	15 mins
Total Time	30 mins
Servings	2



Ingredients

- 1/2 cup quinoa (1 cup cooked)
- 1 cup oat milk, unsweetened, gluten-free
- 2 cups pineapple, chopped
- 1 cup wild blueberries, defrosted
- 1/4 cup coconut flakes, unsweetened, shredded
- 1/4 tsp ground cardamom
- 1/8 tsp ground nutmeg

Directions

Prep

1. Prep quinoa according to package directions (1/2 cup quinoa to 1 cup water).
2. Chop pineapple.
3. Defrost wild blueberries. Leave in the refrigerator overnight or microwave for one minute.

Make

1. Place quinoa, oat milk, cardamom, and nutmeg in a bowl. Stir to combine. Divide between two bowls.
2. Top with blueberries, coconut, and pineapple.

Everyday detox green smoothie

Snack

Prep Time 5 mins

Total Time 5 mins

Servings 1



Ingredients

- 1 cup romaine lettuce, chopped
- 1/2 cup pineapple, chopped
- 1 tbsp ginger root, peeled and chopped
- 1/2 cucumber, peeled and chopped
- 2 cups water
- 2 kiwis, peeled and chopped
- 2 tbsp fresh parsley, chopped
- 1/4 avocado
- Stevia, to taste (optional)

Directions

Prep

1. Chop romaine and pineapple.
2. Peel and chop ginger, cucumber, and kiwis.
3. Remove flesh from 1/4 avocado.

Make

1. Add ingredients to blender and process until smooth. Add more water as needed.

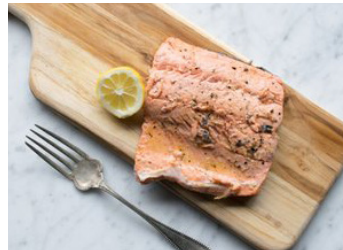
Plain poached salmon

Dinner

Prep Time 20 mins

Total Time 20 mins

Servings 4



Ingredients

- 1 1/2 lb salmon fillet, cut into 4 portions
- 2 tbsp olive oil
- Salt, to taste
- Pepper, to taste

Directions

1. Sprinkle salt and pepper over both sides of salmon.
2. Coat a skillet with olive oil and place salmon pieces in pan skin side down.
3. Add water until it is half way up the sides of the salmon.
4. Bring to a boil then reduce heat and simmer, covered, for approximately 10-12 minutes. Check to make sure there is enough broth in the pan throughout cooking, adding more if necessary.
5. Remove salmon from the pan with a spatula and drizzle with pan juices before serving.

Mushroom zucchini sauté

Dinner

Prep Time 10 mins

Total Time 18 mins

Servings 4



Ingredients

- 2 tbsp olive oil
- 4 zucchini, sliced into half circles
- 8 oz mushrooms, sliced
- Salt, to taste
- Pepper, to taste

Directions

Prep

1. Slice zucchini and mushrooms.

Make

1. Sauté olive oil over medium heat. Add mushrooms and sauté for 3 minutes.
2. Add zucchini and sauté for another 2-3 minutes.
3. Season with salt and pepper.

Overnight apple pie oatmeal

Breakfast

Prep Time 10 mins

Total Time 8 hrs

Servings 4



Ingredients

- 2 cups oats, quick cooking (gluten-free)
- 4 cups oat milk, unsweetened (gluten-free)
- 2 tsp vanilla extract, alcohol-free
- 2 apples, chopped
- 1/2 cup water, more if needed
- 2 tsp ground cinnamon (or other spice)
- 4 tbsp pepitas (pumpkin seeds)
- 2 tbsp coconut flakes, unsweetened

Directions

Prep

1. Evenly divide the oats, oat milk, and vanilla extract among containers with sealable lids (mason jars are perfect). Seal and shake well. Refrigerate overnight to allow oats to soften.

Make

1. Wash and chop apples.
2. Heat a small sauce pan over medium heat. Add the water, chopped apple, and pumpkin pie spice. Cook until the water has evaporated and the apples are softened and fragrant.
3. To assemble, remove the oats from the refrigerator and take the lid off of the container. Evenly divide the apple mixture between the containers. Top with pumpkin seeds and coconut flakes.

Basil melon grape salad

Snack

Prep Time 10 mins

Total Time 10 mins

Servings 2



Ingredients

- 1 cup cantaloupe, chopped
- 2 tbsp fresh basil, chopped
- 1 cup grapes, halved

Directions

Prep

1. Chop cantaloupe and basil.
2. Halve grapes.

Make

1. Add ingredients to bowl and toss.

Cinnamon-spiced pepitas

Snack

Prep Time 15 mins

Total Time 15 mins

Servings 8



Ingredients

- 1 cup pepitas (pumpkin seeds)
- 1/2 tsp olive oil
- 2 tsp maple syrup
- 3/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- Pinch of salt

Directions

1. Preheat oven to 325°F.
2. In a large bowl, toss pepitas with oil, maple syrup, cinnamon, ginger, and salt until well-coated.
3. Place pepitas on a parchment-lined baking sheet and roast in oven for 8 minutes.
4. Remove from oven and let stand until cool.

Lentil mushroom burgers

Dinner

Prep Time	15 mins
Total Time	55 mins
Servings	4



Ingredients

- 1 tbsp chia seeds
- 3 tbsp water
- 1 tbsp olive oil
- 1 cup sweet onion, chopped
- 8 oz mushrooms, chopped (cremini preferred)
- 2 cloves garlic, chopped
- 1 tsp ground cumin
- 1 1/2 cups canned lentils, drained and rinsed
- 1/3 cup oats, quick cooking (gluten-free), plus more if necessary
- 2 tbsp arrowroot starch or tapioca starch
- 1 tbsp coconut aminos
- 1 avocado, sliced
- 4 leaves lettuce

Notes

Feel free to vary spices for different flavors.

Directions

Prep

1. Prepare chia egg by whisking chia seeds and water and let sit for 10+ minutes until the mixture has a gel-like consistency.
2. Chop onion, mushrooms, and garlic.
3. Preheat oven to 375°F and line baking pan with parchment paper.

Make

1. In a skillet, sauté onions, mushrooms, and garlic in olive oil until soft and fragrant. Add paprika and cumin and cook an additional 2 minutes.
2. Add chia egg and cooked vegetables to a food processor with lentils, oats, starch, and tamari sauce. Process until paste forms, adding more oats if necessary.
3. Form mixture into 6 equal patties and place on the parchment-lined sheet. Bake for about 30 minutes, flipping carefully after about 20 minutes. Bake more if necessary to get a firm texture.
4. Serve topped with sliced avocado and lettuce.

Chopped tavern salad

Dinner

Prep Time	15 mins
Total Time	30 mins
Servings	4



Ingredients

- 2 heads Bibb Lettuce, chopped
- 1/2 cup radishes, chopped
- 1 cup canned chickpeas, drained and rinsed
- 2 tbsp capers, drained and rinsed
- 1/2 avocado, chopped
- 1 cucumber, chopped
- 2 tbsp raw sunflower seeds
- 1 (14 oz.) can hearts of palm, drained, rinsed, and chopped
- 2 tbsp olive oil
- 3 tbsp white balsamic vinegar, filtered and pasteurized
- 1 tsp Dijon mustard

Directions

Prep

1. Chop lettuce, radishes, avocado, cucumber, and hearts of palm.

Make

1. Add oil, vinegar, and mustard to a jar with a lid. Shake to combine.
2. Add all ingredients to bowl and toss with dressing to coat.
3. Season with salt and pepper.

Oven-roasted butternut squash fries

Dinner

Prep Time	15 mins
Total Time	55 mins
Servings	4



Ingredients

- 2 lb butternut squash, seeds removed
- 1 tbsp olive oil
- 1 tsp salt, or to taste

Directions

Prep

1. Preheat oven to 425°F.
2. Peel squash, if desired.
3. Cut squash into french fry shape, using crinkle cutter if desired. Try to keep the fries similar in size for even cooking.

Make

1. Toss butternut squash fries with olive oil and salt.
2. Place cookie sheet in the oven. Bake for 40 minutes, turning the fries over after about 20 minutes.
3. The fries are done when the edges are just starting to brown.

Carrot ginger banana smoothie

Breakfast

Prep Time 5 mins

Total Time 5 mins

Servings 1



Ingredients

- 1/2 banana, frozen
- 1 cup oat milk, unsweetened (gluten-free)
- 1/2 tsp ground turmeric
- 2 tsp ginger root
- 1/8 tsp ground cinnamon
- 1/8 tsp pepper
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cloves
- 1/4 cup carrot juice or frozen cooked carrots

Directions

1. Blend all ingredients in a highspeed blender until smooth consistency.

Notes

Add more oat milk for a thinner consistency if preferred.

Sunflower seeds

Snack

Prep Time 5 mins

Total Time 5 mins

Servings 2



Ingredients

- 1/2 cup raw sunflower seeds, shelled

Directions

Enjoy raw or toast in a 400°F oven for 5 minutes.

Spiced baked apples

Snack

Prep Time 5 mins

Total Time 20 mins

Servings 4



Ingredients

- 4 apples, chopped
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Pinch of salt
- 1 tsp maple syrup (optional)

Directions

Prep

1. Preheat oven to 350°F.
2. Chop apples.

Make

1. Place chopped apples in a bowl with other ingredients and toss to coat.
2. Place in single layer on parchment-lined cookie sheet and bake for 15-20 minutes until apples are soft.
3. Serve warm.

Skillet chicken thighs with carrots and kale

Dinner

Prep Time 10 mins

Total Time 25 mins

Servings 2



Ingredients

- 3 carrots
- 2 cups kale (about 1/2 bunch)
- 1 tbsp olive oil
- 12 oz chicken thighs, bone in and skinless
- Salt, to taste
- Pepper, to taste

Notes

The pan sauce from these makes a spectacular dressing for the kale, and the roasted carrots are perfect with still just a little crunch. If you want, go ahead and add parsnips in with the carrots, but make sure they are a little smaller than the carrots so that they cook through.

Directions

Prep

1. Preheat oven to 450°F.
2. Cut carrots into 3-inch sticks.
3. De-rib and chop kale.

Make

1. In a large oven-proof skillet, heat the oil over medium-high heat. Season the chicken with salt and pepper, place into skillet, and cook until browned, about 5 minutes.
2. Remove chicken from the pan and add the carrot sticks. Place chicken browned side up on top of carrot sticks and transfer to the oven. Bake until chicken is cooked through, about 10-15 minutes.
3. Remove from oven and toss kale with hot pan juices.
4. Serve chicken with carrots and kale on the side.

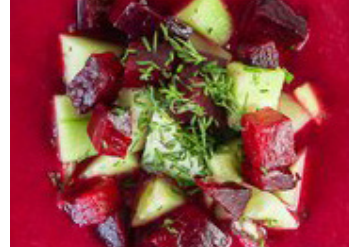
Borscht with cucumber and dill

Dinner

Prep Time 20 mins

Total Time 2 hrs 30 mins

Servings 6



Ingredients

- 6 medium beets, trimmed and washed
- 1 cup water
- 1 cup low-sodium vegetable broth (yeast and nightshade-free)
- 3/4 cup canned coconut milk
- 2 tbsp sherry vinegar, filtered and pasteurized
- 1 tbsp maple syrup
- 1 tsp salt
- 1 cucumber, peeled, seeded, and diced
- 1/4 cup scallions, chopped (green part only, about one bunch)
- 1 tbsp fresh dill

Directions

Prep

1. To roast the beets, wrap in foil and roast at 375°F for about 45 minutes. Remove from oven, let cool, and peel. Chop about 1/4 cup of the beets and dice the rest for garnish.
2. Dice cucumber.
3. Thinly slice scallions.
4. Mince dill.

Make

1. In a blender, combine water, vegetable broth, chopped beets, coconut milk, sherry vinegar, maple syrup, and salt. Blend until smooth.
2. Stir in diced beets, cucumber, scallions, and dill. Reserve small amount of each for garnish, if desired.
3. Refrigerate soup until very cold, at least 2 hours.
4. Divide soup equally among serving bowls and garnish with reserved diced beet mixture, if desired.

Crisp snap pea and radish salad

Dinner

Prep Time	15 mins
Total Time	30 mins
Servings	4



Ingredients

- 1/4 cup apple cider vinegar, filtered and pasteurized
- 2 tbsp olive oil
- 1 tsp Dijon mustard
- 3/4 tsp celery seed
- 4 cups sugar snap peas, trimmed and julienned
- 1 cup radishes, trimmed and julienned
- Salt, to taste
- Pepper, to taste

Directions

Prep

1. Add vinegar, oil, mustard, and celery seed to a mason jar and shake until combined.
2. Wash and trim snap peas and radishes.

Make

1. Slice snap peas on an angle to sliver.
2. Slice radishes thinly.
3. Add snap peas and radishes to bowl and toss with just enough dressing to coat. Season with salt and pepper to taste.



Week 2

Meal plan

This plan provides an overview of the meals to be consumed on Monday, Wednesday, Friday, and Sunday. The servings sizes specified for each meal account for leftovers to be consumed on Tuesday, Thursday, and Saturday.

Monday	Wednesday	Friday	Sunday
Breakfast			
<ul style="list-style-type: none"> <input type="checkbox"/> Quinoa pistachio breakfast bowl (p. 34) <input type="checkbox"/> Raspberries 	<ul style="list-style-type: none"> <input type="checkbox"/> Rice cakes with seed butter and banana (p. 40) <input type="checkbox"/> Strawberries 	<ul style="list-style-type: none"> <input type="checkbox"/> Quick strawberry rhubarb chia pudding (p. 44) 	<ul style="list-style-type: none"> <input type="checkbox"/> Triple spiced chia pudding (p. 49)
Lunch			
<ul style="list-style-type: none"> <input type="checkbox"/> Roasted carrot lentil salad (p. 35) 	<ul style="list-style-type: none"> <input type="checkbox"/> Simple sheet pan cod with broccoli and asparagus (p. 37) <input type="checkbox"/> Brown rice (p. 38) 	<ul style="list-style-type: none"> <input type="checkbox"/> Salmon with avocado herbs (p. 42) <input type="checkbox"/> Simple salad (p. 45) 	<ul style="list-style-type: none"> <input type="checkbox"/> Slow cooker turkey breast with herbs (p. 47) <input type="checkbox"/> Bok choy with coconut aminos (p. 48)
Snack			
<ul style="list-style-type: none"> <input type="checkbox"/> Detox blueberry hemp smoothie (p. 36) 	<ul style="list-style-type: none"> <input type="checkbox"/> Blackberry chard smoothie (p. 41) 	<ul style="list-style-type: none"> <input type="checkbox"/> Apple <input type="checkbox"/> Seed butter of choice (p. 46) 	<ul style="list-style-type: none"> <input type="checkbox"/> Summer fruit salad (p. 50)
Dinner			
<ul style="list-style-type: none"> <input type="checkbox"/> Simple sheet pan cod with broccoli and asparagus (p. 37) <input type="checkbox"/> Brown rice (p. 38) <input type="checkbox"/> Kale avocado salad (p. 39) 	<ul style="list-style-type: none"> <input type="checkbox"/> Salmon with avocado herbs (p. 42) <input type="checkbox"/> Gingered sautéed kale (p. 43) 	<ul style="list-style-type: none"> <input type="checkbox"/> Slow cooker turkey breast with herbs (p. 47) <input type="checkbox"/> Bok choy with coconut aminos (p. 48) 	<ul style="list-style-type: none"> <input type="checkbox"/> Simple garlic shrimp with zucchini noodles (p. 51) <input type="checkbox"/> Bibb herb salad (p. 52) <input type="checkbox"/> Carrot ginger soup (p. 53)

Grocery list

Produce

- Apple, 1
- Asparagus, 12 spears
- Avocado, 3
- Baby spinach, 2 cups
- Banana, 3
- Blackberries, 1 cup
- Bok choy, small, 1 lb
- Broccoli, 1 head
- Butter lettuce, 4 cups
- Carrots, 16
- Cilantro, fresh, 4 tbsp
- Cucumber, 1
- Dill, fresh, 1 1/2 tsp
- Garlic, 7 cloves
- Ginger root, 3 tbsp
- Kale, 4 qt
- Mango, 1/2 cup
- Mixed greens, 2 cups
- Onion, 1 large
- Oregano, fresh, 2 tbsp
- Parsley, 1 1/4 cups
- Peach, 1
- Raspberries, 3 cups
- Red onion, 1/2 cup
- Rhubarb, fresh, 1 cup
- Scallions, 1 cup
- Strawberries, 5 cups
- Sweet onion, 2 med.
- Swiss chard, 1/2 cup
- Tarragon, fresh, 1 1/2 tsp
- Thyme, fresh, 2 tbsp
- Zucchini, 4

Meat / fish

- Cod fillets, 1 1/2 lb
- Salmon, 1 1/2 lb
- Shrimp, raw, 2 lb
- Whole turkey breast, 1 (4 lb.)

Dry goods

- Apple cider vinegar, filtered and pasteurized, 4 tbsp
- Basil, dried, 1/2 tsp
- Brown rice, 1 cup
- Brown rice cakes, 4
- Chia seeds, 1 1/4 cups
- Cinnamon, ground, 1 tsp
- Coconut aminos, 7 tbsp
- Coconut milk, full fat, canned, 3 1/4 cups
- Curry powder, chili pepper-free, 1 tbsp
- Dijon mustard, 1 1/4 tsp
- Hemp milk, 2 cups
- Hemp seeds, 3 tbsp
- Maple syrup, 6 tbsp
- Nutmeg, ground, 1/4 tsp
- Olive oil, 2 cups
- Onion powder, 2 tsp
- Pepitas, raw, 1/2 cup
- Pepper
- Quinoa, uncooked, 1/2 cup
- Sage, dried, 1 tbsp
- Sherry vinegar, filtered and pasteurized, 2 tbsp
- Sunflower seed butter, 8 tbsp
- Thyme, dried, 1 tbsp
- Vegetable broth, yeast and nightshade-free, 3 1/4 cups
- White balsamic vinegar, filtered and pasteurized, 6 tbsp





Recipes

Quinoa pistachio breakfast bowl

Breakfast

Prep Time 15 mins

Total Time 20 mins

Servings 2



Ingredients

- 1 peach (or other stone fruit)
- 1/2 cup quinoa, uncooked, prepared as directed
- 1 cup oat milk, unsweetened (gluten-free)
- 2 tsp maple syrup
- 2 tsp chia seeds
- 1/2 tsp ground cinnamon
- 4 tbsp pistachios, roasted, unsalted, and shelled
- Pinch of salt

Directions

Prep

1. Chop peaches.
2. See notes about cooked quinoa - If you use frozen quinoa, defrost before using.

Make

1. In a bowl, combine quinoa, oat milk, maple syrup, chia seeds, cinnamon, and peaches.
2. Garnish with pistachios, salt, and additional peach, if desired.

Notes

Cooked quinoa can be stored in an airtight container in the refrigerator for up to 5 days.

*Quinoa doubles to triples in volume. 1 serving is approximately 1/4 dry, yielding between 1/2 and 3/4 cup of cooked quinoa.

**The ratio is 1 part quinoa: 2.5 parts water. This creates a slightly mushy, soft rice texture. A ratio for cooking quinoa of 1:2 can be used if a little more bite is desired.

***Bowls can be served warm or room temperature, depending on preference.

Roasted carrot lentil salad

Lunch

Prep Time 10 mins

Total Time 30 mins

Servings 4



Vegetables

Ingredients

- 8 carrots, peeled and sliced on an angle
- 1 medium sweet onion, chopped
- 1 tbsp olive oil
- 1/2 cup scallions, chopped
- 2 cups canned lentils, drained, and rinsed
- 1 cucumber, chopped
- 1/4 cup raw pepitas (pumpkin seeds)
- 1 cup fresh parsley, chopped
- Salt and pepper, to taste

Notes

Feel free to add brown rice or quinoa!

Directions

Prep

1. Preheat oven to 375° F and line baking sheet with parchment paper.
2. Peel and slice carrots and chop onion and scallions.

Make

1. Toss carrots and onion with olive oil, season with salt and pepper. Roast in the oven until just softened – about 15–20 minutes.
2. While vegetables are roasting, add the rest of the ingredients to a medium bowl.
3. Add warm carrots and onions right from the oven to the bowl and toss with the dressing below.

Simple dressing

Ingredients

- 3 tbsp apple cider vinegar, filtered and pasteurized
- 1/4 cup olive oil
- 1 tsp dijon mustard
- Salt and pepper, to taste

Directions

1. Add ingredients to a mason jar with a lid and shake vigorously to combine.

Detox blueberry hemp smoothie

Snack

Prep Time 5 mins

Total Time 5 mins

Servings 2



Ingredients

- 2 cups frozen blueberries
- 2 cups baby spinach, loosely packed
- 1 banana, cut into chunks and frozen
- 2 tbsp chia seeds
- 2 cups hemp milk, unsweetened
- 2 tbsp carob powder, unsweetened
- 1 tbsp hemp seeds

Directions

1. Place all ingredients in blender and process until smooth.

Simple sheet pan cod with broccoli and asparagus

Dinner

Prep Time	15 mins
Total Time	30 mins
Servings	4



Ingredients

- 12 spears asparagus, woody ends removed
- 1 head broccoli, sliced long and thin
- 1 1/2 lb cod fillets
- 2 cloves garlic, halved
- 2 tbsp olive oil
- 2 tbsp fresh oregano, chopped
- 2 tbsp fresh thyme, chopped
- 1/2 tsp salt

Directions

Prep

1. Preheat oven to 350° F and cover a large sheet pan with parchment paper
2. Trim asparagus, slice broccoli, chop herbs, cut garlic in half.
3. Divide cod into 4 equal servings (about 6 oz. each)

Make

1. Arrange cod and vegetables in a single layer on a parchment-lined sheet pan.
2. Drizzle fish with half the oil and then rub with garlic halves.
3. Drizzle remaining oil over vegetables.
4. Sprinkle fresh herbs and salt.
5. Bake for 15-20 minutes.

Notes

For a delicious splurge, try using sea bass in place of the cod! Any white fish works well in this recipe.

Brown Rice

Dinner

Prep Time	2 mins
Total Time	45 mins
Servings	4



Ingredients

- 1 cup brown rice
- 2 cups water
- 1 tbsp olive oil
- Salt, to taste

Directions

1. Combine rice, olive oil, salt, and water in saucepan.
2. Bring to boil.
3. Cover and simmer 45 minutes.
4. Turn off heat, let sit covered for an additional 10 minutes.

Kale avocado salad

Dinner

Prep Time 5 mins

Total Time 5 mins

Servings 4



Ingredients

- 8 cups kale, sliced crosswise
- 1 avocado, sliced
- 3 tbsp white balsamic vinegar, filtered and pasteurized
- 2 tbsp olive oil
- Salt, to taste
- Pepper, to taste

Directions

Prep

1. Slice kale and avocado.

Make

1. Combine kale, olive oil, and vinegar in a bowl.
2. Massage with hands until kale is tender.
3. Toss in avocado. Season with salt and pepper to taste.

Rice cakes with seed butter and banana

Breakfast

Prep Time 5 mins

Total Time 5 mins

Servings 2



Ingredients

- 4 brown rice cakes
- 4 tbsp sunflower seed butter (or other seed butter)
- 1 banana, sliced

Directions

1. Spread rice cakes with seed butter and top with sliced banana.

Notes

Vary toppings! Try raspberries or mashed strawberries.

Blackberry chard smoothie

Snack

Prep Time 5 mins

Total Time 10 mins

Servings 2



Ingredients

- 1 1/2 cups water
- 1/2 cup Swiss chard, chopped
- 1 frozen banana
- 1/2 tsp ginger root, minced
- 1 cup blackberries or blueberries, frozen
- 1/2 avocado
- Stevia, to taste

Directions

Prep

1. Chop chard.
2. Mince ginger.
3. Remove flesh from avocado.

Make

1. Add ingredients to blender and process until smooth.
2. Sweeten with stevia to taste.

Notes

Chard is similar in flavor to spinach, so feel free to substitute if desired. Add a serving of your favorite protein powder.

Salmon with avocado herbs

Dinner

Prep Time	15 mins
Total Time	30 mins
Servings	4



Ingredients

- 1 1/2 lb salmon, skinless
- 1 clove garlic, minced
- 1 tsp olive oil
- Salt, to taste
- Pepper, to taste
- 1 avocado, chopped
- 1/2 cup red onion, chopped
- 4 tbsp fresh cilantro, chopped
- 4 tbsp olive oil
- 1 tbsp apple cider vinegar, filtered and pasteurized

Directions

1. Preheat oven to 400° F.
2. On a baking sheet, season salmon with garlic, olive oil, salt, and pepper.
3. Bake for 10–12 minutes.
4. In a small bowl, mix avocado topping ingredients - avocado through vinegar - until fully incorporated. Don't overmix or you'll break down your avocado.
5. Spoon avocado topping over the salmon
6. Enjoy!

Gingered sautéed kale

Dinner

Prep Time	15 mins
Total Time	30 mins
Servings	4



Ingredients

- 8 cups kale, shredded
- 2 tsp ginger root, grated or finely minced
- 2 tbsp olive oil
- 1 tbsp coconut aminos
- 1 tbsp hemp seeds

Directions

Prep

1. Remove tough spines from kale and roll leaves. Chop to form strips.
2. Peel and grate ginger.

Make

1. In a large sauté pan, add oil, coconut aminos, and ginger.
2. Cook over low-medium heat until fragrant, approximately 3-4 minutes.
3. Add kale in bunches (it will wilt as you add to pan). Toss to coat kale.
4. Serve with hemp seeds.

Notes

This is a great use for kale that has already been washed, dried, chopped, and stored in your refrigerator in a mesh produce bag – our refrigerator is never without it. Preparing kale ahead has its benefits!

Quick strawberry rhubarb chia pudding

Breakfast

Prep Time 10 mins

Total Time 4 hrs

Servings 4



Quick strawberry rhubarb jam

Ingredients

- 2 cups strawberries, chopped (or frozen)
- 1 cup rhubarb, fresh (or frozen)
- 2 tbsp maple syrup
- 4 tbsp chia seeds

Directions

Prep

1. Hull and chop strawberries
2. Peel rhubarb if using fresh. Chop.

Make

1. Add strawberries, rhubarb, and maple syrup to a small saucepan.
2. Simmer until the fruit breaks down, then bring to a boil and simmer for an additional 10-15 minutes until fruit is soft and the mixture is thickened.
3. Stir in chia seeds and set aside to cool.

Chia pudding

Ingredients

- 1 3/4 cups coconut milk, unsweetened, boxed
- 1/2 cup chia seeds
- 2 tbsp maple syrup
- 2 tsp vanilla extract, alcohol-free

Directions

1. Add all ingredients to a mason jar fitted with a lid and shake to combine. Set aside for 10 minutes.
2. Shake or stir again. In separate serving jars, layer chia pudding with cooled strawberry rhubarb jam and place in the refrigerator for 4 hours or overnight.

Simple salad

Lunch

Prep Time 2 mins

Total Time 2 mins

Servings 4



Ingredients

- 2 tbsp olive oil
- 3 tbsp white balsamic vinegar, filtered and pasteurized
- 2 cups mixed salad greens
- 1/2 tsp salt, or to taste

Directions

1. To make the dressing, whisk together the vinegar, olive oil, and sea salt.
2. Toss greens with dressing.

Seed butter of choice

Snack

Prep Time 1 mins

Total Time 1 mins

Servings 2



Ingredients

- 4 tbsp sunflower seed butter (or other seed butter)

Directions

1. Serve with baby carrots, celery sticks, apple slices, etc.

Notes

Serving size = 2 tablespoons.

Slow cooker turkey breast with herbs

Dinner

Prep Time 15 mins

Total Time 6 hrs

Servings 6



Ingredients

- 1 large onion, sliced
- 1 (4 lb.) whole turkey breast, bone-in with skin
- 3/4 cup vegetable broth (yeast and nightshade-free)
- 2 bay leaves
- 1 1/2 tsp salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tbsp dried thyme
- 1 tbsp dried sage

Directions

Prep

1. Slice onion.
2. Whisk together salt and herbs.

Make

1. Rub the entire turkey breast with spice blend.
2. Place onion in bottom of slow cooker and place turkey breast, skin side down, on top of onions.
3. Add broth and bay leaves.
4. Cover and cook on low for 5-6 hours (internal temperature should reach 165° F.)
5. Carefully remove turkey to a cutting board and tent with foil. Let rest for 10 minutes.
6. Remove skin and carve, drizzling with juices from pot just before serving.

Notes

If you can find it, try a boneless turkey roast that we used for this photo.

Bok choy with coconut aminos

Dinner

Prep Time 15 mins

Total Time 25 mins

Servings 4



Ingredients

- 1 lb bok choy, small
- 1 tbsp ginger root, peeled and minced
- 1/4 cup scallions, thinly sliced
- 1 1/2 tbsp olive oil, divided
- 6 tbsp coconut aminos
- 1 tbsp hemp seeds

Directions

Prep

1. Trim bok choy bottoms and cut in half lengthwise.
2. Mince ginger.
3. Slice scallions.

Make

1. Coat bottom of pan with 1 1/2 teaspoons oil, over medium-high heat. When hot, lay bok choy in single layer, cut side down (do not overcrowd). Add 2 tablespoons water and cover about 2 minutes.
2. Lift out of pan, drain, and place on platter. Remove water from pan and repeat with remaining bok choy. Leave residual water in pan.
3. Add 1 tablespoon oil and ginger to pan and cook, stirring over high heat until ginger is browned. Remove from heat and add coconut aminos.
4. Pour sauce over bok choy, sprinkle with scallions and hemp seeds.

Triple spiced chia pudding

Breakfast

Prep Time 5 mins

Total Time 4 hrs

Servings 2



Ingredients

- 1 cup oat milk, unsweetened
- 1 tsp vanilla extract, alcohol-free
- 1 tbsp maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground nutmeg
- 1/3 cup chia seeds
- 1/4 cup raw pepitas

Directions

1. Add all ingredients, except pepitas, to a mason jar with a tight-fitting lid. Shake vigorously to combine.
2. Let sit for 10 minutes then shake again (this prevents chia seed from settling to bottom).
3. Place in refrigerator overnight or for at least 4 hours.
4. Serve with pepitas.

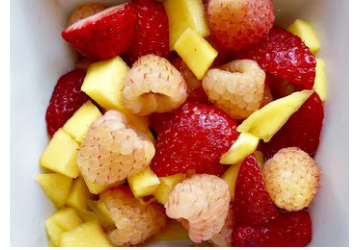
Summer fruit salad

Snack

Prep Time 5 mins

Total Time 5 mins

Servings 2



Ingredients

- 1 cup strawberries, hulled and cut in half
- 1 cup raspberries
- 1/2 cup mango, cubed

Directions

1. Wash all fruit. Hull and cut strawberries.
Dice mangoes.
2. Gently toss all fruits together.
Serve and enjoy!

Simple garlic shrimp with zucchini noodles

Dinner

Prep Time	15 mins
Total Time	30 mins
Servings	4



Ingredients

- 4 zucchini, spiralized
- 4 cloves garlic, chopped
- 4 tbsp olive oil
- 2 lb raw shrimp, peeled and deveined
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/4 cup fresh parsley, chopped

Notes

Scallops work really well here too.

Directions

Prep

1. Wash and trim zucchini.
2. With a spiralizer, spiralize the zucchinis into noodles. Then place zucchini noodles a medium bowl with a paper towel at the bottom of the bowl to absorb excess liquid from zucchini.
3. Lightly salt zucchini noodles. Let stand in the colander to drain.
4. Mince garlic.

Make

1. Heat 3 tablespoons of olive oil in a large skillet over medium heat.
2. Add shrimp and salt to taste. Add garlic, dried basil, and dried oregano.
3. Stir shrimp until completely cooked through. Transfer cooked shrimp to a plate, set aside.
4. In the same pan, add remaining oil, Add zucchini noodles to pan and cook until done, about 3-4 minutes or until noodles soften.
5. Add shrimp back to pan and stir together. Garnish with parsley. Turn off heat, plate zucchini noodles and shrimp.

Bibb herb salad

Dinner

Prep Time 15 mins

Total Time 15 mins

Servings 5



Ingredients

- 1/4 cup pistachios
- 1 1/2 tsp fresh tarragon
- 1 1/2 tsp fresh dill, lightly chopped
- 4 cups butter lettuce
- 2 tbsp sherry vinegar, filtered and pasteurized
- 1 1/2 tbsp olive oil
- 1/4 tsp Dijon mustard
- 1/4 tsp maple syrup
- Salt, to taste

Directions

Prep

1. Wash and dry lettuce leaves.
2. Chop herbs.

Make

1. Layer the lettuce, herbs, and pistachios in a bowl.
2. Whisk together vinaigrette by combining vinegar, olive oil, mustard, syrup, and salt.
3. Drizzle dressing over salad and serve.

Carrot ginger soup

Dinner

Prep Time 30 mins

Total Time 6 hrs 30 mins

Servings 4



Ingredients

- 2 tbsp olive oil
- 1 medium sweet onion, chopped (2/3 cup)
- 1 tbsp ginger root, peeled and finely grated
- 1 tbsp curry powder, chili pepper-free
- 8 carrots, peeled and sliced thinly
- 2 1/2 cups vegetable broth (nightshade-free)
- 1 1/2 cups canned coconut milk, full fat (or reduced fat coconut milk)
- 1/4 cup scallions, finely chopped for garnish
- Salt, to taste
- Pepper, to taste
- Ice water for thinning soup

Notes

Soup may be enjoyed warm too!

Directions

Prep

1. Chop scallions, onion, and carrots.
2. Grate ginger root.

Make

1. In a large pot, sauté onion and ginger in olive oil until softened. Add curry powder and stir to coat.
2. Add carrots and broth and bring to boil. Reduce heat and simmer for 20 minutes, covered.
3. Remove from heat and allow mixture to cool before blending.
4. Add carrot mixture to a blender with coconut milk, salt, and pepper. Add some water if needed to blend smoothly.
5. Chill soup overnight or for at least 6 hours.
6. Thin with ice water if necessary.
7. Season with salt, pepper, and additional lime juice if desired.
8. Garnish with chopped scallion tops.



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