

For the Week of: Gentle Detox & Cleanse Support Week #2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Oatmeal (certified gluten free), greens (arugula, collard greens, kale, mustard greens and/or endive), poached or boiled eggs	Oatmeal (certified gluten free), greens (arugula, collard greens, kale, mustard greens and/or endive), poached or boiled eggs	Oatmeal (certified gluten free), greens (arugula, collard greens, kale, mustard greens and/or endive), poached or boiled eggs	Oatmeal (certified gluten free), greens (arugula, collard greens, kale, mustard greens and/or endive), poached or boiled eggs	Oatmeal (certified gluten free), greens (arugula, collard greens, kale, mustard greens and/or endive), poached or boiled eggs	Oatmeal (certified gluten free), greens (arugula, collard greens, kale, mustard greens and/or endive), poached or boiled eggs	
Lunch	Crockpot Sweet Potato Chili (use beef instead of pork) ⁵	Salad in a Jar: Orange Ginger Salad Dressing ¹ , Chicken Breast, Quinoa, avocado, radish, cashews, sliced almonds greens/cabbage	Turmeric Poppy Seed Dressing ² , Chicken Breast, Quinoa, avocado, cashews, radish, sliced almonds greens/cabbage	Salad in a Jar: Orange Ginger Salad Dressing ¹ , Chicken Breast, Quinoa, avocado, cashews, sliced almonds, radish, greens/cabbage	Turmeric Poppy Seed Dressing ² , Chicken Breast, Quinoa, avocado, cashews, radish, sliced almonds greens/cabbage	Salad in a Jar: Orange Ginger Salad Dressing ¹ , Chicken Breast, Quinoa, avocado, radish, cashews, sliced almonds greens/cabbage	
Dinner	Leftover	Roasted salmon (may also use Cod, Halibut, Shrimp or Lobster) with Sweet Potatoes & Broccoli (may also use Cauliflower, Asparagus or Squash) ³	Roasted salmon (may also use Cod, Halibut, Shrimp or Lobster) with Sweet Potatoes & Broccoli (may also use Cauliflower, Asparagus or Squash) ³	Roasted salmon (may also use Cod, Halibut, Shrimp or Lobster) with Sweet Potatoes & Broccoli (may also use Cauliflower, Asparagus or Squash) ³	Turmeric Tomato Detox Soup ⁴ w/Turkey or Chicken	Turmeric Tomato Detox Soup ⁴ w/Turkey or Chicken	
Snacks & Recovery	Banana, apples, oranges, cashews, almonds, cashew butter, almond butter	Banana, apples, oranges, cashews, almonds, cashew butter, almond butter Cherries & Cinnamon Recovery Shake ⁵	Banana, apples, oranges, cashews, almonds, cashew butter, almond butter Cherries & Cinnamon Recovery Shake	Banana, apples, oranges, cashews, almonds, cashew butter, almond butter Cherries & Cinnamon Recovery Shake	Banana, apples, oranges, cashews, almonds, cashew butter, almond butter Cherries & Cinnamon Recovery Shake	Banana, apples, oranges, cashews, almonds, cashew butter, almond butter Cherries & Cinnamon Recovery Shake	
Prep Needed	Make Eggs for 3 days' worth of breakfast. Make 3-4 days' worth of salads in a jar. Make Dinner for Monday-Wednesday.			Make eggs for Thurs & Fri breakfast. Make salads for Thurs & Fri.	Make soup for dinner.		
Other							

Recipe Links:

- 1 - <http://ifoodreal.com/orange-ginger-salad-dressing/>
- 2 - <http://www.giverecipe.com/turmeric-orange-poppy-seed-dressing/>
- 3 - <http://littlespicejar.com/lemon-roasted-salmon/>
- 4 - <http://detoxdiy.com/turmeric-tomato-detox-soup>
- 5 - recipe on Rock It membership page
- 6 - <http://www.cottercrunch.com/crock-pot-sweet-potato-chipotle-chili-paleo/>

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Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other