<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Almond Blueberry Parfait</td>
<td>Frittata</td>
<td>Frittata <strong>Leftovers</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Turkey Roll Ups</td>
<td>Beef Mushroom Saute</td>
<td>Apple Chicken Salad</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Beef Mushroom Saute</td>
<td>Apple Chicken Salad</td>
<td>Stuffed Mushrooms</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Hard Boiled Egg</td>
<td>Strawberries</td>
<td>Handful of Almonds</td>
</tr>
</tbody>
</table>
# Shopping List

<table>
<thead>
<tr>
<th>Produce</th>
<th>Meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups Blueberry</td>
<td>6 pieces Turkey Deli Meat</td>
</tr>
<tr>
<td>1 cup Strawberry</td>
<td>12 oz Stir Fry Beef</td>
</tr>
<tr>
<td>1 Orange</td>
<td>7 eggs</td>
</tr>
<tr>
<td>1/2 cup Pomegranate Seeds</td>
<td>1 cup Grilled chicken (diced)</td>
</tr>
<tr>
<td>1 Green Apple</td>
<td></td>
</tr>
<tr>
<td>1 Red Bell Pepper</td>
<td></td>
</tr>
<tr>
<td>1 bunch Asparagus</td>
<td></td>
</tr>
<tr>
<td>5 cups Mushrooms</td>
<td></td>
</tr>
<tr>
<td>1 Tomato</td>
<td></td>
</tr>
<tr>
<td>2 Onion</td>
<td></td>
</tr>
<tr>
<td>4 cups Mixed Greens</td>
<td></td>
</tr>
<tr>
<td>1 Carrot</td>
<td></td>
</tr>
<tr>
<td>1 cup Pea pods</td>
<td></td>
</tr>
<tr>
<td>Fresh Basil Leaves</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Miscellaneous</th>
<th>Spices/Condiments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprouted Pumpkin Seeds</td>
<td>Sea Salt</td>
</tr>
<tr>
<td>Almond Butter</td>
<td>Ground Pepper</td>
</tr>
<tr>
<td>Almonds</td>
<td>Garlic Salt</td>
</tr>
<tr>
<td></td>
<td>Dried Thyme</td>
</tr>
<tr>
<td></td>
<td>Cumin</td>
</tr>
<tr>
<td></td>
<td>Coconut Oil</td>
</tr>
</tbody>
</table>
Day 1

Almond Blueberry Parfait

Ingredients

- 2 cups blueberries
- 1 cup sprouted pumpkin seeds
- 1/2 cup almond butter

Instructions

1. Pour 1/2 of the pumpkin seeds into a tall glass
2. Top pumpkin seeds with 1/2 of the blueberries
3. Layer almond butter over blueberries
4. Pour in remaining pumpkin seeds
5. Top with remaining blueberries
Turkey Roll Ups

Ingredients
8 asparagus spears
1/2 red bell pepper
6 pieces turkey deli meat

Instructions
1. Sauté asparagus in a pan on medium heat for 5 minutes
2. Slice bell pepper into 1/2 inch long segments
3. Add one sautéed asparagus and one bell pepper to the left side of your turkey deli meat and roll to the right
4. Dice remaining asparagus and bell pepper
5. Plate roll ups and sprinkle additional diced veggies over the top
Beef Mushroom Saute (Makes enough for Day 1 and Day 2)

Ingredients

12 oz of stir fry beef
4 cups of sliced mushrooms
2 teaspoon coconut oil
1 tablespoon freshly squeezed orange juice
1/2 cup diced tomatoes
Garlic salt to taste

Instructions

1. Heat a non stick skillet to medium
2. Melt coconut oil in skillet
3. Add in beef, mushrooms, a pinch of garlic salt, and orange juice
4. Cook for 10 minutes stirring occasionally (or until browned)
5. Plate beef mushroom sauté and top with diced tomatoes
Day 2

Pomegranate Frittata (makes enough for Day 2 and Day 3)

Ingredients
6 eggs
1/2 cup water
8 spears of sautéed asparagus
1/2 cup pomegranate seeds
4-8 fresh basil leaves

Instructions
1. Preheat oven to broil
2. Whisk eggs and water together in a small bowl for 2 minutes
3. Heat skillet to medium, coat bottom of the pan with your choice of cooking oil
4. Pour egg mixture into pan
5. Gently and slowly swirl egg mixture around pan so the entire bottom is coated with egg
6. Slowly scrape one side of the egg mixture towards the center of the pan allowing raw egg mixture to cover hot pan, continue on all sides for 5 minutes
7. Place pomegranate seeds, basil, and sautéed asparagus onto the top of the frittata
8. Place into broiling oven for 8 minutes or until top is opaque
Apple Chicken Salad (makes enough for Day 2 and Day 3)

**Ingredients**
- 1 green apple diced
- 1 cup onion diced
- 1 cup grilled chicken diced
- 2 teaspoon coconut oil
- 1 teaspoon dried thyme
- Salt to taste
- 4 cups of mixed greens

**Instructions**

1. Add coconut oil to a skillet on medium heat
2. Add in onions and apples to skillet, cook for 10 minutes, stirring occasionally
3. Add in chicken, thyme, and salt
4. Stir all ingredients until combined
5. Plate on a bed of mixed greens
Day 3

Stuffed Mushrooms

Ingredients
5 whole mushrooms equal in size
1 tablespoon coconut oil
1/4 cup onion
1/4 cup mushroom innards
1/4 cup carrots
1/4 cup pea pods
1/2 teaspoon cumin
Pinch salt and pepper to taste

Instructions
1. Preheat oven to 450
2. Core meat from mushrooms and set innards aside
3. Add mushroom innards and remainder of ingredients to a food processor, pulse on high for one minute (until minced)
4. Fill cored mushrooms with minced veggie mixture
5. Coat small baking dish with coconut oil
6. Set stuffed mushrooms filling side up into greased baking dish
7. Cook in 450 oven for 10 minutes
8. Remove from oven and plate