



Fall Paleo Cleanse

Meal Plan, Shopping List
and Recipes

Fall Paleo Cleanse Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
Monday	Autumn Greens Smoothie	Salmon Salad & Sautéed Greens (leftovers for Wed lunch)	Sautéed Shrimp with Avocado Sauce & Chopped Salad (leftovers of Tues lunch)	Steamed Artichokes / Chocolate Banana Fro-Yo
Tuesday	Savory Avocado Wrap	Sautéed Shrimp with Avocado Sauce & Chopped Salad	Sprouted Stir-Fry & Spinach Pomegranate Salad (leftovers for Fri lunch)	Apple with Almond Butter/Pumpkin Pie Chia Pudding
Wednesday	Protein Power Smoothie	Tangy & Tart Salmon Salad & Sautéed Greens	Fall Fresh Pasta Salad & Cucumber Salad (leftovers for Fri dinner)	Guacamole & Veggies / Apples with Coconut Butter & Cinnamon
Thursday	Greens, Eggs, No Ham	Chicken Tacos & Toasted Kale Chip (leftovers for Sun lunch)	Vegetable "Curry" & Sweet and Savory Salad (leftovers for Sat dinner)	Steamed Artichoke/ Fall Fruit Salad
Friday	Green & Glowing Smoothie	Sprouted Stir-Fry & Spinach Pomegranate Salad	Fall Fresh Pasta Salad & Cucumber Salad	Kale Chips / Apples with Coconut Butter & Cinnamon
Saturday	Greens, Eggs, No Ham	Collard Green Banh Mi & Curried Sweet Potato Soup (leftovers Sun dinner)	Vegetable "Curry" & Sweet & Savory Salad	Apple with Almond Butter/Pumpkin Pie Chia Pudding
Sunday	Protein Power Smoothie	Chicken Tacos & Toasted Kale Chip	Collard Green Banh Mi & Curried Sweet Potato Soup	Guacamole & Veggies / Chocolate Banana Fro-Yo

Fall Paleo Cleanse Shopping List

- **Produce**

- 7 bunches of kale
- 2 head of butter lettuce
- 1 bunch collard greens
- 1 bunch carrots
- 1 bunch celery
- 1 jicama
- 1 fennel
- 1 small broccoli
- 1 small butternut squash
- 1 lb brussel sprouts
- 1 bag mung bean sprouts
- 6 cucumbers
- 2 small package of shiitake mushrooms
- 2 red onions
- 2 white onions
- 3 baby leeks
- 1 bunch green onions
- 5 heads of garlic
- 5 sweet potatoes
- 2 medium head of cauliflower
- 8 avocados
- 1 beet
- 5 apples
- 1 pear
- 1 persimmon
- 3 pomegranates
- 1 bunch bananas
- 1 bunch mint
- 2 bunches cilantro
- 1 bunch parsley
- 1 bunch basil
- 1 bunch sage
- 6 lemons
- 8 limes
- 1 ginger root
- 2 artichokes
-

- **Canned Goods**

- 1lb kelp noodles
- 3 cans full fat coconut milk
- 2 cartons of vegetable broth (4 cup size)
- 1 can pumpkin puree
- Coconut water

- **Condiments**

- Raw Sunflower Seeds
- Sliced almonds
- Pistachios
- Olive Oil
- Coconut oil
- Coconut butter
- Apple Cider Vinegar
- Gluten Free Tamari
- Almond Butter
- Mirin
- Sesame Seeds
- Coriander
- Cinnamon
- Nutmeg
- Allspice
- Turmeric
- Ground Ginger
- Cumin
- Dried oregano
- Whole grain mustard
- Dried basil
- Dried thyme
- Onion powder
- Raw cashews
-

- **Meat / Dairy / Eggs / Refrigerated Section**

- 1 carton of unsweetened almond milk
- 1 bottle of unsweetened cranberry juice
- Dozen eggs
- 1 can sustainably-caught salmon
- 2 ½ lb shrimp
- 2 Rotisserie chickens
- 1lb boneless chicken breast
-

- **Frozen**

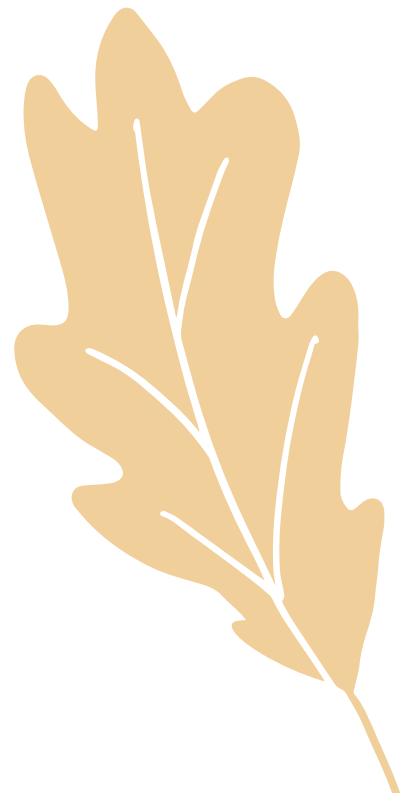
- Blueberries
-

- **Miscellaneous**

- Paleo protein powder
- Chia Seeds
- Raw Cacao Powder



Fall Paleo Cleanse Recipes



Breakfast

Autumn Greens Smoothie

[Serves 1]

INGREDIENTS

- 1 cup coconut water or water
- 1 large handful spinach
- ½ banana
- 1 pear, chopped
- dash of cinnamon

Blend and enjoy!

Protein Power Smoothie

[Serves 1]

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop paleo protein powder
- ½ banana
- 1 teaspoon cinnamon
- ½ cup frozen blueberries

Blend and enjoy!

Green and Glowing Breakfast Smoothie

[Serves 1]

INGREDIENTS

- ½ bunch kale
- 1 handful spinach
- ½ cucumber
- 1 pear, sliced
- ½ cup unsweetened cranberry juice

Blend and enjoy!

Greens, Eggs and No Ham!

[Serves 1]

INGREDIENTS

- 1 tablespoon coconut oil
- 4-5 kale leaves shredded or cut into ribbons
- 2 eggs
- 2 sprigs of mint, minced (optional)
- Sea salt and pepper
- Heat coconut oil in a pan until melted, add kale and sauté until bright green and a bit wilted. Crack eggs into the kale and mix to scramble the eggs. Top with mint and season with salt and pepper

Savory Avocado Wrap

[Serves 1]

INGREDIENTS

- 1 butter lettuce or collard leaf
- ½ avocado
- 1 teaspoon chopped basil
- sea salt and pepper
- 1 egg scrambled
- small handful of spinach
- Smear leaf with the avocado and sprinkle with basil, salt and pepper, add scrambled egg and spinach. Fold in half and enjoy!

Lunch & Dinner

Tangy and Tart Salmon Salad

[Serves 2]

INGREDIENTS

- 1 can of sustainably caught salmon, drained
 - ½ celery, diced
 - ¼ cucumber, diced
 - ½ green apple, diced
 - 1 tablespoon sunflower seeds
 - 1 tablespoon olive oil
 - salt and pepper to taste
 - butter lettuce or other greens
 - Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens.
-

Raw Chopped Salad with Lemon Tarragon Dressing

[Serves 4]

INGREDIENTS

- 1 head of kale, cut into small ribbons
- 2 stalks of celery, diced
- 1 cucumber, diced
- 2 carrots, diced
- 1 fennel, thinly sliced
- 1 beet, shredded
- 1 tablespoon sunflower seeds
- Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below.

Dressing:

INGREDIENTS

- ¼ cup fresh squeezed lemon juice
 - 2 tablespoons apple cider vinegar
 - 2/3 cup olive oil
 - 1 small handful of tarragon leaves, chopped
 - 1 teaspoon pepper
 - sea salt
 - Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.
-

Sautéed Greens with Garlic and Parsley

[Serves 2]

INGREDIENTS

- 1 tbsp of coconut oil
- 3 cloves of finely chopped garlic
- juice and zest of one lemon
- 1 bunch dark, leafy greens such as kale
- 1/2 cup vegetable broth
- handful of chopped parsley
- salt and pepper

Heat the oil, garlic and lemon zest in a sauté pan for about 2 minutes. Add the greens and sizzle for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in parsley just before serving.

Sautéed Shrimp with Cleansing Cilantro Avocado Sauce

[Serves 4]

INGREDIENTS

- 1 ½ lbs medium to large shrimp. Buying them peeled and deveined will save you a lot of time
- 1 bunch cilantro
- 1 bunch oregano
- 1 avocado
- 1 tablespoon coconut oil
- Zest and juice of one lemon and one lime
- Salt and pepper

Season the shrimp with salt and pepper. Heat oil in a sauté pan over medium heat. Add the shrimp and cook, flipping periodically until pink all the way through – 8 minutes or so. Mix the rest of the ingredients in a blender or food processor and serve as a dipping sauce for the shrimp.

Chicken Tacos with Cole Slaw

[Serves 4]

INGREDIENTS

- 1 rotisserie chicken, shredded
- 2 teaspoons cumin
- 1 teaspoon garlic
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 avocado

Put the shredded chicken in a bowl and season with cumin, garlic, onion powder and salt. Mix and set aside.

Slaw Topping:

INGREDIENTS

- 1 head of green cabbage, finely sliced
- 4 green onions
- 1 cup of cilantro, chopped
- 4 limes, juiced
- 1/2 cup of olive oil
- Salt to taste

Mix cabbage, onion and cilantro in a bowl and dress with the lime, olive oil and salt. Assemble by filling a bowl with chicken and topping it with the slaw and avocado.

Spinach and Pomegranate Salad with Tarragon Mustard Dressing

[Serves 2]

INGREDIENTS

- 4 cups baby spinach
- 1 pomegranate, seeded or 1/3 cup seeds
- 2 baby leek, thinly sliced
- 1 avocado, diced
- ¼ cup sliced almonds

Mix all ingredients in a bowl and dress.

Dressing:

INGREDIENTS

- 3 tablespoons apple cider vinegar
- ½ cup olive oil
- 2 cloves garlic, minced
- 1 tablespoon whole grain mustard
- 2 tablespoons chopped tarragon
- salt and pepper to taste

Whisk all ingredients together and dress your salad.

Fall Fresh Pasta Salad

[Serves 4]

INGREDIENTS

- 1 lb cooked shrimp
- 1 small butternut squash, cut into small .5" cubes
- 1 tablespoon coconut oil
- 1 package of kelp noodles
- ¼ cup olive oil, plus additional for tossing at the end
- 1 leek, thinly sliced
- 3 cloves garlic, minced
- 1 cup of maitake or shiitake mushrooms
- 1 handful chopped sage
- Salt and pepper

Heat oven to 400°. Toss the squash in coconut oil, salt and pepper. Roast for 20 minutes until fork tender.

Drain and rinse the kelp noodles. Then chop the noodles coarsely, so they easily separate. Then, sauté the noodles with 2 tablespoons of olive oil over medium heat for 10 minutes. While noodles and squash cook, heat 2 tablespoons of olive oil in a sauté pan and cook leek until melted, about 8 minutes. Add garlic and mushrooms and cook for another 7-8 minutes. Combine the noodles, shrimp, squash, mushroom and leek mixture in a bowl. Add sage, salt and pepper and toss with remaining olive oil.

Coconut Sweet Potato Soup

[Serves 4]

INGREDIENTS

- 1 tablespoon coconut oil
- 1 ½" piece of ginger, sliced and crushed
- 4 clove garlic, minced
- Zest and juice of one lime
- 3 sweet potatoes, peel removed, and cut into 1" pieces
- 1 15oz can of full fat coconut milk
- 2 cups water
- ½ bunch cilantro, chopped

Heat coconut oil in a large saucepan over medium heat. Add ginger and garlic, lime zest and cook until slightly browned, about 3-4 minutes. Add sweet potatoes, coconut milk and water. Bring to a boil, reduce to low and simmer, covered, for 25 minutes. Turn off heat and leave on stove for ½ hour to allow flavors to meld. Puree soup in a blender or food processor. Garnish with chopped cilantro, lime juice and enjoy!

Sprouts and Sprouted Stir-Fry

[Serves 4]

INGREDIENTS

"Rice":

- 1 head of cauliflower*
- 1 lime, zested
- 1 cup of coconut milk
- Teriyaki Sauce:
- ½ cup Mirin
- ½ cup gluten-free Tamari
- 1 clove minced garlic
- 1 teaspoon minced fresh ginger

Stir Fry:

- 1 medium cauliflower, cut into florets
- 2 medium sweet potatoes, diced
- Small handful of brussel sprouts, halved
- 1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
- 4 cups vegetable broth
- 2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc...)
- Salt and pepper to taste
- Fresh basil strips for garnish

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice for about 45 minutes. In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat. In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and add the diced chicken to the pan and cook for 4-5 minutes, until lightly brown – turning once. Toss in all of your veggies (except the sprouts). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how "al dente" you want your veggies. Scoop a large spoonful of "rice" into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with sprouts.

**Alternatively, you can buy cauliflower that has already been "riced" at some grocery stores in the produce or freezer departments.*

Collard Green Banh Mi

[Serves 1]

INGREDIENTS

- 1 large collard green with thick part of stem removed
- 2 eggs, scrambled
- ½ cucumber, cut into matchsticks
- 1 carrot, cut into matchsticks
- ½ avocado, sliced
- small handful of sprouts – mung bean sprouts are most common and can be found in the produce section
- 2 sprigs of basil, chopped
- 3-4 sprigs of mint, chopped
- small handful of cilantro, chopped

Roll all the ingredients in the collard green like you would a burrito. Serve with dipping sauce.

Dipping Sauce:

INGREDIENTS

- 1 teaspoon ginger, minced (grating it with a zester is an easy way to do this)
- 1 garlic clove, minced
- 1 green onion, sliced
- ¼ cup gluten free tamari.

Mix all ingredients and serve with Collard Green Banh-Mi

Cucumber Salad

[Serves 4]

INGREDIENTS

- 1 cucumber sliced thinly
- 1 lemon
- 2 teaspoons apple cider vinegar
- Black or traditional sesame seeds

Mix all the ingredients in a bowl and enjoy!

Sweet and Savory Salad

[Serves 4]

INGREDIENTS

- 1 large head of butter lettuce
- ½ cucumber, sliced
- 1 pomegranate, seeded or 1/3 cup seeds
- 1 avocado, cubed
- ¼ cup shelled pistachios, chopped

Dressing

INGREDIENTS

- ¼ cup apple cider vinegar
- ½ cup olive oil
- 1 garlic clove, minced

Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.

Seasonal Vegetable “Curry”

[Serves 4]

INGREDIENTS

- Rotisserie chicken
- 2 tablespoons coconut oil
- 1 onion, peeled and diced
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon cinnamon
- 2 carrots, peeled and diced
- 1 medium cauliflower, cut into florets
- 2 medium sweet potatoes, diced
- Small handful of brussel sprouts, halved
- 1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
- 4 cups vegetable broth
- 2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc...)
- Salt and pepper to taste
- Fresh basil strips for garnish

In a large pot heat coconut oil and sauté onions and spices until the onions are soft (about 6-8 minutes). Add the vegetables and coconut milk. Bring to simmer and add the vegetable broth. Simmer until the sweet potatoes are tender (about 15 minutes). Remove the meat from the rotisserie chicken and add to the pot along with the greens, then season with salt and pepper.

Garnish with basil.

Snacks

Steamed Artichoke with Lemon and Herbs

[Serves 2]

INGREDIENTS

- 2 artichokes
- 1 lemon
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- sea salt and pepper

Snip off sharp tips on the artichoke leaves and cut off stem. Place in a steam basket and steam for 30 – 40 minutes until tender. You will know it's done when a fork easily pierces the stem. Squeeze fresh lemon, sea salt and dried oregano, basil and thyme.

Green Apple with Almond Butter and Cinnamon

[Serves 1]

INGREDIENTS

- 1 green apple, sliced
- 1 tablespoon almond butter
- sprinkle of cinnamon

Sprinkle the cinnamon on the almond butter and dip the apple slices in it.

Guacamole and Veggies

Buy guacamole at the store or make your own.

INGREDIENTS

- 2 avocados
- ¼ red onion, chopped
- 2 cloves of garlic, minced
- 1 lime, juiced

Mash the avocados with ¼ chopped red onion, 2 cloves minced garlic and a squeeze of lime juice.

Serve with baby carrots, cucumber and jicama

Toasted Kale Chips

[Serves 1]

INGREDIENTS

- 1 head of kale torn into large pieces
- 2 teaspoons extra virgin olive oil
- 1/4 teaspoon garlic powder (or seasoning of your choice)
- sea salt and pepper

Toss kale with oil and season with garlic powder and sea salt. Bake for 8-10 minutes at 375° or until crispy. Careful not to burn.

Treats

Honeycrisp Apples with Warmed Coconut Butter and Cinnamon

[Serves 2]

INGREDIENTS

- 2 Honeycrisp apples cut into slices
- ¼ cup coconut butter
- ½ teaspoon cinnamon

Put the apples in 2 serving bowls. Warm the coconut oil by placing it in a steamer for 10 minutes. Stir and drizzle on the apples. Top with cinnamon

Fall Fruit Salad

[Serves 2]

INGREDIENTS

- 1 persimmon, chopped
- 1 pomegranate, seeded
- Zest and juice of one lemon
- 1 teaspoon mint, chopped

Mix all ingredients in a bowl and enjoy!

Chocolate Banana Fro-Yo

[Serves 2]

INGREDIENTS

- 2 frozen bananas
- 3 tablespoons raw cacao
- ¼ cup unsweetened almond milk

Place bananas and cacao into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not use all ¼ cup of almond milk.

Pumpkin Pie Chia Pudding

[Serves 2]

INGREDIENTS

- 1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)
- ¼ cup chia seeds
- ½ cup pumpkin puree
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon nutmeg
- dash of allspice

Mix all ingredients in a bowl and refrigerate for 3-4 hours or overnight.