

SUMMER PALEO
CLEANSE MEAL
PLAN,
SHOPPING LIST
& RECIPES



SUMMER PALEO CLEANSE MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Berry Cleansing Smoothie	Mediterranean Salmon Salad (save leftovers for Tuesday)	“Curry” with Summer Veggies (save leftovers for Wednesday)	“Cheezy” Roasted Broccoli / Mixed Summer Fruit Salad
TUE	Boiled Eggs with Sautéed Spinach	Lemon Basil Chicken Salad (save leftovers for Wednesday)	Leftover Mediterranean Salmon Salad	Beet Chips / Blueberry Lemon Chia Pudding
WED	Tropical Greens Smoothie	Leftover Lemon Basil Chicken Salad	Leftover “Curry” with Summer Veggies	“Cheezy” Roasted Broccoli / Grilled Pineapple with Coconut Shavings
THU	Breakfast Veggie Hash (save leftovers for Saturday)	Super Easy Summer Soup (save leftovers for Friday)	Farm Fresh Pasta Salad (save leftovers for Friday)	Avocado Boats / Grilled Pineapple with Coconut Shavings
FRI	Peachy Green Smoothie	Leftover Farm Fresh Pasta Salad	Leftover Super Easy Summer Soup	Beet Chips / Creamy Energy Boosting Shake
SAT	Leftover Breakfast Veggie Hash	Portobello Spinach and Egg Sandwich (save leftovers for Sunday)	Garlic Shrimp (save leftovers for Sunday)	Avocado Boats / Mixed Summer Fruit Sala
SUN	Creamy Cashew Smoothie	Portobello Spinach and Egg Sandwich	Leftover Garlic Shrimp	Almond Butter and Banana Bites / Blueberry Lemon Chia Pudding

SUMMER PALEO CLEANSE SHOPPING LIST

Produce

- 3 bunches of kale
- 1 head romaine lettuce
- 1 head butter lettuce
- 2 large packages baby spinach
- 1 large head of broccoli
- 2 small heads of bok choy
- 2 cucumbers
- 1 small package of shiitake mushrooms
- 1 shallot
- 1 red onion
- 1 white onion
- 1 bunch green onions
- 2 heads of garlic
- 3 medium zucchini
- 1 medium yellow squash
- 2 medium summer squash
- 1 sweet potato
- 1 stalk celery
- 2 portobello mushrooms
- ½ cup sugar snap peas
- 1 small bunch asparagus
- 6 avocados
- 4 beets
- 1 nectarine
- 1 peach
- 1/2lb cherries
- 1 pineapple
- 2 pints of blueberries
- 2 bananas
- 1 bunch mint
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch chives
- 1 bunch basil
- 7 lemons
- 2 limes

Canned/Jarred/Packaged Goods

- 2 packages kelp noodles
- Capers
- Kalamata olives
- 2 cartons of vegetable broth (4 cup size)
- 1 can unsweetened coconut milk
- 1 container coconut water

Condiments

- Sea Salt
- Cashews
- Pepper
- Cumin
- Coriander
- Garlic Powder
- Chipotle Seasoning
- Italian Seasoning
- Turmeric
- Cinnamon
- Nutritional yeast
- Unrefined Coconut Oil
- Extra Virgin Olive Oil
- Almond Butter
- Cashew Butter
- Coconut shavings
- Stevia (liquid)

Refrigerated Section

- 1 carton of unsweetened almond milk
- 1 bottle of unsweetened cranberry juice

Protein

- 1 dozen eggs
- 2 ½ lbs shrimp
- 2 rotisserie chickens
- 1 can salmon

Frozen

- Raspberries
- Mixed berries
- Mixed tropical fruit
- Peaches

Miscellaneous

- Paleo protein powder
- Maca Powder
- Raw Cacao Powder
- Chia Seeds
- Hemp Seeds

Breakfast

Tropical Greens Smoothie

[Serves 1]

INGREDIENTS

- 1 cup coconut water or water
- 1 large handful spinach
- ½ banana
- ½ cup mixed fresh or frozen tropical fruit - mango & pineapple
- 3 sprigs of mint

Blend and enjoy

Berry Cleansing Smoothie

[Serves 1]

INGREDIENTS

- ½ cup unsweetened cranberry juice
- ½ cup mixed fresh or frozen berries – strawberries, blueberries & raspberries
- ½ cucumber
- ½ cup ice (not needed if using frozen berries)

Blend and enjoy

Boiled Eggs with Sautéed Spinach

[Serves 1]

INGREDIENTS

- 2 eggs
- 2 cups spinach
- 1 tablespoon extra virgin olive oil
- 1 garlic clove
- squeeze of lemon
- salt and pepper

Place eggs in a saucepan and cover with water. Bring to a boil and then remove from heat and let sit for 10 minutes. Add oil and garlic clove to a sauté pan. Heat over low heat until garlic begins to sizzle. Remove clove and add spinach. Cook for 2 – 5 minutes until wilted. Season with lemon juice, salt and pepper.

Creamy Cashew Smoothie

[Serves 1]

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon cashew butter
- 1 scoop paleo protein powder – Designs for Health, Primal Kitchen, Julian's Bakery, are great brands
- ½ avocado
- ½ cup frozen raspberries

Blend and enjoy!

Peachy Green Smoothie

[Serves 1]

INGREDIENTS

- ½ bunch kale
- 1 handful spinach
- 1 cup frozen peaches
- ½ cup coconut water

Blend and enjoy!

Breakfast Veggie Hash

[Serves 2]

INGREDIENTS

- 1 cup chopped sweet potato (1/4 inch in size is what you are shooting for)
- ½ cup chopped asparagus
- ½ cup sliced mushrooms
- ¼ cup chopped red onion
- 1 tablespoon dried Italian Seasoning
- 1 teaspoon ground turmeric
- 4 eggs
- 2 tablespoons coconut oil
- sea salt to taste

In a large sauté pan, heat coconut oil over medium heat. Add all of the veggies and sauté for 10 minutes. Add spices and heat through, another 3-5 minutes.

Eggs can be scrambled in during the last 3 minutes of cooking.

Veggies can be chopped and prepped in advance. Note on chopping: Shoot for ¼ inch in size for your veggies. They will cook quicker and more evenly that way.

Lunch & Dinner

Garlic Shrimp

[Serves 4]

INGREDIENTS

- 1 ½ lbs medium to large shrimp. Buying them peeled and deveined will save you a lot of time
- Baby spinach (large box)
- 4 cloves of garlic, minced
- 1 shallot, chopped
- Zest and juice of one lime
- 1/3 cup parsley, chopped
- ½ teaspoon salt
- 1 tablespoon extra virgin olive oil

Combine shrimp, garlic, shallot, lime zest and salt in a bowl. Let marinate for 20 minutes or overnight.

Heat oil in a sauté pan over medium heat. Add shrimp and any extra juices from the bowl. Cook for 8-10 minutes until shrimp are pink all the way through. Finish by tossing the shrimp with parsley and lime juice. Enjoy over a bed of spinach.

Mediterranean Salmon Salad

[Serves 2]

INGREDIENTS

- 1 can of sustainably caught salmon, drained
- ½ celery, diced
- ¼ cucumber, diced
- 1 tablespoon capers
- 5-6 chopped kalamata olives
- 1 tablespoon hemp seeds
- 1 tablespoon olive oil
- Squeeze of half lemon
- salt and pepper to taste.

Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens.

Lemon Basil Chicken Salad

[Serves 4]

INGREDIENTS

- 1 rotisserie chicken, shredded
- 1 celery stalk, chopped
- ½ cucumber sliced
- 1 avocado, sliced
- Head of butter lettuce
- DRESSING INGREDIENTS:
- ¼ cup lemon juice (usually 1 lemon)
- ½ cup olive oil
- 4-5 large basil leaves, chopped
- salt and pepper to taste

Put all of the salad ingredients (except avocado) into a bowl and set aside. Mix together the ingredients for the dressing and mix into the salad a little at a time. You may have extra dressing to use for another day. Top with sliced avocado.

Portobello Spinach and Egg Sandwich

[Serves 2]

INGREDIENTS

- 2 portobello mushrooms, stem removed
- 1 avocado, mashed
- 1 teaspoon extra virgin olive oil
- 1 cup spinach (1/2 cup per mushroom)
- 2 eggs
- 1 tablespoon chives, chopped (optional)

Heat oven or toaster oven to 400°. Brush the outside of the mushrooms with olive oil and season with salt and pepper. Spread the mashed avocado inside the mushroom caps. Place the spinach inside the mushroom (press down on spinach to make it fit). Crack an egg over the top of the spinach and sprinkle with salt and pepper. Place on a baking sheet lined with foil and cook for 15 minutes until the whites are cooked through. Top with chives.

“Curry” with Summer Veggies

[Serves 4]

INGREDIENTS

- 1 onion, peeled and diced
- 3 cloves garlic, minced
- 1 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon cinnamon
- 1 medium summer squash, diced
- 1 zucchini
- 2 baby bok choy, chopped
- 1/2 cup sugar snap peas
- 1 rotisserie chicken (meat removed and chopped)
- 1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
- 1 cup vegetable broth
- 2 bunches of kale
- Salt and pepper to taste
- Fresh basil and cilantro for garnish
- 2 tablespoons coconut oil

In a large pot heat coconut oil and sauté onions until they are soft (about 6-8 minutes). Add the garlic and spices. Add the vegetables, chicken, and coconut milk. Bring to simmer and add the vegetable stock. Simmer until the veggies are tender (about 10 minutes). Add the greens, then season with salt and pepper. Garnish with basil and cilantro

Super Easy Summer Soup

[Serves 4]

INGREDIENTS

- 4 cups vegetable broth (make sure it's sugar-free)
- 1 rotisserie chicken (meat removed and chopped)
- 1 heaping teaspoon chipotle seasoning (or any Mexican spice)
- 2 avocados, diced
- 1 summer squash, chopped
- 1 zucchini, chopped
- 1 small handful cilantro, chopped
- 2 green onions chopped
- salt to taste
- lime wedges for garnish

Heat the broth in a pot over medium heat, Add chicken and chipotle spice and heat through for 10 minutes. Add zucchini and squash and cook for 5 more minutes.

Ladle into bowls and top with cilantro, green onions and avocado.

Farm Fresh Pasta Salad

[Serves 4]

INGREDIENTS

- 2 packages of kelp noodles
- 1 lb cooked shrimp (save time by buying fresh or frozen cooked shrimp)
- 3 cloves garlic, minced
- ½ red onion, thinly sliced
- 1 zucchini, thinly sliced
- 1 yellow squash, sliced thinly
- zest and juice of one lemon
- 1 handful chopped parsley
- ½ cup olive oil.

Sauté onion and garlic in a pan with ¼ cup olive oil for 5 minutes. While the onion and garlic are cooking, drain and rinse the kelp noodles. Then chop the noodles coarsely, so they easily separate. Add kelp noodles to the pan with the garlic and onion, along with the zucchini and yellow squash and sauté for 10 minutes. Add the lemon, remaining ¼ cup olive oil, and parsley. Add in shrimp. Continue cooking until the kelp noodles have softened.

Snacks

“Cheezy” Roasted Broccoli

[Serves 2-4]

INGREDIENTS

- 2 cups broccoli, chopped
- 1 tablespoon extra virgin olive oil
- 2 tablespoons nutritional yeast
- salt and pepper to taste

Heat oven to 400°. Place the broccoli on a baking sheet and toss in the olive oil, nutritional yeast, and season with salt and pepper. Roast for 25 minutes

Avocado Boats

[Serves 2]

INGREDIENTS

- 1 large avocado
- 2 romaine lettuce leaves
- 4 large basil leaves, chopped
- 1 tablespoon lemon juice
- salt and pepper to taste

Smear avocado into romaine leaves, top with basil, lemon juice and season with salt and pepper.

Almond Butter and Banana Bites

[Serves 1]

INGREDIENTS

- 1 banana
- 2 tablespoons almond butter
- 1 tablespoon hemp seeds (optional)

Spread the almond butter on the banana, sprinkle with hemp seeds and cut into bite-sized pieces.

Beet Chips

[Serves 2]

INGREDIENTS

- 4 medium beets, thinly sliced
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 2 tablespoons extra virgin olive oil
- salt to taste

Heat oven to 375°. Place the beet chips on a baking sheet and toss with the olive oil and spices. Roast for 30 minutes until crispy. Check periodically and turn over with a spatula and continue cooking – careful not to burn.

Treats

Blueberry Lemon Chia Pudding

[Serves 2]

INGREDIENTS

1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)

¼ cup chia seeds

Zest of 2 lemons

1 pint of blueberries

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

Creamy Energy Boosting Shake

[Serves 1]

INGREDIENTS

½ cup unsweetened almond milk

1 tablespoon cashew butter

½ avocado

¼ cup raw cacao powder

2 teaspoons maca powder (optional)

2-3 drops of stevia

½ cup ice

Blend and Enjoy!

Mixed Summer Fruit Salad

[Serves 2]

INGREDIENTS

1 peach, chopped

1 nectarine, chopped

½ cup cherries, pits and stems removed

½ cup or one pint of blueberries

Zest and juice of one lemon

1 teaspoon mint, chopped

Mix all ingredients in a bowl and enjoy!

Grilled Pineapple with Coconut Shavings

[Serves 2]

INGREDIENTS

½ pineapple cut into rings

½ cup unsweetened coconut shavings

Grill pineapple rings over medium heat for 3 minutes on each side. Top with coconut shavings and enjoy.