

SPRING PALEO
CLEANSE -
MEAL PLAN,
SHOPPING
LIST &
RECIPES



SPRING PALEO CLEANSE MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Spring Scramble	Salmon & Endive Salad (leftovers lunch Wed)	Spring Stir-Fry with Roasted Beet Bowl with Avocado (leftovers dinner Tues)	Avocado Mint Mash / Strawberries & Cream Fro-Yo
TUE	Spring Greens Smoothie	Shrimp & Avocado Salad and Dandelion Greens (leftovers lunch Thurs)	Spring Stir-Fry with Roasted Beet Bowl with Avocado Sauce	Cucumber with Zucchini Hummus / Chopped Berries with Mint & Coconut Butter
WED	Easy Breakfast Burrito	Salmon & Endive Salad	Seasonal Vegetable Curry with Radish & Carrot Ribbon Salad (leftovers dinner Sat)	Cheesy Kale Chips / Chocolate Avocado Chia Pudding
THU	Red Velvet Protein Smoothie	Shrimp and Avocado Salad with Dandelion Greens	“Curried” Carrot Soup with Spring Scramble (save leftovers for dinner on Fri)	Cucumber with Zucchini Hummus / Strawberry Mango Mint Icee
FRI	Tropical Fruit Smoothie	Springy Shrimp Salad (save leftovers for dinner on Sun)	“Curried” Carrot Soup with Spring Scramble	Chopped Berries with Mint & Coconut Butter / Strawberry Mango Mint Icee
SAT	Pancakes with Rhubarb Compote	Chicken & Kale Soup with Spinach and Blueberry Salad (save leftovers for lunch on Sun)	Seasonal Vegetable “Curry” with Radish & Carrot Ribbon Salad	Avocado Mint Mash / Chocolate Avocado Chia Pudding
SUN	Pancakes with Rhubarb Compote	Chicken and Kale Soup with Spinach and Blueberry Salad	Roasted Beet Bowl with Avocado Cilantro Sauce & Radish and Carrot Ribbon Salad	Cheesy Kale Chips / Strawberries & Cream Fro-Yo

SPRING PALEO CLEANSE SHOPPING LIST

Produce

- 8 bunches of kale
- 2 bunches dandelion greens
- 1 bunch Endive
- 1 head butter lettuce
- 2lbs pre-washed spinach
- 3 bunches carrots
- 1 bunch celery
- 4 bunches asparagus
- 2 cups snow peas
- 3 bunches radishes
- 2 stalks rhubarb
- 1 bag mung bean sprouts
- 4 cucumbers
- 1 package of shiitake mushrooms
- 1 head cauliflower
- 1 head red cabbage
- 2 zucchini
- 1 red onion
- 4 white onions
- 4 green onions
- 1 fennel bulb
- 1 stalk lemongrass
- 3 heads of garlic
- 8 avocados
- 5 beets
- 3 pints blueberries
- 2 pints strawberries
- 1 mango
- 1 kiwi
- 1 bunch bananas
- 1 green apple
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch mint
- 1 bunch parsley
- 6 lemons
- 6 limes
- 1 ginger root

Canned Goods

- 3 cartons of vegetable broth (4 cup size)
- 3 cans full fat coconut milk
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Condiments

- Extra Virgin Olive Oil
- Coconut oil
- Coconut Butter
- Apple Cider Vinegar
- Gluten Free Tamari
- Almond Butter
- Sliced almonds
- Sea Salt
- Pepper
- Coriander
- Ground Ginger
- Cumin
- Turmeric
- Cinnamon
- Vanilla
- 1 jar capers
- Raw tahini
- Nutritional Yeast (Bragg's)
- Liquid Stevia
- Unsweetened coconut flakes

Meat / Dairy / Eggs / Refrigerated Section

- 1 carton of unsweetened almond milk
- 1 bottle of unsweetened cranberry juice
- Coconut Water – get extra to drink
- Ghee
- 1 carton of eggs
- 1 can sustainably-caught salmon
- ½ lb cooked shrimp
- 1 Rotisserie chicken
- 1 whole free range chicken

Miscellaneous

- Paleo protein powder (Designs for Health, Primal Kitchen, Julian's Bakery, are great brands)
- Raw Cacao Powder
- Chia Seeds
- Hemp Seeds

Frozen

- Frozen blueberries
- Frozen strawberries
- Frozen mango
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Breakfast

Spring Greens Smoothie

[Serves 1]

INGREDIENTS

- 1 cup coconut water or water
- 1 large handful spinach
- ½ banana
- ½ cup frozen blueberries
- dash of cinnamon

Blend and enjoy!

Tropical Fruit Smoothie

[Serves 1]

INGREDIENTS

- ½ cup unsweetened cranberry juice
- ½ cup fresh chopped mango
- 1 kiwi, skin removed
- 2 sprigs of mint
- ½ cucumber
- ½ cup ice

Blend and enjoy!

Red Velvet Protein Smoothie

[Serves 1]

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop paleo protein powder – Designs for Health, Primal Kitchen, Julian's Bakery, are great brands
- 1 medium beet, shredded
- 1 cucumber

Blend and enjoy!

Pancakes with Rhubarb Compote

[Serves 2]

INGREDIENTS

- 3 bananas
- 2 eggs
- ½ cup almond butter
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- dash of sea salt
- 1 tablespoon coconut oil

Combine all ingredients except oil in a blender and blend until smooth. Heat coconut oil on a skillet over medium heat. Pour ¼ cup of pancake mix on skillet and cook until lightly browned, flip over and cook until other side is lightly browned. Serve with Rhubarb compote, recipe below.

Rhubarb Compote

[Serves 2]

INGREDIENTS

- 2 stalks of rhubarb, chopped
- 1 pint of strawberries, chopped
- Zest and juice of 1 lemon

Cook all ingredients over medium low heat until fruit is soft and jam like consistency about 15 minutes. Add a little water if necessary.

Easy Breakfast Burrito

[Serves 1]

INGREDIENTS

- 1 tablespoon coconut oil
- 4-5 kale leaves shredded or cut into ribbons
- 2 eggs
- Lettuce leaf
- 4-5 basil leaves, chopped
- Half an avocado
- Sea salt and pepper

Heat 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. Wrap in a lettuce leaf and top with basil and avocado. Season with salt and pepper.

Spring Scramble

[Serves 1]

INGREDIENTS

- 1 tablespoon ghee
- small handful of spinach
- 3 asparagus stalks, chopped into 1/4 inch coins
- 2 eggs, beaten
- ½ avocado
- sea salt and pepper

Heat ghee in a skillet, add spinach, asparagus and sauté for 3-5 minutes. Stir in eggs and cook for 3 more minutes until cooked through. Top with avocado and season with salt and pepper.

Lunch & Dinner

Salmon & Endive Salad

[Serves 2]

INGREDIENTS

- 1 can of sustainably caught salmon, drained
- ½ stalk celery, diced
- ½ green apple, diced
- 1 teaspoon capers
- 1 tablespoon hemp seeds
- 2 tablespoons parsley, chopped
- 1 tablespoon extra virgin olive oil
- salt and pepper to taste
- 4 -6 Endive leaves

Mix all the ingredients, except endive together. Serve in endive leaves.

Spinach and Blueberry Salad with Lemon Basil Dressing

(side dish)

[Serves 4]

INGREDIENTS

- 8 cups baby spinach
- 2 pint organic blueberries
- ½ cup sliced almonds
- Right before serving, mix all ingredients in a bowl and dress.

Dressing:

INGREDIENTS

- 6 tablespoons apple cider vinegar
- 1 cup extra virgin olive oil
- 4 cloves garlic, minced
- Zest and juice of two lemons
- 3 tablespoons chopped basil
- salt and pepper to taste

Whisk all ingredients together and dress your salad.

Shrimp and Avocado Salad

[Serves 1]

INGREDIENTS

- ¼ lb cooked shrimp (save time by buying fresh or frozen cooked shrimp)
- 2 cups spinach or arugula
- ¼ cup shredded red cabbage
- 1/2 avocado, sliced
- Juice from one lime
- 2 tablespoons olive oil

Serve shrimp on the bed of greens, avocado, cabbage and dress with olive oil and lime juice.

Spring Stir-Fry

[Serves 2]

INGREDIENTS

“Rice”:

- 1 head of cauliflower*
- 1 cup of coconut milk
- Spicy Lemongrass and Garlic Sauce:
- ½ cup vegetable broth
- ½ cup Gluten Free Tamari
- 2 clove minced garlic
- 1 teaspoon minced fresh lemongrass
- juice of 1 lime

Stir-Fry:

- 2 tablespoons coconut oil
- 1 small white onion
- 2 cloves of garlic minced
- 2 teaspoons ginger minced
- 1 package of Enoki or Shiitake Mushrooms
- ½ cup snow peas
- ½ bunch of asparagus, cut into 1/2” pieces
- 2 carrots, cut into ½” pieces
- ½ bunch kale, cut into ribbons
- 1 handful mung bean sprouts

Wash and chop the cauliflower into large chunks. Place the chunks in a food processor and pulse until broken down into rice-size pieces. In a pan, combine the cauliflower and coconut milk and cook for about 10 minutes on medium heat, or until the coconut milk is absorbed.

In a small saucepan combine all the ingredients for the spicy lemongrass sauce and simmer for 5 minutes to let the flavors meld. 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 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 spicy lemongrass 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.

Dandelion Greens with Ghee

(Side dish)

[Serves 4]

INGREDIENTS

- 2 bunches dandelion greens, cut into strips
- ¼ cup ghee, melted
- ½ cup nutritional yeast
- salt and pepper

Cook dandelion greens in salted boiling water for 15 minutes, drain and squeeze out excess water. Coarsely chop and place in your serving dish. Drizzled melted ghee on the greens and then toss with nutritional yeast, salt and pepper.

Springy Shrimp Salad with Citrus Dressing

[Serves 4]

INGREDIENTS

- 1 head of kale, cut into small ribbons
- 1 small bunch of red radishes, sliced
- 1 cup snow peas
- 2 carrots, diced
- 1/2 small red onion, sliced
- 1 avocado, chopped
- 2 tablespoons hemp seeds
- ¼ lb cooked shrimp (save time by buying fresh or frozen cooked shrimp)

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 extra virgin olive oil
- 2 tablespoons garlic, chopped
- 1 teaspoon pepper
- sea salt

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.

Curried Carrot Soup

[Serves 4]

INGREDIENTS

- 1 tablespoon ghee
- 1 ½" piece of ginger, sliced and crushed
- 4 cloves garlic, minced
- Zest and juice of one lime
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon cinnamon
- 1 teaspoon turmeric
- 3 cups carrots cut into 1" pieces
- 1 15oz can of full fat coconut milk (I recommend Native Forest brand)
- 2 cups water
- ½ bunch cilantro, chopped

Heat ghee in a large saucepan over medium heat. Add ginger, garlic, and lime zest and cook until slightly browned, about 3-4 minutes. Add cumin, coriander, ginger, cinnamon and turmeric and cook until fragrant - about 1 minute. Add carrots, coconut milk and water. Bring to a boil, reduce to low and simmer, covered, for 15 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!

Seasonal Vegetable Curry

[Serves 4]

INGREDIENTS

- 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
- 1 teaspoon turmeric
- 2 carrots, peeled and diced
- ½ cup snow peas
- 1 bunch asparagus
- 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.)
- Rotisserie chicken
- Salt and pepper to taste
- Fresh cilantro for garnish

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

Garnish with cilantro.

Roasted Beet Bowl with Avocado Cilantro Sauce

[Serves 4]

INGREDIENTS

- 4 medium beets, roasted (see notes)
- 1 bunch asparagus, chopped into bite sized pieces
- 1 large avocado
- ½ cup cilantro leaves
- 1 garlic clove
- 2 teaspoons lime juice (1 lime)
- salt and pepper to taste
- 2 tablespoons water or unsweetened almond milk
- 2 teaspoons extra virgin olive oil

Pre-heat oven to 400°

Wash and peel the beets. Wrap in foil and roast for 45 minutes until tender. Brush the asparagus with olive oil and add to the baking sheet with the beets for the last 10 minutes of cook time.

In a blender, combine the avocado, cilantro, garlic, lime juice, salt and pepper and blend. Add water slowly until you have a sauce consistency.

Plate the chopped asparagus and beets and drizzle with avocado sauce.

Note: all of this can be made in advance and stored in the fridge for 4 days. I recommend making extra of everything to save time and energy.

Chicken and Kale Soup

[Serves 4]

INGREDIENTS

- 1 whole free range chicken
- 1 tablespoon coconut oil
- 2 medium onions
- 4 garlic cloves, minced
- 4 large carrots, chopped
- 4 stalks of celery, chopped
- 1 bunch of kale, cut into ribbons
- 6 cups of vegetable broth
- salt and pepper to taste

To make homemade chicken soup, you'll first make the chicken stock. As you get started, be sure to remove any packaging or parts from the cavity of the chicken. Then place the whole chicken in a large pot along with 2 carrots, 2 stalks celery, and 1 onion that has been quartered. Fill the pot with water 2 inches from the top. Put the pot on high heat and bring to a boil. As it comes to a boil you'll notice foam at the top. Spoon that out and discard.

Once the water is boiling, turn down the heat to a simmer and cover the pot. Leave covered and cooking for 3-10 hours. (I leave mine cooking safely overnight.) Then turn off the heat and let the pot cool, so you can safely strain the broth. To strain the broth, place a strainer or colander on top of a large pot or bowl. Then pour the pot of stock into the colander. The stock will now be in the bowl/pot. Discard the vegetables that are now in the colander as well as the skin and bones from the chicken. Keep the chicken meat and cut up.

Heat the oil in a large pot over medium heat. Add the onion and sauté until translucent – 3-5 minutes. Add the garlic, carrots, celery and kale and sauté for 2-3 minutes. Add the chicken stock, salt and pepper. Cook on medium-low heat until the vegetables are tender, 20 minutes. Add in the cut up chicken for the last 5 minutes, and then your soup is ready to eat!

Radish and Carrot Ribbon Salad

[Serves 4]

INGREDIENTS

- 2 bunches radishes, thinly sliced
- 6 carrots, thinly sliced into ribbons (a vegetable peeler works great)
- 1 fennel, thinly sliced
- Small handful chopped parsley

Dressing

INGREDIENTS

- 3 tablespoons apple cider vinegar
- 1 tablespoon lime juice
- ½ cup extra virgin olive oil
- 1 garlic clove, minced

Mix ingredients and toss with the salad dressing.

Snacks

Avocado Mint Mash

[Serves 4]

INGREDIENTS

- 2 avocados
- Zest and juice from one lemon
- ¼ cup extra virgin olive oil
- 2 tablespoons mint, chopped
- Salt and pepper to taste

Carrots or celery to eat the mash with

Add all the ingredients to a food processor and process until smooth.

Chopped Berries with Mint and Coconut Butter

[Serves 1]

INGREDIENTS

- 1 cup of mixed berries – blueberries, strawberries and raspberries
- 2 tablespoons coconut butter, melted
- 1 tablespoon chopped mint

Drizzle the melted coconut butter on the berries and sprinkle with mint.

Cucumber with Zucchini Hummus

[Serves 1]

INGREDIENTS

- 2 cucumbers, sliced
- 1 cup zucchini, peeled and diced
- 1/3 cup raw tahini
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 1/2 teaspoon sea salt, or to taste
- 2 teaspoons ground cumin
- 2 green onions, chopped

In a food processor make the zucchini hummus by blending the zucchini, tahini, lemon juice, garlic, sea salt, and cumin. Top with green onions and serve with cucumber.

Cheesy Kale Chips

[Serves 2]

INGREDIENTS

- 2 heads of kale torn into large pieces
- 4 teaspoons extra virgin olive oil
- 2 tablespoon nutritional yeast
- sea salt and pepper

Toss kale with oil and season with nutritional yeast and sea salt. Bake for 15 - 20 minutes at 300° or until crispy – being careful not to burn.

Treats

Strawberry Mango Mint Icee

[Serves 1]

INGREDIENTS

- 1/2 cup frozen strawberries
- 1/2 cup frozen mango
- 1 tablespoon chopped mint
- 1 teaspoon lime juice
- 1 tablespoon unsweetened coconut

Blend strawberries, mint and lime juice. Top with coconut.

Strawberries and Cream Fro-Yo

[Serves 2]

INGREDIENTS

- 2 frozen bananas
- 1 cup frozen strawberries
- 1/4 cup unsweetened almond milk
- 1 tablespoon hemp seeds

Place bananas and strawberries into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not need to use all 1/4 cup of almond milk. Top with hemp seeds.

Chocolate Avocado Chia Pudding

[Serves 2]

INGREDIENTS

- 1 cup unsweetened almond milk (in a carton, not canned)
- 1/4 cup chia seeds
- 2 avocados
- 1/2 cup cacao powder
- 2-3 drops of stevia

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