

Winter Paleo Cleanse

Meal Plan, Shopping List, Recipes



PALEO CLEANSE MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Carrot Cake Protein Smoothie	Green Goddess “Curry” & Brussels Sprouts with Pistachios (Save leftovers for lunch on Wednesday)	Chicken Salad with Spinach and Persimmon Salad (Save leftovers for lunch of Tuesday)	Roasted Cauliflower Crunchies / Apple Cinnamon Chia Pudding
TUE	Chocolate Mint Smoothie	Chicken Salad with Spinach and Persimmon Salad	Hearty, Veggie & Chicken Soup and Sautéed Greens (Save leftovers for lunch on Saturday)	Guacamole with Carrot and Celery Sticks / “Peanut Butter” Banana Fro-Yo
WED	Carrot Cake Protein Smoothie	Green Goddess “Curry” with Brussels Sprouts with Pistachios	Salmon and Cabbage Salad (Save leftovers for lunch on Sunday)	Roasted Cauliflower Crunchies / Apple Cinnamon Chia Pudding
THU	Easy Breakfast Burrito	Butternut Squash and Sweet Potato Soup (Save leftovers for dinner on Sunday)	Cozy Winter “Pasta” (Save leftovers for lunch on Friday)	Toasted Kale Chips / Dairy Free Mayan Hot Chocolate
FRI	Easy Breakfast Burrito	Cozy Winter “Pasta”	Stir-Fry with Coconut Lime “Rice” (Save leftovers for dinner on Saturday)	Guacamole with Carrot and Celery Sticks / “Peanut Butter” Banana Fro-Yo
SAT	Kale & Onion Frittata (save leftovers for dinner on Sunday)	Hearty, Veggie & Chicken Soup and Sautéed Greens with Garlic and Parsley	Stir-Fry with Coconut Lime “Rice”	Toasted Kale Chips / Dairy Free Mayan Hot Chocolate
SUN	Chocolate Mint Smoothie	Salmon and Cabbage Salad	Butternut Squash and Sweet Potato Soup and Frittata	Guacamole with Carrot and Celery Sticks / “Peanut Butter” Banana Fro-Yo

Winter Paleo Shopping List

Produce

- 6 cups handfuls spinach
- 7 bunches kale
- 1 head butter lettuce
- 1 bunch Romaine lettuce
- 1 head purple cabbage
- 1 cup savoy cabbage
- 4 baby bok choy
- 8 celery stalks
- 16 carrots
- 3 medium onions
- 1 red onion
- 1 bunch of radishes
- 6 leek
- 1 large sweet potato
- 1 butternut squash
- 2 fennel bulbs
- 2 medium heads of broccoli
- 2c green beans
- 2c snow peas
- 2 medium heads of cauliflower
- 32 large brussels sprouts
- 2 package maitake or shiitake mushrooms
- 4-5 Sunchokes
- 6 avocados
- 1 cucumber
- 3 limes
- 2 lemons
- 6 bananas
- 1 apple
- 1 persimmon
- 2 large heads of garlic
- 6 shallots
- 1 jalapeño (optional)
- 1 bunch cilantro
- 1 bunch basil leaves
- 1 sprigs mint
- 2 large bunches of parsley
- 3 sprigs of rosemary
- 1 ginger root

Canned Goods

- 1 package kelp noodles
- 2 15oz cans full fat coconut milk
- 2 cartons vegetable broth
- 1 veggie stock cube
- 1 lb. Canned wild salmon

Condiments

- Sliced almonds
- Shelled pistachios
- Sunflower seeds
- Pumpkin seeds
- Coconut oil
- Apple cider vinegar
- Extra virgin olive oil
- Sea salt
- Pepper
- Coriander
- Turmeric
- Ground Ginger
- Cumin
- Thyme
- Garlic powder
- Cinnamon
- Vanilla
- Almond butter
- Sunflower seed butter
- Whole grain mustard
- Gluten-free Tamari
- Mirin (Eden Organic Brand or other brand without fructose)
- Liquid stevia

Meat / Eggs / Refrigerated Section

- 2 Rotisserie chickens or 6 cups cooked chicken
- 1 lb. boneless chicken breast
- 1 lb. cooked shrimp
- 1 dozen eggs
- 2 cartons of unsweetened almond milk
- 1 coconut water – you may want to buy several to have as a drink
- small container of ghee

Miscellaneous

- Raw Cacao Powder
- Chia & hemp Seeds (if you can buy in bulk get 1 cup each)
- Paleo protein powder (Designs for Health, Primal Kitchen, Julian's Bakery)

Breakfast

Chocolate Mint Smoothie

[Serves 1]

INGREDIENTS

- 1 cup almond milk
- 1 large handful spinach
- ½ banana
- 2 - 4 tablespoons raw cacao (adjust to your preference)
- 2 tablespoons fresh mint
- squirt of stevia
- ½ cup ice (optional)

Blend and enjoy!

Carrot Cake Protein Smoothie

[Serves 1]

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop plant protein powder – Bob's Red Mill is a great brand
- ½ banana
- 1 teaspoon cinnamon
- 3 carrots, shredded

Blend and enjoy!

Easy Breakfast Burrito

(for phase 1 and phase 3)

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

Kale and Onion Frittata

(for phase 1 and phase 3)

[Serves 4]

INGREDIENTS

- 8 eggs
- 2 cups chopped kale
- 1 sweet onion, chopped
- 1 teaspoon dried thyme
- 1 tablespoon ghee or extra
- virgin olive oil

Preheat oven to 375 degrees. Grease an 8x8 or 9x9 baking pan.

In a sauté pan, heat ghee or olive oil over medium heat. Add the onions and cook until translucent and beginning to brown, 8-10 minutes. Add chopped kale and cook until wilted, 5 minutes. Season with salt and pepper and remove from heat.

In a large mixing bowl, whisk the eggs and then add the kale and onion mixture and thyme. Stir until combined.

Put the egg mixture into the greased baking sheet and cook for 35 - 45 minutes until the center no longer jiggles and the top is slightly browned.

Lunch & Dinner

Chicken Salad

(for phase 1 and phase 3)

[Serves 2]

INGREDIENTS

- 1 cup of cooked chicken, chopped (canned or rotisserie can work)
- ½ celery stalk, diced
- ¼ cucumber, diced
- 1 tablespoon sunflower seeds
- 1 tablespoon extra virgin olive oil
- Lettuce
- salt and pepper to taste

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

Sautéed Greens with Garlic and Parsley

[Serves 2]

INGREDIENTS

- 1 tablespoon of ghee
- 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 ghee, 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.

Salmon and Cabbage Salad

[Serves 4]

INGREDIENTS

- 1 head of butter lettuce
- 1 lb. canned wild salmon
- 1 green apple, chopped
- 1 head purple cabbage chopped
- 2 tablespoons hemp seeds
- 2 tablespoons 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 extra virgin olive oil
- ¼ cup cilantro, chopped
- 1 teaspoon pepper
- sea salt

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

Butternut Squash and Sweet Potato Soup

[Serves 4]

INGREDIENTS

- 1 butternut squash, peeled, deseeded and diced
- 1 sweet potato, peeled and diced
- 2 carrots, trimmed, peeled and sliced
- 1 fennel bulb, trimmed and chopped
- 6 shallots, peeled and finely sliced
- 1 gluten-free vegetable stock cube
- 1 garlic clove, peeled and chopped
- 4 tbsp chopped fresh parsley
- 1 bunch of radishes, trimmed and chopped
- 4-6 tbsp pumpkin seeds

Bring a large pan half-filled with water to the boil. Add the squash, sweet potato, carrots, fennel, shallots and stock cube. Bring to the boil, then lower the heat and simmer for 10-12 minutes.

Remove from heat and add the garlic. Allow to cool, and then strain the vegetables into a large bowl to keep the stock.

Add half the stock to the vegetables and blend in a food processor or with a hand-held blend to desired consistency.

Reheat the soup gently, adding more reserved stock if necessary.

Divide between warmed soup bowls and serve garnished with the parsley, radishes and pumpkin seeds if desired.

Spinach and Persimmon Salad with Parsley Mustard Dressing

[Serves 2]

INGREDIENTS

- 4 cups baby spinach
- 1 persimmon, cut into cubes
- 2 baby leeks, thinly sliced
- 4 hard boiled eggs, chopped
- ¼ cup pine nuts or sliced almonds
- Mix all ingredients in a bowl and dress.

Dressing:

INGREDIENTS

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

Whisk all ingredients together and dress your salad.

Hearty, Veggie & Chicken Soup

[Serves 4 with leftovers]

INGREDIENTS

- 3 tablespoons extra virgin olive oil
- 3 leeks, green parts removed and thinly sliced
- 2 carrots
- 1 fennel bulb, thinly sliced
- 4 cloves of garlic, minced
- 2 fresh rosemary sprigs, leaves removed and chopped
- 1 cup of thinly sliced savoy cabbage
- 6 cups of vegetable stock
- 2 cups of cooked chicken, chopped (canned or rotisserie can work)
- Handful of parsley (flat leaf), chopped
- Sea salt and pepper

In a large soup pot, heat the oil over medium low heat, add leeks, carrots, and fennel and cook until leeks are soft and slightly browned, about 5-8 minutes. Add the garlic, rosemary and cook for another minute. Add the cabbage and sauté another minute. Add stock and bring to a boil. Remove the meat from the rotisserie chicken and add to pot and cook on low for 10 – 15 minutes, until veggies are tender. Stir in the parsley and season with salt and pepper.

Brussels Sprouts with Pistachios and Lemon

[Serves 4]

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- ¾ cup shelled pistachios
- Zest and juice from one lemon
- 16 large brussels sprouts, leaves separated from the core. Cut the end of the sprout off and peel leaves off.
- Salt and pepper to taste

Heat oil in a large wok or skillet over medium – high heat. Add pistachios and lemon zest and sauté for one minute. Add brussels leaves and toss until bright green but still crisp, about 5 minutes. Squeeze lemon juice over the leaves and season with salt and pepper.

Cozy Winter Pasta

[Serves 4]

INGREDIENTS

- 1 lb cooked shrimp
- 1 medium head of broccoli
- ½ cup extra virgin olive oil
- 3 cloves garlic, minced
- 1 package of kelp noodles
- 1 leek, thinly sliced
- 1 cup of maitake or shitake mushrooms
- 1 handful chopped parsley
- 1 spring of chopped rosemary
- salt and pepper

Heat oven to 400°. Toss the broccoli in 3 tablespoons of olive oil, garlic, salt and red pepper flakes. Roast for 20 minutes until fork tender.

Drain and rinse the kelp noodles. 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 broccoli cooks, heat 2 tablespoons of oil in a sauté pan and cook leeks until melted, about 8 minutes. Add the kelp noodles and mushrooms to the leeks. Cook for another 7-8 minutes.

Combine the broccoli and optional shrimp to the pan. Add parsley and rosemary, salt and pepper.

*To make life easy, I prefer to buy shrimp that is already cooked. You can find cooked shrimp at your grocery store, sold for shrimp cocktail or in the freezer section.

Stir-Fry with Coconut Lime “Rice”

[Serves 4]

INGREDIENTS

“Rice”:

- 1 head of cauliflower*
- 1 lime, zested
- 1 cup of coconut milk
- Teriyaki Sauce:
- ½ cup Mirin (Eden Organic Brand or other brand without fructose)
- ½ cup Gluten Free Tamari
- 1 clove minced garlic
- 1 teaspoon minced fresh ginger

Stir-Fry:

- 1 lb. diced boneless chicken breast
- 2 tablespoons coconut oil
- 2 cloves of garlic minced
- 2 teaspoons minced fresh ginger
- 1 small white onion
- 4-5 Sunchokes, chopped
- 1 celery stalk cut into chunks
- 1 cup green beans
- 4 baby bok choy, chopped
- 1 cup shiitake mushrooms
- ½ cup snow peas
- ½ bunch cilantro, chopped

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. Remove from heat; stir in lime zest and juice of the lime.

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. 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 cilantro). 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 cilantro.

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

Green Goddess "Curry"

[Serves 4]

INGREDIENTS

- 2 tablespoons coconut oil
- 1 onion, peeled and diced
- 1 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ginger
- 1/8 teaspoon cinnamon
- 1 cup green beans
- 1 medium broccoli, cut into florets
- 1/2 cup snow peas
- Small handful of brussels 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 cilantro 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 vegetables are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Garnish with cilantro.

Snacks

Roasted Cauliflower Crunchies

[Serves 2]

INGREDIENTS

- 1 head of cauliflower, chopped into bite-sized pieces.
- ½ teaspoon cumin
- 1/2 teaspoon garlic powder
- 1 tablespoon extra virgin olive oil
- ¼ cup pumpkin seeds

Preheat oven to 400°. Toss all the ingredients together on a baking sheet. Roast for 25 – 30 minutes until browned and crispy.

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

Guacamole with Carrot and Celery Sticks

[Serves 2]

INGREDIENTS

- 2 avocados
- ¼ red onion, chopped
- 2 cloves of garlic, minced
- 1 lime, juiced
- 4 carrots, cut into sticks
- 4 celery stalks, cut into sticks

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

Serve with carrots and celery

Treats

Apple Cinnamon Chia Pudding

[Serves 2]

INGREDIENTS

- 2 cups unsweetened coconut milk or almond milk
- ½ cup chia seeds
- Dash of vanilla
- 2-4 dashes of cinnamon
- Liquid stevia to taste (start with 10 drops and add more if needed)
- 1 apple, peeled and diced

Combine all ingredients except the apple in a glass jar or container and shake or stir with a whisk. Place in refrigerator and shake or whisk again after 30 minutes and be sure to break up any clumps. After a couple of hours, the chia seeds will have soaked up most of the milk and your pudding will be ready to eat. Top with chopped apple.

“Peanut Butter” Banana Fro-Yo

[Serves 2]

INGREDIENTS

- 2 frozen bananas
- 3 tablespoons unsweetened sunflower seed butter
- ¼ cup unsweetened almond milk

This recipe uses sunflower seed butter, which tastes similar to peanut butter when used in recipes. Place bananas and sunflower seed butter 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.

Dairy Free Mayan Hot Chocolate

[Serves 2]

INGREDIENTS

- 2 cups almond milk
- ¼ cup raw cacao
- 1 heaping teaspoon of cinnamon

Puree everything in a blender and then warm it on the stove.