

A top-down view of various fresh vegetables on a rustic wooden surface. In the top left, there is a bunch of green flat-leaf parsley. In the top right, two bright orange carrots are visible. On the right edge, a small portion of a green bell pepper is seen. In the bottom left corner, a large green bell pepper is partially visible. In the bottom right corner, there is a bunch of fresh rosemary. The wooden surface has a prominent vertical grain and some natural knots and imperfections.

7 - Day Meal plan and Shopping Guide

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Contents

7- Day meal plan

Recipes

Shopping Guide

Breakfast	Lunch	Dinner	Snack	Tea and smoothie
Baked sweet potatoes, nitrate free breakfast sausage, green smoothie	Egg salad bowl	BBQ pulled pork with detox slaw	Apple and nut/seed butter with cinnamon and ground flaxseed	Green pineapple, coconut water, cilantro smoothie
Crockpot overnight cinnamon apple steel cut oats	Tuna salad bowl	Asian lettuce wraps	Avocado and Invincible powder or cocoa powder and tbsp water	Beet smoothie
Eggs, nitrate free bacon/sausage, baked sweet potatoes and green beans	Split pea soup with nitrate free sausage	Crock pot tacos with sweet potato tortillas	Pickles, olives, and nitrate free lunch meat	Chocolate shake
Maple pecan steel cut oats	Cilantro coleslaw with ginger/garlic and choice of protein	Salt and pepper chicken wings, sweet potatoes and your choice of salad	Dateballs*	Rise and shine smoothie
Green smoothie and hard-boiled eggs	Borscht	"Cheesy" butternut squash skillet	Fudge*	Chai Latte
Egg Bake*	Thai Spaghetti squash	Baked salmon with dill and lemon with a side of steamed broccoli and carrots and serving of brown rice	Veggies and hummus (no	Lemon Balm tea
Scones*	Parsnip, leek, cauliflower soup	Organic beef stir fry with grated ginger, garlic, broccoli, cauliflower celery and carrots served with brown, basmati or wild rice cooked in bone broth	Gel-lo*	Matcha latte

Recipes
BREAKFASTS

Option 1

**Baked sweet potatoes, nitrate free bacon or breakfast sausages, a green smoothies
(see smoothies and drinks)**

Preheat oven to 400F.

**Wash and cut the sweet potatoes in ¼'s and coat with melted coconut oil. Bake for 30
minutes until soft. Serve with nitrate free bacon or breakfast sausage and green
smoothie.**

Serves 2

Option 2

Crockpot overnight oats

1 cup steel cut oats

2 ½ cups water

1 cup frozen or fresh berries

1 tbsp coconut oil

1 tsp cinnamon

1 tbsp ground flaxseed/chia seeds/hemp hearts (optional nutrition boost)

Place all ingredients in the crock pot and set to low for 7 hours.

Serves 4

Option 3

Eggs, nitrate free bacon/sausage, baked sweet potatoes and green beans

**For this recipe, I like to cook my bacon in a frying pan, remove the bacon, cutting up
beans and sweet potatoes into bite sized pieces. Add sweet potatoes to hot bacon fat
and let cook in the oil for 10-20 minutes stirring occasionally. When they are just about
done, add green beans, stir and cook for another 5 minutes until the beans are cooked.**

Cook eggs any way you choose!

Serves 2

Option 4

Maple pecan steel cut oats.

½ cup crush pecans

1/3 cup steel cut oats

2/3 cup filtered water

1 tbsp coconut oil

1 tsp cinnamon

½ tbsp maple syrup

In a small pot over medium heat, melt coconut oil, add steel cut oats and cinnamon and stir. Bring to a boil and simmer for 12 minutes. Let sit for 5 minutes. Serve with maple syrup and pecans.

Serves 1

Option 5

Green smoothie and hard-boiled eggs

See smoothies for recipes.

Serves 1

Option 6

Egg Bake

1 box whole mushrooms, cleaned and sliced

4 cups spinach

1 small yellow onion, diced

2 cloves garlic, finely chopped

2 tbsp coconut oil

6-8 eggs

½ cup nutritional yeast

Preheat oven to 350F. Break eggs into a medium bowl and beat with a fork. In a skillet, heat coconut oil over medium heat. Add onion and sauté for a few minutes until eggs become clear. Add garlic and continue to sauté for another minute before adding mushrooms. Sautee until mushrooms have started to release their liquid and are a nice brown colour. Add spinach and cook down, stirring until completely wilted. Add mushroom and spinach mixture to eggs, add nutritional yeast and pour into a medium sized casserole dish and bake until eggs are set. About 35-45 minutes depending on how hot your oven is.

Serves 4

Option 7

Blueberry Scones

2 cups oat flour

½ cup ground hemp hearts

1 tbsp cinnamon

1 tsp baking soda

½ tsp salt

1/3 cup coconut oil

3 tbsp chia seeds

2 ripe bananas

1 cup frozen blueberries, melted.

¾ cup water

In a medium bowl, combine oat flour, ground hemp hearts, cinnamon and baking soda. In a large bowl, combine the remaining of the ingredients. Add dry ingredients to wet ingredients. Spoon onto baking sheet covered with parchment paper and bake for 30 minutes or until a toothpick comes out clean. Yields 12

Lunches

Option 1

Egg Salad Bowl

2-3 hard boiled eggs
½ cup cooked brown or basmati rice
1-2 Green onion
Handful Cilantro
1 grated carrot
¼ cup organic mayo
½ tsp each garlic/onion powder
Salt and pepper to taste

Add all ingredients in a bowl. Mix well. Feel free to add as many veggies as you like.

Serves 1

Option 2

Tuna Salad bowl

½ cup cooked brown or basmati rice
3 ribs of celery, diced
1 green pepper, diced
1 large carrot, grated
1 can tuna

Dressing:

1/3 cup organic mayo
1 tsp Dijon mustard
Dash paprika (optional)
½ tsp garlic powder

Mix all dressing ingredients in a bowl and set aside. Mix all salad ingredients. This recipe is great make ahead for lunches for the week.

Serves 4

Option 3

Split Pea Soup

1 cup split peas
1 yellow onion, diced
3 small carrots, diced
3 ribs celery, diced
1 tbsp coconut oil
6 cups bone broth

In a large pot, melt coconut oil, add onion, celery and carrots and saute until onions are clear. Rinse split peas and add to pot. Top with broth. Bring to a boil then lower heat to minimum and simmer for 30 minutes until the split peas are soft.

Using an immersion blender, puree soup until smooth. This is also great with nitrate free European weiners from Frig's natural meats.

Serves 6-8

Option 4

Detox slaw

1 bag of coleslaw

½ bunch cilantro

½ bunch parsley

Dressing

Juice from 1 lemon

2 cloves garlic grated

1 inch ginger, grated

Salt and pepper to taste

Place bagged coleslaw in a large bowl. Chop up cilantro and parsley and add to coleslaw. Combine dressing ingredients in small dish and pour over slaw. This can be enjoyed right away or let sit for a few hours to let the flavour soak into the ingredients.

Option 5

Borsht

5 beets

1 bag of parsnips

7 carrots

1 large leek

2 cups green beans

1 tbsp coconut oil

8-10 cups bone broth

Fresh dill

Avocado for serving

Cut all veggies uniform in size. In a large pot, melt coconut oil and add leeks and sauté for a few minutes. Add beets, carrots, parsnips and green beans and cover with bone broth. Bring to a boil and simmer for 30 minutes until veggies are soft. Serve with fresh dill and diced avocado. This recipe makes a large batch that will last throughout the week and is great to heat up and put in a thermos for lunches. Also freezes well.

Serves 8-10

Option 6

Thai spaghetti squash

1 spaghetti squash
1 can coconut milk
1 tbsp red curry paste
2 cloves garlic
1 cup cooked rice
1 can black beans
Cilantro top with

Preheat oven to 375F

Cut spaghetti squash in half length wise. Scoop out seeds. Place cut side down on baking sheet with about an inch of water. Bake for 35-45 minutes until the skin is soft to touch. Let cool.

Meanwhile, in a large deep sauce pan, add coconut milk, curry paste and grated garlic cloves. Scrape out pulp out of skin, cut into small pieces and add to coconut milk mixture. Stir in beans and cooked rice. Top with cilantro.

Serves 4

Option 7

Leek, cauliflower parsnip soup

1 large leek, cut into small pieces
1 head of cauliflower, cut into bites sized pieces
2-3 parsnips, cut into small pieces
1 tbsp coconut oil
6 cups bone broth
1-2 links of nitrate free farmer sausage, cut into bites sized pieces (optional)

In a large pot, melt coconut oil. Add leeks and sauté a few minutes. Add cauliflower and parsnips and sauté a few minutes more. Add bone broth and bring to a boil. Simmer until veggies are soft about 30 minutes. If adding farmer sausage, add about 10 minutes before done.

Serves 6-8

Dinners

Option 1

BBQ pulled pork

2-3 lb pork roast
½ cup bragg's soy sauce
2 tbsp rice vinegar
1 tbsp maple syrup
1 tbsp black strap molasses
1 tsp garlic powder
¼ tsp paprika

**Place roast in crockpot. In small dish, combine all other ingredients.
Pour over roast and cook on low for 6 hours.**

For detox slaw

1 bag of cole slaw
½ bunch cilantro
½ bunch parsley

Dressing

Juice from 1 lemon
2 cloves garlic grated
1 inch ginger, grated
Salt and pepper to taste

Place bagged coleslaw in a large bowl. Chop up cilantro and parsley and add to coleslaw. Combine dressing ingredients in small dish and pour over slaw. This can be enjoyed right away or let sit for a few hours to let the flavour soak into the ingredients.

Serves 4

Option 2
Asian Lettuce Wraps

1 lb ground meat
2 carrots, coarsely chopped
1 onion, diced
4 bulbs baby bok choy, finely chopped
3 ribs of celery, finely chopped
1 head of romaine or butter lettuce
Cilantro to top

Sauce

¼ cup bragg's soy sauce
Juice of an orange
2 tbsp apple cider vinegar
1 tbsp molasses

Cook meat over medium heat until no longer pink breaking into small chunks as it cooks. Toss in all veggies and lower heat to a simmer and cover with a lid.
Meanwhile, in a small bowl, mix all sauce ingredients and pour into skillet over meat and veggies.
Simmer for another 5 minutes

Serve over pieces of lettuce, top with cilantro.

Serves 4-6

Option 3

Crock pot pork tacos

2 pork tenderloins
2 tbsp chili powder
1 tsp each: cumin, garlic powder, onion powder and salt
½ tsp paprika
4 cloves garlic
1 onion
Lettuce
Tomatoes
Green onions
Avocado

Place tenderloins in crock pot. In a small bowl, combine all spices and sprinkle over tenderloins. Chop up onion and garlic and add to crock pot. Place lid and cook on low for 6 hours. Pull apart with 2 forks.

Serve over lettuce, tomatoes, green onions and diced avocado.

Serves 4-6

Option 4

Salt and pepper chicken wings/sweet potato wedges and salad.

For wings

½ cup nutritional yeast
1 tbsp salt
1 tbsp pepper
1 tbsp garlic powder
1 tbsp onion powder

A tray of uncooked wings from the meat section in the deli

Preheat oven to 400F. Mix all spices and nutritional yeast in a large ziplock bag. Place wings in bag and shake until covered. Place on baking sheet lined with parchment paper. Bake for 35 minutes.

For sweet potatoes, see breakfasts.

Option 5

“Cheesy” butternut squash Skillet

2 lbs ground meat
1 medium butternut squash, peeled and cubed
2 onion, diced
2 crowns of broccoli, cut into bites sized pieces
1 cup nutritional yeast

In a skillet or cast iron pan, brown meat until no longer pink. Add squash, onion and broccoli, stir and place lid on for 510 minutes, stirring occasionally, until veggies are cooked. Add nutritional yeast and stir.

Serves 4-6

Option 6

Baked salmon with dill and lemon with a side of steamed broccoli and carrots and serving of brown or basmati rice.

To cook salmon:

Preheat the broiler. Season salmon with salt and pepper. Broil the salmon, skin-side down, until just opaque (when flaked in the center with the tip of a knife), 5-7 minutes.

Option 7

Organic beef stir fry with grated ginger, garlic, broccoli, cauliflower celery and carrots served with brown, basmati or wild rice cooked in bone broth.

Snacks

Dateballs

4 cups dates

1 cup pecans

¼ cup sunbutter/almond or peanut butter

¼ cup chia seeds

¼ cup ground flaxseed

2 tbsp raw cocoa or invincible fiber powder

Place dates in food processor and process until smooth. Add all other ingredients and process until well combined. Roll into balls and store in the freezer.

Yields approx 40 balls.

Fudge

2 cups dates, soaked in filtered water for 2 hours

1-2 tbsp sunflower butter

1 cup pecans

½ cup hemp hearts

1/8 cup invincible powder or cocoa

Place all ingredients in a food processor and process until smooth. Spread into a 8X8 baking dish lined with parchment paper. Place in freezer over night.

Makes 12 squares

Gel-o

1 cup hot filtered water

1 cup pure fruit juice of choice

1 tbsp of gelatin powder

In a large glass bowl, combine hot water and juice. Add gelatin to liquid. Whisk until gelatin is completely dissolved.

Avoid stirring too vigorously to minimize bubbles. Let it sit for 5-10 minutes. Stir again. Let sit for another 10 minutes. Stir once more. Scrape foam off the top of the liquid and discard. Pour liquid into small glasses or dessert dishes. Chill in freezer for 4 hours. Makes 4- ½ cup servings

Smoothies and Drinks

Option 1 Pineapple green Smoothie

1 cup coconut water or filtered water

1 cup frozen or fresh pineapple

2 cups spinach

1 handful cilantro

Place all ingredients in blender. Blend until smooth.

Serves 1

Option 2

Beet Smoothie

1 beet, peeled and quartered

1 cup berries

½ cup unsweetened full fat coconut milk

½ cup water

1 scoop protein powder (optional)

Place all ingredients in blender and blend until smooth.

Serves 1

Option 3 Chocolate Smoothie

1 scoop chocolate protein powder (or 3 tbsp invincible fiber powder or cocoa

½ cup unsweetened full fat coconut milk

½ cup filtered water

1 cup ice

1 tbsp coconut oil or hemp seeds

Place all ingredients in blender and blend until smooth.

Serves 1

Option 4 Rise and Shine Smoothie

1 cup coconut yogurt

1 cup frozen blueberries

½ avocado

1 handful spinach

½ cup unsweetened full fat coconut milk

1 scoop vanilla protein powder (optional)

Mix all ingredients in blender until smooth.

Serves 1

Option 5 Chai Tea Latte

Steep chai tea for 5 minutes. In a small sauce pan, warm ½ cup coconut milk over medium heat, add 1 scoop vanilla protein powder mix until there are no more chunks. Pour into your chai tea. Enjoy!

Option 6 Lemon balm tea

Lemon balm tea is great for calming the body. Steep lemon balm tea for at least 15 minutes. Add a splash of milk of choice, a bit of honey and dash of cinnamon.

Option 7 Chocolate Matcha latte

1 tbsp Invincible powder or cocoa (if using cocoa, you can add a little honey to sweeten)

1 tsp matcha powder

1 cup boiling water

¼ cup coconut milk/oat milk

Place all ingredients in a blender and mix or you can use a hand held frother to mix directly in your mug.

The Grocery store

When shopping in the grocery store, most items in your cart should be from the produce section. A little from the meat and a few products from the boxed aisles. When buying produce, some foods are highly sprayed with pesticides which is why the dirty dozen list.

Dirty Dozen:

- 1. Strawberries**
- 2. Kale**
- 3. Spinach**
- 4. Apples**
- 5. Nectarines**
- 6. Grapes**
- 7. Peaches**
- 8. Cherries**
- 9. Pears**
- 10. Tomatoes**
- 11. Celery**
- 12. Potatoes**

Note: Genetically modified foods are sneaking into our foods all the time.

Some of the top genetically modified foods are:

- 1. Corn**
- 2. Soy**
- 3. Canola**
- 4. Pineapple from Hawaii**
- 5. Papaya**
- 6. Alfalfa**
- 7. Rice**
- 8. Sugar beets**

This lists changes based on the region you live in, however, these are the top 7 to avoid.

Ingredients to avoid when reading labels

HYDROGENATED OILS such corn, soybean and canola. These oils have been heated to the point of damaging any health properties that they once had. On top of the heating process, these crops are heavily sprayed and genetically modified. When foods are genetically modified, they take 2 plants that would normally cross pollinate to create a more resistant crop. By doing this, our bodies can no longer identify the food and we do not have the enzymes to break the food down to be properly absorbed or utilized.

Cottonseed oil is the most highly sprayed crop as it is not regulated as food. When a product has cotton seed oil in it, put it back on the shelf. You should wear your cotton, not eat it!

FOOD COLOURING As fun as it is to have colour in our foods, they are just chemicals added to your foods such as FD&C yellow No.5 (derived from coal), that your body doesn't recognize and is linked to asthmatic symptoms.

Sulfites: used as a preservative and has been linked to 17 confirmed deaths in the US.

BHT/BHA/EDTA: these affect the nervous system and are known to cause behavioural problems in children. Common reaction are hives and asthmatic reactions.

MSG: Used as a preservative, damages brain stem in infants. Because it is widely avoided by people, they now disguise it under the name natural flavouring, hydrolyzed vegetable protein, autolyzed or hydrogenized yeast, vegetable powder

Artificial flavouring: approx. 2000 chemicals are used in a variety of combinations to produce specific flavours. They are linked to skin disorders, respiratory problems, blood abnormalities, gastrointestinal upset and neurological disturbances.

Aspartame: linked to seizures and death were reported in February 1994. See blog for more info

Citric Acid: this is not horrible, but very irritating to the linings of the stomach and the intestinal tract. The additive is not the same as the citric acid in fruit.

Whey protein: dairy derivative and causes inflammation and usually contains
MSG

FOOD SWAPS:

- 1. Bread- No white breads. Whole grain, sourdoughs are best. Check ingredients for no canola/soybean or cottonseed oils.**
- 2. Pasta- Swap for rice or a whole grain/gluten free option. NOTE: rice pasta gets soggy if over cooked and doesn't reheat well.**
- 3. Swap out juice and pop for water or water flavoured with fruit/veggies or herbs ex mint cucumber or citrus pieces limes, lemons, or oranges.**
- 4. When purchasing processed foods, look for the NON-GMO and Organic symbols but also make sure to check the ingredients. Those symbols mean that the ingredients are free of pesticides, but they may still have ingredients to avoid.**
- 5. Homemade soups with bone broth to heal inflammation instead of canned soup.**
- 6. Try to eat as much organic as possible. If you only make one organic swap, corn should always be organic**

Pantry Staples:

- 1. Organic rolled oats**
- 2. Raw nuts and seeds**
- 3. Herbal teas such as Detox, peppermint, ginger, lemon balm**
- 4. Dried fruit such as dates, figs, raisins, cranberries and mangos**
- 5. Dried coconut**
- 6. Canned coconut**
- 7. Spices such as garlic, onion, ginger, turmeric, Himalayan Sea salt, oregano, thyme, rosemary**
- 8. Filtered water**
- 9. Arrowroot powder**
- 10. Nutritional yeast (actually I keep this one in the fridge)**
- 11. Gelatin**
- 12. Chia seeds**
- 13. Hemp hearts**
- 14. Coconut water**
- 15. Herbal teas**

Key ingredients and benefits

Avocados- good healthy saturated fat are good for the nerves, fatigue, hypoglycemia, and urinary tract infections. A single avocado contains 4 grams of protein, more than any other fruit. Avocadoes are the next best thing to breast milk.

Brown Rice- this rice has only the inedible husk removed, it is most nutritious than any type of rice and the only form that contains vitamin E

Blueberries (wild blueberries especially)-Top of the list of antioxidant-rich foods. They can be beneficial in the treatment of hypoglycemia, tinnitus, intestinal upset to name a few. Phytochemicals in blueberries help to strengthen blood vessels and are useful in treating varicose veins and spider veins. They promote heart health and aid in the lymphatic system. The manganese in blueberries aids in keeping bones strong and the high amount of vitamin C help support the immune system.

Cabbage- Stimulates the immune system and kills bacteria and viruses. Eating cabbage once a week may reduce the risk of colon cancer by as much as 60%!

Cilantro- helps to relieve indigestion, gas and diarrhea. Supports the liver.

Cinnamon-has antiseptic properties, digestive aide, helps to stabilize blood sugars. The propanoic acid in cinnamon stops the formation of stomach ulcers without interfering with the production of gastric acid (necessary for digestion)

Flax seeds- effective as a laxative and as a soothing agent in inflammatory respiratory problems. Adding flaxseed (or it's oil) to your diet can help to lower cholesterol and may protect against stroke as well as slow the progression of rheumatoid arthritis.

Garlic-SUPERFOOD. Acidophilous growth stimulant (probiotic), antibacterial agent, antifungal, antiviral, immune system enhancer, liver-protecting agent, just to name a few.

Ginger- great for upset stomach, indigestion, vomiting, motion sickness and cramps. Promotes healing of inflammation, reduces cholesterol and aids in circulation.

Nutritional yeast- is a non levitating yeast that gives food a cheesy flavor without dairy. It also is high in B vitamins that help colonize the good bacteria in your colon.

Organic beef- organic beef is not fed antibiotics, steroids or fed GMO corn to fatten them up. If the animal is given antibiotics and steroids, it goes into the meat and then when we digest it, we have to break down the substances and it adds extra stress on our livers to detoxify these chemicals.

Pineapple- cleanse the body, aid digestion, purify and thin the blood, prevent blood clots, increase circulation, aid menses, and regulates the glands. Fresh pineapple contains bromelain, and enzyme that reduces inflammation in the body.

Spinach- multiple studies have validated its ability to protect against cancer and prevent the body's cells from undergoing mutation, reduces the risk of lung cancer, and blocs the formation of carcinogens.

Sweet Potatoes- Power food with many therapeutic properties including high fiber. They are lower in the carbohydrates than white potatoes. They contribute to healthy gums and strong connective tissues and help to promote rapid healing of wounds. They reduce the risk of cancer and osteoporosis, promote bone and tooth development and help the body release energy from nutrients ingested. They initiate the production of serotonin.

Turmeric-close relative to ginger, primarily anti-inflammatory, helps blood flow, reduces cholesterol, and improves blood vessel health.

Whole grain oats- are high in protein and are usually consumed in their whole form, which contain the highest amount of fat of all grains, which warms the body and gives it stamina.

Wild Rice- Although more expensive, it contains more protein and is richer in the amino acid lysine.