



Elimination/Detox Menu - 1

This menu plan contains the following recipes and the accompanying grocery list:

Basics:

Crispy Nuts and Seeds - How to soak and dehydrate nuts
Homemade Nut or Seed Flour
Cabbage Wraps

Breakfast:

Egg and Grain-Free Breakfast Burrito
Turkey Sausages
Coconutty Avocado Sunflower Bowl

Lunch:

Entrees:

Pumpkin Seed Avocado Wraps
Seed Flatbread
Green Pea Soup

Sides:

Asparagus Soup
Italian Veggies with Artichoke Hearts
Green Salad with Pumpkin Seeds

Dinner:

Entrees:

Lemon Herb Chicken
Coconut Ginger Salmon
Slow Cooked Rosemary Beef
Coconut Fried Chicken
Saffron Lemon Chicken

Sides:

Zucchini Relish
Steamed Broccoli with Herbs
Creamy Butternut Squash Soup
Mashed Cauliflower
Lemony Green Beans

Dessert:

Cinnamon Sunflower Seed Cookies

Please note that recipes in this menu plan contain the following ingredients/possible allergens:

Almond	Ginger	Thyme
Apple Cider Vinegar	Green Beans	Tree Nut
Artichoke	Green Onions	Turkey
Asparagus	Green	Vanilla Extract
Avocado	Green Pea	Veggies: Cruciferous
Basil	Honey	Walnut
Beef	Lemon	Zucchini
Black or White Pepper	Lettuce	
Broccoli	Lime	
Butternut Squash	Marjoram	
Cabbage	Nutmeg	
Cashew	Onions	
Cauliflower	Oregano	
Celery	Parsley	
Chicken	Pumpkin seed	
Cilantro	Rosemary	
Cinnamon	Sage	
Coconut	Salmon	
Coconut oil	Seeds	
Cucumber	Spinach	
Dill	Stevia	
Fennel	Sunflower seed	
Flaxseed	Sunflower sprouts	
Garlic	Thyme	

GROCERY LIST FOR Elimination/Detox Menu - 1

PRODUCE: VEGGIES

12-16 + 7 cups spinach leaves
8 cabbage leaves
1 cabbage
1 1/2-3 clove garlic
3 green onion
1 1/2 red onions
1 cup + 1 pound green beans
1 1/2 tablespoons ginger root
4 cups butternut squash
2 cups + 1 head cauliflower
1 pound broccoli florets
12 ounces mixed salad greens
2 stalks celery
1 cucumber
3 avocados
1 pound asparagus
1 1/2 cups spinach
3 onions
4 + 1 cup zucchini
1 cup sunflower sprouts

PRODUCE: FRUITS

2 limes
3-4 avocados
3 lemon
1 teaspoon + 1 tablespoon lemon zest
2 tablespoons lemon juice

FRESH HERBS

1 tablespoon fresh marjoram
2 teaspoons + 1/4 cup + 1 tablespoon fresh parsley
1/2 cup fresh dill
1 1/2 cups fresh cilantro
1 tablespoon fresh oregano

MEAT AND FISH

1 1/2 pounds beef chuck roast
1 pound chicken
1 pound chicken breast
2 1/3 pounds ground turkey
1/3 pound wild salmon
1 pound boneless and skinless chicken thighs

REFRIGERATED/FROZEN SECTION

1 cup artichoke hearts
1/2 cup + 20 ounces frozen peas

DRY GOODS

water

4 cups stock
9-10 cups veggie, chicken or beef broth

OILS, VINEGARS AND CONDIMENTS

1 teaspoon dijon mustard
2 teaspoons + 1/3 cup + 1 tablespoon olive oil
2 teaspoons + 2 tablespoons apple cider vinegar
18 1/2-22 1/2 tablespoons coconut oil
2 tablespoons coconut oil or olive oil
1/3 cup coconut butter or coconut cream concentrate

ETHNIC

3 cups coconut milk

NUTS AND DRIED FRUIT

6-8 cups almonds
3 1/2 cups raw pumpkin seeds
5 1/2 cups raw sunflower seeds

BAKING

1-2 cups coconut flour
1 cup unsweetened coconut meat
1 teaspoon vanilla extract
2 tablespoons flax meal
1/2 teaspoon + 1-2 pinches green leaf stevia powder

SPICES

3 teaspoons dried basil
1 teaspoon dried parsley
+ 3 3/4-2 3/4 teaspoons + 1-2 dashes black pepper
3 teaspoons dried oregano
1 teaspoon cumin
2 teaspoons dried rosemary
2 1/2 teaspoons cinnamon
2 pinches saffron
1/4 teaspoon red pepper
1 teaspoon dried chives
1/2 teaspoon ground fennel
1 teaspoon dried thyme
1 dash nutmeg
1/2 teaspoon ground ginger
1 teaspoon ground sage
+ 7 teaspoons + 1 tablespoon + 2 dashes sea salt
1/2 teaspoon garlic powder

These ingredients will prepare the following recipes

Crispy Nuts and Seeds - How to soak and dehydrate nuts

Homemade Nut or Seed Flour

Cabbage Wraps

Egg and Grain-Free Breakfast Burrito

Turkey Sausages



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Seed Flatbread
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Green Pea Soup
Green Salad with Pumpkin Seeds
Lemon Herb Chicken with Zucchini Relish
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Cinnamon Sunflower Seed Cookies