



# HEAL

## A 5 DAY MEAL PLAN

randa derkson



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# Meal Plan Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	<a href="#">Turkey Apple Breakfast Hash</a>	Anti Inflammatory Green Smoothie	Blueberry Smoothie Bowl	Egg stuffed Avocado with a side of blueberries	<a href="#">Apple "Pancake" Breakfast Bowl</a>
<b>Snack</b>	<a href="#">Iced Turmeric Latte</a>	Handful spiced pepitas	Pineapple Popsicles	<a href="#">Morning Glory Smoothie</a>	Parsley Pineapple Smoothie
<b>Lunch</b>	Thai Kale Salad	Sundried Tomato Spinach Salad	Leftover Clean Eating Chicken Chili	Thai Salad with Carrot and Cucumber Noodles	<a href="#">Spicy Chicken and Sweet Potato Bowls</a>
<b>Dinner</b>	Turmeric Chicken Stir Fry	Clean Eating Chicken Chili	<a href="#">Curried Cauliflower Kale Soup</a>	Twice Baked Stuffed Sweet Potato	Garlicky Beef & Broccoli served over Cauliflower rice
<b>Snack</b>	Apple sprinkled with cinnamon	<a href="#">Berry Cobbler</a>	1 cup carrots with ¼ cup hummus.	Apple with sun butter (1 tbsp)	Pineapple Popsicles
<b>Drinks</b>	Tea and raw honey Water	Tea and raw honey Water	Tea and raw honey Water	Tea and raw honey Water	Tea and raw honey Water

# Meal Prep Plan

*For organizing purposes, we'll call Day 1 (Monday), Day 2 (Tuesday), etc.*

One option is that you can prep everything on Sunday night (I recommend at least washing all vegetables, chopping them and storing) or you can use the following guide.

## Sunday

- Cut all vegetables (zucchini, carrots, 2 cups cubed frozen butternut squash). Chop kale, broccoli, peas, peel/chop carrots, shred cabbage, slice red bell pepper, slice green onion, diced other red pepper, spiralize sweet potato. Store.
- Make the vinaigrette for the Thai kale salad, store in the fridge (remove from fridge 30 mins before serving the next day).
- Cube chicken for stir fry and store in a container.
- Blend sauce together, store in a glass container.

## Monday night

- Make spiced pepitas, store.
- If using canned beans drain and rinse them. Store in a container.
- Dice onion and bell pepper, store.

## Tuesday night

- Cut carrots for a snack.
- Cut cauliflower into florets, store.
- 2- 3 tbsp curry powder or curry seasoning.
- Dice red onion, store.
- Remove stems from kale bunch, chop and store.
- Chop carrots into two cups of pieces, store.

## Wednesday night

- Drain and rinse chickpeas, store.
- Spiralize cucumber and carrots.
- Chop veggies: bell peppers, onions.
- Optional: cook the sweet potatoes to be ready to be scooped and stuffed.

## Thursday night

- Cut chicken breasts into small pieces.
- Peel and dice sweet potato, chop broccoli.
- 1 large sweet potato, peeled and diced.
- Rice cauliflower.
- Cut steak into thin strips.
- Chop broccoli into small florets.

# Grocery List

## Produce

- Apples (4)
- Bananas (2)
- Blueberries (3 cup)
- Raspberries (1 cup)
- Cucumber (1)
- Granny smith apple (1)
- Green Pepper (1)
- Kale (1 bunch)
- Butternut squash (2 cups)
- Carrots (9)
- Cauliflower (3)
- Red cabbage (1)
- Onion (3)
- Zucchini (1)
- Spinach (9 cups)
- Ginger root (1)
- Garlic cloves (10)
- Limes (5)
- Lemon (4)
- Kale (6 cups)
- Red bell pepper (4)
- Red onion (¼ cup)
- Sugar/snap peas (½ cup)
- Green onion (1)
- Cilantro (1 bunch)
- Broccoli (2 large heads/3 cups)
- Sweet potato (6)
- Fresh parsley (½ cup)
- Frozen pineapple chunks (4 ½ cup)
- Avocado (3)

## Meat / Poultry / Eggs

- Ground turkey (2lbs)
- Ground chicken (1lb)
- Chicken breasts (6)
- Eggs (4)
- 1lbs stew meat/flank steak
- Nitrate Free, Sugar Free Bacon (6 slices)

## Herbs / Spices

- Sea salt (3 tbsps + 2 tsp)
- Cinnamon (3 ¼ tsp)
- Dried thyme (2 tsp)
- Powdered ginger (2.75 tsp)
- Garlic powder (3 ½ tsp)
- Turmeric (4 ½ tsp)
- Black pepper (1 1/2 tsp)
- Cardamom (¼ tsp)
- Cumin (1 ¾ tsp)
- Cayenne powder (¾ tsp)
- Chili powder (1 tbsp)
- Dried oregano (1 tsp)
- Curry powder (3 tbsps)
- Paprika (½ tsp)
- Red pepper flakes (½ tsp)
- Dill (⅛ tsp)
- Nutritional yeast (2 tbsps)
- Cajun seasoning (1 ½ tbsps)

## Oils / Vinegars

- Coconut oil (½ cup)
- Avocado oil (4 tbsps + 1 tsp)

- Olive oil (7 tbsps)
- White vinegar (2 tbsps)
- Apple cider vinegar (2 tbsps)
- Ghee (2 tbsps)

### **Nuts / Seeds**

- Raw pepitas (1 2/3 cup)
- Sun butter (3 tbsps)
- Olive oil (3 tbsps)
- Apple cider vinegar (1 tbsp)
- Sesame seeds (2 tbsps)
- Almond butter (1 tbsp)
- Hemp seeds (1/2 cup + 2 tbsps)
- Chia seeds (3 tbsp +1 tsp)

### **Baking**

- Arrowroot powder (1 tbsp)
- Raw honey (1/3 cup)
- Maple syrup (3 tbsps)
- Vanilla extract (2 tsp)
- Unsweetened coconut flakes (1 1/4 cup)
- Coconut flour (1/2 cup)
- Gelatin (1 tbsp)

### **Condiments / Sauces**

- Hummus (1/4 cup)
- Coconut aminos (1/2 cup + 2 tbsps)

- Dijon mustard (1 tsp)
- Chicken broth (5 cups)
- Beef broth (1/2 cup)
- Apple sauce (1/4 cup)
- Spicy brown mustard (1 tbsp)

### **Beverages**

- Coconut milk (2.5 cups)
- Almond milk (3 cups)
- Teas of choice

### **Canned**

- Full fat coconut milk (2 14oz cans)
- Chickpeas (2 14oz cans)
- Sundried tomatoes in olive oil (1/3 cup)
- Coconut cream (1 14oz can)
- Black beans (14oz)
- Fire roasted tomatoes (14oz)
- Tomato paste (6oz)

### **Other**

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## Day 1

### **Turkey Apple Breakfast Hash**

Visit [Fed and Fulfilled](#) for the full recipe.

If link doesn't work, visit <http://fedandfulfilled.com/turkey-apple-breakfast-hash/>

### **Iced Turmeric Latte**

Head to [40 Aprons](#) for the full recipe

<https://40aprons.com/iced-golden-milk-turmeric-latte-paleo-vegan/>

# Thai Kale Salad

Adapted from [The Real Food Dieticians](#)

Serves 4

## Ingredients

### For the salad vinaigrette

- 3 tbsps olive oil
- 2 tbsps coconut aminos
- 1 tbsps apple cider vinegar
- 1 tsp minced ginger (or ½ tsp. ground ginger)
- 1 large garlic clove, minced
- 1 tbsp lime juice
- 1 tsp lemon juice

### For the salad

- 6 cups kale, chopped
- ¼ tsp sea salt
- 1 tbsp lemon juice
- 1 medium carrot, peeled and shredded
- 1/2 cup shredded red cabbage
- 1 red bell pepper, thinly sliced
- 1/2 cup sugar snap peas, chopped
- 1 green onion, thinly sliced
- 1/4 cup fresh cilantro leaves, chopped

## Instructions

### For the vinaigrette

1. Combine all the ingredients into a blender and blend until combined. Or whisk it into a bowl.

### For the salad

1. In a large bowl massage the kale with the sea salt and lemon juice for two minutes to soften the leaves. It will turn a deep green color.
2. Add the rest of the ingredients and toss together.

# Turmeric Chicken Stir Fry

Original Recipe

Serves 4

## Ingredients

- 1 tbsp coconut oil
- 2 chicken breasts cubed
- 1 red pepper` diced
- 1 cup broccoli florets
- 1 large sweet potato spiralized or shredded
- 2 tbsps chopped parsley
- 1 tbsp sesame seeds
- Optional 1 lime for garnish, wedged.

## For the Turmeric Sauce

- 1/2 can coconut milk
- 1 tbsp almond butter
- 2 cloves garlic minced
- 1 large lime juiced
- 1 tsp turmeric
- 1/2 tsp ginger powder or more if you like ginger
- 1/2 tsp pepper
- 1 tsp sea salt

## Instructions

1. In a large skillet or wok heat the coconut oil over medium-high heat.
2. Add the chicken breasts and cook for 3-4 minutes per side or until chicken is cooked, but not browned.
3. Add the peppers, broccoli, and sweet potato noodles and stir for 2-3 minutes. You still want the veggies to have a little crunch.
4. While the chicken is cooking, whisk together the ingredients for the sauce.  
***Tip: I added a little more than half a can of the coconut liquid from the milk (roughly an extra tablespoon to give it a little more liquid).***
5. Toss the mix with your spoon or tongs for 2-3 minutes. Enough for the sauce to heat up and coat the noodles.
6. Taste and adjust seasonings.
7. Top with parsley and sesame seeds. Serve with lime wedges.

# Day 2

## Anti Inflammatory Green Smoothie

Original Recipe

Serves 1

### Ingredients

- 1 ½ cups almond milk
- 2 cups spinach
- 1 apple, cored and sliced
- ½ cup frozen pineapple
- 1 tbsp hemp seeds
- 1 tsp chia seeds
- ½ tsp turmeric
- 1 tsp coconut oil
- Pinch of pepper (roughly ⅛ tsp)

### Instructions

1. Add the almond milk and spinach to a high-speed blender and blend. I find that if you blend the spinach and liquid before you add the rest, you won't find pieces of spinach in your smoothie.
2. Add the rest of the ingredients and blend until smooth.

# Spiced Pepitas

Original Recipe

Serves 4

## Ingredients

- 1 cup raw pepitas (pumpkin seeds)
- 2 tsps avocado oil
- ¼ tsp garlic powder
- ¼ tsp chili powder
- ¼ tsp sea salt
- ⅛ tsp cumin
- ⅛ tsp cayenne

## Instructions

1. Preheat oven to 350.
2. Combine all ingredients in a bowl, toss to coat.
3. Lay parchment paper of a baking sheet and evenly spread out the pepitas.
4. Bake for 20 minutes, checking every 5-7 minutes to stir.

# Sundried Tomato & Spinach Salad

Original Recipe

Serves 1

## Ingredients

- 2 cups spinach
- ⅓ cup chickpeas
- ⅓ cup sundried tomatoes marinated in olive oil, drained
- ¼ avocado, sliced
- 2 tbsps parsley, chopped
- 1 tbsp pepitas
- Juice of 1 lemon
- 1 tbsp olive oil
- 1 tsp dijon mustard

## Instructions

1. Arrange everything but the last three ingredients to your dish.
2. In small bowl combine the lemon juice, olive oil, and dijon mustard.
3. Pour over salad and toss.

# Clean Eating Chicken Chili

Original Recipe

Serves 8

## Ingredients

- 1 tbsp avocado oil
- 1 lb ground chicken
- 1 onion chopped
- 1 red bell pepper diced
- 1 cup chicken broth
- 1 14oz can black beans
- 1 14 oz can fire roasted diced tomatoes
- 1 6oz can tomato paste roughly 1/4 cup
- 1/4 cup applesauce
- 1 tbsp ground chili powder
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp garlic
- 1/2 tsp cayenne

## Instructions

1. Heat a large pot over medium heat and add the avocado oil.
2. Add the ground chicken and scramble fry until it's cooked (about 7-8 minutes). Add the onion and red bell pepper and cook for 3 minutes.
3. Add the rest of the ingredients and bring to a boil.
4. Cover the pot and turn the burner to low and simmer for 50 minutes. Check on it at the 30-minute mark to give it a good stir.

## Berry Cobbler

Visit [Create Delicious](http://createdelicious.com/berry-cobbler-aip/) for the recipe

<http://createdelicious.com/berry-cobbler-aip/>

## Day 3

### Blueberry Smoothie Bowl

Original recipe

Serves 1

#### Ingredients

- 1 cup blueberries, frozen works best
- 1 cup spinach
- ½ cup ice
- ½ cup coconut milk
- ½ avocado
- ¼ cup hemp seeds
- 2 tsps honey
- 2 tsps shredded coconut
- 1 tbsp chia seeds

#### Instructions

1. Add everything, except shredded coconut, chia seeds and a couple blueberries, to the blender. Blend until smooth.
2. Pour into a bowl, top with chia seeds and blueberries.



## Curried Cauliflower Kale Soup

Visit [Cotter Crunch](https://www.cottercrunch.com/curried-cauliflower-rice-kale-soup-paleo/) for the full recipe

<https://www.cottercrunch.com/curried-cauliflower-rice-kale-soup-paleo/>

## Pineapple Popsicles

Original recipe

Serves 4

### Ingredients

- 2 cups fresh or frozen pineapple chunks
- ½ cup coconut milk (from a can)
- 1 tbsp honey
- ½ tsp turmeric

### Instructions

1. Add all of the ingredients into a blender and blend until smooth.
2. Pour into popsicle molds and freeze for 4 hours (or overnight).
3. Optional: if you don't have popsicle molds you can freeze in a small container and use it as ice cream (let it sit out for a bit to thaw before serving).

# Day 4

## Egg Stuffed Avocado with Blueberries

Original recipe

Serves 2

### Ingredients

- 1 large avocado, split in half, pit removed
- 2 eggs
- ½ tsp salt
- ½ tsp pepper
- 1 cup blueberries

### Instructions

- Preheat oven to 425°F
- Crack an egg into each side of the avocado (it should sit in the pit), season with salt and pepper.
- Place in a small baking dish, lined with parchment. Bake for 18-20 minutes. You want the whites to be firm but the yolks still a little runny.
- Serve with a side of blueberries.

## Morning Glory Smoothie

Adapted from [Get Inspired Everyday](#)

Serves 1

### Ingredients

- 1 cup frozen pineapple chunks (or add ½ cup ice if you use fresh pineapple)
- ¼ inch slice fresh ginger (or ¼ tsp powdered)
- ½ banana, peeled
- ½ carrot, peeled and cut into small chunks
- 1/2 cup coconut milk from the can
- 1/2 cup water
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric, or to your taste
- 1/4 cup hemp hearts
- ½ tsp vanilla extract
- *Optional: 1 scoop collagen peptides.*

### Instructions:

1. Place all ingredients into a high powered blender. Blend until smooth.
2. Serve immediately.

# Thai Salad with Carrot and Cucumber Noodles

Slightly adapted from [Peas and Crayons](#)

Serves 4

## Ingredients

- 1 can chickpeas, drained and rinsed
- 1 large cucumber, spiralized
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- ¼ cup fine diced red onion
- ¼ cup chopped cilantro, plus extra to garnish
- 3 tbsps fresh lemon juice
- 3 tbsps extra virgin olive oil
- 2 tbsps white vinegar
- ¼ tsp sea salt
- ⅛ tsp dill
- ⅛ tsp garlic powder
- 2 cloves garlic, minced
- 3 large carrots, spiralized
- 2 tbsps honey
- 2 tbsps apple cider vinegar
- 1 tbsp sesame seeds
- 1 tbsp chia seeds

## Instructions

1. In a medium bowl add the chickpeas, onions, bell peppers, cilantro, lemon juice, olive oil, vinegar, sea salt, dill, and garlic powder, and minced garlic. Let sit and marinate for 20-30 minutes.
2. Add the spiralized noodles (cucumber and carrots).
3. In a small bowl put mix the honey and apple cider vinegar together. Pour over the salad. Toss to coat.
4. Top with chia and sesame seeds.

## Twice Baked Stuffed Sweet Potatoes

Adapted from [Paleo Running Mama](#)

Serves 4

### Ingredients

- 4 medium sweet potatoes
- 2 tsps coconut oil
- ½ tsp sea salt
- 6 slices nitrate free bacon sugar-free, diced
- 1 lb ground turkey
- 2 tsps ghee
- 1 large onion, diced
- 2 cups spinach
- ¼ cup coconut cream (the milk fat of the coconut milk)
- 2 tbsp nutritional yeast
- 1 tbsp spicy brown mustard
- 1 tsp garlic powder
- Sea salt and pepper to taste

### Instructions

1. Preheat oven to 400°F.
2. Take a fork or a knife and pork holes in the sweet potatoes all over.
3. Rub the sweet potatoes with the 2 tsps of coconut and sea salt.
4. Place the potatoes on a parchment lined baking sheet and bake until sweet potatoes are soft (you can put a knife through it). 40-60 minutes depending on the size of your sweet potato.

#### **While the potatoes are cooking, it's time to make the filling:**

5. In a medium skillet, over medium-low heat add the ghee and onions. Cook until lightly browned, about 10 minutes. Add the bacon. Cook, drain the fat and set the mixture aside.
6. Add the ground turkey, cook until no longer pink (8-10 minutes) on medium heat.
7. Add the spinach and stir until wilted. Add the onion and bacon back to the pan.

8. Add the coconut cream, nutritional yeast, brown mustard, garlic powder, and sea salt. Stir together and remove from heat.

**Putting it together:**

9. Let the sweet potatoes cool once removed from the oven. Slice them in half and scoop the insides out, make sure to leave a bit around the edges so they hold up. Add the sweet potato flesh to the skillet with the filling. Mix together.
10. Spoon the filling back into the sweet potato shells, bake for 20-25 minutes.

# Day 5

## Apple “Pancake” Breakfast Bowl

Adapted from [Bravo for Paleo](#)

Serves 1

### Ingredients

- 1 ripe medium banana
- 2 eggs
- 2 tsps coconut oil
- 1 tsp vanilla bean powder (or 1 tsp vanilla extract)
- 1/4 green apple, sliced
- 1-2 tsps sunbutter
- 1-2 tsps dried coconut flakes
- 1 tsp cinnamon

### Instructions

- Mash the banana with a fork in a small bowl. Add the eggs and vanilla. Mix together, it's okay if it's not perfectly smooth.
- Heat the coconut oil over medium heat in a small skillet.
- Add the banana batter and stir it around like you would scrambled eggs.
- Once the batter is cooked, add it to a clean bowl. Top with apple, seed or nut butter, coconut flakes, and cinnamon.

## Parsley Pineapple Smoothie

Original Recipe

Serves 1

### Ingredients

- 1 cup water
- ½ cup coconut milk
- ½ apple (with skin)
- 1 cup frozen pineapple chunks (if not using frozen, add ½ cup ice)
- ¼ cup parsley
- 1 tbsp lime juice
- 1 tbsp coconut oil
- 1 tbsp hemp hearts

### Instructions

1. Add all ingredients to a blender and blend until smooth. Taste. If you would like it sweeter, you may add ½ a banana.



## Spicy Chicken Sweet Potato Bowls

Visit [Pinch of Yum](https://pinchofyum.com) for the recipe

<https://pinchofyum.com/spicy-chicken-sweet-potato-meal-prep-magic>

# Garlicky Beef and Broccoli w/ Cauliflower Rice

Original recipe

Serves 4

## Ingredients

### Garlicky Beef and Broccoli

- 1 lb steak, cut into thin strips (I recommend flank, but cubed stew meat works well too)
- 1 tbsp arrowroot powder
- 2 tsps coconut oil
- ¼ tsp pepper
- ½ tsp sea salt
- 1 large head broccoli (or two medium heads), chopped into bite sized pieces
- ½ cup coconut aminos
- 4 cloves garlic, minced
- 1 inch fresh ginger, grated (or 1 ¼ tsp powdered)
- ½ cup beef broth or water

### Cauliflower Rice

- 1 head cauliflower
  - 1 tsp olive oil or avocado oil
- Optional: 1 tsp garlic powder, ¼ tsp each salt and pepper.*

## Instructions

### For the beef and broccoli

1. In small to medium bowl, stir together the steak, arrowroot powder, sea salt, and pepper.
2. In a wok heat up 1 tbsp coconut oil over medium-high heat.
3. Add the steak and cook until almost cooked (roughly two minutes). Set the meat aside in a bowl.
4. Add the remaining coconut oil, along with the chopped broccoli florets. Cook until crisp and bright green (4-5 minutes).
5. While the broccoli is cooking combine the coconut aminos, garlic, ginger, and beef broth.

6. Pour the broth into the wok with the broccoli, add the steak back in. Stir-fry for another 2-3 minutes.

#### **For the cauliflower rice**

1. Clean your cauliflower and let dry.
2. Break the cauliflower into florets and add them to a high powdered blender or food processor.
3. Pulse until the cauliflower turns into "rice". Squeeze out as much water as possible with paper towel.
4. In a wide skillet over medium-medium/high heat add the olive oil, cauliflower, garlic powder, salt, and pepper. Stir around for 5 minutes, cover and cook for roughly ten minutes. You want the rice to lose the crunch. Cook to your desired doneness, if you would like it softer.
5. Serve.