

Menu - Week Two

See [Katie at the Kitchen Door](#) for full recipes

Menu is designed to serve one person, utilizing leftovers for lunches and snacks. All of the recipes can be easily scaled to feed two or more at each meal, but you will need to adjust the amounts in the attached grocery list. Many of the recipes at the beginning of the week are leftovers from the first week of the cleanse, the plan for which can be found [here](#). Like last week, you'll have leftovers, so stash whatever you don't think you'll eat within a few days in the freezer, or extend the plan so that you use up the leftovers before making anything new.

Day Eight, Sunday:

- Brunch: [Baked Blackberry Oatmeal](#) (leftover from week one)
- Snack: [Brussels Sprout and Sweet Potato Hash](#) (omit the egg, leftover from week one)
- Dinner: [Baked Herb and Pistachio Falafel](#)

Day Nine, Monday:

- Breakfast: [Sweet Spinach and Mango Smoothie](#), [Apple Quinoa Cake](#) (leftover from week one)
- Lunch: [Stuffed Peppers with Quinoa, Black Beans, and Chipotle Sauce](#) (leftover from week one)
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: [Roasted Broccoli and Kale Caesar Salad](#), [Roasted Poblano and Black Bean Soup](#) (leftover from week one)

Day Ten, Tuesday:

- Breakfast: [Apple Pie Oatmeal](#)
- Lunch: [Soba Noodles with Kale and Slivered Brussels Sprouts](#) (leftover from week one)
- Snack: Avocado Tartine - 1 Piece Whole Wheat Toast with Slices from 1/2 an Avocado
- Dinner: [Bulghur with Butter-Roasted Almonds and Cinnamon Chicken](#)

Day Eleven, Wednesday:

- Breakfast: [Whole Wheat Fruit and Nut Pancakes](#)
- Lunch: Leftover Roasted Broccoli and Kale Caesar Salad, Leftover Baked Herb and Pistachio Falafel
- Snack: Sweet Spinach and Mango Smoothie
- Dinner: [Roasted Carrot and Tahini Soup with Chickpeas](#), [Gluten-Free Olive and Feta Corn Muffin](#) (leftover from week one)

Day Twelve, Thursday:

- Breakfast: [Apple Pie Oatmeal](#)
- Lunch: Leftover Bulghur with Butter-Roasted Almonds and Cinnamon Chicken
- Snack: Snack Bag - 1/4 c. Pecans, 1/4 c. Dried Fruit, 2 TBS Chocolate Chips
- Dinner: [Strawberry Balsamic Salad with Candied Pecans and Goat Cheese](#), Leftover Roasted Carrot Soup

Day Thirteen, Friday:

- Breakfast: Sweet Spinach and Mango Smoothie, Leftover Whole Wheat Fruit and Nut Pancakes
- Lunch: Leftover Strawberry Balsamic Salad
- Snack: Avocado Tartine - 1 Piece Whole Wheat Toast with Slices from 1/2 an Avocado
- Dinner: [Greek Egg and Lemon Soup with Chicken, Brown Rice, and Chickpeas](#)

Day Fourteen, Saturday:

- Brunch: Leftover Whole Wheat Fruit and Nut Pancakes
- Snack: Leftover Greek Egg and Lemon Soup
- Dinner: [Quinoa Puttanesca](#), [Kale and Pecorino Salad](#)

Disclaimer: I am not a dietitian, nutritionist, doctor, or medical professional of any sort. I simply wanted to share my personal menu and goals for healthy eating.

Grocery List - Week One

Before you go shopping, check to see if you have extra produce and grocery items from [last week's plan](#) that are called for again - for example, if you still have $\frac{3}{4}$ of a jar of tahini or 2 sticks of butter, no need to buy more. I've listed the ingredients so that you can follow the recipes exactly, but feel free to combine where it makes sense - e.g. buying only pecorino OR parmesan, or making your own buttermilk from milk mixed with vinegar. You will use almost all the produce and most of the meat and dairy in this week's plan, but if you think you'll be extending the plan timeline to incorporate more leftovers, it might be safest to freeze the meat products to prevent spoilage (or, buy the meat separately the day you plan to make that recipe).

Produce

- Onions x 2
- Red onion x 1
- Shallot x 1
- Garlic x 1 head
- Beets x 1
- Turnips x 1
- Carrots x 1 lb.
- Dill x 1 bunch
- Mint x 1 bunch
- Parsley x 1 bunch
- Baby spinach x 1 lb.
- Tuscan kale x 2 bunches
- Green cabbage x 1 small head
- Broccoli x 3 heads
- Avocadoes x 1
- Jalapenos x 1
- Pomegranate x 1
- Apples x 2
- Bananas x 3
- Strawberries x 1 lb.
- Lemon x 3

Grocery

- Crushed tomatoes (14.5 oz. can) x 1
- Chicken broth x 2 (1 qt.) containers
- Chickpeas x 4 c. cooked (or 3, 14.5 oz cans)
- Bulghur x $\frac{3}{4}$ cup
- Whole wheat bread x 1 small loaf
- Tahini
- Almond butter

Grocery, continued

- Pecans x 1 $\frac{3}{4}$ cups
- Whole almonds x $\frac{1}{2}$ cup
- Sliced almonds x $\frac{1}{4}$ cup
- Raw, shelled, unsalted pistachios x 9 oz.
- Dried cherries x $\frac{1}{2}$ cup
- Pitted Kalamata olives x 4 oz.
- Anchovies x 1 small bottle
- Orange juice
- Frozen mango pieces x 1 lb.
- Frozen berries x 1 lb.

Dairy/Meat

- Eggs x 1/2 dozen
- Greek yogurt x 6 oz.
- Skim milk x $\frac{1}{2}$ gallon
- Buttermilk x 1 pint
- Butter x 1 stick
- Goat cheese x 4 oz.
- Parmesan cheese x 4 oz.
- Pecorino cheese x 4 oz.
- Boneless skinless chicken breasts x 2

Pantry Items

These are the items that I'm assuming you have in your pantry already. Again, if you don't have all the different types of vinegar or spices, feel free to make substitutions.

Oils and Vinegars

- Olive oil
- Balsamic vinegar
- White wine vinegar

Spices

- Ground cinnamon
- Whole cinnamon sticks
- Cayenne pepper
- Paprika
- Red chile flakes
- Ground cumin
- Ground coriander
- Sea salt
- Black pepper
- Whole black peppercorns

Grains and Baking

- Chocolate chips
- Maple syrup
- Honey
- Almond extract
- Brown sugar
- Sugar
- Baking soda
- Baking powder
- Flour
- Whole wheat flour
- Oats
- Brown rice
- Quinoa

Prep Tips

Here are some do-ahead prep activities you can get out of the way whenever you have some free time to make the rest of the meals a little bit easier. I like to do this on Sundays, but if you find yourself with an extra hour Tuesday night and know Wednesday is going to be slammed, do a little extra Tuesday, instead.

- Soak and boil dried chickpeas for Falafel, Carrot Soup, and Greek Egg and Lemon Soup, if using dried chickpeas instead of canned ones (recommended!)
- Make Caesar dressing for Kale Caesar salad
- Make homemade croutons for Kale Caesar Salad and Kale and Pecorino salad out of whole wheat bread. Store in an airtight container.
- Pickle the beet and turnip to serve with the Falafel
- Make lemon-honey tahini sauce to serve with Falafel
- Candy the pecans for the Strawberry-Balsamic Salad