

# NOURISHED PARENT DETOX SUGGESTED MEALS AND SHOPPING LIST



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# SUGGESTED MEALS

Detox does not mean deprivation or boring. Get ready to start your clean-eating journey and have fun exploring how easy it can be to nourish your body.

You have all of your meals below for Phases 2 and 3 of the program. I have created meals for this program using ingredients that keep you from feeling deprived or hungry. If you need to exchange a meal, please refer to your Recipe Guide.

Please feel free to compliment the recipes below with a salad or soup of your choosing. If you feel you need additional protein, you may add protein from the acceptable list in the Detox Guide.

You may also enjoy snacks, protein balls, and desserts as desired. These are not included in your suggested meals or your shopping list, but can be found in the Recipe Guide.

DAY	BREAKFAST	LUNCH	DINNER
1	Energy Blaster Smoothie	Replenishing Collard Wrap	Delicious Warm Kale Salad w/ Warm Carrot Spice Soup
2	Vanilla Chia Bowl	Renew Rainbow Salad	Curry Sweet Potato Stir Fry w/ Butternut Squash Soup
3	Warm Cinnamon Detox Bowl	Fall Mixed Salad	Delicious Warm Kale Salad w/ Leek and Miso Soup

4	Energy Blaster Smoothie	A Blend of Greens Salad	Curry Sweet Potato Stir Fry w/ Butternut Squash Soup
5	Vanilla Chia Bowl	Replenishing Collard Wrap	Roasted Vegetables w/ Veggie Broth 101
6	Coconut Chocolate Smoothie Bowl	Renew Rainbow Salad	Delicious Warm Kale Salad w/ Warm Carrot Spice Soup
7	Minty Green Smoothie	Mixed Salad	Garlic Ginger Stir Fry w/ Leek and Miso Soup
8	Buckwheat Morning Bowl	Chopped Salad	A Bowl of Brussel Sprouts w/ Warm Carrot Spice Soup
9	Cinnamon Oatmeal Bowl	Renew Rainbow Salad	Roasted Vegetables w/ Veggie Broth 101
10	Apples and Beets Smoothie	Mixed Salad	Veggie Burrito Bowl
11	Starter Green Smoothie	A Blend of Greens Salad	Delicious Warm Kale Salad w/ Lentil Soup
12	Eggs with Greens	Chopped Salad	Garlic Ginger Stir Fry w/ Leek and Miso Soup

13	Vanilla Chia Bowl	Renew Rainbow Salad	Tempeh Stir Fry Collard Wrap w/ Bone Broth
14	Apples and Beets Smoothie	Tempeh Stir Fry Collard Wrap	A Bowl of Brussel Sprouts w/ Warm Carrot Spice Soup

## SHOPPING LIST

### PHASE 2 (DETOX)

#### FRUITS

Avocados, 5  
Bananas, 4  
Cucumbers, 3  
Green apples, 3  
Lemons, 7

#### VEGETABLES

Broccoli, 2 cups  
Brussels sprouts, 1 pound  
Butternut squash, 2 pounds  
Cabbage, 2 cups  
Red cabbage, 1 cup  
Carrots, 2 dozen  
Cauliflower, 2 cups

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Celery stalks, 8  
 Collard greens, 8  
 Mixed greens, medium container  
 Kale, medium container or 3 bunches  
 Spinach, medium container  
 Sprouts, choice of (optional)  
 Swiss chard, 2 heads  
 Zucchini, 1 large  
 Red potatoes, 2.5 lbs.  
 Sweet potatoes, 2  
 Onions  
     Yellow onions, 8 medium-large  
     Red onions, 2 medium  
 Leeks, 2

## NUTS & SEEDS

Chia seeds  
 Hemp seeds  
 Sunflower seeds  
 Pumpkin seeds

## CONDIMENTS/ MISCELLANEOUS

Apple sauce (small container, optional)  
 Artichoke hearts, canned -1 cup chopped, BPA free in water  
 Beets, 4 cans in BPA-free container, or cooked fresh. (Can find these pre-cooked at Whole Foods. Buy Organic only)  
 Coconut oil  
 Coconut, shredded  
 Miso, ½ cup  
 Protein powder  
 Goji berries (optional topping)  
 Raw cacao  
 Stevia  
 Organic, yeast-free vegetable broth. 4 cups

## BEVERAGES

Dairy free milk of choice, 1 container  
 Orange juice \* or juice oranges enough for 1 cup.

## HERBS/SPICES

Cinnamon  
 Dulse flakes {optional}  
 Garlic cloves, 10  
 Ginger root powder  
 Fresh ginger root, 3 inch  
 Mint leaves, 4  
 Nutmeg  
 Nutritional yeast, ¼ cup  
 Parsley, 1 bunch  
 Pepper  
 Rosemary  
 Sea salt  
 Thyme  
 Turmeric  
 Curry  
 Vanilla extract

+ingredients for dressing of choice

# PHASE 3 (TRANSITION)

## FRUITS

Avocados, 9  
 Banana, 1  
 Green apples, 6

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Cucumber, 2 cups  
Lemons, 10

## VEGETABLES

Beet, 1  
Broccoli, 10 cups  
Brussels sprouts, 4 pounds  
Cabbage, 2 cups  
Red cabbage, 1 cup  
Carrots, 24  
Cauliflower, 2 cups  
Celery stalks, 12  
Collard green leaves, 8  
Kale, 3 bunches  
Leek, 1  
Mixed greens, large container  
Onions  
    4 of choice  
    +Red onion, ½ cup  
    +Yellow onions, 2 large  
Yellow pepper, 1  
Red potatoes, 1lb.  
Scallion, ¼ cup minced  
Spinach, medium container  
Tomato, 1  
Zucchini, 1

## NUTS & SEEDS

Chia seeds  
Hemp seeds  
Pumpkin seeds  
Sunflower seeds

## CONDIMENTS/ MISCELLANEOUS

Applesauce, 1 small container (optional)

Artichoke hearts, canned -2 cups chopped, BPA free in water

Beets, 3 cans BPA-free canned in water, or cooked fresh. (Can find these pre-cooked at Whole Foods. Buy Organic only)

Black beans, 1 cup

Bones of 1 whole chicken for bone broth

Broth of your choice, 3 cups + organic yeast free vegetable broth, 2 cups

Brown lentils, 1 cup

Brown rice, 1 cup

Buckwheat, ½ cup

Coconut oil

Coconut, shredded

Eggs, 2

Ezekiel bread

Miso, 1 cup

Oats, 1 cup

Orange juice, or \*1 cup of juiced oranges

Protein powder

Raw apple cider vinegar

Salsa

Spirulina, 1 teaspoon (optional)

Stevia

Tempeh, 2 packages

## BEVERAGES

Dairy free milk of choice, 1 container

## HERBS/SPICES

Basil leaves, 8

Bay leaf, 1

Cayenne

Cinnamon



Cumin, ground  
Cumin seeds, 1 tsp.  
Dulse flakes (optional)  
Garlic cloves, 12  
Ginger root, 3 inches  
Ginger root, ground  
Nutmeg  
Nutritional yeast  
Parsley, 1 bunch  
Pepper  
Red pepper flakes (optional)  
Rosemary  
Sea salt  
Vanilla extract