

Hi Beautiful!

Here is your
meal guide for
the week!

6 BREAKFASTS | 6 LUNCHES | 6 DINNERS

JAMIE FWD

NUTRITION.
MENTALITY.
MOVEMENT

Recommended to choose 3 breakfasts, 3 lunches and 3 dinners to prepare and rotate each week of the plan to maximize your meal prep efforts + minimize your grocery bill. However, you can repeat + mix up these meals however you choose! There is no right or wrong way to utilize the meals in this plan.

You will have ONE “flexible” day each week in the program. This can be used if you have social events planned, or want to put your own cooking to the test. I will share more guidance around this in my email communication.

All meals (unless noted) are 1 single serving.

If you have any questions or want to modify, please reach out to Jamie at healthcoachjamie@gmail.com. Enjoy!

ABOUT THE DETOX PROGRAM:

Sweet summertime. Often, we get out of touch with our normal routine, eating and sleeping patterns, and indulgence can become the norm. But, when you recognize that you’re feeling crappy, that’s where the transformation begins! YOU ALREADY DECIDED to take control back just by signing up for this program, beautiful! SO ROCK ON! . This is the perfect time to reset your body for success, and well-being! So be proud of yourself for being here now.

I’ve provided this detox program plan as an opportunity for you to tune into your body and remove all of the typical toxins we can get from our food supply (sugars, heavy starches, sodium and overly processed packaged foods). These can sit heavy on our bodies, brains and digestive tracts and have us feeling bloated, lethargic and like a less than a stellar version of ourselves.

This meal plan is full of nourishing, plant-based meals that will recharge your cells and revive your body’s natural energy, help stimulate or strengthen your digestion, and provide your body with the nutrients it needs to heal and maintain proper health.

WHAT THIS MEAL PLAN DOES NOT INCLUDE:

- Artificial sugar (no cookies, candies, donuts, gummies, baked goods, you get the drill)
- Refined grains (no heavy starches, breads, pastas, bagels, etc...)
- Alcohol (I think we can all behave for 3 days, especially on a “school night”)
- Processed or packaged foods
- Meat or poultry
- Dairy

WHAT THIS MEAL PLAN DOES INCLUDE:

- Nourishing, detoxifying fiber-rich fruits, vegetables and plant-protein foods. All of which will nourish your blood, stabilize your blood sugar, and have a positive impact on your digestion. Healthy fats. All of which will keep you full, energized and fueled.
- Breakfast, lunch, & dinner.

Helpful Tips

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SLEEP. We all need it, and don't get enough of it. Set your alarm as a reminder for yourself to head to bed to give yourself at least 7 hours of sleep. This is your body's chance to restore itself, and recharge your batteries.

EXERCISE. If you're a regular, please continue on your routine! If you're not so much, start small. Taking a walk at lunch or in the morning, doing 10 pushups at your bedside, going to yoga with your bestie, or following a YouTube guided video, or an impromptu dance party in your living room, it all works for this purpose. Just find a way to move your body every day. Sweat is a very important part of the detox process.

BREATHE. Take some time-outs throughout the day to practice deep, belly breathing. This will help you slow down and not allow your daily stress to affect your body, and get oxygen to your brain and gut.

CHEW. In order for your body to fully absorb the nutrients from your food, it needs to be properly chewed in your mouth to initiate the digestive process. Aim to chew your bites about 20 times each. I promise your tummy will thank you!

BEVERAGES

WATER is going to be your new best friend for the next two weeks. I recommend drinking 1 glass of warm water with lemon upon waking to stimulate your digestion, help aid your liver in removing toxins from your blood, regulate your blood sugar and rev your metabolism. If you need some added taste, you can muddle berries, citrus fruits or cucumbers. Aim to drink a minimum of 1/2 of your body weight in ounces per day.

GREEN TEA + MATCHA TEA Are alternatives for coffee here. Yes, you read that. Sorry, I love you but no coffee. And if you absolutely **MUST** and won't follow this suggestion, please drink it black. Green tea + matcha have anti-inflammatory properties and are loaded with antioxidants to help your body beat the bloat, reduce inflammation, boost brain power and restore itself from oxidative stress.

SNACKS

The reason why I do not offer or suggest snacks in this program is that it truthfully takes **TIME** (anywhere from 4-5 hours) to digest your food. That requires energy and can also tax your digestion, especially when overeating.

Oftentimes, we eat out of emotional charge (boredom, sadness, stress, etc...) so we're not actually allowing our bodies to properly signal to us that we're "full" or "hungry"- and can usually end up overeating.

Taking time in-between meals to allow your digestive tract to rest, process your food and take a break is crucial for the detoxing process.

Breakfast Recipes

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PEACH COBBLER SMOOTHIE

Shopping List:

- 1 scoop vanilla collagen
- 1/3 cup chopped fresh or frozen peaches
- 1/3 cup gluten free oats
- 1/2 banana
- 1 handful of greens or greens powder
- 1 dash vanilla
- 1/2 cup dairy-free milk

To prepare: Blend all ingredients in the blender and serve. Option to top with a sprinkle of cinnamon.

SUMMER VEGGIE SCRAMBLE

Shopping List:

- 1 tbsp olive oil, coconut oil or ghee
- 2 eggs, whisked + 1 dash of water for fluffiness
- 1/2 cup kale, chopped and destemmed
- 1/4 small white onion, chopped
- 1/4 cup tomato, chopped
- 1 handful fresh herbs of choice
- Season as desired with any of the following: himalayan sea salt, black pepper, garlic or onion powder, or chili flakes

To prepare: saute onion in olive oil in a pan over medium heat with salt and pepper until they become fragrant. Add in remaining veggies and season, sauteing until they begin to soften. Add whisked eggs in and cook until eggs are ALMOST fully cooked and remove from heat. Top with fresh herbs and serve.

CHOCOLATE CHERRY OVERNIGHT OATS

Shopping List

- 1/2 cup gluten-free oats
- 1/4 cup fresh or frozen cherries
- 1 scoop collagen protein powder (chocolate)
- 1 tsp cacao powder
- 3 tbsp chia seeds
- 1 heaping tbsp almond butter
- 1/2 cup milk (or more depending on desired consistency)

To prepare: Mix chia seeds, oats, cacao and collagen together. Add milk and stir until mixed evenly. If using frozen cherries, add on top and put in fridge overnight to thaw oat. If not, add mixture to the fridge. Next morning, remove from the fridge and top with almond butter and fresh cherries and serve.

BREAKFAST BURRITO

Shopping List:

- 1 gluten-free tortilla shell (recommend Siete brand)
- 2 eggs, whisked + touch of water
- 1 tsp olive oil, or ghee
- 1/3 avocado, sliced
- 1/4 cup tomatoes
- 1/4 cup peppers
- 2 tbsp salsa
- 1/2 cup greens

To prepare: Heat tortillas as recommended in a small pan. In a separate pan, heat oil or ghee over medium heat and stir in tomatoes + peppers until they start to soften. Add whisked eggs, salt + pepper to taste and cook until almost done. Spoon eggs into tortilla shells. Top with salsa, and serve with a side of greens, avocado + salsa.

BERRY GOOD SMOOTHIE

Shopping List:

- 1/2 cup blackberries
- 1 handful spinach or greens powder
- 1 scoop vanilla collagen
- 1/2 banana OR 1/2 cup riced cauliflower
- 2 tbsp nut butter
- 1/2-1 cup almond milk

To prepare: Blend and serve!

ZUCCHINI EGG SKILLET

Shopping List:

- 1/4 cup zucchini, diced
- 1/4 small white onion, diced
- 1/4 cup tomato, diced
- 2 eggs, fried
- 3 tbsp olive oil
- Sea salt + pepper to taste

To prepare: In a pan, sautee onion with 1 tsp of olive oil with salt and pepper until fragrant. Add remaining veggies and season and saute until they begin to soften. With your spatula, dig two holes in your veggies and crack an egg in each, so that they form inside of your veggies. Cook until eggs are cooked as desired. Plate and serve!

Lunch & Dinner Recipes

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WATERMELON GAZPACHO

*Makes about 4-5 servings. Great to refrigerate for the week.

Shopping List:

- 1 large (or 2 medium) cucumbers (blend 1/2, reserve 1/2 for topping)
- 5 heaping cups of watermelon (seedless)
- 1 red bell pepper, diced (blend 1/2, reserve 1/2 for topping)
- 3 medium tomatoes (blend 1/2, reserve 1/2 for topping)
- 2 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- 1/2 cup minced green onion & fresh garlic
- Himalayan sea salt & black pepper, to taste
- 1 small handful each of fresh chopped basil & parsley
- 1 cubed avocado (for topping, not to be blended)
- 1 cup of micro greens (optional, for garnish topping)

To prepare: Pulse the above ingredients in a food processor or blender until smooth (or can leave a little chunkier, depending on preferences, setting aside avocado and microgreens. Garnish with avocado + microgreens and enjoy!

BLACK BEAN TOSTADA + CABBAGE SLAW

Shopping List:

- 2 gluten-free tortillas
- 1/2 can black beans
- 1/2 cup cabbage, thinly sliced
- 1/2 small red onion, chopped, divided
- 1 handful of cilantro, chopped
- 4 tbsp olive oil, divided
- 1 tbsp apple cider vinegar
- 1/2 avocado, mashed

Homemade seasoning: 1/2 tsp chili powder, red pepper flakes, garlic powder, black pepper, sea salt

To prepare: Preheat the oven to 375. Line tortillas on a baking sheet and lightly brush with olive oil on both sides. Bake for 10 minutes or until golden + crisp. Chop all fresh ingredients (cilantro, cabbage, red onion- separating onion into 2 portions. Set 1/2 onion portion aside. Mix remaining chopped ingredients in a bowl with 2 tbsp olive oil, apple cider vinegar + pinch of sea salt. In a pan over medium heat, saute 1/2 portion of the chopped onions + 1 tbsp olive oil until fragrant. Add black beans and seasoning, saute until evenly coated and warmed. Remove tortillas from the oven, and add mashed avocado to each. Top with black bean mixture + cabbage slaw. Serve + eat!

FAJITA BOWL

Shopping List:

- 1/2 cup quinoa, cooked
- 1/2 cup greens of choice
- 1/4 cup bell peppers, sliced
- 1/4 cup black beans
- 1/2 cup greens
- 1/4 cup sliced onion
- 1/3 avocado, cubed

Fajita Dressing: 2 tbsp olive oil, 1/2 lemon juiced, sea salt, pepper, chili powder + cilantro

To prepare: Cook quinoa as directed. Slice all veggies, set aside. In a bowl or a shaker bottle, whisk together salad dressing. In a bowl, layer cooked quinoa, greens, black beans and top with veggies. Drizzle dressing + serve.

SUMMER SUCCOTASH

Shopping List:

- 1/2 small red pepper, chopped
- 1 medium tomato, chopped
- 1/4 large sweet onion, diced
- 1/3 zucchini, chopped or sliced
- 1 corn cob, shaved
- 1/2 cup lima beans
- 2 tbsp olive oil

Seasoning, to taste: sea salt, black pepper, smoked paprika, cayenne pepper, garlic powder

Optional: cilantro or basil, for garnish

To prepare: Chop all veggies, setting onion aside separately. Over medium heat, saute onions in a pan with olive oil until onions become translucent and fragrant. Add sea salt and black pepper. Add in tomatoes and simmer for a few minutes until they begin to break down. Add in the remaining veggies and beans, corn last. Sprinkle with seasoning and cook until mixture becomes saucy. Garnish with cilantro if desired. Can also swap for fresh parsley. Serve and enjoy

STRAWBERRY SUNSHINE SALAD

Shopping List:

- 1/4 cup strawberries
- 1/2 small avocado, diced
- 2 tbsp sunflower seeds
- 1 1/2 cups fresh greens of choice (spinach, kale or romaine)
- 1/4 cup cucumbers

Dressing: 2 tbsp olive oil, 1 tbsp lemon juice or apple cider vinegar, sea salt + pepper

To prepare: Combine chopped ingredients and drizzle with dressing, mixing evenly. Enjoy!

SPICED WILD SALMON + CABBAGE SLAW

- 1 piece wild salmon
- 2-3 tbsp olive oil, divided
- Pinch of sea salt, black pepper, chili powder + cumin, to taste
- 1/2 cup red cabbage, sliced
- 1 handful cilantro, chopped
- 1/4 cup red onion, chopped
- 1/2 lime, juiced
- 1/3 avocado, cubed
- 1/4 cup strawberries, chopped

To prepare: Chop veggies and combine into a bowl, set aside. Pat salmon dry and season on flesh-side with sea salt. Heat pan over medium-high until hot. Add 2 tbsp oil and press salmon skin side down firmly. Cook for about 3-4 minutes on each side or until desired cooking. Season both sides with seasoning, to taste. Combine veggies with 1 tbsp olive oil, sea salt, pepper and lime juice. Plate with salmon and serve!

RAINBOW VEGGIE QUINOA BOWL

Shopping List:

- 1 radish, sliced
- 1/2 cup quinoa, cooked
- 1/2 bell pepper, chopped
- 1/4 cup carrots, sliced
- 1 garlic clove, minced, sea salt + pepper to taste
- 2 tbsp olive oil
- 1/2 cup greens of choice
- 1/2 avocado, diced

Optional: fresh herbs of choice (basil or parsley work best)

Top with either pesto or lemon basil sauce from recipe above or below *

To prepare: Cook quinoa as directed. Make dressing, set aside. Chop peppers, carrots + garlic. In a pan over medium heat, saute veggies until they begin to soften, seasoning with salt + pepper. Layer over quinoa in a bowl, drizzle with dressing & top with fresh herbs.

LEMON BASIL ZOODLES

Shopping List:

- 1 1/2 cup zucchini noodles
- 2 tbsp olive oil
- 1/3 cup chickpeas, drained and rinsed
- 1/4 cup tomatoes, chopped
- 1/4 cup red onion
- 1/2 cup arugula
- 2 garlic cloves, minced
- Himalayan sea salt + pepper, to taste
- For sauce:
 - 1/4 cup olive oil
 - 1/2 lemon, juiced
 - 1/4 cup fresh basil, chopped
 - 2 cloves garlic, minced
 - Sea salt + pepper, to taste

To prepare: In a pan over medium heat, combine olive oil + onions and saute until fragrant. Add garlic cloves and saute until translucent. Add tomatoes, chickpeas, salt + pepper and simmer. Separately, combine ingredients for the sauce, set aside. Stir in zucchini noodles and saute for 1-2 minutes. Drizzle sauce and coat evenly. Remove from heat and top with arugula + serve.

SUMMER BALSAMIC PASTA SALAD

Shopping List:

- 1 1/2 cups lentil, brown rice or chickpea pasta, cooked as instructed
- 1/2 cup spinach, chopped
- 1/4 cup tomatoes, chopped
- 1/8 cup sweet onion, chopped
- 2 garlic cloves, minced
- 1/4 cup zucchini, chopped
- 1/4 cup carrots, chopped
- 4 tbsp EVOO, divided: 2 tbsp balsamic vinegar, sea salt, pepper, garlic powder. Can also add cayenne pepper, crush red pepper and/or Italian seasoning

To prepare: Cook pasta as instructed. Chop all veggies, set aside. In a pan, heat 2 tbsp olive oil. Saute onions until they start to brown. Add garlic and all chopped veggies (add spinach last as it can wilt the fastest). Season as desired with the above spices. Cook until veggies are tender/begin to brown.

Pour veggies into pasta (combine in a serving bowl or however you choose). Drizzle with remaining 2 tbsp olive oil and balsamic vinegar. Serve warm or refrigerate and eat cold!

PEACH BASIL SUMMER SALAD

Shopping List:

- 1/4 cup peaches
- 1 cup spinach or greens of choice
- 1 hard boiled egg
- 1/3 avocado, cubed
- 1/4 onion, thinly sliced
- 1 handful fresh basil
- 1/8 cup pecans or walnuts

Dressing: 2 tbsp olive oil, 1/2 lemon, juiced, fresh garlic (1 clove) OR 1/2 tsp garlic powder, 1 tsp fresh basil, finely chopped.

To prepare: Recommend to prepare hard boiled eggs in advance (place in a pot and cover with water. Boil for about 12-15 minutes and rinse with cold water + cool.) Chop remaining ingredients and layer into a salad bowl. Drizzle on dressing + serve.

AVOCADO SPRING ROLLS

Shopping List:

- Rice paper (2-3 sheets)
- 1/2 cup wild caught salmon (canned, freshly baked, or smoked)
- 1/4 avocado
- 1/4 cup carrots
- 1/4 cup cucumbers
- 1/4 cup purple cabbage
- 1/2 cup broccoli sprouts
- 1/2 cup lettuce (mixed greens or green/red leaf lettuce)

Optional garnish: cilantro, lime squeeze

Optional dressing: either spicy brown mustard (no added sugar) OR

Almond Tamari dipping sauce: Combine 1 tbsp almond butter, 1 tbsp tamari, squeeze of 1/2 lemon, 2 tbsp filtered water, sea salt and cayenne pepper, to taste.

To prepare: Prep rice paper shells as directed (typically wet quickly and spread onto plate or prepping surface, as these get sticky. Keep the contents in small portions so you can easily roll. Sprinkle on lettuce, veggies and salmon. Top with avocado and carefully roll pinching one side and rolling like a burrito. Serve with mustard, Almond Tamari Sauce, or eat on its own! ENJOY!

CHICKPEA PESTO SALAD

Shopping List:

- 1/2 can chickpeas
- 1/4 cup tomatoes, chopped
- 1/4 cup bell peppers, chopped
- 1/4 cup cucumber
- 1/2 avocado, cubed
- 1/8 cup onion, chopped
- 1/2 cup greens of choice (optional)

Dressing (recipe makes multiple servings): Blend 2 cups basil, 1/3 cup olive oil, 1/3 cup pine nuts, walnuts or pecans, 1/2 lemon, juiced, 1/2 tsp sea salt + pepper.

To prepare: Drain chickpeas. Combine all ingredients into a bowl. In a blender or food processor, blend the pesto ingredients until evenly mixed. Stir into the salad and enjoy!

TAHINI FALAFEL BOWL

(Falafel recipe makes about 10-12- these can be stored in the fridge for the week or frozen for later use. 1 serving is about 3-4.

Shopping List:

- 1 cup arugula or leafy greens of choice
- 1/4 cup onion, sliced
- 1/4 cup tomato, diced
- 1/4 cup cucumber, sliced
- 3-4 falafels (see recipe below)

For falafel:

- 4 cloves garlic
- 1 small red onion, cut into chunks
- 1 1/2 cups dried chickpeas, soaked overnight and drained
- 1/3 cup fresh flat leafy parsley
- 1/3 cup fresh dill
- 1/3 cup fresh cilantro
- 1/4 tsp dried oregano
- 1/2 tsp ground cumin
- 1/4 tsp coriander
- 1/4 tsp cayenne pepper
- 3 tbsp olive oil

For garlic tahini (makes large batch to go along with falafels, can refrigerate in the fridge for a week):

- 3/4 cup tahini
- 2/3 cup water
- 1/2 lemon, juiced
- 1 garlic clove, minced
- 1 tbsp EVOO
- 3/4 tsp himalayan sea salt
- 1/2 tsp black pepper, or to taste

To prepare: Blend falafel ingredients in a blender (pulse until coarse and mealy). Roll into 2 inch balls. In a skillet, heat olive oil over medium-high heat. Add falafel balls into pan, cooking for about 2-3 minutes on each side or until golden brown. Chop salad ingredients and serve falafel over salad, drizzle with garlic tahini sauce + serve.