



21 Days of Healing Foods

OMNIVORE MEAL PLANNER &
SHOPPING GUIDE



HUMANS CAN HEAL

HEAL YOUR BODY - HEAL YOUR LIFE



Here are the simple ways to make sure your 21 Days of Healing Foods program is a home run:

1. You can add clean sources of protein to each meal (grass fed meat, eggs, wild-caught seafood, tempeh, tofu, nuts, seeds, legumes).
2. This is a sample 21-day plan with meals. If you need to exchange a meal due to an allergy or a preference, refer to your Recipe Guide for swaps.
3. There are repeated meals in the sample plan to allow you to do batch cooking, as well as to make shopping and preparing a bit easier during your program.
4. If you are still hungry, add soup, salad, or an extra bowl of vegetables to any entrée and remember, you can add protein to any meal.

Keep in mind that any extra soups, salads and snacks are NOT included in your shopping lists. If you plan to include them, you'll need to add them to your list. For example, if you see "and 1/2 sweet potato" or "and a small salad" with a recipe, those are not included in your shopping list as they are optional.



WEEK 1

SUGGESTED MEALS & SHOPPING LISTS

Snacks, protein balls, dips, and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.

DAY	BREAKFAST	LUNCH	DINNER
1	Kale Smoothie	White Bean Salad	Baby Bok Choy
2	Blueberry Pancakes	Orange Beef	Turkey Burger
3	Banana Smoothie	Peach and Kale Salad	Rotisserie Chicken with Cabbage Stir Fry
4	Hot Quinoa Cereal	Cherry Tomato Salad	Southwest Noodle Bowl
5	Orange Kale Smoothie	Sautéed Chicken with Vegetable Wraps	Stuffed Falafel
6	Sweet Potato Hash	Orange Beef	Spinach and Chickpeas
7	Love Me Smoothie	Mediterranean Salad	Lentil Soup with Side Salad



WEEK 1 SHOPPING LIST

FRUITS

- Blueberries – 2.5 cups
- Avocado – 5
- Lemon – 7
- Banana – .5
- Berries – 1 cup
- Orange – 1
- Pear – 1
- Papaya – 4 cups
- Lime – 3
- Peach – 1

VEGETABLES

- Kale – 1 bunch + 5 cups
- Red Pepper – 7
- Yellow Pepper – 1
- Arugula – 4 cups
- Bok Choy, baby – 4
- Mushrooms – 1 cup
- Scallions – 8
- Spinach – 1 cup
- Sweet Potato – 5
- Onion – 4
- Spinach – 3 bunches
- Cabbage – 8 cups
- Tomatoes, cherry – 1 pint
- Romaine Lettuce – 1
- Swiss Chard – 4 leaves
- Carrots – 2
- Sprouts – 3 cups
- Cucumber – 3
- Broccoli – 1 bunch
- Mixed Greens – 4 cups
- Cabbage, purple – 2 cups
- Tomatillos – 4oz
- Corn, frozen – 1 cup
- Collard, leaves – 2
- Beets – 2
- Celery, rib – 1
- Spinach, frozen – 10oz

NUTS & SEEDS

- Cashews
- Flax Seed
- Walnuts
- Fennel Seeds
- Pumpkin Seeds
- Cumin Seeds

CONDIMENTS/MISC.

- Raw Cacao Powder
- Shredded Coconut
- Great Northern Beans – 15oz
- Olive Oil, extra virgin
- Coconut Oil
- Brown Rice
- Tamari
- All-Purpose Flour, gluten free
- Apple Sauce
- Maple Syrup
- Quinoa
- Honey
- Sunflower Seed Butter
- Raisins
- Tahini
- Black Bean Spaghetti Noodles
- Chickpeas – (2) 15oz
- Rolled Oats
- Tomato Paste – 6oz
- Lentils, brown

MEAT & SEAFOOD

- Roast Beef – 4 slices
- Eggs – 4
- Turkey, ground – 2lb
- Flank Steak – (2) 6-8oz
- Turkey – 4 slices
- Salmon – 6oz
- Chicken Breast – 6-8oz
- Shrimp, raw – 10
- Chicken, whole – 2

BEVERAGES

- Nondairy Milk – 7 cups
- Coconut Milk – 1 cup
- Orange Juice
- Coconut Milk – 13oz
- Broth – 3 cups

HERBS/SPICES

- Mint Leaves – 1 bunch
- Baking Powder
- Garlic Clove – 21
- Basil – ½ bunch
- Sea Salt
- Pepper
- Cinnamon
- Vanilla
- Ginger – 5 inches
- Turmeric
- Garlic Powder
- Cayenne
- Sage
- Thyme
- Parsley – 2 bunches
- Basil
- Cilantro – 1.5 bunches
- Oregano
- Paprika, smoked
- Cumin
- Curry
- Bay Leaf

SNACKS

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WEEK 2

SUGGESTED MEALS & SHOPPING LISTS

Snacks, protein balls, dips, and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.

DAY	BREAKFAST	LUNCH	DINNER
1	Kale Smoothie	Triple Decker Sandwich	Southwest Noodle Bowl with Rotisserie Chicken
2	Herb Egg Scramble	Sliced Turkey with Mango Bowl	Rotisserie Chicken with Cabbage Stir Fry
3	Hot Quinoa Cereal	Chopped Salad	Apple Squash Carrot Soup with Side Salad
4	Ginger Boost Smoothie	Orange Beef with Asian Slaw	Turkey Burger
5	Blueberry Pancakes	Sautéed Chicken with Vegetable Wraps	Southwest Noodle Bowl with Rotisserie Chicken
6	Sweet Potato Hash	Mediterranean Salad	Sliced Turkey with Mango Bowl
7	Banana Smoothie	Strawberry Quinoa Arugula Salad	Spinach and Chickpeas

WEEK 2 SHOPPING LIST

FRUITS

- Blueberries – 2 cups
- Avocado – 7½
- Lime – 5
- Mango – 2
- Berries – 2 cups
- Apple - 1
- Lemon – 5½
- Papaya – 2 cups
- Banana - 1
- Strawberries – 1cup

VEGETABLES

- Kale – 3 cups
- Cucumber – 6
- Tomato – 2
- Tomatillos – 12
- Red Pepper – 4½
- Onion – 5
- Jalapeno – 3
- Corn, Frozen – 2 cups
- Carrot – 5 plus 1 cup shredded
- Scallions – 10
- Purple Cabbage – 2 cups
- Mixed Greens – 8 cups
- Bell Pepper (Any Color) – 2
- Butternut Squash, Medium – 1
- Spinach – 6 cups plus 1 bunch
- Yellow Pepper – ½
- Napa Cabbage – 4 cups
- Sweet Potatoes – 5
- Swiss Chard – 4 leaves
- Sprouts – 2 cups
- Broccoli – 1 bunch
- Arugula – 4 cups
- Spinach, Frozen – 10 oz.

NUTS & SEEDS

- Pumpkin Seeds
- Sesame Seeds
- Walnuts
- Flax Seed
- Fennel Seeds
- Sunflower Seeds

MEAT & SEAFOOD

- Pork or Turkey Bacon, Nitrate Free (Applegate Brand) – 4 slices
- Chicken, Whole – 3
- Eggs – 7
- Deli Turkey Breast, Nitrate Free (Applegate brand) – 8 slices
- Flank Steak – 6-8oz
- Turkey, ground – 2 lbs.
- Chicken Breast – 6-8oz
- Shrimp, Raw – 10
- Tuna – 5 oz. can

CONDIMENTS/MISC.

- Raw Cacao Powder
- Unsweetened Shredded Coconut
- Ezekiel bread
- Hummus
- Garlic Powder
- Black Bean Spaghetti Noodles
- Coconut Oil
- Brown Rice
- Nori Sheets – 4
- Tamari
- Toasted Sesame Oil
- Quinoa
- Honey
- Olive Oil, extra virgin
- Tahini
- All-Purpose Flour, gluten free
- Applesauce
- Maple Syrup
- Sunflower Seed Butter
- Raisins
- Raw Cacao Powder
- Tomato Paste – 6oz
- Chickpeas – 15oz

BEVERAGES

- Nondairy Milk – 6 cups
- Coconut Milk – 1 cup
- Broth – 3 cups
- Orange Juice – ¼ cup
- Coconut Milk – 13oz

HERBS/SPICES

- Mint Leaves – 1 bunch
- Basil – 5 leaves
- Black Pepper
- Garlic Cloves – 18
- Cumin
- Sea Salt
- Cilantro – 2 bunches
- Basil
- Parsley – 2 bunches
- Ginger – 3 inches
- Cinnamon
- Nutmeg
- Curry Powder
- Cayenne Pepper
- Paprika, smoked
- Baking Powder
- Vanilla
- Turmeric
- Garlic Powder
- Sage
- Thyme
- Oregano

SNACKS

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WEEK 3

SUGGESTED MEALS & SHOPPING LISTS

Snacks, protein balls, dips, and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.

DAY	BREAKFAST	LUNCH	DINNER
1	Banana Smoothie	Peach and Kale Salad with Quinoa	Lentil Soup with Side Salad
2	Chia Parfait	Cherry Tomato Salad with Salmon	Turkey Burger with Sweet Potato Soup
3	Sweet Potato Hash	Orange Beef with Asian Slaw	Rotisserie Chicken with Cabbage Stir Fry
4	Ginger Boost	Mediterranean Salad with Sautéed Shrimp	Triple Decker Sandwich with Side Salad
5	Orange Kale Smoothie	White Bean Salad	Southwest Noodle Bowl
6	Hot Quinoa Cereal	Chopped Salad	Stuffed Falafel in a Collard Wrap
7	Love Me Smoothie	Sautéed Chicken with Vegetable Wraps	Sliced Turkey with Mango Sushi Bowl

WEEK 3 SHOPPING LIST

FRUITS

- Banana – 2
- Berries – 3 cups
- Avocado – 7 ½
- Lemon – 7 ½
- Peach – 1
- Oranges – 3
- Papaya – 2 cups
- Lime – 3
- Pear - 1
- Mango - 1

VEGETABLES

- Spinach – 11 cups plus 1 bunch
- Kale – 1 bunch plus 3 cups
- Onion – 5
- Celery Rib – 1
- Carrots – 4
- Red Pepper – 1 cup plus 4
- Yellow Pepper – 1 cup
- Cherry Tomatoes – 1 pint
- Romaine Lettuce – 1 head
- Mixed Greens – 8 cups
- Cucumber – 5
- Sweet Potato – 2
- Bell Pepper (Any Color) – 2
- Napa Cabbage – 4 cups
- Scallions – 11
- Jalapeno – 2
- Purple Cabbage – 2 cups
- Broccoli – 1 bunch
- Tomato - 2
- Arugula – 4 cups
- Tomatillos – 6
- Corn, Frozen – 1 cup
- Collard Leaves – 2
- Beets – 2
- Sprouts – 3 cups
- Swiss Chard – 4 leaves

NUTS & SEEDS

- Walnuts
- Flax Seeds
- Fennel Seeds
- Chia Seeds
- Sunflower Seeds
- Sesame Seeds
- Pumpkin Seeds
- Almonds

MEAT & SEAFOOD

- Roasted Turkey Breast, Nitrate Free (Applegate brand) – 8 slices
- Salmon – 6oz
- Turkey, ground – 2 lbs.
- Flank Steak – 6-8oz
- Chicken, whole – 2
- Shrimp, Raw – 10
- Pork or Turkey Bacon, Nitrate Free (Applegate brand) – 4 slices
- Roast Beef, Nitrate Free (Applegate brand) – 4 slices
- Chicken Breast – 6-8oz

CONDIMENTS/MISC.

- Raw Cacao Powder
- Olive Oil, extra virgin
- Quinoa
- Lentils, Brown
- Honey
- Tahini
- Coconut Oil
- Maple Syrup
- Brown Rice
- Raisins
- Ezekiel bread
- Hummus
- Great Northern Beans – 15oz
- Black Bean Spaghetti Noodles
- Chickpeas – 15oz
- Rolled Oats
- Sunflower Seed Butter
- Nori Sheets – 2
- Tamari
- Toasted Sesame Oil

BEVERAGES

- Nondairy Milk – 7 cups
- Broth – 5 cups
- Orange Juice
- Coconut Milk – 1 cup

HERBS/SPICES

- Cinnamon
- Parsley – 2 bunches
- Garlic Clove – 19
- Sea Salt
- Black Pepper
- Ginger – 4 inches
- Bay Leaf
- Basil
- Thyme
- Cumin
- Paprika, smoked
- Turmeric
- Garlic Powder
- Cayenne
- Sage
- Oregano
- Basil – 1 bunch
- Cilantro – 1 ½ bunches
- Mint – 1 bunch

SNACKS

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