

Fresh START

A 3-WEEK CLEANSE

Hillary Coley
Pilates & Personal Training

MEAL PLAN

week three

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

*Upon
Waking*

MORNING TONIC

Smoothie

Nectarine
Apricot

Nectarine
Apricot

Pineapple
Mojito
Cream

Pineapple
Mojito
Cream

Blackberry
Pear

Pineapple
Raspberry
Mint

Pineapple
Raspberry
Mint

*Morning
Snack*

Roasted
Mixed Nuts

Celery Sticks
with Curried
Almond
Butter

Power
Trail Mix

Strawberry
Lemon Chia
Pudding

Power
Trail Mix

Key Lime
Smoothie
Popsicles

Apple n'
Almond
Butter
w/ Muesli

Lunch

Roasted
Veggie
Medley w/
Pesto

Asparagus
Quinoa
Salad w/ Dijon
Vinaigrette

Indian
Coconut
Veggie Curry
w/ Brown Rice

Asian
Rainbow
Kale Salad

Spring
Veggie
Soup

Sweet n'
Spicy Sprouts
Rice Bowl

Lentil Soup
with Fennel

*Afternoon
Snack*

Raw Berry
"Crisp"

Banana n'
Almond
Butter

Raw Berry
"Crisp"

Celery Sticks
w/ Curried
Almond
Butter

Apple n'
Almond
Butter w/
Muesli

Pineapple
Heaven in a
Bowl

Strawberry
Lemon Chia
Pudding

Dinner

Asparagus
Quinoa
Salad w/ Dijon
Vinaigrette

Indian
Coconut
Curry w/
Brown Rice

Asian
Rainbow
Kale Salad

Spring
Veggie
Soup

Sweet N'
Spicy Brussels
Sprouts Rice
Bowl

Lentil Soup
with Fennel

Veggie Pizza
with Quinoa
Crust

*Before
Bed*

SPICED ALMOND MILK

SHOPPING LIST

week three

FRUIT:

- Apple, green:** 2 medium
- Apricot:** 4
- Avocado:** 2
- Banana:** 1
- Blackberries, frozen:** 1/2 cup

- Lemon:** 6
- Lime:** 1
- Berries, mixed:** 1 cup
- Nectarine, fresh or frozen:** 2
- Pear, any variety:** 1
- Pineapple:** 5 3/4 cups (4 cups frozen, 1 3/4 cup fresh)
- Raspberries, frozen:** 1 cup
- Strawberries:** 1/2 cup

VEGETABLES:

- Asparagus:** 1 small bunch (8-10 stalks)
- Beet, raw:** 1 small
- Bell pepper:** 1/4 cup
- Brussels sprouts:** 1 lb
- Carrot:** 3
- Cauliflower:** 2 cups, 1 small head
- Celery:** 7 stalks
- Cremini mushrooms:** 1/4 cup
- Cucumber:** 1/2
- Fennel bulb:** 1
- Fresh ginger:** 9 inches
- Fresh kale:** 9.5 cups
- Fresh spinach:** 8 cups
- Garlic cloves:** 14
- Golden potatoes:** 3 (2 small, 1 medium)
- Green beans:** 1/2 cup
- Leek:** 1
- Onion:** 2
- Peas, petite or English:** 1 cup
- Shallot:** 1 small
- Zucchini:** 1

FRESH HERBS:

- Basil:** 2 1/4 cups
- Green onion:** 1 bunch
- Mint:** 1 bunch
- Parsley:** 1 bunch

LIQUID BASES:

- Almond Milk:** 7 cups or 56 oz
- Coconut water:** 2 cups or 16 oz
- Vegetable broth:** 7 cups or 2 qt

GRAINS + LEGUMES:

- Brown rice, dry:** 2 1/4 cups
- Chickpeas, canned:** 3/4 cup
- Lentils, brown:** 1/2 cup
- Quinoa, dry:** 2 cups

CANNED GOODS

- 15 oz can diced tomatoes:** 2
- 15 oz can full-fat coconut milk:** 3
- 15 oz can white beans:** 1
- Tomato paste:** 6 tbsp
(can purchase in week 1)