



NATURAL ACNE CLINIC

MEAL PLAN 1



	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Day 1	Fluffy Pumpkin Pancakes	Mandarin orange and pumpkin seeds	Chicken Blueberry Quinoa Salad	Lara Bar	Goat Cheese Pizza
Day 2	Leftover Fluffy Pumpkin Pancakes	2 Cashew Butter Cacao No Bake Bites	Leftover Chicken Blueberry Quinoa Salad	Celery and hummus	Slow Cooker Pork Sliders with Beet & Mandarin Salad
Day 3	Strawberry Coconut Avocado Toast	2 Cashew Butter Cacao No Bake Bites	Leftover Chicken Blueberry Quinoa Salad	Celery and hummus	Leftover Slow Cooker Pork Sliders with Beet & Mandarin Salad
Day 4	Egg White Veggie Protein Cups	2 Cashew Butter Cacao No Bake Bites	Ultimate Veggie and Turkey Sandwich	Celery and hummus	Asian Chicken Lettuce Wraps
Day 5	Leftover Egg White Veggie Protein Cups	2 Cashew Butter Cacao No Bake Bites	Ultimate Veggie and Turkey Sandwich	Celery and hummus	Leftover Asian Chicken Lettuce Wraps
Day 6	Leftover Egg White Veggie Protein Cups	Mandarin orange and pumpkin seeds	Creamy Orange Autumn Soup	Lara Bar	Sweet & Sour Chicken with Black Rice
Day 7	Strawberry Coconut Avocado Toast	Mandarin orange and pumpkin seeds	Leftover Creamy Orange Autumn Soup	Lara Bar	Leftover Sweet & Sour Chicken with Black Rice



WEEK ONE SHOPPING LIST

(for a family of 2; modify as needed for family size)

PRODUCE

1 apple
1 small container blueberries
1 bunch cilantro
1 package fresh mint
1 bunch fresh parsley
1 bunch scallions (green onions)
Baby spinach (need 6 cups)
1 package celery
4 avocados
1 package strawberries
1 red bell pepper
1 head iceberg lettuce
2 heads Boston lettuce
1 large tomato
1 cucumber
1 container sprouts (need 2 cups, can also sub greens)
Fresh ginger root (need 4 tbsp)
1 garlic bulb
1 large sweet potato
1 package whole carrots
1 broccoli head
2 medium beets
1 package Mandarin oranges

REFRIGERATED

20 oz liquid egg whites, plus 4 egg whites
1 container dairy-free milk (need 1 cup)
Pea milk (need 3 cups)
Vanilla coconut yogurt (need 2/3 cup)
1 small container orange juice (need 1 ¼ cup)
4 oz shredded goat cheese, or 4 oz hard goat cheese and shred yourself
2, 4 oz packages soft goat cheese
1 package uncured pepperoni (like Applegate Farms)

1 package uncured turkey bacon (like Applegate Farms)
2, 6 oz packages uncured deli turkey (like Applegate Farms)
1 container hummus
1 lb pork tenderloin
1 lb ground chicken
1 lb chicken breast

FROZEN

8 oz frozen chicken strips (like Nature Raised brand)
1 package hamburger buns (with sea salt, like Food 4 Life brand found in frozen section)
1 package bread (with sea salt, like Food 4 Life brand found in frozen section)
1, 10 oz package frozen chopped spinach
1 lb frozen stir-fry veggies
1 package frozen butternut squash (need 2 ½ cups)

SHELF

All-purpose flour (need 2/3 cup)
Whole wheat flour (need 2/3 cup)
Baking soda
Pumpkin pie spice
Ground ginger
Garlic powder
Dried oregano
Cumin
Ground coriander
Ground thyme
Onion powder
Italian seasoning
Cinnamon
Sea salt
Black pepper

Red pepper flakes
Cornstarch
1 can pumpkin puree
Coconut oil
Extra-virgin olive oil
Toasted sesame oil
Honey
Vanilla extract
1 packaged unsweetened shredded coconut
Quick oats (need 1 ¼ cup)
1 package cacao nibs (need ½ cup)
1 container cashew butter (need ½ cup)
1 container natural almond butter (need 4 tbsp)
1 small package chia seeds
1 small container bone broth (need 1 tbsp)
Pumpkin seeds (need 1 ½ cups)
Pecans (need ½ cup)
1 package quinoa (need ¾ cup)
1 package black rice (need 1 cup)
1 package slivered almonds (need ¼ cup)
1 small package pine nuts (optional topping for soup)
1 container plant-based vanilla protein powder (need 1 scoop)
6 Lara bars
1 pre-made pizza crust (with sea salt)
1 can or jar pizza sauce (with sea salt, need ½ cup)
BBQ or steak sauce (made with sea salt, like Primal Kitchens steak sauce)
Coconut aminos
Rice wine vinegar
Red wine vinegar
Apple cider vinegar
Ketchup (with sea salt like Annie's)
1, 20 oz can pineapple chunks



NATURAL ACNE CLINIC

MEAL PLAN 2



	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Day 1	Almond Butter Chocolate Banana Smoothie	Apple and sunflower seeds	Basil Pesto Pasta Salad	RX Bar	Hamburger Stir-Fry
Day 2	Raspberry Chia Overnight Oats	Apple and sunflower seeds	Leftover Basil Pesto Pasta Salad	RX Bar	Leftover Hamburger Stir-Fry
Day 3	Raspberry Chia Overnight Oats	Apple and sunflower seeds	Leftover Basil Pesto Pasta Salad	RX Bar	Sesame Pork and Eggplant Stir-Fry
Day 4	Almond Butter Chocolate Banana Smoothie	Blueberries and non-dairy yogurt	Strawberry Arugula Salad-in-a-Jar (make 6 jars to use in the coming days)	1 Chewy Oatmeal Chocolate Chip Cookie	Leftover Sesame Pork and Eggplant Stir-Fry
Day 5	Rainbow Carrot Cake Muffins	Blueberries and non-dairy yogurt	Strawberry Arugula Salad-in-a-Jar	1 Chewy Oatmeal Chocolate Chip Cookie	Black Bean Veggie Burgers (with bun, toppings, and steamed veggies)
Day 6	Leftover Rainbow Carrot Cake Muffins	Epic meat bar	Strawberry Arugula Salad-in-a-Jar	1 Chewy Oatmeal Chocolate Chip Cookie	Leftover Black Bean Veggie Burgers (with bun, toppings, and steamed veggies)
Day 7	Leftover Rainbow Carrot Cake Muffins	Epic meat bar	Napa Chicken Salad Wrap	1 Chewy Oatmeal Chocolate Chip Cookie	Leftover Black Bean Veggie Burgers (with bun, toppings, and steamed veggies)



WEEK TWO SHOPPING LIST

(for a family of 2; modify as needed for family size)

PRODUCE

Produce
Baby spinach (need 4 cups)
Arugula (need 6 cups)
Spring mix (need 6 cups)
2 bananas
6 apples
3 cups fresh basil, plus more for topping, if desired
2 garlic bulbs
1 package fresh tarragon
Fresh ginger (need ½ tsp)
1 pint grape tomatoes
2 bell peppers
1 lemon
Celery (need one stalk)
Raspberries (need 1 cup)
3 red onions
1 lb eggplant
Blueberries (need 2 cups)
Strawberries (need 3 cups)
1 package rainbow carrots (or regular carrots)
Toppings of choice for black bean veggie burgers

REFRIGERATED

2 containers unsweetened almond milk (need 7 cups)
Plain, unsweetened goat milk yogurt (need 6 tbsp)
4 individual containers non-dairy yogurt
Soft goat cheese (need ½ cup crumbled)
2 cups cooked cubed or shredded chicken breast (can also buy raw chicken breast and cook yourself)

Liquid egg whites (need 1 ½ cups)

1 lb ground beef
1 lb pork tenderloin

FROZEN

1 lb frozen green beans
1 lb frozen cauliflower rice
Frozen grilled chicken strips (need 18 oz; like Nature Raised brand)
1 package hamburger buns (with sea salt, like Food 4 Life brand found in frozen section)
Steamable veggies of choice to go along with black bean veggie burgers

SHELF

Extra-Virgin olive oil
Avocado oil
Toasted sesame oil
Apple cider vinegar
Balsamic vinegar
Pure maple syrup
Honey
Vanilla extract
Dried rosemary
Ground ginger
Dried basil
Ground mustard
Cumin
Smoked paprika
Cinnamon
Sesame seeds

Cornstarch
Baking powder
Panko (need ½ cup)
Sea salt
Ground pepper
Coconut aminos
Worcestershire sauce
Ketchup (need 2 tbsp; with sea salt, like Annie's brand)
Natural almond butter (need 2 cups)
Ground flax seed (need 4 tbsp)
Unsweetened baking cocoa powder (need 4 tbsp)
1 package dairy-free chocolate chips (need 1 cup)
Plant-based vanilla protein powder (need 4 scoops)
Sunflower seeds (need 1 ½ cups)
Chia seeds (need 1 ½ cups)
Sliced almonds (need ¼ cup)
Pine nuts (need 1/3 cup)
1 package pitted dates (need ½ cup)
1 package tortillas or wraps
Old fashioned or steel cut oats (need 1 cup)
Quick oats (need 1 cup)
8 oz box rotini pasta
Avocado oil mayo (need ¼ cup)
Bone broth (with sea salt; need ½ cup)
6 RX bars
4 Epic meat bars
2, 14 oz cans black beans, no salt added