

REAL DETOX RECIPE PACK

WEEK 2

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MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Kale & Pineapple Green Smoothie	Beet The Blues Smoothie	Matcha Chai Pudding	Green Goodness Smoothie	Turmeric Poached Eggs	Green Goodness Smoothie	Turmeric Poached Eggs
LUNCH (Ideally 3-4 hours after breakfast)	Rainbow Quinoa Salad with Grilled Turkey	Leftover Rainbow Quinoa Salad with Grilled Turkey	Beetroot Soup	Leftover Beetroot Soup	Red Kidney & Mackerel Salad	Leftover Red Kidney & Mackerel Salad	Beet The Blues Smoothie
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding						
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60- 120 minutes post workout)	Vegetarian Nasi Goreng	Leftover Vegetarian Nasi Goreng	Pork in satay Sauce with Asian Noodles	Leftover Pork in satay Sauce with Asian Noodles	Gluten Free Turkey Casserole	Meal Out – Enjoy!	Leftover Gluten Free Turkey Casserole

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Oils

Fresh		Fish & Seafood
○ kale		5 oz. (150g) smc
2x bananas		Meats
○ 1x pineapple		8 oz. (230g) turk
2x cooked beetroots		2 lb. (900g) grou
Ohraw beetroots		1 lb. (500g) pork
blueberries		Non-Dairy
○ 3x apples		2x Almond milk
2x spinaches		coconut yogurt
1x avocado		6x eggs
o 2x tomatoes		dairy-free chee
o 2x carrots		Frozen
o red cabbage		berries
white cabbage		edamame bear
o 2x leeks		Chinese stir fry
o sprouting alfalfa		
2x red onions		
1x onion		
1x garlic	0	
1x lemon		
1x cucumber		
o radishes		
o rocket		
1x zucchini		
○ 1x pepper	0	
1x lime	0	
○ ginger		
ogreen beans		

5 oz. (150g) smoked mackerel	
Meats	
8 oz. (230g) turkey fillet	
2 lb. (900g) ground turkey	
1 lb. (500g) pork	
Non-Dairy	
2x Almond milk	
coconut yogurt	
6x eggs	
dairy-free cheese	
Frozen	
berries	
edamame beans	
Chinese stir fry vegetables	

Grains
O quinoa
○ gluten-free pasta
orice noodles
O brown rice
Nuts & Seeds
chia seeds
O pine nuts
sesame seeds
pecans
almonds
 desiccated coconut
Fresh Herbs
o parsley
Spices
turmeric
Other
maca powder
 unflavored plant protein
matcha
0
0
0
0

ococonut oil
O olive oil
O sesame oil
Cans & Condiments
opeanut butter
white wine vinegar
O soy sauce/tamari
○ chickpeas
O kidney beans
chopped tomatoes
opotato paste
ococonut cream
○ sambal
ketjap manis
Sweeteners
honey
o maple syrup
Other
 vegetable stock cubes
O chicken stock
0
0
0
0
0
O