21 Day Elimination Diet

Challenge

**Week Number Two**

By Village Naturopathic Clinic



172 Wortley Rd.  London, ON N6J 3Y1 | 226-270-1255 | www.villagenaturopaths.com   
In Co-operation with Lennie MacLeod, Health Chef & Coach

Week Two



Congratulations on finishing week one! We hope it went well for you! You have supported your body with an entire week of nutritious eating; an honorable show a self-care. Changes for the better have begun deep within your body, and if it could talk it might say “bring on another week of that good stuff please!” Well, here it is, another week of health, healing, and new recipes for you to devour! Enjoy.

Magic Day Items to Prep



|  |
| --- |
| **Chicken Stock**  **Pumpkin Seed Parmesan** (skip this if you still have plenty from last week)  **Mix Chia Seed Pudding** (for Day 1 Breakfast)  **Soak ⅔ c cashews in water** (for Day 1 Dinner)  **Tahini Fat Fudge**  **Salmon Cucumber Slaw** (for Day 1 & 2) |

Week Two Meal Plan



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Meals** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
| **Breakfast** | Banana Chia Pudding | Banana Chia Pudding | Green Kiwi Smoothie | Green Kiwi Smoothie | Chocolate Chia Pudding | Chocolate Chia Pudding |
| **Lunch** | Cucumber Salmon Slaw | Cucumber Salmon Slaw | Arugula Apple Salad | Arugula Apple Salad | Lemon Spinach  Salad | Lemon Spinach  Salad |
| **Dinner** | Cashew Artichoke Mac | Cashew Artichoke Mac | Sweet Potato  Chicken Stew | Sweet Potato  Chicken Stew | Roasted Veg & Herb Sauce | Roasted Veg & Herb Sauce |
| **Next Day Prep** | No prep | Prep Arugula Apple Salad | No prep | Prep Lemon Spinach  Salad | No prep | No prep |

Grocery List



Okay. You are at the grocery store and feeling a bit overwhelmed. This list is meant to guide you.

Places to shop when looking for some of these new ingredients:

* Local grocery store (fresh foods section and health foods section). You should be able to find most things there. If you don’t find everything you may have to venture to:
* Local Health Food Store
* Local Asian Grocery Store (these are great resources and often well priced!)

Also, some people who have done this program have told us that they prefer to split up the grocery shopping into two different days because the volume of fresh produce is a lot to fit in a fridge all at once. Choose a shopping method that works best for your refrigerator space.

|  |
| --- |
| Fruit    Lemons - 5  Bananas - 6  Lime - 2  Kiwi- 4  Apples - 4  Blueberries - 1 c (fresh or frozen) |

|  |
| --- |
| Vegetables  Ginger - 2 c  Onions - 8  Green Cabbage - 1  Garlic - 2 bulbs  Carrots - 8  Celery - 8 stalks  Radishes  - 1 bunch  Leeks - 2  Avocado - 2  Cauliflower - 1  Cucumber - 2  Scallions - 2 bunches  Kale - 2 bunches  Spinach - 6 c  Arugula - 6 c  Sweet Potatoes - 4 medium  Basil - one bunch  Cilantro - one bunch  Dill - one bunch |

|  |
| --- |
| Meat    Whole Chicken legs - 6  Canned Wild Salmon - 2  Ideally, buy pasture-raised chicken or turkey that is also organic or non-GMO (or conventionally-raised organic if you can't find pasture-raised). For more info on the benefits of pasture raised meat please read our friend's blog here (link <https://threeridges.farm/why-pasture-raised-chicken-is-better/>). |

|  |
| --- |
| Nuts & Seeds    Pumpkin Seeds - ¼ c  Almond butter - 1 c  Sunflower seeds - 1 c  Flaxseed - 1 c  Hemp seed - 1 c  Chia Seeds - 1 c  Pecans - 1 c  Cashews - 1 c  Shredded coconut - 2 c |

|  |
| --- |
| Canned Goods  Chickpeas - 1 19 oz can  Lentils - 1 19 oz can  Canned diced tomatoes - 2 28 oz cans  Coconut milk - 3 cans  Tomato Paste - 1 small can  Canned Artichokes - 1 |

|  |
| --- |
| Oils, Vinegars & Liquids  Apple cider vinegar  Rice vinegar  (found in Asian food section)  Coconut Aminos (Health Food Store)  Olive oil - 1 L  Coconut Oil - 1 c  Maple Syrup - ½ c  Milk Alternative (almond, coconut, etc.) - 2 L |

|  |
| --- |
| Dry Herbs & Spices  Thyme  Rosemary  Paprika  Cayenne  Cumin  Bay leaves  whole peppercorns  Garam Masala powder  (Superstore, Asian Grocer)  Cinnamon  Turmeric  Fennel seeds |

|  |
| --- |
| Other  Vegan Protein Powder  Tapioca Powder 1c  Gluten-free Pasta - 1 box  (12 oz) (Superstore, Health Store)  Nutritional yeast - 1 c  (Superstore, Health Store)  Raw Cacao - 1 c  Dijon mustard or unsweetened mustard  Raisons - ½ c  Tahini - 1 c  Almond Butter - 1 c  Vanilla |

Recipes



All recipes are adequate for 2 people for 2 days, expect for all the smoothie and chia seed pudding recipes, they are for 1 person for one day.

T = Tablespoon

t = teaspoon

Red = Breakfast

Green = Lunch

Orange = Dinner

Brown = Other

CHICKEN STOCK  3 HOURS

|  |  |
| --- | --- |
| 6 whole chicken legs  1 onion, quartered  1 carrot, diced  1 celery stalk, diced  2 cloves garlic  1 t black peppercorns  2 bay leaves  2.5 L water | Put all ingredients in a large pot and simmer for 1 hour. Keep the lid on, but slightly ajar.  Remove the whole chicken legs and let them cool.  The remaining stock will be flavourful, but we want to get more from those bones, so remove the meat from the bone and return the bones to the stock for another 2 hours at a low simmer, again with lid  slightly ajar (or overnight in a slow-cooker, on low heat)..  Strain the stock with a mesh strainer or a colander  Should finish with about 2 L of stock. |

TAHINI FAT FUDGE  10 MINS

|  |  |
| --- | --- |
| 1/2 c tahini  1/2 c coconut oil  1 T c cacao powder  1 t honey  1/2 t turmeric  1/2 t cinnamon  1/2 t vanilla  ⅛ t salt  pinch of cayenne | In a small pot, melt coconut oil, tahini and honey and mix well.  Add the rest of the ingredients, mix well.  Spread out into a small square or rectangular container lined with parchment paper.  Refrigerate until fudge is hardened.  Remove fudge from container and cut into squares.  Store in freezer. |

BANANA CHIA PUDDING  5 MINS

|  |  |
| --- | --- |
| 6 T chia seeds  ¼ c shredded coconut  2 c unsweetened coconut or almond milk  1/4 t vanilla extract  1 T maple syrup or honey    Topping  1/4 c of pecans (or almond butter if you prefer)  1 banana, sliced | In a bowl or mason jar, mix all ingredients together. If you’re using a mason jar, you can put the lid on and shake the mixture to combine everything.    Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake, cover and put the mixture in the fridge. |
| Tip | Feel free to experiment with Chia Seed Pudding toppings, as long as it is within the guidelines. |

CUCUMBER SALMON COLESLAW  30 MINS

|  |  |
| --- | --- |
| **Salad**  4 c green cabbage, shredded (using food processor attachment, mandolin, or sharp knife)  1 cucumber, cut in half lengthways, seeds removed, then sliced  4 green onions, sliced thin  1 c red radishes, sliced thin  2 cans of wild salmon, flaked  ½ c fresh dill, chopped  salt & pepper to taste | Mix all together (except cucumber, add it daily to keep from going soggy). |
| **Avocado Mayo**  1 ripe, fresh avocado  2 T olive oil  ½ a lime, juiced  2 t Dijon mustard  1 t maple syrup  salt & pepper | Put all ingredients in a blender or food processor and blend at medium speed until mixed and emulsified.  Add desired amount of avocado mayo to the coleslaw. |

CASHEW ARTICHOKE MAC  45 MINS

|  |  |
| --- | --- |
| **Vegetables**  2 T olive oil  4 T garlic, minced  2 leeks, halved and sliced  1 bunch kale  1 can (14 ounce) artichokes, drained  ¼ c fresh basil, sliced  ¼ c fresh parsley, chopped  ½ t chili flakes  Salt & pepper to taste | Saute leeks for 3 mins.  Add kale and sauté for another 5 mins or until tender.  Take off heat and add artichokes and herbs. |
| **Pasta**  12 ounces uncooked gluten-free pasta | Cook exactly as instructions on package say.  When done, cool under running water, toss in olive oil, and set aside. |
| **White Cheddar Sauce**  2/3 c cashews, soaked and rinsed  1 1/3 c water  ¼ c nutritional yeast  2 T tapioca powder  2 T apple cider vinegar  1 clove garlic  1 t dried thyme  1 t paprika  1 t salt | Blend all ingredients together in a blender until smooth. |
| **Topping**  Pumpkin Seed Parmesan | When the above is done, put the vegetables and pasta in a mixing bowl, add your preferred amount of sauce, mix well.  Sprinkle preferred amount of topping on. |

GREEN KIWI SMOOTHIE  5 MINS

|  |  |
| --- | --- |
| **Green Kiwi Smoothie**  1 scoop of protein  1 c water  ½ c coconut milk  1 c kale, packed  2 kiwi fruit  1/2 banana  1/2 of a lemon, peeled  2 T ginger, minced | Blend all ingredients together in a blender until smooth. |

ARUGULA APPLE SALAD  30 MINS

|  |  |
| --- | --- |
| **Salad**  2 large apples, diced  6 c arugula, or mixed greens  1 ½ c celery, sliced  1 ½ c radish, sliced  4 green onions, sliced  ¼ c fresh basil, chopped  ½ c pumpkin seeds  ¼ c hemp seeds  1 avocado, diced | Mix all ingredients together, add salt & pepper to taste.  Add avocado on top once the whole salad is plated. |
| **Quinoa**  2 c water  1 c quinoa | Rinse the quinoa under cold running water.  Put quinoa into a pot and add double the amount of water, and a good pinch of salt.  Place over a medium heat and bring to the boil.  Reduce to a simmer for 10 to 15 minutes, or until tender and the liquid is absorbed.  Fluff it up with a fork. |
| **Lemon Vinaigrette**  ½ c lemon juice  ¼ c olive oil  1 T maple syrup  2 t Dijon mustard  1 clove garlic  1 t salt  black pepper to taste | Blend all ingredients together in a blender until smooth.  Mix salad and quinoa together, then add on preferred amount of dressing. |
| **Tip** | Coat the diced apples and avocado in fresh lemon juice to avoid oxidation, or cut them just before eating. |

SWEET CHICKEN STEW  60 MINS

|  |  |
| --- | --- |
| 2 onions, chopped  2 carrot, chopped  2 celery stalk, chopped  4 cloves garlic, minced  3 T ginger, minced  6 c sweet potatoes  6 c kale, stems removed, sliced  ½ c almond butter  2 L chicken stock  3 c chicken leg meat (from stock made on Magic Day)  ½ t cayenne  salt & pepper | In a large pot, saute onions for 5 mins on medium heat.  Then saute carrots, celery, and garlic for another 5 mins.  Add yams and chicken stock, and simmer for 20 mins, or until sweet potatoes are cooked through.  Add pulled chicken meat, cayenne, salt & pepper, and simmer for 2 mins.  Take off heat and stir in the almond butter. |

CHOCOLATE CHIA PUDDING  5 MINS

|  |  |
| --- | --- |
| **Chocolate Chia Pudding**  6 T chia seeds  ¼ c shredded coconut  2 c unsweetened coconut or almond milk  2 T cacao powder  1.5 T maple syrup  ¼ t vanilla extract  Topping  1/4 c of pecans (or almond butter if you prefer)  1 banana, sliced | In a bowl or mason jar, mix all ingredients together. If you’re using a mason jar, you can put the lid on and shake the mixture to combine everything.    Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake, cover and put the mixture in the fridge. |

LEMON SPINACH SALAD  45 MINS

|  |  |
| --- | --- |
| **Salad**  6 c spinach  1 14 oz can chickpeas, drained and rinsed  1 medium cauliflower, cut into florets  1 c cucumber, diced  ¼ c raisons  ¼ c sunflower seeds  zest of one lemon  ½ a fresh lemon, juiced  3 T olive oil  Salt & pepper to taste | Coat cauliflower florets in olive oil and salt in a mixing bowl.  Spread on baking sheet with parchment paper and roast at **425 for 25-30 mins**, or until starting to golden brown and tender. Let cool.  Mix all ingredients together (except cucumber, add it daily to keep from going soggy), add salt & pepper to taste.  Serve in bowls, and spoon on preferred amount of dressing. |
| **Tahini Dressing**  1/2 c tahini  3/4 c water  2.5 T apple cider vinegar  1/2 T maple syrup  1 t salt  1 clove garlic, minced | Blend all ingredients together in a blender until smooth. |

ROASTED VEG & HERB SAUCE  45 MINS

|  |  |
| --- | --- |
| **Vegetables**  2 large sweet potato, medium dice  2 large carrots, sliced in half lengthways, then thick sliced  4 c broccoli, florets  ½ a green cabbage, cut in wedges  2 c radishes, halved  2 t curry powder  salt to taste  oil | **Preheat oven to 400 degrees F**,  and line another baking sheet with parchment paper, one large one small.  Put sweet potato, radish and carrots in a mixing bowl, add some olive oil, salt, pepper, and sprinkle of curry powder, and mix it up until well coated. Place on the hot bare baking sheet. **Bake for 15 mins.**  After **10 minutes**, add broccoli and cabbage after mixing it in the same bowl with more olive oil, salt, pepper and curry powder again. Bake for **another 20-25 mins.** |
| **Herb Sauce**  4 cloves garlic, peeled and crushed  1 jalapeno, seeds removed  1 c cilantro, packed  1 c parsley, packed  1 ripe avocado  ¼ c hemp seeds  3 T lime juice  1 T maple syrup  1/2 c water  1/4 tsp salt, plus more to taste | Blend all ingredients together in blender or food processor until a pourable sauce consistency. |