



21-Day Transformation Program, Week 1

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21-Day Transformation Program, Week 1

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Blueberry Overnight Oats	Blueberry Overnight Oats	Blueberry Detox Smoothie	Blueberry Detox Smoothie	Blueberry Chia Parfait
Lunch	Chickpea, Avocado & Feta Salad	Chickpea, Avocado & Feta Salad	Curried Chicken Slow Cooker Stew	Kale, Lentil & Sweet Potato Salad	Cream of Broccoli Soup
Snack 1	Celery with Peanut Butter	Celery with Peanut Butter	Banana	Banana	Pistachios
Dinner	Deluxe Portobello Pizzas	Curried Chicken Slow Cooker Stew	Kale, Lentil & Sweet Potato Salad	Cream of Broccoli Soup	Leek, Sweet Potato & Feta Flatbread
Snack 2	Dark Chocolate	Dark Chocolate	Blackberries & Pistachios	Blackberries & Pistachios	Clementines

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55 items

Fruits

- 1 Avocado
- 8 Banana
- 4 cups Blackberries
- 1 cup Blueberries
- 6 Clementines
- 1 Lime

Breakfast

- 1/2 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 cup Cashews
- 3/4 cup Chia Seeds
- 2 tsp Cinnamon
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1 tsp Dried Basil
- 1 tsp Oregano
- 2 cups Pistachios
- 1 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/4 cups Slivered Almonds

Frozen

- 2 Brown Rice Tortillas
- 5 cups Frozen Blueberries
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas

Vegetables

- 6 1/2 cups Baby Spinach
- 5 cups Broccoli
- 1 Carrot
- 9 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1/2 Cucumber
- 2 Garlic
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 4 cups Kale Leaves
- 1 Leeks
- 1/2 cup Mushrooms
- 1/4 cup Parsley
- 4 Portobello Mushroom Caps
- 1/2 cup Red Onion
- 1 Sweet Onion
- 3 1/2 Sweet Potato
- 1 1/2 tbsps Thyme

Boxed & Canned

- 4 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 4 cups Green Lentils
- 2 cups Organic Vegetable Broth

Baking

- 7 1/16 ozs Dark Organic Chocolate
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 1 1/4 cups Feta Cheese

Condiments & Oils

- 2 tbsps Balsamic Vinegar
- 1 tbsp Dijon Mustard
- 3 1/2 tbsps Extra Virgin Olive Oil

Cold

- 7 1/4 cups Unsweetened Almond Milk

Other

- 6 1/2 cups Water

Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Ingredients

- 1 1/2 cups** Oats
- 1 1/2 cups** Unsweetened Almond Milk
- 2 tbsps** Chia Seeds
- 2 tbsps** Maple Syrup
- 1 tsp** Cinnamon
- 1/2 cup** Water
- 1 cup** Blueberries
- 1 cup** Slivered Almonds

Blueberry Detox Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

More Protein

Add protein powder, hemp seeds or nut butter.

Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Ingredients

- 2 cups** Frozen Blueberries
- 2 cups** Baby Spinach
- 2** Banana (peeled, chopped and frozen)
- 2 tbsps** Chia Seeds
- 2 cups** Unsweetened Almond Milk

Blueberry Chia Parfait

5 ingredients · 30 minutes · 2 servings



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

- 1 **3/4 cups** Unsweetened Almond Milk
- 1 **1/3 cup** Chia Seeds
- 1 **tbsp** Maple Syrup
- 1 **cup** Frozen Blueberries (thawed)
- 1 **1/4 cup** Slivered Almonds

Chickpea, Avocado & Feta Salad

9 ingredients · 15 minutes · 4 servings



Directions

1. Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

Ingredients

- 2 cups** Chickpeas (cooked, drained and rinsed)
- 1/2** Cucumber (diced)
- 4 stalks** Green Onion (chopped)
- 1/4 cup** Parsley (chopped)
- 1** Lime (juiced)
- 1/4 cup** Feta Cheese (crumbled)
- 1 1/2 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1** Avocado (diced)

Celery with Peanut Butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free

Use sunflower seed butter or hummus instead.

Ingredients

6 stalks Celery (sliced into sticks)

1/2 cup All Natural Peanut Butter

Banana

1 ingredient · 1 minute · 2 servings



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

2 Banana

Pistachios

1 ingredient · 1 minute · 2 servings



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios (in the shell)

Deluxe Portobello Pizzas

11 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C).
2. Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
3. Meanwhile, prepare your veggies.
4. Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
5. Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!

Notes

More Veggies

Top with whatever vegetables you have on hand.

No Feta Cheese

Use goat cheese instead.

Vegan

Sprinkle with some nutritional yeast instead of feta.

Prep Ahead

Veggies can be diced in advance and stored in airtight containers or baggies.

Ingredients

4 Portobello Mushroom Caps (wiped clean and stems removed)

1 tbsp Extra Virgin Olive Oil

1 tsp Oregano

Sea Salt & Black Pepper (to taste)

1 1/2 cups Crushed Tomatoes

1/2 cup Red Onion (finely diced)

1/2 cup Mushrooms

1/2 cup Cherry Tomatoes (halved)

1/2 Green Bell Pepper (diced)

2/3 cup Feta Cheese (crumbled)

1 tsp Red Pepper Flakes (optional)

Curried Chicken Slow Cooker Stew

9 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

Notes

More Carbs

Serve it over brown rice.

More Protein

Serve it over quinoa.

Vegan and Budget-Friendly

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup

Double up on the broth.

More Green Veggies

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Kale, Lentil & Sweet Potato Salad

11 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 410°F (210°C). Place chopped sweet potato in a mixing bowl and toss with half your extra virgin olive oil, cinnamon and season with a bit of salt and pepper. Place on a parchment-lined baking sheet and bake in the oven for 30 to 35 minutes or until golden.
2. In the meantime, drain lentils and rinse with cold water. Set aside.
3. Place remaining extra virgin olive oil in a frying pan and warm over medium heat. Add in kale leaves and saute just until wilted. Remove from heat immediately.
4. Prepare dressing by mixing balsamic vinegar, maple syrup, mustard and thyme. Mix well.
5. Combine sweet potatoes, lentils, wilted kale, feta cheese and dressing together in a large mixing bowl. Toss well and serve. Enjoy!

Ingredients

- 2 cups** Green Lentils (cooked, drained and rinsed)
- 2** Sweet Potato (diced into 1 inch cubes)
- 4 cups** Kale Leaves
- 2 tbsps** Balsamic Vinegar
- 1 tbsp** Maple Syrup
- 1 tbsp** Thyme
- 1 tsp** Cinnamon
- 1 tbsp** Extra Virgin Olive Oil (divided)
- 1 tbsp** Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Feta Cheese (crumbled)

Cream of Broccoli Soup

10 ingredients · 30 minutes · 4 servings



Directions

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Make it Paleo

Omit the lentils.

Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

Leek, Sweet Potato & Feta Flatbread

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C).
2. Bring a pot of water to a boil and boil sweet potato until tender (about 10 minutes) and drain.
3. Heat olive oil in a frying pan over medium heat. Add the leeks and cook until soft (about 7 minutes).
4. Add the potatoes to the frying pan and season with sea salt and pepper to taste. Stir and cook for another 2 minutes. Add the handful of baby spinach and stir just until wilted. Remove from heat.
5. Spoon the sweet potato and leek mixture over brown rice tortillas. Sprinkle with feta and thyme. Place the tortillas on a pizza stone or cookie sheet and bake in oven for 12 minutes.
6. Either slice into pieces with a pizza cutter or pull apart and enjoy!

Ingredients

- 1/2 Sweet Potato (cubed)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 Leeks (trimmed and sliced)
- 1/2 **cup** Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 2 **tbsps** Feta Cheese (crumbled)
- 1 1/2 **tsps** Thyme
- 2 Brown Rice Tortillas

Dark Chocolate

1 ingredient · 1 minute · 4 servings



Directions

1. Break apart chocolate into pieces and divide into bowls. Enjoy!

Notes

Next Level Chocolate

Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)

Blackberries & Pistachios

2 ingredients · 2 minutes · 4 servings



Directions

1. Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

Notes

Make Them Last

Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.

Ingredients

4 cups Blackberries

1 cup Pistachios (shelled)

Clementines

1 ingredient · 2 minutes · 2 servings



Directions

1. Peel, section and enjoy!

Notes

Storage

Store clementines in a basket with open sides at room temperature or keep them in your fridge crisper.

Ingredients

6 Clementines