



7-DAY

Nourishment

Fast & Simple Meal Plan

WOMEN'S EMPOWERMENT
University

DELICIOUS
Daily Menu

PRINTABLE
Shopping List

QUICK AND EASY
Recipes

RENEWAL

Lifestyle Club

LOSE WEIGHT & KEEP IT OFF



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Disclaimer: All information presented in this cook book is for informational purposes only. These statements have not been evaluated by the Food and Drug Administration. This book is not intended to diagnose, treat, cure or prevent any disease and is not intended to be a substitute or replacement for any medical treatment. Please seek the advice of your physician before beginning any diet program. Individual results may vary.

Hey, Sister!

It's time to put yourself first! Ready to improve your health by renewing your spirit, soul and body?

This 7-Day Nourishment quick and easy meal plan is just one of the many recipe plans we offer through the 90-Day Renewal program. These simple, but effective, recipes will help you kickstart your journey towards total and complete renewal. We've been there when you're killing it and rocking a healthy new lifestyle, you see the results you want, and then BAM! you slip back into your old habits.

NEVER AGAIN!

How would you like to flat out look better, feel better and enjoy your life more? We aren't offering an overnight weight loss miracle.

We are offering you so much more:

A WAY TO TAKE BACK YOUR LIFE + SAY GOODBYE TO YO-YO DIETING AND THAT ALL-TOO-FAMILIAR QUICK-FIX MENTALITY.

Are you ready to join a sisterhood of women who will inspire you, motivate you and deepen your relationship with God, your sisters, and yours truly. We lock arms and dedicate ourselves to living life to its fullest through a healthier lifestyle, together.



LEARN MORE

Hi, I'm Donna!

It makes me so happy that you are taking the steps to begin a total lifestyle reboot. You are worth so much more than the latest fad diet or miracle gimmick. I've gained and lost around 1,000 pounds.

Through my book, *Becoming the Woman I Want to Be*, and the online program, *The 90-Day Renewal*, I've helped nearly 100,000 women dramatically improve their health in spirit, soul and body.

Let's connect!





MENU:

Day 1: : Good Morning Renewal Smoothie; Chicken Tortilla Soup;
Lemon Parsley Fish; Black Bean & Corn Salad

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Shopping List

Day 2: Good Morning Renewal Smoothie; Chicken Tortilla Soup;
Chicken Korma; Black Bean & Corn Salad

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Preparation

Day 3: Banana Ginger Smoothie; Chicken & Orzo Salad; Lemon
Parsley Fish; Berry Good Nut Salad

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Breakfast Smoothies

Day 4: Apple Celery Smoothie; Chicken Tortilla Soup; Chicken
Korma; Black Bean & Corn Salad

Day 5: Apple Celery Smoothie; Chicken Tortilla Soup; Chicken
Korma; Berry Good Nut Salad

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Soups and Salads

Day 6: Blueberry Almond PB2 Smoothie; Chicken & Orzo Salad;
Lemon Parsley Fish; Black Bean & Corn Salad

Day 7: Dr. Kristin's Power Smoothie; Chicken Tortilla Soup; Chicken
Korma; Black Bean & Corn Salad

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Dinner

Snack Options: No Bake Energy Bars, Nom Nom Paleo Baked
Kale Chips

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Snacks



SHOPPING LIST:

Vegetables:

- ☐ Potatoes | 2
- ☐ Carrot | 5
- ☐ Cucumber | 1
- ☐ Cherry Tomatoes | 1 Quart
- ☐ Celery Stalk | 1
- ☐ Green Pepper | 1
- ☐ Red Pepper | 1
- ☐ Medium Onion | 2
- ☐ Small Red Onion | 2
- ☐ Jalapeño Pepper | 2
- ☐ Kale | 3 Bunches
- ☐ Baby Spinach | 1 Container
- ☐ Romaine | 2 Heads

Fruits:

- ☐ Lemons | 4
- ☐ Small Limes | 2
- ☐ Oranges | 2
- ☐ Clementines | 5
- ☐ Banana | 1
- ☐ Small Apple | 1
- ☐ Blueberries | 1 Cup
- ☐ Blackberries | 1 Cup
- ☐ Strawberries | 1/2 Cup
- ☐ Avocados | 2
- ☐ Guava Pulp (Substitute: Mango, Papaya, Pineapple) | 1/4 Cup

Nuts and Seeds:

- ☐ Ground Coconut | 4 Tbsp.
- ☐ Flax Seeds | 1.5 Tbsp.
- ☐ Ground Flaxseed | 1 Tsp.
- ☐ Hemp Seeds | 2 Tsp.
- ☐ Ground Unsalted Cashews | 3 Tbsp.
- ☐ Whole Raw Cashews | 1 Cup
- ☐ Roasted Almonds (Roughly Chopped) | 1/4 Cup
- ☐ Walnuts (Roughly Chopped) | 1/4 Cup

Dry:

- ☐ Truvia | 2 Tsp
- ☐ Vanilla | 1 Tsp
- ☐ Almond Flour | 1 Cup
- ☐ Green Tea
- ☐ Quick-Cook Oats | 1 Cup
- ☐ Dried Tart Cherries | 1/3 Cup
- ☐ Black Beans | 2 Can
- ☐ Salsa | 1 Jar
- ☐ Roasted Red Pepper | Small Jar
- ☐ Whole Peeled Tomatoes | 1 (15 oz) Can
- ☐ Corn | 1 (10oz) Can
- ☐ All-Natural Peanut Butter | 1/2 cup
- ☐ Enchilada Sauce | 1 (10oz) Can
- ☐ Chick Peas (Garbanzo Beans) | 1 can
- ☐ Tomato Sauce | 1 Small Can
- ☐ Chicken Broth (Homemade or Organic) | 3 Cups
- ☐ Protein Powder (Try- Isagenix)

Dry (Cntd.):

- ☐ Coconut Water | 2 Cup
- ☐ Coconut Oil
- ☐ Virgin Olive Oil
- ☐ Avocado Oil
- ☐ Balsamic Vinegar
- ☐ Raw Honey | 8 Tbsp.
- ☐ PB2 | 2 Tbsp.

Herbs and Spices

- ☐ Ginger | 3 Large Chunks
- ☐ Garlic | 6 Cloves (1 Bulb)
- ☐ Fresh Parsley (Flat, Italian) | 1 Big Bunch
- ☐ Fresh Cilantro | 2 Bunch
- ☐ Bay Leaf | 1
- ☐ Turmeric
- ☐ Salt
- ☐ Ground Black Pepper
- ☐ Cinnamon
- ☐ Cumin
- ☐ Chili Powder
- ☐ Garlic Powder
- ☐ Onion Powder
- ☐ Paprika
- ☐ Curry Powder

Dairy/Eggs:

- ☐ Butter
- ☐ Egg | 1
- ☐ Almond Milk | 1 Cup
- ☐ Greek Yogurt | 3 (6oz) Containers
- ☐ Soy Pepper Jack Cheese | 1 (5oz) Block

Frozen:

- ☐ Frozen Strawberries | 1/2 cup
- ☐ Frozen Peas | 1 Cup
- ☐ Frozen Corn | 12oz Package

Meat:

- ☐ Chicken Breast | 3
- ☐ Organic Chicken | 1 lb.
- ☐ Fish Fillets (Salmon or Tilapia) | 1.5 lbs.



PREPARATION:

Breakfast Smoothies

Wash and chop the produce for your smoothies and refrigerate/freeze each recipe's ingredients in a Ziploc bag. Be sure to label them. Then just pop the content into your blender together with the liquid and seeds/spices and your breakfast is ready to go. For recipes with 2 servings, store the 2nd serving in the refrigerator for the following morning.

Lunch – Soup or Salad

Soup or Salad Prepare your salads ahead of time. Layer all ingredients in the jar starting with the salad dressing and finishing with the greens. Refrigerate immediately. When you are ready to eat one, just shake and pour onto your plate. If lunch calls for soup, also prepare it ahead of time. Then just store in mason jars in the fridge. When you are ready to eat it, pour into a bowl and heat it.



PREPARATION:

Dinner

Prepare your dinners ahead of time and refrigerate individual servings in Ziploc bags or mason jars depending on the consistency. Once you are ready to eat, just pour into a bowl or plate and heat it. Prepare your salads also ahead of time. Layer all ingredients in the jar starting with the salad dressing and finishing with the greens. Refrigerate immediately. When you are ready to eat one, just shake and pour onto your plate.

Snacks

Prepare your snacks for the week the weekend before. Fill snacks into grab and go Ziploc bags.



BREAKFAST SMOOTHIES:

Good Morning Renewal Smoothie (2 Servings)

INGREDIENTS:

- 2 Cups | Coconut Water
- 2 | Kale Leaves
- 4 Tbsp. | Ground Coconut
- 1 Large | Chunk Ginger (Grated)
- 2 Small-Medium Whole | Lemon (Peeled)
- 2 Small-Medium Whole | Lime (Peeled)
- 5 Small | Mini Tangerines/Clementines (Whole & Peeled)
- 1/2 Cup | Greek Yogurt (Optional)
- 2 Tbsp. | Raw Honey
- Ice | (Optional)

DIRECTIONS:

- Wash and cut all ingredients.
- Combine in a blender and blend on high until smooth

Banana Ginger Smoothie (1 Serving)

INGREDIENTS:

- 1 Scoop | Protein Powder
- 1 | Banana (Sliced)
- 1 Tbsp. | Honey
- 1/2 Cup | Unsweetened- Non-Dairy Milk (Almond, Hazelnut, Coconut, Hemp, etc.)
- 1/2 Tsp. | Freshly Grated Ginger Water To Blend (Optional)

DIRECTIONS:

- Blend together any liquid ingredients and protein powder; this will help break down the grainy powder and make sure it's evenly distributed.
- Add mushy ingredients and fruit, and then add ice at the end. For a thicker shake, you can toss in more ice cubes; you'll add volume without the calories.



BREAKFAST SMOOTHIES

Apple Celery Smoothie (2 Servings)

INGREDIENTS:

- 1 Cup | Kale
- 1 | Small Organic Apple
- 1 | Carrot (Grinded)
- 1 | Celery Stalk (Organic)
- 1/2 Tsp. | Ground Black Pepper
- 1 Scoop | Protein Powder (Optional)
- 1 Tbsp. | Flax Seed
- 1 Tsp. | Turmeric
- 2 Cups | Water

DIRECTIONS:

- Wash and cut all ingredients.
- Combine in a blender together with the water.
- Blend on high until smooth.

Blueberry Almond PB2 Smoothie (1 Serving)

INGREDIENTS:

- 1/2 Cup | Almond Milk (Unsweetened)
- 1/2 Cup | Fresh Blueberries
- 1/2 Cup | Frozen Strawberry
- 1/4 Cup | Guava Pulp (Substitute Mango, Papaya, Pineapple)
- 2 Tbsp. | PB2 With Premium Chocolate
- 2 Tsp. | Hemp Seed
- 1 Scoop | Vanilla Protein
- 1 Tsp. | Ground Flaxseed (A little water to smooth out!)
- 1 Tsp. | Truvia (Optional)

DIRECTIONS:

- Blend all ingredients together until desired texture is reached.



BREAKFAST SMOOTHIES

Dr. Kristin's Power Smoothie (1 Serving)

INGREDIENTS:

- 1/2 Cup | Blackberries or Raspberries
- 1/4 Tsp. | Cinnamon
- 1/2 Tbsp. | Coconut Oil
- 1/2 | Cucumber (Cut Into Small Pieces)
- 1/2 Tbsp. | Flax Seed (Ground)
- 1/2 Tbsp. | Honey (Local Raw)
- Juice | From 1/2 Lemon (Small-Medium)
- 1/3 Cup | Parsley (Flat, Italian)
- 1/3 Cup | Plain Greek Yogurt (Organic)
- 1/2 Cup | Baby Spinach
- 1/2 Cup | Green Tea

DIRECTIONS:

- Put all ingredients into Nutri-bullet, Ninja or on the ice crushing speed in a blender. Blend until smooth.
- Drink within 15-20 min to get the most nutritional benefit from the drink.

Tip:

- Make it the night before and store in refrigerator, so it's ready and cold first thing in the morning.



SOUPS AND SALADS:

Berry Good Nut Salad (2 Servings)

INGREDIENTS:

- 1/2 Cup | Strawberries (Hulled & Quartered)
- 1/2 Cup | Blackberries
- 1/2 Cup | Blueberries
- 1/4 Cup | Roasted Almonds (Roughly Chopped)
- 1/4 Cup | Walnuts (Roughly Chopped)
- 2 Cups | Fresh Baby Spinach
- Sweet Citrus dressing (Recipe Below)

DIRECTIONS:

- Start with 2 pint sized mason jars.
- Divide ingredients evenly in mason jars starting with dressing, then blackberries, strawberries, blueberries, almonds, walnuts, and spinach.
- Refrigerate until ready to eat.
- Shake well before emptying onto a plate or bowl.

Sweet Citrus Dressing

INGREDIENTS:

- 1/8 Cup | Orange Juice
- 1/2 | Lemon (Juice and Zest)
- 1 Tbsp. | Olive Oil
- 1/2 Tbsp. | Honey
- To Taste | Sea Salt and Pepper

DIRECTIONS:

- In a small mixing bowl, whisk all the ingredients together until well blended.



SOUPS AND SALADS:

Chicken and Bean Salad (2 Servings)

INGREDIENTS:

- 1/2 Cup | Garbanzo Beans (Chick Peas)
- 1 – 6oz | Chicken Breast (Grilled or Poached)
- 1/2 | Whole Roasted Red Peppers (Diced)
- 1/4 Cup | Red Onion (Finely Chopped)
- 4 Cups | Fresh Spinach
- Creamy Citrus Dressing (Recipe Below)

DIRECTIONS:

- Start with 2 12-ounce mason jars. You will equally divide ingredients among the four jars.
- Start with 3 Tbsp. dressing, and then add 1/4 pepper, 1/8 red onion, 1/4 cup beans, 3oz of chicken, and ending with 2 cups spinach.
- Refrigerate until ready to eat.
- When ready to eat, shake salad in jar then pour into a bowl.

Creamy Citrus Dressing

INGREDIENTS:

- 2 Tbsp. | Greek yogurt
- 1/4 Cup | Orange Juice
- 2 Tsp. | Orange Zest
- 1 Tsp. | Balsamic Vinegar
- 2 Tbsp. | Olive Oil
- To Taste | Salt and Pepper

DIRECTIONS:

- In a small bowl, combine Greek yogurt, orange juice, orange zest, balsamic vinegar, olive oil, salt and pepper.
- Whisk until well combined.
- Set aside.



SOUPS AND SALADS:

Black Bean and Corn Salad (5 Servings)

INGREDIENTS:

- 1.5 Cup | Salsa
- 1 6-ounce Container | Plain Greek Yogurt
- 1 Quart | Cherry Tomatoes (Halved)
- 1 Small | Red Onion (Chopped)
- 2 Cans | Black Beans (Drained and Rinsed)
- 1 12-ounce Package | Frozen Organic Corn (Thawed)
- 2 | Avocados (Peeled and Chopped)
- 5-Ounce Block | Soy Pepper Jack Cheese (Cut Into Small Cubes)
- 4-5 Cup | Romaine Lettuce (Chopped)
- 1/4 Cup or More (Optional) Cilantro (Chopped)

DIRECTIONS:

- Start with 5 quart mason jars.
- For each jar include ¼ cup salsa, divide the Greek yogurt equally among the jars. Then add tomatoes, onions, black beans, corn, avocado, cheese, and ending with romaine and cilantro.
- Refrigerate until ready to eat.
- When ready to eat shake salad in jar then pour into a bowl.



SOUPS AND SALADS

Chicken Tortilla Soup & Homemade Paleo Tortilla Chips (6 servings)

INGREDIENTS:

- 1 lb. | Organic Chicken
- 1 (10 oz.) Can | Enchilada Sauce
- 1 | Medium Onion (Chopped)
- 1 | Jalapeño Pepper (Chopped)
- 2 | Cloves Garlic (Minced)
- 2 | Cups Water
- 1 Can (14.5 oz.) | Chicken Broth
- 1 Tsp. | Cumin
- 1 (15 oz.) Can | Whole Peeled Tomatoes (Roughly Chopped)
- 1 Tsp. | Chili Powder
- 1 Tsp. | Salt
- 1/4 Tsp. | Black Pepper
- 1 | Bay Leaf
- 1 (10 oz.) Can | Corn (Drained)
- 2 Tsp. | Fresh Cilantro (Chopped)

DIRECTIONS:

- Place chicken, tomatoes, enchilada sauce, onion, jalapeño pepper, and garlic into slow cooker.
- Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper and bay leaf.
- Stir in corn and cilantro.
- Cover and cook on high setting for 3-4 hours.
- Once chicken falls apart, shred it and return to slow cooker.
- Optional- Add roasted red peppers when you add the tomatoes.



SOUPS AND SALADS

Homemade Paleo Tortilla Chips

INGREDIENTS:

- 1 Cup | Almond Flour
- 1 | Egg White
- 1/2 Tsp. | Salt
- 1/2 Tsp. | Chili Powder
- 1/2 Tsp. | Garlic Powder
- 1/2 Tsp. | Cumin
- 1/4 Tsp. | Onion Powder
- 1/4 Tsp. Paprika

DIRECTIONS:

- Preheat the oven to 325 degrees F. In a large bowl, combine all of the ingredients together until they form even dough.
- Roll out the dough between two pieces of parchment paper, as thinly as possible. Remove the top layer of parchment paper. Cut the dough into desired shapes for chips.
- Move the dough, with the parchment paper, onto a baking sheet. Bake for 11-13 minutes, until golden brown.
- Remove from the oven and let cool 5 minutes. Use a spatula to remove the chips from the paper.
- Keep in an airtight container for up to two weeks.



DINNER

Chicken korma (4 servings)

INGREDIENTS:

- 2 | Chicken Breasts (Raw)
- 1.5 Tbsp. | Olive Oil
- 1 Small Onion | Diced
- 1 Tsp. | Minced Fresh Ginger Root
- 4 | Cloves Garlic (Minced)
- 2 | Potatoes (Cubed)
- 4 | Carrots (Cubed)
- 2 Tsp. | Salt
- 1 | Fresh Jalapeño Pepper (Seeded & Sliced)
- 3 Tbsp. | Ground Unsalted Cashews
- 1 Small Can | Tomato Sauce
- 1/2 Tbsp. | Curry Powder
- 1/2 | Green Bell Pepper (Chopped)
- 1/2 | Red Bell Pepper (Chopped)
- 1/2 - 1 Cup | Broth
- 1 Cup | Frozen Green Peas
- 1/2 - 1 Cup | Cashew Cream (Recipe Below)
- 1 Bunch | Fresh Cilantro

DIRECTIONS:

- Combine all ingredients, except green peas, cashew cream and cilantro, in slow cooker and cook on high for 2 hours.
- Add in green peas and cook for an additional 30 minutes.
- Take the Chicken out and shred the chicken breast. Return to slow cooker. Add cashew cream. Heat through.
- Garnish with cilantro to serve.



DINNER

Vegan Cashew Cream

INGREDIENTS:

- 1 Cup | Whole Raw Cashews
- 2 Cups | Water

DIRECTIONS:

- Place cashews in a bowl, cover with water and let soak for 8-10 hours. OR if you need a batch right now, boil the cashews for about 5 minutes until they become soft.
- Place cashews and 1-2 cups of water (depending on how thick you want the cream to be) in a blender and start blending on a low setting. Gradually turn the speed up until thoroughly blended.
- Yields about 2.5 cups (20 oz).
- Store leftover cashew cream in airtight container in fridge for up to a week.



DINNER

Lemon Parsley Fish (3 servings)

INGREDIENTS:

- 1.5 lbs. | Fish Fillet (Salmon or Tilapia)
- 1/2 | Onion (Chopped)
- 2 Tbsp. | Parsley
- 4 Tsp. | Olive Oil
- Grated Rind of 1 Lemon
- Grated Rind of 1 Orange
- Dash of Salt and Pepper
- Butter

CROCKPOT DIRECTIONS:

- Put Fish in a buttered Crockpot.
- Place rest of ingredients on top.
- Cook on low for 1 1/2 hours.

CROCKPOT DIRECTIONS:

- Put fish on a buttered tray.
- place rest of ingredients on top.
- Bake 350°F for 5 – 10 minutes, until fish is flaky.



SNACKS

No Bake Energy Bars

INGREDIENTS:

- 1 Cup | Quick-Cook Oats (Uncooked)
- 1/3 Cup | Dried Tart Cherries
- 1/2 Cup | All-Natural Peanut Butter
- 3 Tbsp. | Honey
- 1 Tsp. | Vanilla

DIRECTIONS:

- Mix the ingredients together in a bowl.
- Spread the mixture in a 6x8 pan and refrigerate for 2 hours.
- Slice 2 inch by 2 inch and enjoy! Return uneaten bars to fridge for storage.

Nom Nom Paleo Baked Kale Chips

INGREDIENTS:

- 2 | Bunch of Kale
- 1-2 Tbsp. | Avocado Oil
- To Taste | Sea Salt

DIRECTIONS:

- Make sure the kale leaves are SUPER DRY.
- Preheat the oven to 350°F. Then, remove the leaves from the stems and wash the leaves well in a few changes of water. Then, in small batches, spin the leaves dry in a salad spinner.
- Toss the dry leaves with avocado oil and use your hands to distribute the oil evenly.
- Then, line a baking sheet with parchment paper and lay some of the leaves on top in a single layer. Make sure the leaves are all flat and not folded over or they won't crisp properly.
- Pop the tray in the oven, and after just 12 minutes, the chips will be done!
- Once the kale is out of the oven, season the chips with some sea salt.