

Day One

Breakfast

1 cup Flax granola with ½ cup blueberries (flax granola p. 29)
Silk Coconut milk or Rice Dream- these will be your breakfast “milk” for the week-

Lunch

Carrot ginger soup – with sunflower seeds (p. 14)
Steamed broccoli with orange oil
Baby Romaine with grilled zucchini and pumpkin seeds

Snack

1 apple

Dinner

Sautéed kale, 3-4 carrots, onion, zucchini, shiitakes, and broccoli with spicy coco sauce (p. 10)
Grated Carrot and raw grated beet salad with pumpkin seeds
When you make the spicy coco sauce: make the sauce, add all the vegetables to it and let it simmer for 10 minutes.

Day Two

Breakfast

Flax with ½ cup blueberries (p. 29)

Lunch

Carrot Ginger Soup with pumpkin seeds
Brown rice roll with carrots and avocado
Baby Romaine and escarole with raisins and sunflower seeds

Snack

10-12 almonds

Dinner

Sautéed kale and veg from Day 1
Beet, carrot, radicchio apple salad with hemp seeds
Grilled Zucchini with lemon garlic sauce

Day Three: ChickenBreakfast

Flax with choice of ½ cup blueberries or ½ pear (p. 29)

Lunch

Mixed greens with ¼ avocado, carrots and pumpkin seeds
Cream of Broccoli soup (p. 15) with sunflower seeds

Snack

Katie's Kale Chips

Dinner

½ portion chicken (2-3 oz) with Italian herbs and orange zest on a bed of baby romaine
Oven roasted zucchini, broccoli, carrots, onions, garlic and Italian herb blend- finish with orange oil and fresh black pepper (orange oil- p. 5)

Day Four: Cheese *(you may now have coffee and wine)*Breakfast

Flax Granola with ½ cup berries, ½ apple or ½ pear (p. 29)

Lunch

Vegetable Timbale on bed of mixed greens with pumpkin seeds
Zucchini pasta

Snack

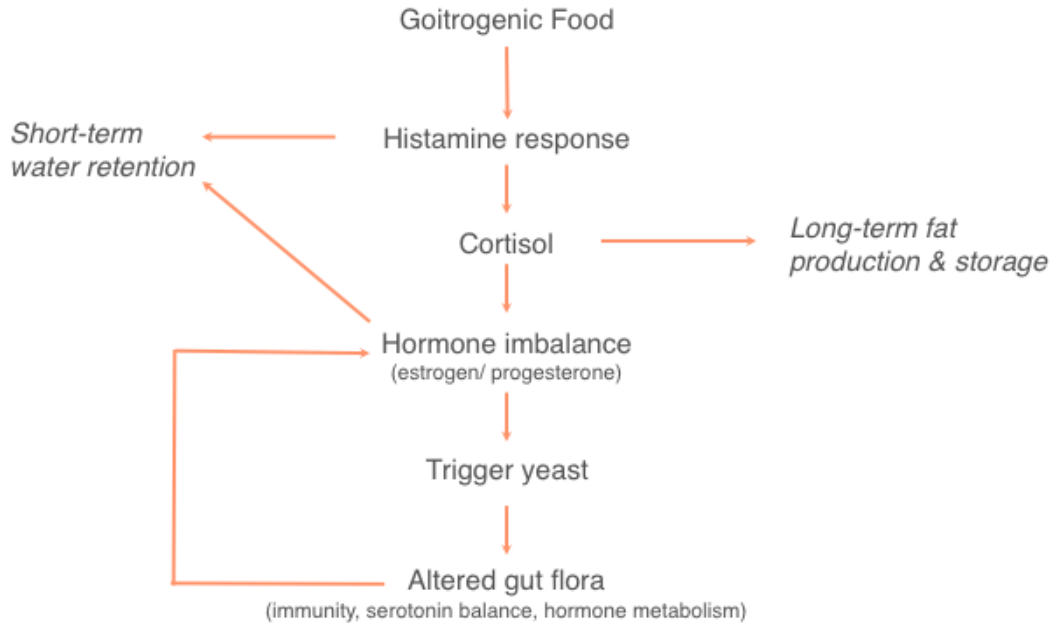
Carrots with raw almond butter

Dinner

Chicken with lemon garlic sauce, mango salsa, spicy apricot glaze or apple bourbon sauce
Mixed grilled veg- broccoli, carrot, zucchini, onion
Escarole, radicchio salad

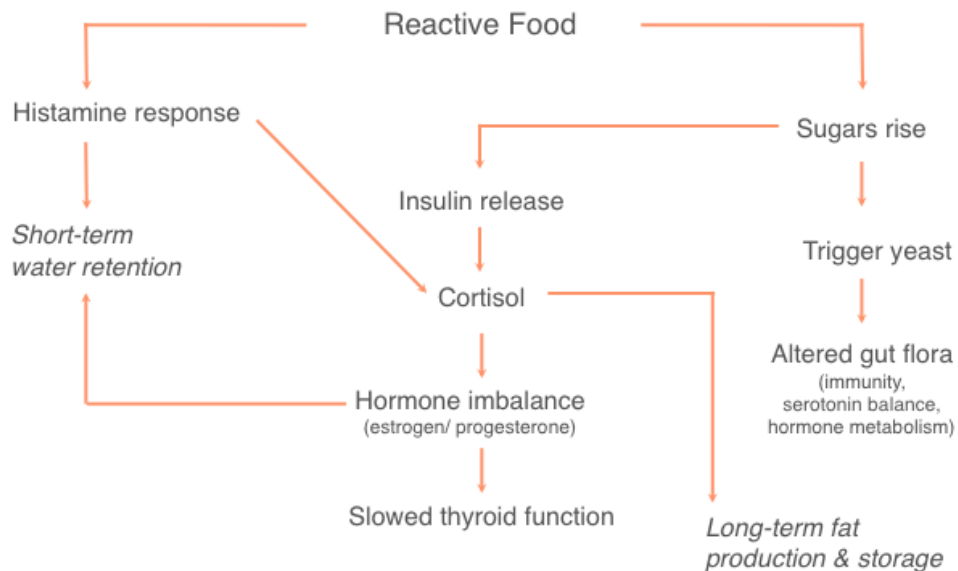
3 Main Reasons Why a Food Can Be Reactive

Thyroid Dysfunction



3 Main Reasons Why a Food Can Be Reactive

Insulin Response



3 Main Reasons Why a Food Can Be Reactive

Food Sensitivity

