



## Plan Guidelines

All sauces are suggested. Please consult with me if you would like to use other seasonings.

**Beet carrot salad-** grate 4-5 carrots and 1 small beet. Should make 4 servings- stores well in Tupperware for a week. Please dress with lemon and EVOO during the cleanse for best liver gall bladder health

**Spices:** Please include these good digestive/anti-inflammatory spices whenever you would like. You can try most salt-free blends as long as they don't have paprika or licorice

- Basil, Black Pepper, Cardamom, Cayenne, Cinnamon, Cumin, Ginger, Maine's Sea Seasonings (kelp or dulse varieties), Rosemary, Turmeric

**Portions-** *Unless portions are noted please eat until you are full*

- Manchego or Sheep's milk parmesan (pecorino romano): 2-3 tbsp per serving.
- Goat's cheese: 2 oz
- Nuts: unless noted is a handful, which is roughly 1.5 oz

**Carrot ginger soup-** our anti-inflammatory soup and freezes very well- please consult with your nutritionist on when it's best to use. Carrot soup does best when you have a protein rich breakfast like flax or eggs.

**Snacks-** you may always replace snack that is mentioned with The Plan Trail mix- ¼cup sunflower seeds and 1/8<sup>th</sup> cup dried cranberries.

**Dessert-** is 1 oz and please make sure it's below 65%

**Butter-** you can add it when it says EVOO but please do not sauté with butter unless you use a low heat. Please limit to 1 tbsp a day. Do not have during the cleanse.

**EVOO-** You should be consuming 3-5 tbsp of extra virgin olive oil a day. **Why is EVOO so important?** The brain is 60% fat so we need good fats for cognitive functioning, our cell walls have a phospholipid barrier to we need fat for immune function- EVOO is an omega 9 so it acts as a catalyst for anti-inflammatory omega 3 (present in your flax, chia and hemp seeds) and fat keeps you full longer!

**Please HYDRATE! Your baseline is half your body weight in ounces - the best way to do this is drink a pint all at once. Please drink water in-between meals, not during as drinking during meals can impair your digestion--If you can leave a 45 window before and after each meal that is ideal. Do not drink after dinner and try to finish all water intake by 7:30 or 3-4 hours before bed. Please do not drink over the recommended water amount as this will affect kidney function and will cause water retention.**



## **General Protein, Food and Testing Information**

*For more information on general plan guidelines please reference the Intro to The Plan*

### **Protein Ranges**

Breakfast — 20-60 grams of protein

Lunch — 20-35 grams of protein (stay with 20 unless you are an athlete)

Dinner — 35-70 grams of protein

### **Dense Food Guidelines**

1 dense grain carbohydrate a day MAX (rice or bread)

1 animal protein a day MAX

1 bean a day MAX

*If you want to try more than one serving of these per day you can plug a larger portion in for a test day!*

### **Combination Tests**

Combining animal protein, grain or legumes together at the same meal is a test. Example: rice (grain) and chicken (animal protein) or bread (grain) and eggs (animal protein). Coconut Milk and animal proteins are a test.

### **Good Low Reactive Sources of Protein: Aim for 20-35 grams of protein for lunch**

**Broccoli**- 5 grams per cup- fine chopped

**Kale** - 6 grams per 2 cups cooked- fine chopped

**Sunflower seeds**- 6 grams per oz (good source of selenium and calcium)

**Pumpkin seeds**- 9 grams per oz (great source of zinc for your immune system!)

**Almonds**- 8 grams per oz

**Cheese**- 6-8 grams per oz

**Chickpeas**- 5 grams per 1/2 cup

**Rice** – 5 grams per 1 cup

**Chia**- 5 grams per 2 tbsp (A great source of omega-3's!)

### **Tests**

Never test when weight is up. Omit the test that day and come back to it later.

### **Menus- raw and cooked vegetables**

In winter we always have either a cooked vegetable or a soup with lunch to aid digestion. Dinner always has cooked vegetables and a raw veg salad as raw vegetables contain enzymes. In summer we move to just salads with minimal amounts of cooked vegetables. If you feel that just having a salad makes you feel a little bloated increase the amount of cooked vegetables or add soups back.

### **Lettuce**

Safe lettuces are baby romaine, boston lettuce, red leaf lettuces, green leaf lettuce, frisee, escarole and small amounts of radicchio. All other lettuces are a test. Any mixed greens blend that has arugula, watercress, tat soi or spinach is a test. Colder vegetables like Romaine hearts and cucumbers may cause gas and bloating. If they do, immediately take a probiotic and discontinue use. They will cause weight gain and digestive issues.



## Recipes

### ***Blueberry Pear Compote***

*(Makes 2-3 servings)*

- 1 cup blueberries
- 1 ripe pear
- 1-1 ¼ cups water
- ½ cup chia seeds
- ⅛ cup almond slivers (omit if reactive to almonds)
- 1 tbsp agave
- Cinnamon to taste- suggested ½ tsp can add cardamom, nutmeg, cloves too (all great digestives)

Chop the blueberries and pear and let simmer for 8-10 minutes in a pot of water with cinnamon and agave.

Remove pot from heat and add chia seeds, and stir frequently for 2 minutes. You can serve warm or refrigerate. The compote can also be frozen so feel free to make big batches!

### ***Cream of Broccoli Soup***

*(Makes 6-8 servings)*

- 3 tbsp butter
- 1 large onion chopped
- ½ tsp celery seed (dried)
- 2 cups carrot essence or homemade chicken broth (see The Plan Cookbook)
- 2 cups water
- ½ can full-fat coconut milk
- ½ tsp sage
- 8 cups broccoli, chopped (about 4 heads of broccoli)
- 4 cups zucchini, chopped (about 2 medium zucchini)
- 1 small to medium avocado
- 1 tbsp Sriracha -optional
  
- Ground black pepper to taste
- Add seasonings to taste – cumin, turmeric, cayenne etc.

Sautee onion and spices in 3 tbsp of butter. Add in all ingredients and cook until vegetables are tender, approximately 25-30 minutes.

Add in avocado, blend and serve! For a less creamy soup add more water.



### ***The Plan Smoothie***

*(Makes 1 serving)*

- 1 ripe pear
- ½ cup berries
- ¼ avocado
- ¼ cup chia
- Rice Dream (RD) or Silk Coconut Milk (SCM)
- Option- 1 tsp honey or agave
- Option- vanilla extract or cinnamon

Fill Blender with enough RD or SCM to fill to 16 or 20 oz. Blend. Ice is not recommended if you have thyroid dysfunction.

### ***The Plan Hummous***

- 2 cups drained well-cooked or canned low sodium chickpeas, liquid reserved
- 1/4 cup extra-virgin olive oil, plus oil for drizzling
- 2 cloves garlic, peeled
- Sea Salt and freshly ground black pepper to taste
- 1 tbsp. ground cumin, to taste, plus a sprinkling for garnish
- Juice of 1 lemon

Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree. Taste and adjust the seasoning (you may want to add more lemon juice).

Serve, drizzled with the olive oil and sprinkled with a bit more cumin



## ***Apple Streusel***

### ***Streusel Topping***

- 1 ½ cup almond flour
- 1/8<sup>th</sup> cup brown sugar
- 1 tsp cinnamon
- ¼ cup butter, room temp

### ***Apple Filling***

- 3 apples, cored and chopped into 1/2 inch pieces
- 1/8<sup>th</sup> cup brown sugar
- 1 tsp cinnamon
- ½ tsp cardamom
- ¼ tsp cloves
- 4 eight oz. baking ramekins

Preheat oven to 350. In a small bowl mix all ingredients for streusel topping by hand or with hand mixer.

In a medium bowl combine all apple filling ingredients and mix well. Add apple mixture to mason jars and pack down with ½ inch of streusel topping. Bake for 25-30 minutes until streusel topping is lightly browned. Serve warm or refrigerate.

## ***Basil Escarole Soup***

- 1 large white onion, fine diced
- 1/8<sup>th</sup> cup dried basil
- 1/2 tsp pink Himalayan sea salt
- 1 tsp black pepper
- 1/4 cup EVOO
- 1 liter carrot essence or homemade chicken stock
- 1 liter water
- 1 tsp agave or honey
- 2 lbs. carrots, chopped
- 8 cups zucchini pasta or 8 cups chopped zucchini, small
- 2 heads escarole, chopped

In a large soup pot sauté onion and basil in EVOO. Add sea salt and black pepper and let simmer for 20 minutes. Add liquids, carrots and zucchini and let simmer for 20 minutes.

Add chopped escarole and let simmer an additional 10 minutes. Top with lemon or lime juice.



### ***Zucchini noush***

*I love babaganoush, but like many of my clients, I am reactive to eggplant. Subbing zucchini was a natural idea with summer's bounty and thus zucchini-noush was born!*

- 1/4 cup extra virgin olive oil
- 1 large white onion chopped fine (approx 2 cups)
- 1/4 cup cumin
- 1 tbsp. pink Himalayan sea salt
- 1/8 cup water
- 5 large zucchini chopped (approx 10 cups)
- oil for baking sheet
- optional: 1 cup sunflower tahini

Add oil to a large skillet on medium heat and add onion, cumin and sea salt. Stir until spices are thoroughly mixed and then mix in water. Lower heat to lowest setting and let simmer for 30 minutes stirring often.

Add zucchini to the onion and mix well. Take zucchini/onion mixture and spread on a well-oiled baking sheet. Bake at 325 for 40 minutes.

Remove from zucchini from the oven and add to a medium mixing bowl. Mix well. The zucchini will break down to a chunky texture. Optional, add 1 cup sunflower tahini and mix well.

### ***Sunflower Tahini***

- 1 cup sunflower seeds
- 1/4 cup extra virgin olive oil
- 1/4 cup water
- 1 garlic clove, peeled
- 2 tbsp. lemon juice
- dash sea salt
- optional: add more water for creamier tahini

Add all ingredients to a food processor and blend until smooth, about 3 minutes. Serve immediately, or store and refrigerate up to 5 days.



### *Plan Caesar*

- 2 garlic cloves, chopped
- ¼cup EVOO
- 4 oz goat cheese
- 2 tbsp lemon juice
- 2tsp fresh black pepper
- 2 tbsp fresh dill or basil, optional

Soak garlic cloves in EVOO overnight. Add all ingredients to food processor with an S blade and blend until smooth. Add water as needed for lighter dressing.

### Chicken Kale Soup

- 1 large white onion, chopped
- 1/8th cup dried basil
- 1/2 tsp pink Himalayan sea salt
- 1 tsp black pepper
- 1/2 tsp dried sage
- 3 liters water
- 1 tsp agave or honey
- 2 lbs. carrots, chopped
- 8 cups packed kale chopped
- 2 chicken thighs with the bone

¼ cup lime juice to finish

Add all ingredients to a soup pot, bring to a boil and then let simmer for 45 minutes. Take out chicken and remove from bone. Shred the chicken. Portion size of chicken for 16 oz of soup is roughly 2 oz. This is low reactive and will not test like 2 animal proteins!



## **Day One**

### Breakfast

1.5 cups Flax granola with 1 cup blueberries  
Silk Coconut milk or Rice Dream- these will be your breakfast “milk” for the week-

### Lunch

Carrot ginger soup – with chia seeds or sunflower seeds  
2 cups Sautéed or steamed broccoli drizzle with lemon juice  
Baby Romaine with ½ pear and pumpkin seeds

### Snack

1 apple

### Dinner

Sautéed kale, 3-4 carrots, onion, zucchini, shiitakes, and broccoli with spicy coco sauce  
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

1.5 cups Flax granola with 1 cup blueberries

### Lunch

Carrot ginger soup with chia seeds or sunflower seeds  
Baby romaine with ½ diced apple, ½ avocado  
3 cups leftover steamed broccoli

### Snack

1 pear with 16 almonds

### Dinner

Leftover sautéed kale and veggies with 1.5 cups basmati rice with pumpkin seeds  
beet/carrot salad with sunflower seeds, lemon and EVOO





## **Day Three: Chicken**

### Breakfast

Flax with choice of 1 cup blueberries or 1 pear

### Lunch

Baby romaine with carrots and pumpkin seeds—add lemon and EVOO  
Cream of Broccoli soup

### Snack

1 apple, 18-20 almonds

### Dinner

½ portion chicken (4 oz) with Italian herbs on a bed of baby romaine  
Oven roasted zucchini, broccoli, carrots, onions, garlic and Italian herb blend- finish with fresh black pepper

## **Day Four: Cheese** *(you may now have one cup of coffee in the morning and wine at night with or after dinner)*

### Breakfast

Flax Granola with 1 cup berries, 1 apple or 1 pear

### Lunch

Leftover roasted vegetables (reheat) on a bed of baby romaine with pumpkin seeds and 1.5 oz goat cheese (hard or soft)

### Snack

Carrots with 3-4 tbsp raw almond butter

Or

Plan Trail Mix(1/4<sup>th</sup> cup sunflower seeds and 1/8<sup>th</sup> cup craisins)

### Dinner

Chicken with lemon , garlic and rosemary

Baby Romaine or frisee with carrots and ½ avocado

Steamed or sautéed broccoli with zucchini, onion lemon and dill



**Day Five:** *(you may now have dessert and sea salt in moderation)*

**Test exercise**

- **beginner 4-6 min~ intermediate 10-12 min~ advanced 15 min**

Breakfast

The Plan Smoothie

Lunch

Green leaf lettuce with radicchio, carrot/beet salad and pumpkin seeds  
Cream of Broccoli soup

Snack

Carrots with 3-4 tbsp raw almond butter

Or

Apple Chips- Bare is a great brand and can be ordered on Amazon

Dinner

Chicken with spicy apricot glaze on a bed of green leaf

Sautéed or grilled zucchini with onion and basil finish with lemon and ½ oz manchego

**Day Six: Protein day**

Breakfast

Flax with choice of 1 cup berries, 1 apple or 1 pear

Or

Blueberry Compote

Lunch

Green leaf with radicchio, 1/2 apple, ½ avocado, pumpkin seeds and goat cheese  
Optional: Lemon basil escarole soup

Snack

Plan Trail Mix

Or

Carrots and raw almond butter

Dinner – choose your proteins to test

Grilled *wild* white fish, steak, lamb, venison, duck

Grilled vegetables- zucchini, carrots, onion, radicchio, garlic

Carrot beet salad



## **Day Seven: Test exercise**

- **beginner 4-6 min~ intermediate 10-12 min~ advanced 15 min**

### Breakfast

Flax Granola with 1 cup berries, 1 apple or 1 pear

Or

Smoothie

### Lunch

Leftover vegetables on a bed of baby romaine with almond slivers

Chicken Kale Soup

### Snack

1 oz Low Sodium Potato Chips

Or

Plan Trail Mix

### Dinner

Chicken with dill and lemon

Grilled vegetables- broccoli, carrots, zucchini, onions with garlic

Frisee and pear salad

## **Day Eight: Test New protein**

### Breakfast

The Plan Smoothie

### Lunch

Grilled vegetables on a bed of baby romaine with goat cheese and sunflower seeds

Optional: Basil escarole soup

### Snack

Carrots with 3-4 tbsp raw almond butter

Or

Plan Trail Mix

### Dinner

Test new protein on a bed of baby romaine or frisee

Roasted, Sauteed, Grilled or steamed vegetables that have been approved with 2 tbsp grated manchego



## **Day Nine: Test exercise**

- **beginner 4-6 min ~ intermediate 10-12 min ~ advanced 15 min**

### Breakfast

Apple Streusel

Or

Blueberry pear compote

### Lunch

Any approved lettuce you have tested with Plan Caesar dressing, ½ avocado, and sunflower seeds

Chicken Kale Soup

### Snack

Apple Chips with optional zucchini-noush

Or

Plan Trail Mix

### Dinner

Any approved protein

Any approved lettuce you have tested with fresh herbs – ex: dill, basil, mint

Sautéed zucchini or yellow squash, carrots and leeks

## **Day Ten: Test new protein**

### Breakfast

Flax Granola with approved fruit

Or

Blueberry pear compote

### Lunch

Salad with almond slivers, leftover vegetables

Chicken Kale Soup or Cream of Broccoli Soup

### Snack

Apple Chips with optional zucchini-noush

Or

Plan Trail Mix

### Dinner

Test New Protein

Sautéed kale with shiitakes

Any lettuce used thus far with ¼ avocado and fresh herbs



## **Day Eleven: Test increased exercise time by 20%**

### Breakfast

Blueberry pear Compote

Or

Smoothie

### Lunch

Steamed or roasted broccoli with grated carrot, 1/2 avocado, any lettuce used thus far  
Plan Caesar dressing, pumpkin seeds and dried cranberries

### Snack

Carrots with raw almond butter

Or

1 oz Sodium Free Potato Chips

### Dinner

Approved protein

2 cups vegetable timbale

Any lettuce used thus far with fresh herbs and raw grated beet

## **Day Twelve: Test new vegetable**

### Breakfast

The Plan Smoothie

Or

Blueberry pear Compote

### Lunch

Any lettuce used thus far with 1/2 chopped apple, pumpkin seeds and grated manchego  
Basil escarole soup

### Snack

Plan Trail Mix

Or

Carrots and Raw almond butter

### Dinner

Approved protein

Test new vegetable sautéed, steamed, or grilled and mixed with other approved  
vegetables- use herbs of choice

Any lettuce used thus far with fresh herbs and grated raw beet



**Day Thirteen: No test, any approved protein  
Test Increased exercise by 20%**

Breakfast

Flax granola with 1 cup approved fruit

Lunch

Leftover vegetables with pumpkin seeds, ¼ chopped apple on a bed of green leaf lettuce  
Chicken Kale Soup

Snack

Apple Chips with raw almond butter

Or

Low Sodium Potato Chips and Plan Caesar

Dinner

Approved protein

Any lettuce used thus far with fresh herbs and optional radicchio

2 cups vegetable timbale

**Day Fourteen: Optional test bread**

Breakfast

Any approved breakfast

Or

Test 2 slices Bread with raw almond butter and 1 piece of fruit

Lunch

Optional basil escarole soup

Salad with 20-25 grams of vegetarian protein

Snack

Carrots and Zucchini-noush

Or

Plan Trail Mix

Dinner

Approved protein

Roasted, Sautéed or Grilled Vegetables that have been approved

Any approved lettuce with fresh herbs



**Day Fifteen: No test, any approved protein  
Test Increased exercise by 20%**

Breakfast

Blueberry Pear Compote

Or

Smoothie

Lunch

Optional basil escarole soup

Salad with 20-25 grams of vegetarian protein

Snack

Apple Chips

Or

18-20 almonds

Dinner

Approved protein

Sautéed kale with onions and zucchini and new approved vegetable

Any approved lettuce with fresh herbs

**Day Sixteen: Test two proteins in one day OR test chickpeas hummus**

Breakfast

Blueberry Pear Compote

Or

Smoothie

Lunch

Any approved lettuce with 1/2 avocado, 3oz chicken, grated beet and dried cranberries

Or

Salad with 20-25 grams of vegetarian protein (rice is a test)

1/2 piece of fruit

Snack

Carrots with almond butter

Or

Carrots with TP hummus (test)

Dinner

Approved protein

Steamed, Grilled or sautéed approved vegetables

Any approved lettuce with fresh herbs



## **Day Seventeen: Test exercise up to 30 minutes**

### Breakfast

Flax granola with ½ portion fruit

### Lunch

Optional basil escarole soup

Salad with 15 grams of vegetarian protein

### Snack

Any Approved Snack

### Dinner

Approved protein

Sautéed kale with yellow squash, leeks or scallions

Any approved lettuce with herbs of choice

## **Day Eighteen: Test new fruit or new restaurant**

### Breakfast

Any approved breakfast

### Lunch

Salad with 20-25 grams of protein

Optional basil escarole soup

### Snack

1 oz potato chips with 1/4<sup>th</sup> cup homemade guacamole

Or

test new fruit

### Dinner

Test restaurant

Or

Any approved dinner





**Day Nineteen: No test- Start working on your menus for days 21-25**

**Test exercise up to 45 minutes**

Repeat favorite day thus far with most weight loss

**Day Twenty: No Test**

Repeat favorite day thus far with most weight loss