



## 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 and 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 dulce varieties), Rosemary, Turmeric

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

- Manchego or Sheep's milk parmesan (pecorino romano): 1-2 tbsp per serving.
- Goat's cheese: 1.5 oz
- Nuts: unless noted is a handful, which is roughly 1 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- 1/8<sup>th</sup> cup 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 — 10-40 grams of protein

Lunch — 15-25 grams of protein (stay with 15 unless you are an athlete)

Dinner — 25-60 grams of protein (most women do best with 35-45 grams)

### **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 15grams of protein for lunch (unless you are an athlete then it will be up to 25 grams)**

**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-** 7 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 in!



## **Lettuce**

Safe lettuces are baby romaine, boston lettuce, red leaf lettuces, green leaf lettuce, frisee, 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 usually 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 water (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.

## **Day One**

### Breakfast

1 cup Flax granola with ½ 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

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

Flax with ½ cup blueberries

### Lunch

Carrot ginger soup with chia seeds or sunflower seeds

Baby romaine with ½ diced apple, ¼ avocado

Leftover broccoli

### Snack

1 pear with 8 almonds

### Dinner

Leftover sautéed kale and veggies with 1 cup basmati rice with pumpkin seeds

beet/carrot salad with sunflower seeds

## **Day Three: Lentils**

### Breakfast

Flax with choice of ½ cup blueberries or ½ pear

### Lunch

Baby romaine with carrots and pumpkin seeds

Cream of Broccoli soup

### Snack

12-15 almonds

### Dinner

1 cup Lentils with 2 cups cooked kale

Oven roasted zucchini, carrots, onions, garlic and Italian herb blend



**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 ½ cup berries, ½ apple or ½ pear

Lunch

Leftover roasted vegetables with steamed broccoli on a bed of baby romaine with pumpkin seeds

Snack

Plan Trail Mix 1/8<sup>th</sup> cup sunflower and 1/8<sup>th</sup> cup raisins

Dinner

Rice Salad- 1 cup basmati rice with almond slivers and 2 cups sautéed kale  
Baby Romaine or frisee with carrots and ¼ avocado and 1.5 oz of goat cheese  
Steamed or sautéed yellow squash, scallions lemon and dill

**Day Five: 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 2 tbsp raw almond butter

Or

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

Dinner

Lentil Dinner or Rice Salad

Sautéed zucchini, yellow squash with onion or leeks and basil finish with lemon and 1.5 oz manchego



## **Day Six: Protein day**

### Breakfast

Flax with choice of ½ cup berries, ½ apple or ½ pear

Or

Blueberry Compote

### Lunch

Baby romaine with radicchio, apple, ¼ avocado, pumpkin seeds and goat cheese

Optional: lemon basil escarole soup

### Snack

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

Or

Plan Trail Mix

Dinner – choose one protein to test

*3 eggs with sautéed kale, 1 cup beans with 2 cups sautéed kale, or wild white fish*

Grilled or sautéed vegetables- zucchini, yellow squash, carrots, onion, radicchio

Carrot beet salad with almond slivers and fresh herbs of choice (suggested dill, mint or basil)

## **Day Seven: Test Exercise**

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

### Breakfast

Flax Granola with ½ cup berries, ½ apple or ½ pear

Or

Smoothie

### Lunch

Leftover vegetables (reheat) on a bed of green leaf with almond slivers and goat cheese

### Snack

1 oz salt free potato chips

Or

Carrots and Zucchini-noush

### Dinner



Any Approved protein (make sure to rotate)

Sautéed vegetables- broccoli, carrots, zucchini, scallions with garlic

Greenleaf or Frisee and ½ pear salad with pumpkin seeds and fresh herbs of choice

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

### Breakfast

The Plan Smoothie

Or

Compote

### Lunch

Leftover sautéed vegetables on a bed of green leaf with goat cheese and sunflower seeds

Optional basil escarole soup

### Snack

Carrots with 2 tbsp raw almond butter

Or

Plan Trail Mix

### Dinner

Test new protein

Roasted, Sautéed, Grilled or steamed vegetables that have been approved with 2 tbsp

grated manchego

Baby Romaine or frisee, grated raw beet and fresh herbs

## **Day Nine: Test Exercise**

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

### Breakfast

Apple Streusel

Or

Blueberry pear compote

### Lunch

Baby Romaine with leftover vegetables (reheat) , Plan Caesar dressing, ¼ avocado, and pumpkin seeds

### Snack

Apple Chips with optional zucchini-noush

Or

Plan Trail Mix



### Dinner

Any approved protein  
Baby Romaine with grated raw beet  
Sautéed zucchini or yellow squash, carrots and leeks

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

### Breakfast

Flax Granola with approved fruit  
Or  
Blueberry pear compote

### Lunch

Cream of Broccoli Soup  
Red leaf or Green leaf lettuce with carrot/beet salad and Plan Caesar dressing with sunflower seeds

### Snack

Apple Chips with optional zucchini-noush  
Or  
½ apple and raw almond butter

### Dinner

Test New Protein  
Sautéed kale with basil and lime  
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, ¼ avocado, any lettuce used thus far, Plan Caesar dressing, sunflower seeds and dried cranberries

### Snack

1/2 apple with raw almond butter



Or  
Carrots with raw almond butter

### Dinner

Any approved protein  
1 cup Vegetable timbale  
Any lettuce used thus far with ¼ apple and fresh herbs

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

### Breakfast

The Plan Smoothie  
Or  
Blueberry pear Compote

### Lunch

Any lettuce used thus far ¼ chopped apple, ¼ avocado with pumpkin seeds and almond slivers  
Basil Escarole Soup

### Snack

Plan Trail Mix  
Or  
Carrots and Plan Caesar

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

### Breakfast

Flax granola with ½ cup approved fruit  
Or  
Compote

### Lunch

Leftover vegetables with sunflower seeds, grated carrots on any lettuce used thus far  
Cream of Broccoli Soup



### Snack

Pumpkin seeds and ½ apple

Or

1 oz Low Sodium Potato Chips and Plan Caesar

### Dinner

Approved protein

Any lettuce used thus far with fresh herbs and optional radicchio

1 cup vegetable timbale

## **Day Fourteen: Optional test Bread**

### Breakfast

Any approved breakfast

Or

Test Bread with raw almond butter and ½ piece of fruit

### Lunch

Optional basil escarole soup

Salad with 15 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: Test increased exercise time by 20%**

### Breakfast

Blueberry Pear Compote

Or

Smoothie



### Lunch

Optional basil escarole soup  
Salad with 15 grams of vegetarian protein

### Snack

Apple Chips  
Or  
12-15 almonds

### Dinner

Approved protein  
Sautéed kale with onions and zucchini and new approved vegetable  
Any approved lettuce with fresh herbs

## **Day Sixteen: Test new snack**

### Breakfast

Blueberry Pear Compote  
Or  
Streusel

### Lunch

Optional basil escarole soup  
Salad with 15 grams of vegetarian protein

### Snack

Carrots with TP hummus  
Or  
Test new fruit

### Dinner

Approved protein  
Steamed, Grilled or sautéed approved vegetables  
Any approved lettuce with fresh herbs and grated carrots

## **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 vegetable or new restaurant**

### Breakfast

Streusel  
Or  
Blueberry pear compote

### Lunch

Optional basil escarole soup  
Salad with 15 grams of vegetarian protein

### Snack

1 oz low sodium or no salt potato chips with 1/8<sup>th</sup> cup homemade guacamole  
Or  
New approved fruit

### Dinner

Test restaurant



**Day Nineteen: Test Exercise up to 30 minutes**

**Start working on your menus for days 21-25**

Repeat favorite day thus far with most weight loss

**Day Twenty: No Test**

Repeat favorite day thus far with most weight loss