

THE LYN-GENET PLAN

All LGKitchen food is local, seasonal and organic when possible. All of our meats are antibiotic and hormones free and all fish is wild.

Day 1

Breakfast

Flax granola
blueberries
Rice dream carton

Lunch

Carrot Ginger soup with sunflower seeds
1 cup Broccoli with hemp seed pesto – 1tbsp
Baby Romaine with fresh dill

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

Day Two- test almonds

Breakfast

Flax
blueberries
Rice Dream carton

Lunch

Carrot Ginger Soup with almond slivers
Frisee with fresh dill, sunflower seeds and avocado-

Snack

Apple

Dinner

Sautéed kale and veggies with coco sauce
Beet/carrot salad
Indian spiced basmati rice and pumpkin seeds with mango salsa

Day Three:

Breakfast

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Flax
½ apple
Rice dream carton

Lunch

Cream of Broccoli Soup
Frisee with pear, carrot and almond slivers

Snack

Plan Trail Mix

Dinner

Chicken with herbes de provence
Roasted vegetables
Baby Romaine with sunflower seeds

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 pear
Rice dream carton

Lunch

Grilled vegetables on a bed of baby romaine with goat cheese

Snack

Roasted Almonds and Apple Chips

Dinner

Chicken with Rosemary and Orange Zest
Frisee with grated beet and avocado
Sauteed vegetables with basil and lime

Day Five:

Breakfast

Plan Smoothie

Lunch

Grilled carrot salad with kale, avocado on a bed of baby romaine– Plan Caesar dressing

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Snack

Watermelon and mint

Dinner

Chicken with spicy apricot glaze

Zucchini pasta with escarole, manchego and fresh Italian herbs

Baby Romaine with black pepper goat cheese and sunflower seeds- greek vinaigrette

Day Six: Protein day

Breakfast

Flax Granola with blueberries

Lunch

Baby romaine with apple, ¼ avocado, pumpkin seeds –lemon verbena vinaigrette

Steamed vegetables with lemon sunflower pesto

Snack

Apple with raw almond butter

Dinner –

Test New protein- your choice!

Sauteed summer vegetables- yellow squash, escarole, carrots & chives

Baby Romaine with radicchio and craisins- dill vinaigrette

Day Seven:

Breakfast

Smoothie

Lunch

Grilled vegetables on a bed of baby romaine with spicy almond sate or hemp seed pesto
apple

Snack

1 oz salt free potato chips

Dinner

Chicken with lemon verbena and orange zest

Sauteed zucchini, butternut squash, kale chives

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Frisee salad with dill, goat cheese and sunflower seeds- dill vinaigrette

Day Eight: Test New protein

Breakfast

Smoothie

Lunch

Baby Romaine with broccoli, avocado, goat cheese and almond slivers – greek vinaigrette

Pear

Snack

Plan Trail Mix

Dinner

Test new protein

Garlic Roasted vegetables

Frisee with avocado- lemon verbena vinaigrette