

The Plan

FOOD IS YOUR MEDICINE



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): 2-3 tbsp per serving.
- Goat's cheese: 2oz
- Nuts& Seeds: 1.5 oz

Carrot ginger soup- our anti-inflammatory soup and it 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- 1/4th cup sunflower seeds and 1/4th cup dried cranberries.

Dessert- chocolate is 1oz and please make sure it's below 65% and soy lecithin free- good brands are Whole Foods 365, Theo, and Alter Eco.

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 or 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.

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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 20-25g 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:

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

Goat Cheese- 6 grams per oz

Manchego Cheese- 8 grams per oz

Chickpeas- 5 grams per 1/2 cup

Rice – 5 grams per 1 cup- this is a test on days when you have animal protein

Chia- 5 grams per 2 tbsp (A great source of omega-3's!) but keep to breakfast

Cream of Broccoli Soup – 8g per 16oz

Chicken Kale Soup – 12-13g per 20oz

The Plan Caesar Dressing – 5g per 2 tbsp

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 at least TWO cooked vegetables and a raw vegetable salad as raw vegetables contain enzymes. In summer we may 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!

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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, tatsoi 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. This causes weight gain and digestive issues.

Recipes

Flax Granola

(makes 2-4 servings)

1 cup water
2 cups whole flaxseeds
1 tbsp agave nectar
2 tsp ground cinnamon
1 tsp ground cardamom
1 tsp pure vanilla extract
1/2 tsp nutmeg
1/2 cup raisins

Preheat oven to 275F degrees. Combine water and flaxseeds in a medium bowl and mix well. Let sit for 30 minutes and mix again. Add agave, cinnamon, cardamom, vanilla extract and nutmeg to flaxseeds and mix thoroughly.

Spread granola in a thin layer on a baking sheet and bake for 50 minutes. Reduce oven temperature to 225F degrees. Cut sheet of granola into clusters, flip and bake an additional 30-40 minutes, until thoroughly dry. Add raisins and store in airtight container.

Consume within 2 weeks.

Carrot Ginger Soup

Recipe makes 5 quarts

It can be cut down or many clients love divide into portion out and keep in the freezer!

1 tbsp ground cinnamon
1 tbsp ground cumin
1 tbsp freshly ground black pepper
1 tsp ground cloves
1 tsp cardamom
1/2 tsp turmeric

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1/2 tsp allspice
7 quarts water
5lb carrots, chopped
2 large red onions, chopped
3 large zucchinis, chopped
8 cloves garlic, peeled
5 to 6 inches fresh ginger, peeled
2 tbsp extra virgin olive oil

Combine Cinnamon, cumin, black pepper, cloves, cardamom, turmeric, and allspice in a dry skillet over medium-low heat and cook, stirring constantly, for 30 seconds. IN a large soup pot, combine water, carrots, onions, zucchini, garlic, ginger, and olive oil; add toasted spices. Bring water to a boil and then let simmer for 45 minutes, until carrots are soft.

Reserve 2 to 4 quarts of the broth for future soup stocks. Transfer remaining soup to a blender in batches and puree.

Note: You can add 1 (14oz can of full fat unsweetened coconut milk and 5 to 6 Vietnamese chili peppers while cooking for a creamier, spicier soup!

Spicy Coco Sauce

This recipe makes 4 to 6 servings (1 1/2 cups); It can either be cut down or frozen for future meals!

Many Planners freeze it in ice cube trays for a quick, flavorful solution for vegetable sautés!

3 tbsp extra virgin olive oil
1 large onion, chopped fine
4 to 5 cloves garlic, minced
2-inch piece fresh ginger, peeled and grated (roughly 1 tbsp)
2 tsp ground cumin
1 tsp ground cinnamon
1 tsp freshly ground black pepper
1 tsp coriander
1/2 tsp allspice
1 (14 oz) can full-fat coconut milk
4 tbsp Sriracha, or more for extra spice
1 tbsp brown sugar
Optional: 1 lemongrass stalk, cut into 1-inch pieces

In a large saucepan, heat olive oil over medium heat. Add onion and garlic and sauté until they start to turn brown. Add ginger, cumin, cinnamon, pepper, coriander, nutmeg, cardamom, and

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allspice and sauté for 1 minute at low heat, until spices start to smell fragrant. Add coconut milk, Sriracha, brown sugar, and lemongrass, if desired, stirring for 30 seconds. Reduce heat and simmer, stirring for every 5 minutes, for 15 to 20 minutes, so flavors can fully integrate. Remove lemongrass. Serve immediately or let cool and then freeze.

Blueberry Pear Compote

(Makes 1-2 servings)

With almonds –20 grams per serving

1 cup blueberries

1 ripe pear

1-1 ¼ cups water

½ cup chia seeds (20g protein)

1/8 cup almond slivers (8g protein; 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!

Top with almonds.

Cream of Broccoli Soup

(Makes 6-8 servings, 8 grams protein per 16oz)

3 tbsp butter

1 large onion chopped

1 tbsp dried sage

1 tsp cumin

½ tsp dried celery seed

2 cups carrot essence or homemade chicken broth (see The Plan Cookbook)

2 cups water

1 can full-fat coconut milk

8 cups broccoli, chopped (about 4 heads of broccoli)

4 cups zucchini, chopped (about 2 medium zucchini)

1 small to medium avocado

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1 tbsp Sriracha -optional
Ground black pepper to taste

Sauté 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, 15g protein)

1 ripe pear
½ cup berries
¼ avocado
3 oz 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

(20g of protein for entire batch)

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

Makes 2 servings, approximately 20 grams of protein each

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Streusel Topping

1 ½ cup almond flour

2 tbsp brown sugar

1 tsp cinnamon

¼ cup unsalted butter, room temp (you can use avocado oil to make it dairy free)

Apple Filling

3 apples, cored and chopped into 1/2 inch pieces

1tbsp brown sugar

1 tsp cinnamon

½ tsp cardamom

¼ tsp cloves

2 16 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.

Top with almond slivers

Basil Escarole Soup

No protein

1 large white onion, fine diced

1/8th 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

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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.

Plan Caesar

2-3 grams protein per 8-10 servings

2 cloves garlic, chopped
¼cup EVOO
4 oz goat cheese
2 tbsp lemon juice
2 tsp 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.

Zucchini noush

No protein

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 zucchinis 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.

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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

24g for entire recipe or 4 grams per 6 servings

1 cup sunflower seeds (24g protein)

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.

Chicken Kale Soup

12-13g per 20oz

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.

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Take out chicken. Portion soup into 16oz containers and then remove chicken from bone and shred. Add 1.5 – 2 oz ounce of stewed, shredded chicken to each 16 oz container of soup. This is low reactive and will not test like 2 animal proteins!

Vegetable Timbale

Makes 6 servings

- 1 large zucchini
- 1 red onion, peeled
- 3 cups kale, deveined
- 2 large carrots
- 8 shiitake mushrooms
- 4 to 5 oz goat cheese, crumbled
- 2 oz Parmesan or Manchego, grated

Preheat oven to 400F degrees.

Use a mandolin to slice zucchini, onion, kale carrots, and mushrooms as thinly as you can. In an oiled 9-inch baking dish, create layers as for lasanga, layering vegetables and goat cheese in this order: Zucchini, onion, kale, goat cheese, carrots and shiitakes, then top with Parmesan or Manchego. Bake for 30 minutes, until cheese on top is slightly golden.

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

- 20-24oz of Carrot ginger soup
- 2.5 cups of sautéed or steamed broccoli drizzled with EVOO and lemon juice
- Baby Romaine with fresh herbs and 1.5oz sunflower seeds

Snack

- 1 apple

Dinner

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Sautéed kale, 3-4 carrots, onion, zucchini, shiitakes, and broccoli with spicy coco sauce with 1.5oz of sunflower seeds

Grated Carrot and raw grated beet salad with your choice of herbs and 1.5oz of 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: Almonds

Breakfast

1.5 cups of Flax with 1 cup blueberries

Lunch

20-24oz of Carrot ginger soup with 1.5oz of sunflower seeds

Baby romaine with ½ diced apple, ½ avocado

2.5 cups of steamed or sautéed broccoli

Snack

1 pear with 16 almonds

Dinner

Leftover sautéed kale and veggies with 1.5 cup basmati rice with 1.5oz of pumpkin seeds
beet/carrot salad with and 1.5oz of sunflower seeds

Day Three: Chicken

Breakfast

1.5 cups Flax with choice of 1cup blueberries or 1 pear

Lunch

Baby romaine with carrots and 1.5oz of sunflower seeds

20-24oz of Cream of Broccoli soup

Snack

18-20 almonds

Dinner

½ portion chicken (4 oz) with Italian herbs and lemon zest on a bed of baby romaine

Oven roasted zucchini, broccoli, carrots, onions, garlic and Italian herb blend- finish with lemon juice and EVOO and fresh black pepper

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

Breakfast

1.5 cups flax Granola with 1 cup berries, 1 apple or 1 pear

Lunch

Leftover reheated, roasted vegetables on a bed of baby romaine with and 1.5oz of pumpkinseeds and 1.5oz of goat cheese

You may now use balsamic vinegar to make dressings.

Snack

Carrots with 3-4 tbsp raw almond butter

Or

Plan Trail Mix 1/4th cup sunflower and 1/4th cup raisins

Dinner

6-8oz of Chicken with lemon, garlic and rosemary

Baby Romaine or frisee with carrots and 1/2 avocado

Steamed or sautéed broccoli with yellow squash, lemon and dill

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

- **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 1.5oz of sunflower seeds

20-24oz of Cream of Broccoli soup

Snack

Carrots with 3-4 tbsp raw almond butter or

1 apple with raw almond butter

Dinner

6-8oz of Chicken with spicy apricot glaze on a bed of green leaf

Sautéed zucchini, yellow squash with onion or leeks and basil finish with lemon and 1 oz manchego

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Day Six: Protein day

Breakfast

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

Lunch

Baby romaine with wilted radicchio, apple, ½ avocado, 1.5oz of pumpkin seeds and 1.5oz of goat cheese
Lemon Basil Escarole soup

Snack

1 apple and raw almond butter
Or Carrots and zucchini nosh

Dinner – choose your proteins to test

6-8oz of Grilled **wild** white fish, steak, lamb, duck or 4 eggs with 2 cups kale
Grilled vegetables- zucchini, yellow squash, carrots, onion, radicchio
Carrot beet salad with sunflower seeds

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
2 cups Apple Streusel

Lunch

Leftover vegetables on a bed of green leaf with 1.5oz of sunflower seeds
20oz Chicken Kale Soup

Snack

1.5 oz salt free potato chips or
Carrots and Zucchini-nosh

Dinner

6 – 8oz of Chicken with dill and lemon
Sautéed vegetables- broccoli, carrots, zucchini with garlic

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Frisee and ½ pear salad

Day Eight: Test New protein

Breakfast

The Plan Smoothie

Lunch

Leftover sautéed vegetables on a bed of green leaf with 1.5oz of goat cheese and 1.5oz of sunflower seeds

Basil Escarole soup

Snack

Carrots with 3-4 tbsp raw almond butter

Or

Plan Trail Mix

Dinner

Test 6-8oz of anew protein on a bed of green leaf or frisee

Roasted, Sautéed, Grilled or steamed vegetables that have been approved

Day Nine: Test Exercise

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

Breakfast

2 cups Apple Streusel

or

Blueberry pear compote

Lunch

Baby Romaine with ½ avocado and grated carrots and 1 tbsp of Plan Caesar

2 cups of Roasted broccoli with 1 oz manchego

Snack

1 apple with pumpkin seeds or

Plan Trail Mix

Dinner

Any approved protein

Baby Romaine with grated raw beet

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Sautéed zucchini or yellow squash, carrots and leeks

Day Ten: Test new protein

Breakfast

Flax Granola with approved fruit

Or

Blueberry pear compote

Lunch

20 oz Chicken Kale soup

Red leaf or Green leaf lettuce with carrot/beet salad with 1.5 oz sunflower seeds

Snack

Pumpkin seeds

Or

1 apple with raw almond butter

Dinner

Test New Protein

Sautéed kale with onion, basil and fresh lime

Any lettuce used thus far with 1/2 avocado and fresh herbs such as dill, basil or mint

Day Eleven: Test increased exercise time by 20%

Breakfast

Blueberry Pear Compote

Or

Smoothie

Lunch

Lettuce of choice with grated carrot, 1/2 avocado, 2-3 tbsp of Plan Caesar dressing, 1 cup roasted broccoli and dried cranberries

Chicken Kale Soup

Snack

Carrots with raw almond butter

Or

1 apple with raw almond butter

Dinner

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Any approved protein
Zucchini pasta with red onion and basil
Any lettuce used thus far with ½ apple and fresh herbs

Day Twelve: Test new vegetable

Breakfast

Blueberry pear Compote

Lunch

2 cups of warm roasted Broccoli
Salad with 1/2 avocado and 1.5oz of almond slivers

Snack

Plan Trail Mix
Or
Carrots and zucchini nosh

Dinner

Approved protein
Test new vegetable mixed with other approved vegetables- use herbs of choice
Any lettuce used thus far with fresh herbs and raw grated beet

Day Thirteen: Test increased exercise time by 20%

Breakfast

Flax granola with approved fruit

Lunch

Leftover vegetables with 1.5 oz of sunflower seeds, 1/2 chopped apple on a bed of green leaf lettuce
20 oz Chicken Kale Soup

Snack

Pumpkin seeds and 1 apple
Or
Low Sodium Potato Chips and zucchini nosh

Dinner

Approved protein
Any lettuce used thus far with fresh herbs and optional radicchio

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2 cups vegetable timbale
Zucchini pasta

Day Fourteen: Optional test bread

Breakfast

Any approved breakfast

Or

Test 2 slices of bread with 3-4 tbsp raw almond butter and a piece of fruit

Lunch

Basil escarole soup

Salad with 20-25 grams of vegetarian protein

Example of hitting protein goals:

2 oz of goat cheese and handful of sunflower seeds

2 cups sautéed kale and handful of pumpkin seeds

3 cups cream of broccoli soup and handful of almond slivers

2 cups chicken kale soup and 2 cups of broccoli

Snack

Carrots and Zucchini-noush

Or

1 apple

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

Flax Granola with 1 apple or pear

Lunch

Carrot Ginger soup

Salad with 20-25 grams of vegetarian protein

Snack

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Low Sodium Potato chips and zucchini -noush

Or

1 cup blueberries

Dinner

Chicken with spices of choice

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

2 cups Apple Streusel

Lunch

Basil escarole soup

Salad with 20-25 grams of vegetarian protein

Snack

Carrots with TP hummus

Or

Test new fruit- 1 portion (ex: 1 cup mango or blackberries)

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

Start working on your menus for days 21-25

Breakfast

Flax granola with 1 portion fruit

Lunch

Carrot Ginger Soup

Salad with 20-25 grams of vegetarian protein

Snack

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Any Approved Snack

Dinner

Approved protein

Sautéed kale with yellow squash, leeks

Any approved lettuce with herbs of choice

Day Eighteen: Test new fruit or new restaurant

Breakfast

New Cereal with chia seeds, sunflower seeds and approved fruit

Or

Blueberry pear compote

Lunch

Basil escarole soup

Salad with 20-25 grams of vegetarian protein

Snack

1.5oz low sodium or no salt potato chips with 1/4th cup homemade guacamole

Or

New approved fruit

Dinner

Test restaurant if you did not test fruit

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