



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 dulce varieties), Rosemary, Turmeric

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

- Manchego or Sheep's milk parmesan (pecorino romano): 2 oz 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- 1/4cup sunflower seeds and 1/8th cup dried cranberries.

Dessert- chocolate 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- 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 vegetable 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)

- 2 cup blueberries
- 1 ripe pear
- 2-2.5 cups water
- 1 cup chia seeds
- ¹/₄ cup almond slivers (omit if reactive to almonds)
- 2 tbsp agave or honey
- Cinnamon to taste- suggested ¹/₂ 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

- 3 tbsp butter
- 1 large onion chopped
- ¹/₂ tsp celery seed (dried)
- 2 cups carrot essence or homemade chicken broth (see The Plan Cookbook)
- 2 cups water
- ¹/₂ can full-fat coconut milk
- ¹/₂ 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
- 1 cup berries
- ½ avocado
- 6 tbsp chia
- Rice Dream (RD) or Silk Coconut Milk (SCM)
- Option- 1 tsp honey or agave
- Option- vanilla extract or cinnamon
- Top with pumpkin seeds after blending

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
- 1/8th cup brown sugar
- 1 tsp cinnamon
- ¼ cup butter, room temp

Apple Filling

- 3 apples, cored and chopped into 1/2 inch pieces
- 1/8th 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
- 1/8th 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

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
- 1/4 cup extra virgin olive oil
- 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.



Day One

1.5 cups Flax Granola with 1 cup blueberries

Served with Silk Coconut Milk or Rice Dream

LUNCH

Carrot Ginger Soup

3 cups Sauté or steamed broccoli

Baby romaine with fresh herbs of choice and sunflower seeds, dressed with EVOOO, lemon juice, and herbs of choice

SNACK

1 large apple

DINNER

Kale with Spicy Coco Sauce (6+ cups)

Beet and Carrot Salad with pumpkin seeds, lemon, EVOOO, and your choice of herbs

Day 2

BREAKFAST

1.5 cup Flax Granola with pear

Served with Silk Coconut Milk or Rice Dream

LUNCH

20-24 ounces Carrot Ginger Soup with sunflower seeds

Baby romaine with ¼ avocado, EVOOO, lemon juice, and herbs of choice

3 cups Sautéed or steamed broccoli

SNACK

Apple and 18 almonds

DINNER

Leftover Kale with Spicy Coco Sauce

1.5 cup basmati rice with pumpkin seeds

Beet & Carrot Salad with lemon, and EVOOO



Day 3

BREAKFAST

1.5 cups Flax Granola with apple

Served with Silk Coconut Milk or Rice Dream

LUNCH

Baby romaine with grated carrots, ¼ apple, and sunflower seeds, dressed with EVOOO, lemon, and herbs

20-24 ounces Cream of Broccoli Soup

SNACK

Roasted Spicy Pumpkin Seeds

Dinner

1.5 cup Lentils with 3 cups cooked kale

Roasted Italian Winter Vegetables

Baby romaine with ¼ avocado, EVOOO, lemon juice, and herbs

Day 4- test goat cheese

Breakfast

1.5 cups Flax Granola with blueberries, apple or pear

Served with Silk Coconut Milk or Rice Dream

Lunch

Roasted vegetables, reheated and served on a bed of baby romaine with pumpkin seeds, along with hard or soft goat cheese

Snack

Apple

Dinner

Rice Stir Fry with 2 cups broccoli, 3 cups kale and almond slivers (1.5 cups rice)

Baby romaine with carrots and ¼ avocado

Zucchini Pasta with Sunflower Pesto



Day Five

Breakfast

TMP Smoothie

Lunch

Baby romaine with radicchio, grated raw beet, and pumpkin seeds

20-24 oz Cream of Broccoli Soup

Snack

Bare brand Apple Chips or Apple Chips

Dinner

1.5 cup lentils with 3 cups cooked kale

or Day 1 dinner if failed lentils- add sunflower seeds

Sautéed zucchini with onion, basil, lemon, and 1 ounce of Manchego

Baby romaine with pomegranate and almond slivers

Day Six- test new protein

Breakfast

Flax Granola with friendly fruit of choice served with Silk Coconut Milk or Rice Dream
or

Blueberry Compote

Lunch

Baby romaine with leftover zucchini, ¼ avocado, pumpkin seeds, and Manchego,

Lemon Basil Escarole Soup

Snack

1 ounce Bare Apple Chips or Apple Chips recipe

or

Trail Mix

Dinner

Test New protein- minimum 30 grams of protein

Roasted vegetables: Yellow squash, carrots, kale, onions

Baby romaine with ¼ avocado and herbs of choice



Day 7

Breakfast

Flax Granola with friendly fruit of choice served with Silk Coconut Milk or Rice Dream

or

Apple Streusel

Lunch

Leftover roasted vegetables, reheated and served on a bed of baby romaine with almond slivers

Cream of Broccoli Soup

Snack

1 ounce salt-free potato chips with Zucchini Nosh

or

Trail Mix

Dinner

Rice stir fry with kale, almond slivers

Sautéed vegetables: zucchini, yellow squash, and scallions with manchego

Baby romaine and grated carrots

Day 8: Test a New Protein

Breakfast

TMP Smoothie

Lunch

Sautéed yellow squash with sunflower pesto

Baby romaine with pumpkin seeds and grated beet with fresh dill

Snack

½ apple

Or

½ pear

Dinner

Test a new protein – minimum 20 grams of protein

Zucchini Pasta sautéed with scallions and topped with grated Manchego

Baby romaine with grated carrot, almond slivers and herbs of choice



Day 9

Breakfast

Flax Granola with friendly fruit of choice served with Served with Silk Coconut Milk or Rice Dream

Lunch

Sautéed kale with Plan Caesar dressing, ¼ avocado, grated carrot and pumpkin seeds

Lemon Basil Escarole Soup or Carrot Ginger Soup

Snack

Low-sodium potato chips (1 ounce)

or

Trail Mix

Dinner

Any friendly protein to equal 30 grams

Leftover roasted vegetables

Baby romaine with grated beet and herbs of choice

Day 10- test new protein

Breakfast

Flax Granola served with Silk Coconut Milk or Rice Dream

Lunch

Cream of Broccoli Soup

Baby romaine with almond slivers and carrots

Snack

Spicy Roasted Pumpkin Seeds

or

Trail Mix

Dinner

Test a new protein- minimum 20 grams of protein

Sautéed kale, yellow squash with scallions and grated Manchego



Day 11

Breakfast

Flax Granola with approved fruit served with Silk Coconut Milk or Rice Dream

or

TMP Smoothie

Lunch

Baby romaine with hard or soft goat cheese, carrots, and dried cranberries

Cream of Broccoli Soup

Snack

Almond Grabbers

or

½ apple and raw almond butter

Dinner

Approved protein- minimum 25 grams of protein

Sautéed Zucchini Pasta and kale and Sunflower Pesto

Baby romaine with radicchio and pomegranate

Day 12

Breakfast

TMP Smoothie

or

Blueberry Compote

Lunch

1.5 cups Roasted Broccoli and Manchego

Baby romaine with ¼ avocado

Snack

1 ounce Bare Apple Chips or Apple Chips recipe with optional Zucchini Nosh

or

Trail Mix

Dinner

Protein- 25 grams minimum

Test a new vegetable—sautéed, steamed, or baked: ½ cup to 1 cup

Sautéed zucchini, broccoli, and scallions

Baby romaine and pomegranate



Day 13

Breakfast

Flax Granola with a friendly fruit served with Silk Coconut Milk or Rice Dream

Lunch

Leftover vegetables with pumpkin seeds, and a ½ apple on a bed of red leaf lettuce

Snack

Trail Mix

or

Low-sodium potato chips

Dinner

Any protein that you have tested and found friendly- minimum 30 grams

Baby romaine with grated carrots and herbs of choice

Sautéed kale and carrots

Day 14

Breakfast

Any breakfast you have tested and found friendly

or

Test bread with raw almond butter and ½ an apple

or

Test Arrowhead Mills Spelt Cereal, adding 2 tablespoons of chia seed and sunflower seeds

Lunch

Baby romaine with leftover kale and carrots with pumpkin seeds

Snack

1 ounce low-sodium potato chips

or

Trail Mix

Dinner

Approved protein – minimum 20 grams of protein

Zucchini Pasta with scallions, basil, and grated Manchego

Baby romaine with ¼ pear



Day 15

Breakfast

Blueberry Pear Compote

or

TMP Smoothie

Lunch

Cream of Broccoli Soup

Baby romaine with ½ pear and pumpkin seeds

Snack

Carrots with Vegan Creamy Kale Dip

or

Trail Mix

Dinner

Approved protein- minimum 25 grams

Sautéed kale with onions and zucchini

Baby romaine and pomegranate

Day 16

Breakfast

Flax Granola with friendly fruit served with Silk Coconut Milk or Rice Dream

Lunch

Chickpea option: Sautéed chickpeas with curry, carrots, and kale

Baby romaine with ¼ avocado and sunflower seeds

or

Rice option: Sautéed kale with yellow squash served over 1 cup basmati rice and topped with pumpkin seed hummus

Salad with grated beet and carrot

Snack

Low-sodium potato chips

or

Almond Grabbers

Dinner

Any protein you have tested and found friendly- 30 grams minimum

Steamed, roasted, or sautéed vegetables you have tested and found friendly

Baby romaine with radicchio



Day 17

Breakfast

Apple Streusel

or

Blueberry Compote

Lunch

Baby romaine with $\frac{1}{4}$ avocado, dried cranberries

Roasted Broccoli or sautéed broccoli and pumpkin seeds

Snack

Carrots with Zucchini Nosh

or

Bare Apple Chips or Apple Chips recipe and Zucchini Nosh

Dinner

Friendly protein- minimum 20 grams protein

Vegetable Timbale– 2 cups

Baby romaine with grated beet and herbs of choice

Day 18

Breakfast

TMP Smoothie

or

Blueberry Compote

Lunch

Roasted or steamed broccoli on a bed of baby Romaine with, carrots, goat cheese and sunflower seeds

Lemon Basil Escarole Soup

Snack

1 ounce low-sodium potato chips with $\frac{1}{8}$ cup homemade guacamole

Dinner

Test restaurant

or

Choose any friendly dinner you have enjoyed.

Day 19 and 20

Repeat favorite day so far