

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 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 : 1 oz
- Goat's cheese: 1 oz
- Nuts& Seeds: 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- 1/8th cup sunflower seeds and 1/8th cup dried cranberries.

Dessert- chocolate is 1oz and please make sure it's below 65% and soy lecithin free- good brands are Whoole 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 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

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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 unless an athlete)

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- 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- BIG test on days when you have animal protein

Cream of Broccoli Soup – 8g per 16oz

Chicken Kale Soup – 10g per 16oz

Tests

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

Menus- raw and cooked vegetables

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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 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 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

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- 1 tbsp freshly ground black pepper
- 1 tsp ground cloves
- 1 tsp cardamom
- 1/2 tsp turmeric
- 1/2 tsp allspice
- 7 quarts water
- 5lb carrots, chopped
- 2 large red onions, chopped
- 3 large zucchini, 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 one 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 sautees!

- 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

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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 saute until they start to turn brown. Add ginger, cumin, cinnamon, pepper, coriander, nutmeg, cardamom, and allspice and saute 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 2-3 servings)

No almonds - 10g protein for 2 servings or 7g per 3 servings

With almonds - 14g protein for 2 servings or 9g per 3 servings

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!

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

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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
1 tbsp Sriracha -optional
Ground black pepper to taste

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, 10g protein)

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

(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).

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

Apple Streusel

10 grams per serving

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

1 tbsp 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.

Top with almond slivers or 2 tbsp chia.

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

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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

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.

Plan Caesar

24g protein for entire recipe of 2 grams per 8-10 servings

2 cloves garlic, chopped
1/4 cup 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.

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Chicken Kale Soup

10g per 16oz

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. Portion soup into 16oz containers. Then remove chicken from bone and shred. Add one ounce of shredded chicken to each 16 oz container of soup. This is low reactive and will not test like 2 animal proteins!

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.

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 Parmeseam 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 ungrease 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 Parmeseam or Manchego. Bake for 30 minutes, until chees on top is slightly golden.

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

16oz of Carrot ginger soup

2 cups of sautéed or steamed broccoli drizzle with orange oil and lemon juice

Baby Romaine with fresh herbs and 1 oz 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 a handful of sunflower seeds

Grated Carrot and raw grated beet salad with your choice of herbs and handful 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 cup of Flax with ½ cup blueberries

Lunch

16oz of Carrot ginger soup with 1 oz of sunflower seeds

Baby romaine with ½ diced apple, ¼ avocado

2 cups of steamed or sautéed 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 and handful of sunflower seeds

Day Three: Chicken

Breakfast

1 cup Flax with choice of ½ cup blueberries or ½ pear

Lunch

Baby romaine with carrots and a handful of sunflower seeds (6g of protein)

16oz of Cream of Broccoli soup (8g of protein)

Snack

12-15 almonds

Dinner

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½ portion chicken (2-3 oz) with Italian herbs and orange zest on a bed of baby romaine
Oven roasted zucchini, broccoli, carrots, onions, garlic and Italian herb blend- finish with orange oil and fresh black pepper
(orange oil- use as desired hereafter- lasts 5 days refrigerated)

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

Breakfast

1 cup flax Granola with ½ cup berries, ½ apple or ½ pear

Lunch

Leftover reheated, roasted vegetables on a bed of baby romaine with and handful of pumpkin seeds (9g) and 1oz of goat cheese (6g, soft)

Snack

Carrots with 2 tbsp raw almond butter

Or

Plan Trail Mix 1/8th cup sunflower and 1/8th cup raisins

Dinner

4-6oz of Chicken with lemon, garlic and rosemary

Baby Romaine or frisee with carrots and ¼ avocado

Steamed or sautéed broccoli with yellow squash, 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 handful of sunflower seeds (6g) 16oz of Cream of Broccoli soup (8g)

Snack

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Carrots with 2 tbsp raw almond butter Or
½ apple with raw almond butter

Dinner

4-6oz 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 ½ 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 wilted radicchio , ¼ avocado, handful of pumpkin seeds(9g) and 1oz of goat cheese(6g)
lemon basil escarole soup

Snack

½ apple and raw almond butter Or
Carrots and zucchini nosh

Dinner – choose your proteins to test

4-6oz of Grilled **wild** white fish, steak, lamb, duck or 3 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 ½ cup berries, ½ apple or ½ pear Or
Apple Streusel

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Lunch

Leftover vegetables on a bed of green leaf with handful of sunflower seeds (6g)
Chicken Kale Soup(10g)

Snack

1 oz salt free potato chips or
Carrots and Zucchini-noush

Dinner

Chicken with dill and lemon
Sautéed vegetables- broccoli, carrots, zucchini, with garlic
Frisee and ½ pear salad

Day Eight: Test New protein

Breakfast

The Plan Smoothie (10g)

Lunch

Leftover sautéed vegetables (1/2 cup broccoli 3g) on a bed of green leaf with 1oz of goat cheese (6g) and handful of sunflower seeds (6g)
Optional: basil escarole soup

Snack

Carrots with 2 tbsp raw almond butter
Or
Plan Trail Mix

Dinner

Test 4-6oz of a new 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

Apple Streusel
Or
Blueberry pear compote

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Lunch

Baby Romaine with $\frac{1}{4}$ avocado and grated carrots and Plan Caesar
Roasted broccoli with 1 oz manchego (heat up)

Snack

$\frac{1}{2}$ apple with pumpkin seeds

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

Chicken Kale soup

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

Snack

Pumpkin seeds

Or

$\frac{1}{2}$ apple with raw almond butter

Dinner

Test New Protein

Sautéed kale with onion, basil and fresh lime

Any lettuce used thus far with $\frac{1}{4}$ avo and fresh herbs such as dill, basil or mint

Day Eleven: Test increased exercise time by 20%

Breakfast

Blueberry Pear Compote

Or

Smoothie

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Lunch

Lettuce of choice with grated carrot, ¼ avocado, sunflower seeds and dried cranberries
Chicken Kale Soup

Snack

Carrots with raw almond butter
Or
½ apple 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

Roasted Broccoli with Plan Caesar
Salad with ¼ avocado and sunflower seeds

Snack

Carrots and zucchini nosh
Or
Carrots and raw almond butter

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 ½ cup approved fruit

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Lunch

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

Snack

Pumpkin seeds and ½ apple
Or
Low Sodium Potato Chips and zucchini nosh

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

Basil escarole soup -optional
Salad with 15 grams of vegetarian protein

Snack

Carrots and Zucchini-nosh
Or
½ 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

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Flax Granola with ½ piece of apple or 1/2pear

Lunch

Carrot Ginger soup- optional

Salad with 15 grams of vegetarian protein

Snack

Low Sodium Potato chips and zucchini -noush

Or

½ 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

Streusel

Lunch

Basil escarole soup

Salad with 15 grams of vegetarian protein

Snack

Carrots with TP hummus

Or

Test new fruit- ½ portion (ex:1/2 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

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Start working on your menus for days 21-25

Breakfast

Flax granola with ½ portion fruit

Lunch

Carrot Ginger Soup- optional

Salad with 15 grams of vegetarian protein

Snack

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 15 grams of vegetarian protein

Snack

1 oz low sodium or no salt potato chips with 1/8th cup homemade guacamole

Or

New approved fruit

Dinner

Test restaurant if did not test fruit

Day Nineteen: Test Exercise up to 30 minutes

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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