

# 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, 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- 1/8<sup>th</sup> cup sunflower seeds and 1/8<sup>th</sup> 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: 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- 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** – 10g per 20oz

**Raw Cashews** – 5g per 1oz (test)

**Lentils** – 9g per 1/2cup

**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 (at least 2 cups), and a raw veg salad as raw vegetables contain enzymes. In summer, we MAY move to just salads with minimal amounts of cooked vegetables. If you

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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, 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 – 35g protein per cup*

- 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

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1 tsp cardamom  
1/2 tsp turmeric  
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 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 sautés!*

*\*\*Please note the pairing of coconut milk and animal protein is a separate test so resever this for vegetarian meals.*

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

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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 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 - 20g protein 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, 10 grams protein per 20oz*

3 tbsp butter (or evoo)

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)

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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 (or evoo). 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.

## ***Roasted Vegetables***

*makes 8 servings*

3 large carrots, sliced  
1 large zucchini, cut into ½ inch chunks  
1 red onion, cut into large chunks  
1 head broccoli, cut into 2 inch florets  
4 to 5 cloves garlic, peeled  
3 tbsp evoo  
Fresh or dried Italian herb blend or herbes de Provence, to taste  
Sea salt and black pepper, to taste (omit salt until day 5)

Preheat oven to 375F.

In a large bowl, toss vegetables and garlic with oil, herbs and spices. Transfer to large baking sheet and bake for 35 minutes, until browned.

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## ***The Plan Hummous***

*20g protein for entire batch*

2 cups drained well-cooked or canned low sodium chickpeas, liquid reserved  
¼ 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 20g protein each*

### *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 350F. 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.

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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!*

¼ cup extra virgin olive oil  
1 large white onion chopped fine (approx. 2 cups)  
¼ 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.

Add zucchini to the onion and mix well. Take zucchini/onion mixture and spread on a well-oiled baking sheet. Bake at 325F 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 protein for entire recipe or 5g per 2 tbsp*

1 cup sunflower seeds (24g protein)  
¼ cup extra virgin olive oil  
¼ 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.



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## ***Plan Caesar***

*24g protein for entire recipe or 3g per 1tbsp or 5g per 2tbsp*

- 2 cloves garlic, chopped
- ¼ cup evo
- 4 oz goat cheese
- 2 tbsp lemon juice
- 2tsp fresh black pepper
- 2 tbsp fresh dill or basil, optional

Soak garlic cloves in evo overnight. Add all ingredients to food processor with an S blade and blend until smooth. Add water as needed for lighter dressing.

## ***Dairy- Free Plan Caesar Dressing***

*13-14g protein for entire recipe*

- 2 garlic cloves, chopped
- ¼ cup evo
- ¼ cup hemp seeds (test)
- 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.

## ***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 evo
- 1 liter carrot essence or homemade chicken stock

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- 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.

## ***Vegetable Timbale***

*Makes 6 servings; 10g protein per cup*

- 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 lasagna, 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 cup Flax granola with 1 cup blueberries
- Silk Coconut milk or Rice Dream- these will be your breakfast “milk” for the week.

### Lunch

- 20oz of Carrot ginger soup

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2.5 cups of sautéed or steamed broccoli drizzled with EVOO and lemon juice  
Baby Romaine with fresh herbs and 1.5 oz sunflower seeds

## Snack

1 apple

## Dinner

Sautéed kale, 3-4 carrots, onion, zucchini, shiitakes, and broccoli with spicy coco sauce with one ounce 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 cup of Flax with 1 cup blueberries

### Lunch

20oz of Carrot ginger soup with 1.5 oz 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 1.5 oz of pumpkin seeds  
beet/carrot salad with and 1.5 of sunflower seeds

## **Day Three: Lentils**

### Breakfast

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

### Lunch

Baby romaine with carrots and 1.5 of sunflower seeds

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20oz of Cream of Broccoli soup

## Snack

18-20 almonds

## Dinner

1.5 cup Lentils with 3 cups cooked kale

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

With baby romaine & EVOO with lemon juice

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

## Lunch

Leftover reheated, roasted vegetables on a bed of baby romaine with 2 cups of steamed broccoli and 1.5 oz of pumpkinseeds

*You may now use balsamic vinegar to make dressings.*

## Snack

Carrots with 3-4 tbsp raw almond butter

Or

Plan Trail Mix 1/4<sup>th</sup> cup sunflower and 1/8<sup>th</sup> cup raisins

## Dinner

Rice Salad: 1.5 cup of basmati rice with 1.5oz of almond slivers and 3 cups of sautéed kale

Baby Romaine or frisee with carrots and ½ avocado and 2oz of goat cheese (hard or soft)

Steamed or sautéed 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 (15g)

## Lunch

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Vegetarian/Pescatarian Men's Summer 2019

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Green leaf lettuce with radicchio, carrot/beet salad and 1.5 of sunflower seeds  
20oz of Cream of Broccoli soup

## Snack

Carrots with 3-4 tbsp raw almond butter or  
1 apple with raw almond butter

## Dinner

Lentil Dinner or Rice Salad (see above)  
Sautéed zucchini, yellow squash with onion or leeks and basil finish with lemon on a bed of green leaf lettuce with 2 oz of Manchego cheese

## **Day Six: Protein day**

### Breakfast

1.5 cups of Flax with choice of 1 cup berries, 1 apple or 1 pear or  
1.5 – 2 cups of 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

6-8 oz of Grilled **wild** white fish, 4 eggs with 3 cups kale, or 1.5 cup of beans with 3 cups of sautéed kale  
Grilled vegetables- zucchini, yellow squash, carrots, onion, radicchio  
Carrot beet salad with 1.5 oz almond slivers and fresh herbs of choice

## **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  
Smoothie

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## Lunch

Reheated leftover vegetables on a bed of green leaf with 1.5 oz of almond slivers and 2 oz of goat cheese

## Snack

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

## Dinner

Any approved protein (make sure to rotate)  
Sautéed vegetables- broccoli, carrots, zucchini with garlic  
Green leaf or Frisee and ½ pear salad with 1.5 oz pumpkin seeds and fresh herbs

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

### Breakfast

The Plan Smoothie or  
1.5 – 2 cups of Compote

### Lunch

Leftover sautéed vegetables (1/2 cup broccoli) on a bed of green leaf with 1.5 oz of goat cheese and 1.5 oz of sunflower seeds  
Basil Escarole soup

### Snack

Carrots with 3-4 tbsp raw almond butter  
Or  
Plan Trail Mix

### Dinner

Test a new protein on a bed of green leaf or frisee with ½ oz of grated manchego  
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

Warm Flax from pg. 70 in the cookbook or  
Blueberry pear compote

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## Lunch

Baby Romaine with ½ avocado and grated carrots and 2 tbsp of Plan Caesar  
20oz of Carrot Ginger soup with 1.5 oz pumpkin seeds

## Snack

1 apple with sunflower 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

20oz of Cream of Broccoli Soup  
Red leaf or Green leaf lettuce with carrot/beet salad with 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 ½ avocado 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, ½ avocado, 2 tbsp of Plan Caesar dressing with pumpkin seeds and dried cranberries  
Lemon Basil Escarole Soup

## Snack

Carrots with raw almond butter  
Or  
1 apple with raw almond butter

## Dinner

Any approved protein  
1.5 cup Vegetable timbale  
Any lettuce used thus far with ½ apple and fresh herbs

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

### Breakfast

The Plan Smoothie  
Or  
Blueberry pear Compote

### Lunch

1.5 cups of warm roasted Broccoli with 1 tbsp Plan Caesar  
Salad with ½ avocado and 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 1 cup approved fruit



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## Lunch

Leftover vegetables with sunflower seeds, ¼ chopped apple on a bed of green leaf lettuce  
20oz of Cream of Broccoli 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

1.5 cups vegetable timbale

## **Day Fourteen: Test Bread or new Vegetable**

### Breakfast

Any approved breakfast

Or

Test 2 slices of Bread with 4 tbsp raw almond butter and 1 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](#)

### Snack

Carrots and Zucchini-nosh

Or

1 apple

### Dinner

Approved protein

Roasted, Sautéed or Grilled Vegetables that have been approved

Any approved lettuce with fresh herbs

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Suggested vegetables that are low reactive

1. Potato (Yukon gold, fingerling or red potato) test one cup work
2. Cooked fennel (1 cup worth- steamed and then sautéed)
3. Spinach (1 cup cooked – roughly 6 cups raw) this is a once a week option
4. Snow peas (test ½ cup)

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

### Breakfast

Flax Granola with 1 piece of apple or 1 pear

### Lunch

Carrot Ginger soup

Salad with 20-25 grams of vegetarian protein

### Snack

Low Sodium Potato chips and zucchini -noush

Or

1 cup blueberries

### 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

20oz of Cream of Broccoli Soup

Salad with 10-15 grams of vegetarian protein

### Snack

Carrots with ½ cup of TP hummus

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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

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

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1.5 oz low sodium or no salt potato chips with 1/4<sup>th</sup> 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

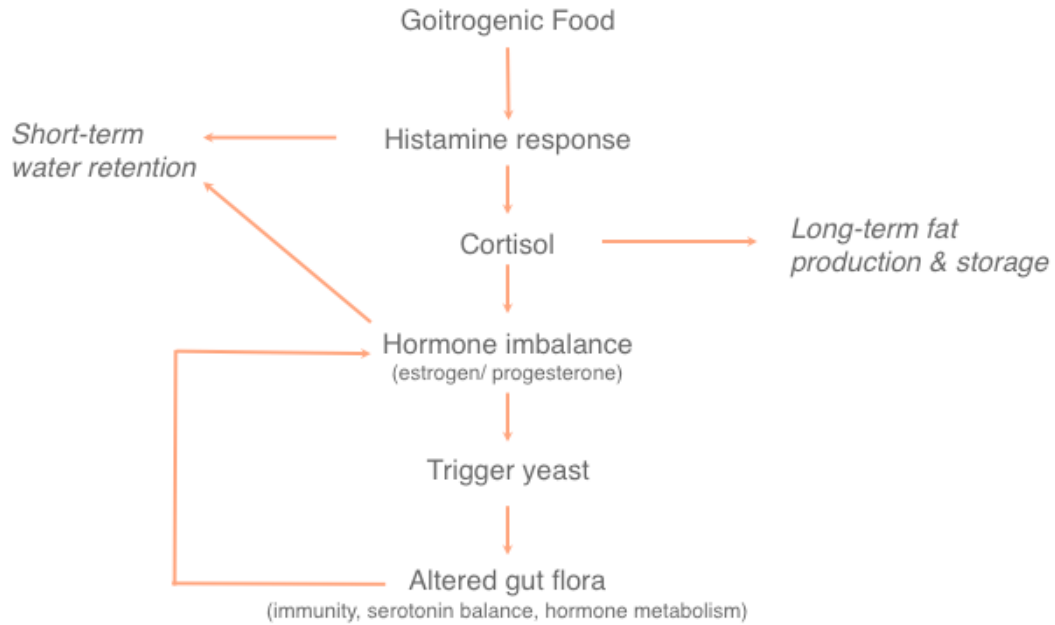
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## 3 Main Reasons Why a Food Can Be Reactive

### Thyroid Dysfunction



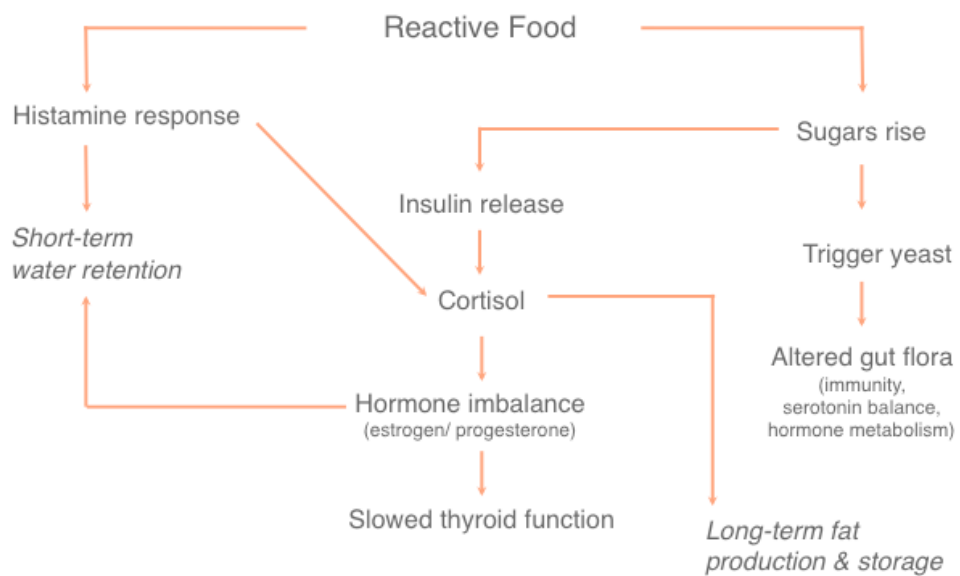
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## 3 Main Reasons Why a Food Can Be Reactive

### Insulin Response



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## 3 Main Reasons Why a Food Can Be Reactive

### Food Sensitivity

