

Amended Cheese-free Omnivore menu for Men, Days 5-11

Did you lose less than 0.4lbs on Day 4? If so you may have failed goat cheese.

That's ok you can test it on day 16 instead of the suggested test of testing pecans!

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 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

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 ½ cup
roasted broccoli
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-noush

Dinner

6 – 8oz of 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

Lunch

Leftover sautéed vegetables on a bed of green leaf with 1.5oz of sunflower seeds
Cream of Broccoli 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, 1.5 oz pumpkin seeds

2 cups of Roasted broccoli

Snack

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

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, 1 cup roasted broccoli and dried cranberries

Chicken Kale Soup

Snack

Carrots with raw almond butter

Or

1 apple with raw almond butter

Dinner

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

Approved cooked vegetables

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 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