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
Sautéd vegetables- broccoli, carrots, zucchini with garlic
Frisee and½ 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 ¼ 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