Ammended Cheese-free Omnivore menu for Women, Days 5-14

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 handful of sunflower seeds
16oz of Cream of Broccoli soup

Snack- ½ apple and pumpkin seeds

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

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 and 1 cup roasted broccoli
lemon basil escarole soup

snack- carrots and raw almond butter

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
Grated beet

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

Lunch
Leftover vegetables on a bed of green leaf with handful of sunflower seeds
Chicken Kale Soup

Snack- ½ cup blueberries

Dinner
Chicken with dill and lemon
Sautéed vegetables- broccoli, carrots, zucchini, with garlic
Baby romaine

Day Eight: Test New protein
Breakfast
The Plan Smoothie (10g)

Lunch
Leftover sautéed vegetables (on a bed of green leaf with a handful of sunflower seeds
Cream of Broccoli soup

Snack- carrots and raw almond butter
Or
Pumpkin seeds

Dinner
Test 4-6oz of a new protein on a bed of green leaf or frisée
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

Lunch
Baby Romaine grated carrots and pumpkin seeds
2 cups sautéed kale

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

Snack
Carrots and raw almond butter
Or
Low sodium Potato chips

Dinner
Test New Protein
Sautéed kale with onion, basil and fresh lime
Any lettuce used thus far with ¼ avo 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, ¼ avocado, sunflower seeds and dried cranberries
Chicken Kale Soup

Snack
½ apple with raw almond butter
Or
Pumpkin seeds

Dinner
Any approved protein
Sautéed zucchini and leeks
Any lettuce used thus far with ¼ apple and fresh herbs

Day Twelve: Test wild rice at lunch to replace goat cheese
Breakfast
Blueberry pear Compote

Lunch
1 cup wild rice with 1 cup broccoli and 1 cup kale
Salad with ¼ avocado

Snack
Carrots and zucchini noush
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

Lunch
Leftover vegetables with sunflower seeds, ¾ 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 noush

Dinner
Approved protein
Any lettuce used thus far with fresh herbs and optional radicchio with 2-4 cups approved cooked vegetables
Day Fourteen: Test New Vegetable

**Breakfast**
Any approved breakfast

*Or*
Test Bread with raw almond butter and ½ piece of fruit

**Lunch**
Salad and warm vegetables with 15 grams of vegetarian protein

*Example of hitting protein goals:*
- 2 cups sautéed kale and 1 oz pumpkin seeds
- 2 cups cream of broccoli soup and 1 oz sun seeds
- 2 cups chicken kale soup and 1 cup broccoli
- 1 cup wild rice and 1 oz almond slivers

**Snack**
Low sodium potato chips

**Dinner**
Approved protein

Approved protein
Roasted, Sautéed or Grilled Vegetables that have been approved

Any approved lettuce with fresh herbs

*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)