

## **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 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

#### 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 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

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 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 1oz 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

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)