

## 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 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