

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)