

# The Plan

FOOD IS YOUR MEDICINE



## Plan Guidelines: Dairy-free Men's 2021

All sauces are suggested. Please consult with your nutritionist if you would like to use other seasonings.

**Beet carrot salad**- grate 4-5 carrots and 1 small beet. Should make 4 servings- stores well in Tupperware for a week. Please dress with lemon and EVOO during the cleanse for best liver and gall bladder health

**Spices:** Please include these good digestive/anti-inflammatory spices whenever you would like. You can try most salt-free blends as long as they don't have paprika or licorice

- Basil, Black Pepper, Cardamom, Cayenne, Cinnamon, Cumin, Ginger, Rosemary, Turmeric
- Sea Salt – no salt until day 5

**Portions-** *Unless portions are noted, please eat until you are full*

- Nuts& Seeds: 1.5 oz

**Carrot ginger soup**- our anti-inflammatory soup and it freezes very well- please consult with your nutritionist on when it's best to use. Carrot soup does best when you have a protein rich breakfast, like flax or eggs.

**Snacks-** you may always replace snack that is mentioned with The Plan Trail mix- 1/4<sup>th</sup> cup sunflower seeds and 1/4<sup>th</sup> cup dried cranberries.

**Dessert- chocolate** is 1oz and please make sure it's below 65% and soy lecithin free- good brands are Whole Foods 365, Theo, and Alter Eco.

**EVOO-** You should be consuming 3-5 tbsp of extra virgin olive oil a day. **Why is EVOO so important?** The brain is 60% fat so we need good fats for cognitive functioning; our cell walls have a phospholipid barrier or immune function- EVOO is an omega 9 so it acts as a catalyst for anti-inflammatory omega 3 (present in your flax, chia and hemp seeds) and fat keeps you full longer!

**Please HYDRATE! Your baseline is half your body weight in ounces - the best way to do this is drink a pint all at once. Please drink water in-between meals, not during as drinking during meals can impair your digestion--If you can leave a 45 window before and after each meal that is ideal. Do not drink after dinner and try to finish all water intake by 7:30 or 3-4 hours before bed. Please do not drink over the recommended water amount as this will affect kidney function and will cause water retention.**

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## Supplements

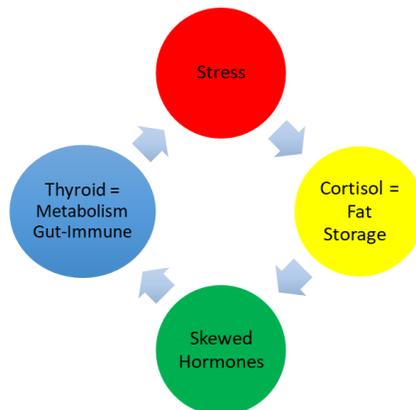
Our standard detox includes MSM, a probiotic and a supplement to mitigate the effects of stress. We recommend a stress reliever for everyone as cortisol greatly impacts weight loss and testing.

If stress tends to lead more to depression or anger, sam-e would be better.

If stress leads more to anxiety or disturbed sleep, then lemon balm would be better.

Magnesium citrate is great for occasional constipation, especially after a food reaction.

If you are using MSM and/or sam-e, there often time is no need for additional liver support as they both offer mild liver support.



Standard dosages:

- MSM - 6-week course; Standard dosage is based on weight (3,000mg up to 180lbs 4,000mg up to 400lbs 5-6,000mg over 300lbs)
- Probiotics - as needed (when you have a reaction)
- A stress reliever:  
SAM-e (if stress leads more to depression or anger) OR Lemon Balm (if stress leads more to anxiety or disrupted sleep)  
Standard dose for SAM-e is 600mg, 1x day, as needed. Standard dose for Lemon balm is 1500mg, 1x day at 5pm, as needed
- Magnesium Citrate CAPSULES (if constipation is an issue) - standard dose is 600mg to gently release

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## General Protein, Food and Testing Information

*For more information on general plan guidelines please reference the Intro to The Plan*

### Protein Ranges

Breakfast — 20-60 grams of protein

Lunch — 20-35 grams of protein (stay with 20-25g unless you are an athlete)

Dinner — 35-70 grams of protein

### Dense Food Guidelines

1 dense grain carbohydrate a day MAX (rice or bread)

1 animal protein a day MAX

1 bean a day MAX

*If you want to try more than one serving of these per day you can plug a larger portion in for a test day!*

### Combination Tests

Combining animal protein, grain or legumes together at the same meal is a test. Example: rice (grain) and chicken (animal protein) or bread (grain) and eggs (animal protein). Coconut Milk and animal proteins are a test.

### Good Low Reactive Sources of Protein: Aim for 20 grams of protein for lunch (unless you are an athlete)

**Broccoli**- 5 grams per cup- fine chopped

**Kale** - 6 grams per 2 cups cooked- fine chopped

**Sunflower seeds**- 6 grams per oz (good source of selenium and calcium)

**Pumpkin seeds**- 9 grams per oz (great source of zinc for your immune system!)

**Almonds**- 8 grams per oz

**Chickpeas**- 5 grams per 1/2 cup

**Rice** – 5 grams per 1 cup- this is a test on days when you have animal protein

**Chia**- 5 grams per 2 tbsp (A great source of omega-3's!) but keep to breakfast

**Cream of Broccoli Soup** – 10g per 20oz

**Chicken Kale Soup** – 12-13g per 20oz

**Raw Cashews** – 5g per 1oz (test)

**Lentils** – 9g per ½ cup

**Peas** - 9g per 1 cup

**Potatoes** – 5g per serving

**Wild Rice** – 5g per 1 cup

**Spinach**- 5g per 1 cup (cooked)

**Collards** - 5g per 1 cup

**Bread**- 3-4g per slice

**Flour** – approximately 13g per cup

**Most nuts** 5-7g per oz

**Animal proteins** – approximately 7g per oz

**Eggs** – 6g per egg

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## Tests

Never test when weight is up. Omit the test that day and come back to it later.

## Menus- raw and cooked vegetables

In winter, we always have either a cooked vegetable or a soup with lunch to aid digestion. Dinner always has at least TWO cooked vegetables (at least 2 cups), and a raw veg salad as raw vegetables contain enzymes. In summer, we MAY move to just salads with minimal amounts of cooked vegetables. If you feel that just having a salad makes you feel a little bloated increase the amount of cooked vegetables or add soups back in!

## Lettuce

Safe lettuces are baby romaine, boston lettuce, red leaf lettuces, green leaf lettuce, frisee, and small amounts of radicchio. All other lettuces are a test. Any mixed greens blend that has arugula, watercress, tat soi or spinach are a test. Colder vegetables like romaine and iceberg lettuce will slow weight loss or cause weight gain. Do not consume.

## Recipes

### ***Flax Granola***

*makes 2-4 servings – 35g protein per cup*

1 cup water  
2 cups whole flaxseeds  
1 tbsp agave nectar  
2 tsp ground cinnamon  
1 tsp ground cardamom  
1 tsp pure vanilla extract  
1/2 tsp nutmeg  
1/2 cup raisins

Preheat oven to 275F degrees. Combine water and flaxseeds in a medium bowl and mix well. Let sit for 30 minutes and mix again. Add agave, cinnamon, cardamom, vanilla extract and nutmeg to flaxseeds and mix thoroughly.

Spread granola in a thin layer on a baking sheet and bake for 50 minutes. Reduce oven temperature to 225F degrees. Cut sheet of granola into clusters, flip and bake an additional 30-40 minutes, until thoroughly dry. Add raisins and store in airtight container. Consume within 2 weeks.

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## **Carrot Ginger Soup**

*Recipe makes 5 quarts*

*It can be cut down or many clients love divide into portion out and keep in the freezer!*

- 1 tbsp ground cinnamon
- 1 tbsp ground cumin
- 1 tbsp freshly ground black pepper
- 1 tsp ground cloves
- 1 tsp cardamom
- 1/2 tsp turmeric
- 1/2 tsp allspice
- 7 quarts water
- 5lb carrots, chopped
- 2 large red onions, chopped
- 3 large zucchinis, chopped
- 8 cloves garlic, peeled
- 5 to 6 inches fresh ginger, peeled
- 2 tbsp extra virgin olive oil

Combine Cinnamon, cumin, black pepper, cloves, cardamom, turmeric, and allspice in a dry skillet over medium-low heat and cook, stirring constantly, for 30 seconds. IN a large soup pot, combine water, carrots, onions, zucchini, garlic, ginger, and olive oil; add toasted spices. Bring water to a boil and then let simmer for 45 minutes, until carrots are soft.

Reserve 2 to 4 quarts of the broth for future soup stocks. Transfer remaining soup to a blender in batches and puree.

Note: You can add one 14oz can of full-fat unsweetened coconut milk and 5 to 6 Vietnamese chili peppers while cooking for a creamier, spicier soup!

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## **Spicy Coco Sauce**

*This recipe makes 4 to 6 servings (1 1/2 cups). It can either be cut down or frozen for future meals. Many Planners freeze it in ice cube trays for a quick, flavorful solution for vegetable sautés!*

*\*\*Please note the pairing of coconut milk and animal protein is a separate test so resever this for vegetarian meals.*

3 tbsp extra virgin olive oil  
1 large onion, chopped fine  
4 to 5 cloves garlic, minced  
2-inch piece fresh ginger, peeled and grated (roughly 1 tbsp)  
2 tsp ground cumin  
1 tsp ground cinnamon  
1 tsp freshly ground black pepper  
1 tsp coriander  
1/2 tsp allspice  
1 (14 oz) can full-fat coconut milk  
4 tbsp Sriracha, or more for extra spice  
1 tbsp brown sugar  
Optional: 1 lemongrass stalk, cut into 1-inch pieces

In a large saucepan, heat olive oil over medium heat. Add onion and garlic and sauté until they start to turn brown. Add ginger, cumin, cinnamon, pepper, coriander, nutmeg, cardamom, and allspice and sauté for 1 minute at low heat, until spices start to smell fragrant. Add coconut milk, Sriracha, brown sugar, and lemongrass, if desired, stirring for 30 seconds. Reduce heat and simmer, stirring for every 5 minutes, for 15 to 20 minutes, so flavors can fully integrate. Remove lemongrass. Serve immediately or let cool and then freeze.

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## **Blueberry Pear Compote**

*(Makes 1-2 servings)*

*With almonds - 20g protein per serving*

1 cup blueberries

1 ripe pear

1-1 ¼ cups water

½ cup chia seeds (20g protein)

1/8 cup almond slivers (8g protein; omit if reactive to almonds)

1 tbsp agave

Cinnamon to taste- suggested ½ tsp can add cardamom, nutmeg, cloves too (all great digestives)

Chop the blueberries and pear and let simmer for 8-10 minutes in a pot of water with cinnamon and agave.

Remove pot from heat and add chia seeds, and stir frequently for 2 minutes. You can serve warm or refrigerate. The compote can also be frozen so feel free to make big batches.

Top with almonds.

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## ***Cream of Broccoli Soup***

*Makes 6-8 servings, 10 grams protein per 20oz*

- 3 tbsp butter (or evoo)
- 1 large onion chopped
- 1 tbsp dried sage
- 1 tsp cumin
- ½ tsp dried celery seed
- 2 cups homemade chicken broth (see The Plan Cookbook) or water
- 2 cups water
- 1 can full-fat coconut milk
- 8 cups broccoli, chopped (about 4 heads of broccoli)
- 4 cups zucchini, chopped (about 2 medium zucchini)
- 1 small to medium avocado
- 1 tbsp Sriracha -optional
- Ground black pepper to taste

Sautee onion and spices in 3 tbsp of butter (or evoo). Add in all ingredients and cook until vegetables are tender, approximately 25-30 minutes.

Add in avocado, blend and serve! For a less creamy soup, add more water.

## ***The Plan Smoothie***

*Makes 1 serving, 15g protein*

- 1 ripe pear
- ½ cup berries
- ¼ avocado
- 3 oz chia
- Rice Dream (RD) or Silk Coconut Milk (SCM)
- Option- 1 tsp honey or agave
- Option- vanilla extract or cinnamon

Fill Blender with enough RD or SCM to fill to 16 or 20 oz. Blend. Ice is not recommended if you have thyroid dysfunction.

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## ***Roasted Vegetables***

*makes 8 servings*

- 3 large carrots, sliced
- 1 large zucchini, cut into ½ inch chunks
- 1 red onion, cut into large chunks
- 1 head broccoli, cut into 2 inch florets
- 4 to 5 cloves garlic, peeled
- 3 tbsp evoo
- Fresh or dried Italian herb blend or herbes de Provence, to taste
- Sea salt and black pepper, to taste (omit salt until day 5)

Preheat oven to 375F.

In a large bowl, toss vegetables and garlic with oil, herbs and spices. Transfer to large baking sheet and bake for 35 minutes, until browned.

## ***The Plan Hummous***

*20g protein for entire batch*

- 2 cups drained well-cooked or canned low sodium chickpeas, liquid reserved
- ¼ cup extra-virgin olive oil, plus oil for drizzling
- 2 cloves garlic, peeled
- Sea Salt and freshly ground black pepper to taste
- 1 tbsp. ground cumin, to taste, plus a sprinkling for garnish
- Juice of 1 lemon

Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree. Taste and adjust the seasoning (you may want to add more lemon juice).

Serve, drizzled with the olive oil and sprinkled with a bit more cumin

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## ***Apple Streusel***

*Makes 2 servings; approximately 20g protein each*

### *Streusel Topping*

1 ½ cup almond flour

2 tbsp brown sugar

1 tsp cinnamon

¼ cup unsalted butter, room temp (you can use avocado oil to make it dairy free)

### *Apple Filling*

3 apples, cored and chopped into 1/2 inch pieces

1 tbsp brown sugar

1 tsp cinnamon

½ tsp cardamom

¼ tsp cloves

4 eight oz. baking ramekins

Preheat oven to 350F. In a small bowl mix all ingredients for streusel topping by hand or with hand mixer.

In a medium bowl combine all apple filling ingredients and mix well. Add apple mixture to mason jars and pack down with ½ inch of streusel topping. Bake for 25-30 minutes until streusel topping is lightly browned. Serve warm or refrigerate.

Top with almond slivers or 2 tbsp chia.

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## **Zucchini noush**

*No protein - I love babaganoush, but like many of my clients, I am reactive to eggplant. Subbing zucchini was a natural idea with summer's bounty and thus zucchini-noush was born!*

- ¼ cup extra virgin olive oil
- 1 large white onion chopped fine (approx. 2 cups)
- ¼ cup cumin
- 1 tbsp. pink Himalayan sea salt
- 1/8 cup water
- 5 large zucchinis chopped (approx. 10 cups)
- oil for baking sheet
- optional: 1 cup sunflower tahini

Add oil to a large skillet on medium heat and add onion, cumin and sea salt. Stir until spices are thoroughly mixed and then mix in water. Lower heat to lowest setting and let simmer for 30 minutes stirring often.

Add zucchini to the onion and mix well. Take zucchini/onion mixture and spread on a well-oiled baking sheet. Bake at 325F for 40 minutes.

Remove from zucchini from the oven and add to a medium mixing bowl. Mix well. The zucchini will break down to a chunky texture. Optional, add 1 cup sunflower tahini and mix well.

## **Sunflower Tahini**

*24g protein for entire recipe or 5g per 2 tbsp*

- 1 cup sunflower seeds (24g protein)
- ¼ cup extra virgin olive oil
- ¼ cup water
- 1 garlic clove, peeled
- 2 tbsp. lemon juice
- dash sea salt
- optional: add more water for creamier tahini

Add all ingredients to a food processor and blend until smooth, about 3 minutes. Serve immediately, or store and refrigerate up to 5 days.

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## ***Dairy- Free Plan Caesar Dressing***

*13-14g protein for entire recipe*

- 2 garlic cloves, chopped
- ¼ cup evoo
- ¼ cup hemp seeds (test)
- 2 tbsp lemon juice
- 2 tsp fresh black pepper
- 2 tbsp fresh dill or basil, *optional*

Soak garlic cloves in EVOO overnight. Add all ingredients to food processor with an S blade and blend until smooth. Add water as needed for lighter dressing.

## ***Chicken Kale Soup***

*12-13g protein per 20oz*

- 1 large white onion, chopped
- 1/8th cup dried basil
- 1/2 tsp pink Himalayan sea salt
- 1 tsp black pepper
- 1/2 tsp dried sage
- 3 liters water
- 1 tsp agave or honey
- 2 lbs. carrots, chopped
- 8 cups packed kale chopped
- 2 chicken thighs with the bone

¼ cup lime juice to finish

Add all ingredients to a soup pot, bring to a boil and then let simmer for 45 minutes. Take out chicken. Portion soup into 16 oz containers. Then remove chicken from bone and shred. Add one ounce of shredded chicken to each 16 oz container of soup. This is low reactive and will not test like 2 animal proteins!

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## ***Basil Escarole Soup***

*No protein*

- 1 large white onion, fine diced
- 1/8th cup dried basil
- 1/2 tsp pink Himalayan sea salt
- 1 tsp black pepper
- 1/4 cup evoo
- 1 liter homemade chicken stock or water
- 1 liter water
- 1 tsp agave or honey
- 2 lbs. carrots, chopped
- 8 cups zucchini pasta or 8 cups chopped zucchini, small
- 2 heads escarole, chopped

In a large soup pot sauté onion and basil in evoo. Add sea salt and black pepper and let simmer for 20 minutes. Add liquids, carrots and zucchini and let simmer for 20 minutes.

Add chopped escarole and let simmer an additional 10 minutes. Top with lemon or lime juice.

## ***Spicy Apricot Glaze***

*Makes 1 cup (approx. 8-10 servings)*

- 1/4 cup apricot jam
- 1/4 cup water
- 2 tbsp sriracha or 1 tbsp chipotle powder

Combine all ingredients and blend until smooth.

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## Day One

### Breakfast

1.5 cups Flax granola with 1 cup blueberries

Silk Coconut milk or Rice Dream- these will be your breakfast “milk” for the week.

### Lunch

20-24oz of Carrot ginger soup

2.5 cups of sautéed or steamed broccoli drizzled with EVOO and lemon juice

Baby Romaine with fresh herbs and 1.5oz sunflower seeds

### Snack

1 apple

### Dinner

Sautéed kale, 3-4 carrots, onion, zucchini, shiitakes, and broccoli with spicy coco sauce with 1.5oz of sunflower seeds

Grated Carrot and raw grated beet salad with your choice of herbs and 1.5oz of pumpkin seeds

**When you make the spicy coco sauce: make the sauce, add all the vegetables to it and let it simmer for 10 minutes.**

## Day Two: Almonds

### Breakfast

1.5 cups of Flax with 1 cup blueberries

### Lunch

20-24oz of Carrot ginger soup with 1.5oz of sunflower seeds

Baby romaine with ½ diced apple, ½ avocado

2.5 cups of steamed or sautéed broccoli

### Snack

1 pear with 16 almonds

### Dinner

Leftover sautéed kale and veggies with 1.5 cup basmati rice with 1.5oz of pumpkin seeds  
beet/carrot salad with and 1.5oz of sunflower seeds

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## Day Three: Chicken

### Breakfast

1.5 cups Flax with choice of 1cup blueberries or 1 pear

### Lunch

Baby romaine with carrots and 1.5oz of sunflower seeds (9g of protein)  
20-24oz of Cream of Broccoli soup (10-12g of protein)

### Snack

18-20 almonds

### Dinner

½ portion chicken (4 oz) with Italian herbs and lemon zest on a bed of baby romaine  
Oven roasted zucchini, broccoli, carrots, onions, garlic and Italian herb blend- finish with lemon juice and EVOO and fresh black pepper

## Day Four: Test ½ cup lentils *(you may now have one cup of coffee in the morning and wine at night with or after dinner)*

### Breakfast

1.5 cup flax Granola with 1 cup berries, 1 apple or 1 pear

### Lunch

Baby romaine with and 1.5oz of sunflower seeds (9g) and ½ cup well-cooked lentils (9g) and 2 cups of cooked kale (6g)  
*You may now use balsamic vinegar to make dressings.*

### Snack

Carrots with 3-4 tbsp raw almond butter  
Or  
Plan Trail Mix 1/4<sup>th</sup> cup sunflower and 1/8<sup>th</sup> cup craisins

### Dinner

6-8 oz of Chicken with lemon, garlic and rosemary  
Baby Romaine or frisee with carrots and ½ avocado  
Steamed or sautéed broccoli with yellow squash lemon and dill

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## 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

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## 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

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## 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

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## **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 Roasted Broccoli (10 grams)

Salad with 1/2 avocado and almond slivers (10 grams)

### 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

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## **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

Zucchini pasta

## **Day Fourteen: Test Bread or New Vegetable**

### 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 -optional

Salad with 20-25 grams of vegetarian protein

### Snack

Carrots and Zucchini-nosh

Or

1 apple

### Dinner

Approved protein

Roasted, Sautéed or

Grilled Vegetables that have been approved

Any approved lettuce with fresh herbs

#### 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

#### Suggested vegetables that are low reactive

1. Potato (Yukon gold, fingerling or red potato)  
test one cup worth
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)

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## **Day Fifteen: Test increased exercise time by 20%**

### Breakfast

Flax Granola with 1 apple or pear

### Lunch

Carrot Ginger soup- optional

Salad with 20-25 grams of vegetarian protein

### Snack

Low Sodium Potato chips and zucchini -noush

Or

1 cup blueberries

### Dinner

Chicken with spices of choice

Sautéed kale with onions and zucchini and new approved vegetable

Any approved lettuce with fresh herbs

## **Day Sixteen: Test new snack**

### Breakfast

Blueberry Pear Compote

Or

2 cups Apple Streusel

### Lunch

Basil escarole soup

Salad with 20-25 grams of vegetarian protein

### Snack

Test 1.5oz Pecans

Or

Test new fruit- 1 portion (ex: 1 cup mango or blackberries)

### Dinner

Approved protein

Steamed, Grilled or sautéed approved vegetables

Any approved lettuce with fresh herbs and grated carrots

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## **Day Seventeen: Test exercise up to 30 minutes Start working on your menus for days 21-25**

### Breakfast

Flax granola with 1 portion fruit

### Lunch

Carrot Ginger Soup- optional

Salad with 20-25 grams of vegetarian protein

### Snack

Any Approved Snack

### Dinner

Approved protein

Sautéed kale with yellow squash, leeks

Any approved lettuce with herbs of choice

## **Day Eighteen: Test new fruit or new restaurant**

### Breakfast

New Cereal with chia seeds, sunflower seeds and approved fruit

Or

Blueberry pear compote

### Lunch

Basil escarole soup

Salad with 20-25 grams of vegetarian protein

### Snack

1.5oz low sodium or no salt potato chips with 1/4<sup>th</sup> cup homemade guacamole

Or

New approved fruit

### Dinner

Test restaurant if you did not test fruit

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**Nineteen: Test Exercise up to 30 minutes**

**Start working on your menus for days 21-25**

Repeat favorite day thus far with most weight loss

**Day Twenty: No Test**

Repeat favorite day thus far with most weight loss

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## **Phase 2: Making Choices**

*Please create your own menu using this template as a guideline, e-mail it back to me and I will review it with you and put in your file.*

### **Optimal Rotation of Protein**

chicken 3x a week- every other day

lamb - 3x a week- every other day

eggs- 3 x a week every other day

beans- 3x a week- do not have more than once daily

duck breast- 2-3x a week every other day

fish and seafood - 2 x a week 3 days apart

pork- 1-2 x a week

steak 1x a week

veal- VERY high reactive

### **Vegetable Rotation**

Program your meals so that you do not repeat vegetables. For example, if you have broccoli at lunch, do not have broccoli at dinner. Try to always have at least 2 cooked vegetables with your dinners.

### **Seeds and Nuts**

Try to start programming seed free lunches and dinner or test alternate seeds and nuts

### **Testing New Lunch Options**

You can test 1 cup of lentils and 2 cups cooked kale (21 grams). An fyi beans and broccoli is a test as it can cause too much gas in some people. We try to, at this point, start having seed free lunches and dinners to give your body optimal rotation.

Peas are another vegetable I like people to test at lunch only- 1 cup is 9 grams of protein and could replace pumpkin seeds. If you are very active, testing rice would be good on your workout days as a breakfast or lunch option. Rice and fish in the same day is an easy pass- rice and other animal protein in the same day is a harder test to pass.

Wild rice is a good test too with a 1 cup equaling roughly 8 grams of protein. Wild rice is a grass not a grain so may be easier to have on days you have animal protein.

### **Portions**

All the portions we use on the plan are the least reactive amounts. If you would like to use larger portions please test them first. Nuts and seeds should be 1 oz per portion. Only

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consume the seed once during the day ex: if you have sunflower seeds at breakfast do not have at lunch or dinner

## Natural Sugars —

Most people do well with moderating their intake of natural sugars such as fruit, potatoes, sweet potatoes and winter squashes. Roasted vegetables fall into this category as well, as the natural sugars are increased when cooked for a long period of time. Find your own balance by starting off with roasted veggies twice a week.

Carrot Ginger soup does best after a high protein, low sugar breakfast like flax.

## Combination Tests

Combining animal protein, grain or legumes together at the same meal is a test. Example: rice (grain) and chicken (animal protein) or bread and eggs is a test as well.

Coconut Milk and animal proteins are a test. Coconut milk and fish or seafood is a low reactive test. Rice is a high reactive test with most proteins (even in different meals) including beans, with the exception of fish and seafood which is a lower reactive test.

Bread and potatoes do well with animal protein (with the exception of eggs) and the pairing of potatoes and animal protein is not a test.

In winter we always have either a cooked vegetable or a soup with lunch to aid digestion. Dinner always has cooked vegetables and a raw veg salad as raw vegetables contain enzymes.

Cooked vegetables aid digestion, just eating raw vegetables will hamper digestion. When you hamper digestion, you will experience weight gain or weight stabilization. Men should have at least 3 cups of cooked vegetables with their meals.

## Time to get started!

- Create a list of all the foods that have worked for you
- Create a list of foods that are mildly inflammatory and please limit their usage to once every 7-10 day and always follow with a friendly day
- Retest all foods that tested as inflammatory in 3-6 months. You may be able to reduce sensitivity to this food and have on occasion, always follow with a friendly day

## Protein Ranges

Breakfast — 15-60 grams of protein (use higher numbers if you are an athlete)

Lunch — 20-35 grams of protein (use higher numbers if you are an athlete)

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Dinner — 35-70 grams of protein

## **Dense Food Guidelines**

1 dense grain carbohydrate a day MAX (rice or bread)

1 animal protein a day MAX

1 bean a day MAX

*If you want to try more than one serving of these per day you can plug a larger portion in for a test day!*

## **Day 1 (No test)**

*Using the outline below, create a menu using your friendly foods.*

### Breakfast

Easy sources of protein are flax, seeds, nuts and nut butters, grain cereals, milk

Have with ½ piece of fruit

### Lunch

Create a salad with 25-35 grams of protein

*In winter add a soup or cooked vegetable to enhance digestion*

### Snack

Insert your favorite snack —having more than 1.5 oz of dairy is a test

### Dinner

Approved protein

Approved salad

Approved cooked vegetables

*In winter, dinner always has cooked vegetables and a raw vegetable salad as raw vegetables contain enzymes that support digestion.*

## **Day 2 (Test Exercise or Test New Vegetable)**

### Breakfast

Easy sources of protein are flax, seeds, nuts and nut butters, grain cereals, milk

Have with 1 piece of fruit

### Lunch

Create a salad with 20-35 grams of protein

*In winter add a soup or cooked vegetable to enhance digestion*

### Snack

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Insert your favorite snack —having more than 1.5 oz of dairy is a test

## Dinner

Approved protein

Approved salad

Approved cooked vegetables

## **Day 3 (No test)**

*Follow the guidelines of Day 1 to create another friendly menu.*

## **Day 4 (Test new breakfast item)**

*Using the outline below, create a friendly menu but test a new breakfast item. Ideas are whole or lactose free milk, eggs or new fruit.*

## Breakfast

Easy sources of protein are flax, seeds, nuts and nut butters, grain cereals, milk

Have with ½ piece of fruit

## Lunch

Create a salad with 20-35 grams of protein

In winter add a soup or cooked vegetable to enhance digestion

## Snack

Insert your favorite snack —having more than 1.5 oz of dairy is a test

## Dinner

Approved protein

Approved salad

Approved cooked vegetables

## **Day 5 (No test)**

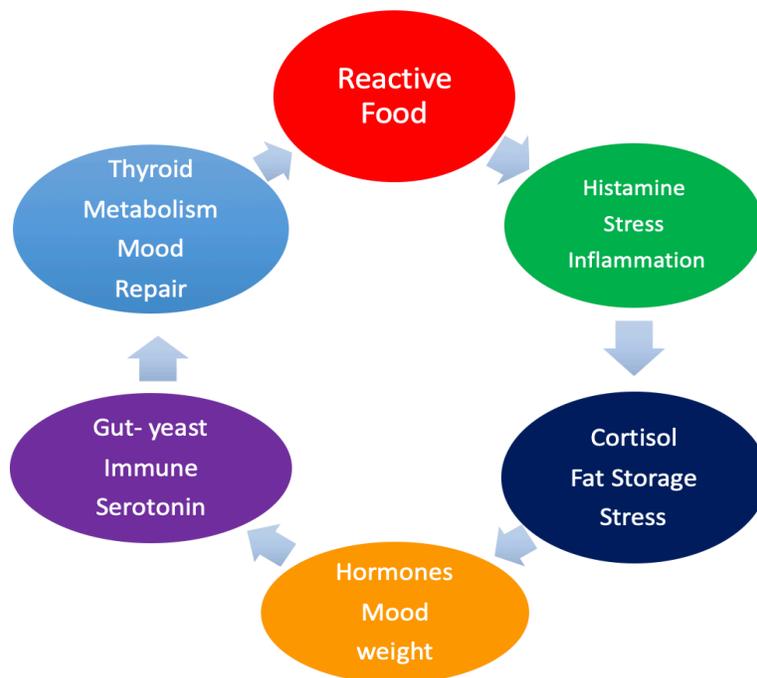
*Follow the guidelines of Day 1 to create another friendly menu.*

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## Reactive Food Negative Feedback Loop



## Over-Exercise Negative Feedback Loop

