

Your meal plan for the next 30 days:

Your effort is to eat Healthy foods and abstain from “party foods.” For example it the apple verses the apple pit; a plain potato and steam vegetables instead of French fries. You cannot have any beef or pork, only fish, turkey meat, or chicken.

Guidelines:

Plenty of pure water:

Fruits: apples, oranges, pears, grapes, raisins, etc.

Natural Fruit Juices: All kinds of natural fruit juices are good; however, unfiltered apple juice is the best. (Dilute with pure water)

Vegetables: green leafy lettuce, spinach, broccoli, cauliflower, squashes, root, vegetables, green beans, tomatoes, and other natural veggies.

Whole grain products: noodles, pasta, made with whole wheat or spinach, barley, natural brown rice, and wild rice.

Cereal: oatmeal, cream of wheat, whole grain rice cakes, granola and whole wheat crackers. (Akamak brand is good)

Nuts: almonds, cashews, peanuts, sunflowers, etc.

Beans: red beans, pinto beans, lentil beans, soy beans, etc.

Seasoning: salt, pepper, tomato sauce, tomato paste, soy sauce, vinegar, garlic, olive oil or any of good quality. Watch for added sugars and sweeteners in ingredients.

You should exclude the following from your meal selections:

- Soda
- Coffee
- Dessert
- Candy
- Sugar
- Bread
- Dairy Products
- Potato Chips, Popcorn, and Snack Food Products
- “Comfort Foods”

Health food stores like Trader Joe’s Market, Henry’s, Whole foods, have good prices on many items and they carry whole grain products, nuts, produce, and unfiltered fruit juices.

Breakfast: green tea, egg whites, fruit, oatmeal, rice cake

Lunch: Nuts, steam veggies, chicken breast, salad with vinegar dressing, fruit

Snack: fruit, nuts,

Dinner: Fish, chicken, Turkey, bean etc.

14 Day Meal Plan

Day 1

Breakfast:

Soymilk, oatmeal, banana

Lunch:

Black beans, avocado, banana, lettuce

Dinner:

Soybean, curd, rice, broccoli, carrots, cauliflower, peppers, olive oil

Snacks:

Almonds, orange, juice, apricot,

Day 2

Breakfast:

Total, orange, banana, raspberries, dandelion, greens

Lunch:

Almonds

Dinner:

Salmon, Brazil nuts

Snacks:

Soymilk, strawberries

14 Day Meal Plan

Day 3

Breakfast:

Soymilk, raisin, bran, orange juice

Lunch:

Peanut butter and jelly sandwich, flax seeds, apricot, apple

Dinner:

Salmon, spinach, carrots

Snacks:

Almonds, peanuts, apricot, raisins, apple, banana

Day 4

Breakfast:

Soymilk, protein, powder, almonds, apple, banana

Lunch:

Salmon, pear, spinach, broccoli, mixed vegetables, flaxseed oil

Dinner:

Pear, tuna, carrots, vegetable combinations

Snacks:

Soymilk, protein powder, almonds, raisins, banana

14 Day Meal Plan

Day 5

Breakfast:

Soymilk, protein powder almonds, apple, banana

Lunch:

Salmon, pear, spinach, broccoli, mixed vegetables

Dinner:

Tuna, pear, carrots, vegetables combinations

Snacks:

Soymilk, protein powder, almonds, raisins, banana

Day 6

Breakfast:

Soymilk, oatmeal, banana

Lunch:

Black beans, avocado, banana, lettuce

Dinner:

Salmon, rice, broccoli, carrots, cauliflower, peppers, olive oil

Snacks:

Almonds, orange juice, apricot

14 Day Meal Plan

Day 7

Breakfast:

Soymilk, flaxseeds, oatmeal, banana, strawberries, apple juice

Lunch:

Black beans, tortilla, avocado, banana, endive, spinach, carrots, and tomatoes

Dinner:

Spaghetti with tomatoes sauce, apricot

Snacks:

Soybean curd, almonds, orange juice, tomato and vegetable juice

Day 8

Breakfast:

Flaxseeds, waffle, all-bran with extra fiber, wheat germ, banana

Lunch:

peanut butter and jelly sandwich, orange, orange juice

Dinner:

Spaghetti with tomato sauce

Snacks:

Almonds, peanuts, apricots, raisins, apple, carrots

14 Day Meal Plan

Day 9

Breakfast:

Flaxseeds, waffles, all-bran with extra fiber, wheat germ, apple juice

Lunch:

Peanut butter and jelly sandwich, apple

Dinner:

Sesame seeds, spaghetti with tomato sauce, orange, lettuce

Snacks:

Almonds, peanuts, apricot, raisins, carrots

Day 10

Breakfast:

Soy milk, flax seeds, oatmeal, rice krispies, orange, blueberries, coffee

Lunch:

Tuna salad sandwich, lettuce

Dinner:

Soy milk, fish, rice, beans, corn

Snacks:

Almonds, apple

14 Day Meal Plan

Day 11

Breakfast:

Soymilk, protein powder, almonds, apple, banana

Lunch:

Salmon, pear, spinach, broccoli, mixed vegetables,

Dinner:

Tuna, pear, onions, vegetable combinations

Snacks:

Soymilk, protein powder, almonds, raisins, banana

Day 12

Breakfast:

Soymilk, protein powder, almonds, apple, banana

Lunch:

Salmon, pear, spinach, broccoli, mix vegetables, flaxseed oil

Dinner:

Tuna, lemon juice, apple, pear, onions, vegetable combinations, mayonnaise

Snacks:

Soymilk, protein powder, almonds, raisins, banana

14 Day Meal Plan

Day 13

Breakfast:

Flaxseeds, waffle, all -bran with extra fiber, wheat germ, banana

Lunch:

Peanut butter and jelly sandwich, orange, orange juice

Dinner:

Spaghetti with tomato sauce

Snacks:

Almonds, peanuts, apricot, raisins, apple, carrots,

Day 14

Breakfast:

Soymilk, oatmeal, banana

Lunch:

Black beans, avocado, banana, lettuce

Dinner:

Soybean, curd, rice, broccoli, carrots, cauliflower, peppers, olive oil

Snacks:

Almonds, orange, juice, apricot,

week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Scrambled eggs 2egg whites 1whole egg 2tblsp soyrizo 1/2 cup kale Add some salsa if you like.	6oz of yogurt 1 apple 1 pear 10 baby carrots	2hardboiled eggs 1 small diced sweet potato	Fruit Salad from yesterday's lunch	Egg fried "rice" Fried 1/4 cup of yam w/olive oil 1/2 cup cabbage 2eggs scrambled Everything diced and mixed for flavor. Ad spice / hot sauce.	.5 cup strawberries .5 cup blueberries 1/4 cup kale	Scrambled eggs 2egg whites 1kiwi
Lunch	Salad 1/2 avocado 1 orange 1/2 head of romaine lettuce 1/8 cup of olives lemon/olive oil dressing	3 Turkey wraps 6 deli cuts of turkey 3 lg. Romaine lettuce leaves mustard	*Fruit Salad 1 apple .5 cup pineapple 1 mango 1/2 cup grapes .5 c strawberries 4 oz grilled chkn	4oz grilled chkn 1/4 c green beans mango salsa	1apple 1 plum 1/2 avocado	Fasting Time	Turkey burger 4oz ground turkey 2lg portobello mushrooms for buns Mix cilantro, onion & cayenne pepper into turkey
Dinner	Tuna Salad 6oz tuna chopped celery chopped cilantro chopped jalapeno grilled onion light mayo drizzle olive oil	Full plate of spinach 2 grilled fish fillets	Baked Pork loin or crock pot cooked pork loin 1/4 c cauliflower 1/4 cup broccoli	Steak kabobs 8oz lean diced steak bell pepper onion, zucchini Marinade (olive oil, lemon, soy sauce)	Fish Fajitas 6oz grilled fish Grlld bell peppers Grilled onions Grlld mushrooms	Crockpot Meatballs 2 2oz ground beef meatballs (no salt seasoning) Broccoli, bok choy & tomatoes (1/4 c each) Add salsa when served	Vegetable Soup 1/4 c diced onion 1 sliced carrot 1 med. Zucchini 2tsp parsley 2c vegetable broth 1tbsp olive oil 3oz shredded chkn
Snack	10 cherry tomatoes	10 almonds	Sliced large cucumber w/ lime and hot sauce	As many celery sticks as you want 6 almonds	Sliced Zucchini 1 fruit of your choice	1oz dark chocolate	2 chkn wings w/Frank's Red Hot Sauce
	*Indicates eating half of the recipe and saving half for another time. c Indiacates a portion of a cup of the item that follows.						

Flexible Meal Plan

<p><u>Breakfast:</u> Protein Choices:</p> <p><u>Choose one of the following</u> 1 egg +3 whites 2 whole eggs 3 slices Applegate Farms turkey bacon 3 Applegate Farms breakfast sausages 2 oz of leftover meat from night before</p>	<p><u>Lunch and Dinner</u> Protein Choices:</p> <p><u>Choose one of the following</u> 3 oz chicken (dark or white meat) 3 oz turkey (dark or white meat) 3 oz fish (tuna only 1 x per week) 2 oz beef or bison (lean variety)</p> <p>Enjoy over a large salad that is made up of any of the following:</p> <p>Any type of lettuce (except iceberg, it has no nutritional value).</p> <p>Celery, peppers, cucumbers, tomatoes</p>	<p><u>Snacks</u> Protein Choices:</p> <p><u>Choose one of the following</u> 2 Tbsp. natural, raw almond butter 1 oz raw almonds 1 oz raw walnuts 2 hard boiled eggs 2 oz sliced turkey breast 2 oz sliced chicken breast</p>
<p>Vegetable Choices:</p> <p><u>Choose one of the following</u> 1 cup cooked broccoli 1 cup cooked cauliflower 1 cup sautéed spinach 1 cup steamed asparagus</p>	<p>Vegetable Choices:</p> <p><u>Choose one of the following</u> 1 cup cooked broccoli 1 cup cooked cauliflower 1 cup sautéed spinach 1 cup steamed asparagus</p> <p><u>Dressing:</u> Bragg Organic Apple Cider Vinegar 2 Tsp. Extra Virgin Olive Oil or Flax Seed Oil. Spices Sea Salt, Italian Seasonings to taste.</p>	<p>Vegetable Choices:</p> <p><u>Choose one of the following</u> 6-7 Baby Carrots' ½ Sliced red, yellow or green bell pepper 1 cup raw broccoli 1 cup raw cauliflower</p>
<p>Fruit Choices:</p> <p><u>Choose one of the following</u> 1 green apple 1 pear ½ medium banana</p>	<p>Fruit Choices:</p> <p><u>Choose one of the following</u> 1 cup grapes 1 cup mixed berries 1 orange</p>	<p>Fruit Choices:</p> <p><u>Choose one of the following</u> 1 green apple 1 cup strawberries 1 cup blueberries</p>