

Chapter 20- Menus, Meal Ideas, and Recipes

Meal Ideas

BREAKFAST: DON'T LEAVE HOME WITHOUT IT

If you want to eliminate cravings, breakfast is the most crucial meal for you. Too many people grab a quick muffin or bagel and coffee on the way to work, starting the cycle of craving sweets and starches that leads to blood sugar instability and more craving. Start your day right, with a nutritious breakfast. Here are some suggestions.

Smoothies

Smoothies, or fruit blender drinks, are delicious and easy-to-digest meals in a glass. They can be terrific balanced protein-carbohydrate-fat beverage. Use milk, yogurt, or coconut milk (not fruit juice or rice milk, because of high sugar content), then blend in whole fruit. For protein, add nuts or seeds and protein powder.

Fresh fruit is best, but frozen fruit can be added all year round and is excellent in smoothies. Totally frozen smoothies may be too cold for your body to handle, especially in the cooler months of the year or first thing in the morning (You don't want to freeze your kidneys!)

Other Quick and Delicious Breakfast Ideas

- Have a bowl of cottage cheese (1 cup) with sliced fruit and a few almonds or sunflower seeds.
- Make a base of 1/2 cup rice or corn tortilla (heat in skillet with a few drops of water and the lid on). Top with some of the following:
 - Leftover turkey or chicken, with tomato, avocado, onion, and lettuce
 - Hummus (garbanzo bean spread/dip)
 - Crumbled hard boiled egg
- Cream of Rice cereal, or soft, hot polenta with a dash of cinnamon or nutmeg, plus and or all of the following sources of protein:
 - Protein powder
 - Raw nuts or seeds
 - Coconut milk, seed or nut milk
 - Protein powder, yogurt, or cottage cheese, or an egg (stir in just before removing the cereal from heat so egg will cook)
- Two or Three eggs (including the yolk) with one of the following:
 - Polenta and tomato sauce
 - Vegetables, scrambled with the eggs (you can use leftovers or frozen mixed vegetables, if needed, to make this faster). Saute 1 to 5 cups (measured when raw) zucchini, tomatoes, onion, or other veggies, using

extra virgin olive oil or butter (with a little broth or water, if needed). Then add potatoes or whole grain toast.

LUNCH IDEAS

Lunches you make yourself are a sure way to get the foods you want to eat while sticking to your master plan. If you have a refrigerator available where you work, store an assortment of raw veggies, some cooked poultry or meat (not lunch meat), cooked beans, and a salad dressing to be assembled into a large mixed vegetable salad with protein from home and store it till lunch. Even if you don't have a fridge available, you can bring your lunch to work, school, or any other outing in one of the insulated containers made for that purpose. Alternatively, you could bring soup in a wide mouthed Thermos bottle.

SELECT A SALAD

Salads are a great way to enjoy all your food groups and get the nutrients you need. They're also easy to make, lovely to look at, and delicious when made fresh. Using the following chart for hundreds of salad variations.

For a complete meal salad: Select items from lists 1,2,3,4, and 5 and combine for a salad that is a satisfying meal.

For a side salad to go along with a protein entree: Select from lists 1,2,5 and if there's no other starchy carb in the meal, 3.

List 1: (2 cups or more from this list)

- Green Leaf or red leaf lettuce
- Spinach
- Romaine lettuce
- Arugula
- Mesclun
- Other mixed greens
- Cabbage
- *or omit this list and use 1 more cup from list 2*

List 2: (One cup or more from this list)

- Raw broccoli or cauliflower
- Steamed broccoli, asparagus, green beans, or cauliflower
- tomatoes
- cucumber
- bell peppers
- avocado

- carrot, sliced or grated.

List 3 (1/2 cup from this list)

- Green peas
- Black-eyed peas; lima, kidney, garbanzo, cannellini, black, or pinto beans
- Corn, rice or other cooked grains
- cooked potatoes or sweet potatoes

List 4 (3/4 cup or more from this list)

- Roast beef, chicken, or turkey
- 1/4 cup of nuts, and/or seeds
- Cottage Cheese
- 1/4 cup of feta cheese
- 1/2 cup of beans or peas

List 5 (2 tbs. from this list)

- Vinaigrette
- Vegetarian caesar salad dressing
- other salad dressing with good oils and no sugar.

CONSTRUCT A SANDWICH

1. Start with rice toast or other whole grain bread served open faced.
2. Add hamburger or tuna, chicken, or turkey salad.
3. Top with quality lettuce
4. Stack on raw veggies (for ex. onions, tomatoes, carrots, celery, cucumber, red bell peppers).
5. Enjoy!

DELICIOUS VEGETABLE-PROTEIN SUGGESTIONS

- Bean-, nut-, and/or rice stuffed vegetables (zucchini, squash, tomatoes, bell peppers, or some other). Be sure to count your protein grams to be sure you get enough.
- Vegetable stew or soup served with a palm size piece of meat, or grated parmesan cheese stirred into the soup.
- Steamed, raw, or roasted vegetables topped with melted cheese.
- Egg and vegetable frittata
- Stir-fry veggies and 3-4 oz of meat, poultry, fish, or shrimp.
- Shish kebob

SOUP SUGGESTIONS

- Split pea (with curry powder), Lentil (with tomato), Black bean (add mexican seasoning)
- Vegetable: Used mixed vegetables, or feature a single vegetable (leek, onion, peas, spinach, watercress)

- Chicken or turkey and rice or potatoes with other vegetables
- Minestrone without pasta -- the traditional way
- Vegetarian Stock: Blend cooked garbanzo beans with lemon zest and cumin; add Bragg Liquid Aminos and water to taste. Use as a stock for cooking green veggies (snow peas, snap peas, summer squash, and others).

PASTA, POLENTA, AND RICE SUGGESTIONS

- Soft polenta (or warmed leftover or store bought polenta, slices) with vegetables, tomato sauce, and meat, fish, or chicken
- Pasta with vegetables, tomato sauce, and feta cheese

Note: Do not use white flour pasta. Try corn, rice, bean thread, yam, or quinoa, 100 percent buckwheat soba (12 percent protein), or others made with whole wheat flour (if you tolerate it well).

TOPPINGS FOR VEGETABLES

If your aren't used to eating lots of vegetables, you have a lot to discover about easy preparation methods that give veggies a new twist. Try these for a treat.

- Olive oil. Good on everything
- Tomato sauce with sheep or goat feta and/or pumpkin seeds. Good with steamed zucchini or other squash.
- Butter and lemon juice. Wonderful with broccoli or asparagus.
- Fresh herbs. Try dill on carrots, or mint with peas.
- Garlic. Spinach or other greens are delicious sauteed until tender in a little olive oil with minced or crushed garlic.
- Almond, cashew, or sesame butter. Make it into a sauce by blending it with a little water-- great on green beans.
- Mustard or horseradish sauce. Mix powdered mustard or horseradish with a little water and oil. Either is a good with broccoli or asparagus, especially when served with beef.
- Yogurt with fresh herbs, salt, pepper, and garlic. Delicious mixed with green beans, broccoli, and onion.
- Avocado Dressing. This can be made quickly in a bowl. Mash an avocado with a fork. Add about 2 tbs. olive oil or 1/4 cup yogurt, a little garlic, salt, pepper, herbs (cilantro or parsley is good), and a lemon juice to taste. A thinner dressing can be made by adding more yogurt and/or use a blender.
- Bragg Liquid Aminos and pepper
- Bragg Liquid Aminos and lemon juice
- Homemade oil-based salad dressing. Quickly makes brussels sprouts, broccoli, cauliflower, or green beans something special.

BREAKFAST

PROTEIN SMOOTHIE

As a base, choose one of the following:

8 oz of whole-fat cow's or goat's milk, yogurt or kefir (unsweetened), or 4 oz of coconut milk (plus water if more liquid is needed)

Pour into blender

Add:

1/2 banana (or 1.2 cup pumpkin, sweet potato, or winter squash) and other fresh fruit, such as 1/2 cup berries or a peach

2 tablespoons pea, rice, or whey protein powder (20-30 grams protein)

Plus any or all of the following

1 teaspoon to 1 tablespoon of nutritional yeast

Some leafy greens, like chard, spinach, or beet tios

2 tablespoons flaxseeds

Blend well. Drink and enjoy!

Note: Do not use milk, yogurt, or whey if you have milk intolerance, Limit protein powder to once a day.

SEED OR NUT MILK

A half cup of seeds will usually make 2 cups of seed milk, which will keep two to three days in the refrigerator.

**1/2 cup sunflower seeds, pumpkin seeds, pine nuts, fiber nuts, and/or almonds
2 cups water**

Soak the seeds or nuts overnight in enough water to cover them. Drain off soaking water and put nuts or seeds in blender with enough fresh, cold water to cover. Blend into cream. Add water to the blender until the milk is a texture that you like. If you like an ultra smooth consistency, strain the seeds, add more fresh water, and blend again.

NUT MILK SHAKE

This occasional variation is especially good for building up your serotonin level, and the pumpkin is a good alternative to fruit.

Liquid base of 1-2 cups seed or nut milk; or two tablespoons raw tahini; or 1/4 cup soaked seeds blended in 1/2-3/4 cup water; or 3 tablespoons coconut milk (frozen in ice cube trays if you like cold smoothies)

Into this base add:

1/2 banana (yellow, not overripe, frozen or fresh)

1/2 cup fruit (such as frozen or fresh berries or apple) or cooked or canned pumpkin (if fruit is too sweet for you)

2 tablespoons protein powder

Nutmeg, cinnamon, cloves, fresh ginger, or other spices to taste

Place ingredients in a blender and blend until shake reaches a desired consistency. Add water or ice to create a texture you like.

QUICK HOT CEREAL

1/2 cup quinoa flakes (or polenta, or blender-ground cooked [leftover] brown/red/wild rice)

1 cup water

Pinch of Salt

Add quinoa to boiling water. Return to boil and cook 90 seconds, stirring often. Makes 1 cup, which is one serving. You can flavor your hot cereal with tahini, chopped almonds, protein powder, cinnamon, ground flaxseeds, or butter.

Note: Make a double batch; leftover cereal can be heated the next day by adding a little water or milk.

FRUIT BOWL

Place in blender:

2 pieces of fruit (e.g, 1/2 large banana or 1 cup berries or papaya)

1/3 cup nuts or seeds soaked overnight

2 tablespoons protein powder

Your favorite spice (e.g., cinnamon, nutmeg)

Just enough water to blend into a creamy sauce (start with a couple tablespoons)

Blend half the fruit with all other ingredients until it is as smooth as you like, adding more water if mixture is too thick to suit you. Pour it over the remaining fruit cut into cubes and placed in a bowl.

EGG AND VEGETABLE PIZZA

1/4 onion chopped

1 cup kale or 1/2 cup other vegetables chopped

2 tablespoons butter or ghee

3 whole eggs, well beaten

2 tablespoons crumbled sheep's or goat's milk feta (if tolerated)

Saute onions and vegetables in the butter in a small ovenproof skillet. (if using leftovers, add them when onions are translucent.) Add the eggs and the cheese and cook without stirring, tilting the skillet while lifting the edge of the cooked egg with a spatula, allowing uncooked egg to flow underneath. When no more uncooked egg will flow, put under a broiler until top begins to brown, 1 to 2 min.

LUNCH OR DINNER

PROTEIN SALAD

Place your protein salad on top of a side salad, on a piece of bread with lettuce and tomato, or on half a red bell pepper or avocado.

Salmon, chicken, turkey, or egg salad: Chop 3-4 oz or 3 boiled eggs and mix with:

1 to 2 tablespoons of mayonnaise

1 teaspoon mustard

2-4 tablespoons mashed avocado

Any of the following, chopped: Red onion, scallion, parsley, pine nuts, red bell pepper, cilantro, basil, or other herbs

Alternative Ingredient suggestions:

- Sheep feta, walnuts, and canned organic cannellini beans
- garbanzos, goat cheese, mint, and pine nuts
- White beans, sage, goat gouda, and roasted peppers

VEGETARIAN CAESAR SALAD DRESSING

This dressing can be stored in the fridge in an airtight container for about a week. (top with parmesan cheese if your tolerate it.)

In a blender, puree the following ingredients:

1 cup olive oil

1 teaspoon Dijon mustard

2 teaspoons brewer's yeast

1 teaspoon capers

2 teaspoons water

1 teaspoon vegan Worcestershire sauce

1/2 cup lemon juice (about 2-3 lemons)

SESAME TAHINI SAUCE OR DRESSING

Make this thick (1/2 cup water) for a sauce for Falafel Patties, or thin for a salad dressing on tomatoes, cucumbers, red onion, grated carrot, and/or beets with arugula and/or chopped romaine.

3/4 cup tahini (sesame butter), well mixed
2 cloves garlic, crushed
1/4 cup lemon juice
Salt to taste
1/2 cup-1 cup water as needed (more for dressing, less for sauce)

Stir or puree in a food processor. Add mint and/or any other fresh herbs you like.

AVOCADO DRESSING

Juice of 2 fresh limes
3 small avocados
1 clove garlic
2 scallions chopped
1/2 cup water
1 jalapeno pepper seeded
1 tablespoon fresh cilantro
Salt and pepper

Puree the ingredient in a blender or food processor. Season with salt and pepper, and serve on your favorite salad.

PERFECT BLENDER MAYONNAISE

Makes about a 1 and 1/4 cups

Combine in a blender jar:

1 large egg
1 tablespoon apple cider vinegar
1/2 teaspoon dry mustard
1 cup extra virgin olive oil
1 tablespoon lemon juice

Combine first 4 ingredients in a blender jar, cover, and blend 5 seconds. With blender running on the *slowest speed* add 1/2 cup extra virgin olive oil in the thinnest stream you can, aiming for halfway between the side of the jar and the vortex in the middle. Add the lemon juice. Gradually add 1/2 cup more olive oil until blended. If the oil stops moving into the center, stop the blender and break the surface tension using a

spatula, or turn the blender off and on again. Store up to four weeks in a tightly covered jar in the refrigerator.

RED QUINOA TABOULI

Serves 3-4

2 cups water
1 cup red quinoa (white will do if you can't find red)
3 firm ripe tomatoes, chopped (2 cups)
1 cucumber, peeled and chopped (1 cup)
2 tablespoons fresh mint, minced
1 1/2 cups parsley chopped
1 cup scallions
1 can garbanzos, drained and rinsed
1/2 cup fresh lemon juice
1/2 cup extra virgin olive oil
Salt to taste

Place the water and quinoa in a 1-quart saucepan. Bring to a boil. Reduce heat to a simmer, cover, and cook for 10-15 min or until all water has been absorbed. Cool slightly before adding to vegetables.

While quinoa is cooking, finely chop the tomatoes, cucumber, mint, parsley, and scallions. Put into a large bowl with the garbanzos, and add lemon juice and olive oil.

Stir in cooked quinoa and salt. Mix well. Refrigerate for 8-24 hours to blend flavors.

CAJUN-RUBBED CHICKEN ROASTED IN A SLOW COOKER

An easy recipe for a tender, spicy, fall-off-the-bone chicken! (even easier if you substitute 3-4 tablespoons Cajun's Choice or other brand creole seasoning for the first 8 ingredients.) This recipe is also good with chicken or turkey thighs.

2 teaspoons salt
2 teaspoons paprika
1 teaspoon cayenne pepper
1 teaspoon onion powder
1 teaspoon thyme
1 teaspoon white pepper
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
1 large roasting chicken (or 6 chicken or 2 turkey thighs)

In a small bowl, combine the spices. (Skip if you are using prepared seasoning)

Remove and giblets from the chicken, rinse, and pat dry. Rub spice mixture all over the chicken, inside and outside. Place chicken in a slow cooker pot and cook on low for 4-6 hrs.

The juices can be used to make gravy: Skim the fat off the drippings and place them in a skillet. (you should have 3-4 tablespoons) While heating the fat, add about 1/4 cup garbanzo flour and stir with a wire whisk until the flour is thoroughly blended in. Cook a minute or two over medium heat; add the remaining juices, while stirring, and cook until bubbly and thickened.

EASY TURKEY OR CHICKEN SOUP

Serves 4

This one-pot meal is ready in about 30 min from start to finish, and the kale provides essential omega 3 fatty acids.

1 tablespoon olive oil
1 pound boneless turkey or chicken breast, cut into 1/2 inch cubes
2 medium carrots, sliced
2 stalks celery sliced
1 medium onion, chopped
4 cups natural chicken stock
1 1/2 teaspoons Italian herbs
1 bay leaf
2 cloves garlic, minced
1 bunch kale or chard (remove stems and chopped fine)
Salt and pepper to taste

Heat the oil in a large pot over medium heat, then add the poultry, carrots, celery, and onion. Saute, stirring frequently, until turkey or chicken is no longer pink. Add the stock, herbs, bay leaf, garlic, potatoes, and kale. Bring to a simmer. Turn heat to low, cover, and simmer until the vegetables are tender (about 10 min). Add salt and pepper to taste, remove bay leaf before serving.

***Variations:* You now have a basic recipe for a soup or the beginning of a stew. You can add any other vegetables you like and simply adjust the liquid for desired thickness.**

If you would like to add more starch, this will thicken the soup and make it more like a stew. Add one of the following:

- 1/2 cup split peas
- 1/2 cup buckwheat
- 1/2 cup rice noodles

- 1/2 cup lentils

Add two extra cups of water with added starch.

CORN CHOWDER WITH VEGETABLES AND SHRIMP OR FISH

- 1 tablespoon butter**
- 1 onion, chopped**
- 2 stalks celery, chopped**
- 1 large yellow bell pepper, chopped**
- 1 pound new potatoes, diced**
- 1 1/2 quarts vegetable or chicken stock**
- Kernels cut from 6 ears of corn (or 6 cups frozen corn)**
- 1 tablespoon chopped fresh basil**
- 1 1/2 pounds cooked shrimp**
- 2 cups milk (optional; substitute 2 cups of stock or canned tomatoes)**

In a large stockpot melt the butter and add onion, celery, pepper, and potatoes. Saute on medium heat for about 5 min. Add the stock. Lower the heat and simmer until the vegetables are tender. Add the corn, herbs, shrimp, and milk, and heat through.

CLASSIC POT ROAST

- 1 medium onion, sliced into rings**
- 2 pounds beef roast (chuck or rump, thawed or frozen)**
- 1/2 teaspoon salt**
- 1/2 teaspoon black pepper**
- 2 cloves garlic, pressed**
- 4-6 medium red potatoes, cut into quarters**
- 2 cups baby carrots**
- 1 cup sliced celery**
- 1/2 cup red wine or beef broth**
- 3 tablespoons gluten-free Worcestershire sauce (optional)**

Place the sliced onion in the bottom of the slow cooker. Add meat and seasonings. Toss in the potatoes, carrots, and celery. Pour wine and Worcestershire on top. Cover and cook on low for about 6 hours if meat is thawed or 8 hours if frozen.

EASY BAKED PROTEIN (FISH, POULTRY, OR MEAT)

1. Squeeze Bragg Liquid Aminos on both sides of the protein.

2. Cover the bottom of the baking dish with balsamic vinegar, fresh lemon juice, fresh orange juice, or wine.
3. Place cuts of fish, poultry, or beef in baking dish and turn them to coat both sides (some drier cuts of meat will need 1 tablespoon of olive oil).
4. Sprinkle the protein with one or two herbs or spices: **oregano, parsley, cilantro, thyme, dill, basil, rosemary, garlic or onion powder, cumin, curry**, etc. Parsley, onion powder, and garlic powder can be used by themselves or in combination with one or more herbs and spices. Curry and dill seem to be best on their own. Cilantro and cumin make a nice combination. Look on spice and herb labels; they often suggest companion spices.
5. Bake at 400 degrees for 20-30 min (depends on thickness of protein)

FALAFEL PATTIES

Makes 6 patties (10gs of protein each)

1 cup (about 1/2 pound) dried chickpeas (garbanzos)

3 cups of water

1/2 cup quinoa flakes

1/2 cup boiling water

1 red onion, cut into 6 pieces

1/4 bunch parsley, chopped finely

1-2 cloves garlic, minced or pressed

2 tablespoons nutritional yeast

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon salt

Dash cayenne

1-2 tablespoons extra virgin olive oil

Soak chickpeas in 3 cups water overnight. Drain the water off chickpeas. Grind them in your food processor until finely ground. Place ground chickpeas in a medium sized bowl.

Place quinoa flakes in a small bowl and pour the boiling water over them.

Place the red onion in the food processor and process until they are finely grated. Place the onion in the bowl with the chickpeas.

Place the parsley and garlic in the bowl with the chickpeas. Add the quinoa to the chickpeas along with the nutritional yeast, cumin, coriander, salt, and cayenne. Mix thoroughly.

Heat the oil in skillet over medium heat. Form the mixture into patties (a scant 2/3 cup per patty) and saute for three minutes on each side or until evenly browned.

Note: These can be made with canned chickpeas, but the patties will be soft and fall apart easily. If you like, substitute two 14 oz cans of chickpeas, drained and rinsed, for the dried chickpeas and 3 cups water, and eliminate the salt.

STEAMED SALMON

Serves 1

Gluten free and milk free, Joe's special is a nutritious standby for a quick meal.

4 oz (1 cup) fresh mushrooms sliced
1 onion, finely chopped
2 tablespoons butter
1 pound lean ground meat (turkey or beef)
1 bunch spinach, cleaned and chopped
1 teaspoon garlic (2 cloves minced)
Salt and pepper
6 eggs, beaten

Saute sliced mushrooms and onion in the butter until lightly browned, then add ground meat and cook until it has browned. Stir in the spinach, garlic, salt and pepper. When spinach has cooked down, pour in the eggs and stir, scrambled egg style, until done and lightly set. Turn over once with spatula and cook a minute or so longer. Serve very hot.

ZUCCHINI WITH CHERRY TOMATOES

Serves 1-2

1 tablespoon olive oil
1 teaspoon garlic (2 cloves, minced)
4 cups of any of the following, chopped (listen in approx. the order of time they take to cook from fastest to slowest):
Spinach
Bok Choy
Purple Cabbage
Kale
Collard Greens
Salt to taste

Heat the oil in a large cast iron skillet or pan until hot. Add the garlic and greens to the oil and saute, tossing until wilted. Add little sprinkles of water to keep the greens from burning, until they are cooked through. Add salt, if needed.

OVEN ROASTED OR GRILLED VEGETABLES

Serves 2-3

6 cups water

2 cups polenta

Salt and pepper

2 tablespoons butter, roasted red bell pepper butter or olive oil.

Bring the water to a boil in a large pot and slowly stir in the polenta. Lower heat and cook, stirring almost constantly, until polenta forms a very thick mass, 20-30 min. Add salt and pepper to taste. Stir in olive oil or Bell Pepper Butter if desired. You can put the leftover polenta in an oil loaf pan, cover, and put into the fridge. When it's cool, slices can be cut and warmed in a lightly oiled or buttered pan for a few minutes, then served with breakfast or dinner.

ROASTED RED BELL PEPPER BUTTER

Use this butter wherever you would use plain butter, from polenta or hot cereal to baked potatoes or vegetables. You can also toss it into rice or with rice noodles. Roasted bell peppers can be bought in jars at Trader Joe's or other stores.

1 cup roasted red bell peppers

1/2 pound (2 cubes or 1 cup) butter softened

Squeeze of lemon (optional)

Puree the peppers with the butter and the lemon in a food processor or blender at lowest speed until smooth. Place in a container and refrigerate. It will become firm when cool.

HIGH PROTEIN YEAST BREAD

Made in a bread machine (like a Breadman), this has a hearty, moist texture and good flavor. This gluten free, grass grain free bread hold together well for sandwiches, if lightly toasted. Have all ingredients at room temp.

Place dry ingredients in a large bowl and stir together (a wire whisk works well):

1 1/2 cups buckwheat flour

1/2 cup garbanzo bean flour

1 1/2 cup quinoa flour

1/4 cup arrowroot

2 teaspoons xanthan gum

2 teaspoons salt

1 tablespoon garlic granules

1 tablespoon dry yeast granules

Place wet ingredients in a bowl or blender jar and blend together:

2 eggs

1/4 cup melted butter

1 cup water

1 cup apple juice

Put wet and dry ingredients into bread machine container, according to manufacturer's directions. Set machine to Basic-Rapid setting and push start. Using a spatula, scrape the sides of the pan to mix all ingredients. Close lid and let machine do the rest.

WEEK ONE

Day 1

Breakfast

1 orange sliced with 1/2 cup of blueberries

Egg and vegetable frittata

Lunch

Complete meal salad

Dinner

4-5 oz of baked chicken thighs with lemon and rosemary

1 cup brown basmati rice with 1 tablespoon butter

1 cup steamed asparagus with butter and lemon

1 cup cherry tomatoes halves and cucumber slices with pitted Kalamata olives

Day 2

Breakfast

Protein smoothie

Lunch

Mexican (leftover) chicken salad, tostada, or taco, with 1/2 cup beans, 1/2 avocado, lettuce, and/or finely sliced purple cabbage with chopped cilantro, and fresh salsa or fresh tomato, lemon or lime juice, and habanero sauce.

Dinner

Top 1/2 cup Creamy Polenta with at least 1 cup vegetables; 4-6 oz leftover chicken from Day 1; and 1/2 cup commercial marinara sauce

Side Salad

Day 3

Breakfast

1/2 cup leftover Creamy Polenta with protein powder (10-15 grams) and 1/2 cup chopped apples, peaches, or berries; a dash of cinnamon or nutmeg; and coconut or cow's milk to moisten as desired

2 Links turkey or pork sausage

Lunch

Complete Meal Salad

Dinner

2 Falafel Patties with 1/4 cup Tahini sauce

Pan-Seared greens (4 cups raw)

Leftover basmati rice (1/2 cup)

Day 4

Breakfast

1/2 grapefruit or 1/2 small melon

3 eggs, scrambled, boiled, or poached

1 piece of buttered whole grain toast or corn tortilla

Lunch

Leftover Falafel Patties crumbled on top of a Side Salad with an extra serving from column 3

Dinner

1 beef or turkey burger with avocado (or cheese) slices

3 cups Oven Roasted Veggies

Side Salad

Day 5

Breakfast

Fruit Bowl (no nuts or seeds today)

Lunch

Made-ahead Easy Chicken Soup

Cherry Tomatoes and bell pepper slices

Dinner

5-7 oz steak or 2-3 lamb chops (with bone), cooked in a skillet or broiled

2 Cups steamed broccoli with lemon and butter

Buttered corn on the cob

Day 6

Breakfast

1/2 cup sliced fresh fruit

3 scrambled eggs, avocado, and salsa wrapped in 1-2 corn tortillas

Lunch

Complete Meal Salad with 1/2 cup beans plus and other option from column 4

Dinner

Joe's Special over 1/2 cup rice or 2 oz (measure when dry) whole grain pasta (make enough for leftovers)

Raw cherry tomatoes, celery, and carrot sticks

Day 7

Breakfast

Leftover Joe's Special

Lunch

Open faced roast beef sandwich, with lettuce, tomato, and onion
1 cup cucumber slices and bell pepper sticks

Dinner

Steamed salmon with dill mayo
Pan-Seared Greens
1 cup Red Quinoa Tabouli

WEEK TWO

Day 1

Breakfast

1 cup chopped vegetables saute till tender, then add 3 eggs and scramble till cooked to your liking (with 1 oz feta cheese, if tolerated)
1-2 corn tortillas with 1 teaspoon butter or avocado slices
Plug in slow cooker and do Cajun-Rubbed Chicken for dinner

Lunch

Leftover salmon and Red Quinoa Tabouli

Dinner

Cajun-Rubbed Chicken
Side Salad with a carb from column 3

Day 2

Breakfast

Nut milk shake (no more nuts and seeds today)

Lunch

Construct a sandwich with leftover chicken, tomato, lettuce, and 1/2 avocado
1 1/2 cups raw veggies

Dinner

4-6 oz Easy Baked Fish brushed with garlic, olive oil, lemon juice, and soy sauce and 5 halved olives
2 cups Zucchini with Cherry Tomatoes
1 cup baked sweet potato or yam (bake extra for leftovers) with 2 teaspoons butter

Day 3

Breakfast

1 orange, sliced or 1/2 grapefruit
3 scrambled eggs with 1/2 cup leftover sweet potatoes (sauteed in butter or coconut oil)

Plug in slow cooker and prepare Classic Pot Roast for dinner

Lunch

Complete Meal Salad

Dinner

Classic Pot Roast

2 cups grilled Vegetables, choose low carb varieties

2 cups romaine with Vegetarian Caesar Salad Dressing

Day 4

Breakfast

1/2 cup Quick Hot Cereal with 1/2 cup berries, 1 oz walnuts, and 2 tablespoons protein powder or nutritional yeast, plus 1/4 cup coconut milk

Lunch

2 leftover pot roast tacos (warm and shred meat and top with lettuce, 1/2 avocado, and salsa on 2 corn tortillas)

1 1/2 cup raw veggies

Dinner

Egg and Vegetable Frittata, adding thinly sliced potatoes

Side Salad

Day 5

Breakfast

1/2 tropical fruit

2 scrambled, poached, or boiled eggs

2 pieces of thick bacon

Lunch

Complete Meal Salad

Dinner

Easy Turkey Soup (make enough for leftovers)

1 cup cherry tomatoes with other raw veggies

Day 6

Breakfast

Protein Smoothie

Lunch

Large bowl of leftover Easy Turkey Soup

Nut crackers

Dinner

Stir Fry 3-5 cups veggies and 4-5 oz scallop chunks with ginger, garlic, and soy sauce to taste

1/2 cup basmati rice with butter and curry powder

1/2 cup fresh fruit salad with 2 tablespoons coconut milk and mint

Day 7

Breakfast

1/2 small melon

3 eggs scrambled, topped with avocado (or cheese)

Lunch

Complete Meal Salad

Dinner

Corn chowder with Veggies and Shrimp

Side Salad, choosing 1/2 cup beans from column B