

4 week Cycle	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BEGIN EACH MORNING WITH CUP OF WARM WATER WITH LEMON							
BREAKFAST	VEGGIE OMELETTE	Protein shake	Oatmeal n' egg white	Protein smoothie	Spinach scramble	Protein smoothie	Oatmeal n' egg white
SNACK	2 hard boiled eggs	Grapefruit and protein shake	Rice cake and almond butter sugar free jam sandwich	Orange	Yoghurt n 1/2 mango	Spinach omelet	Cottage cheese or yogurt n' fruit
LUNCH	CHEF'S SALAD	Stir fry	Tuna salad	Organic herb salad n' chick	Turkey burgers	Tropical Salad	Herb salad
SNACK	1/2 APPLE AND ALMOND BUTTER	Carrots , red peppers and hummus	Handful of almonds	Almond butter n celery sticks	Veggies and Hummus	Frozen yogurt	Almond butter n apple
DINNER	SOUP & SALMON	Butternut squash soup & turkey	Wild rice ,zucchini and halibut	Quinoa and bassa fish	Wild rice n' swordfish	Broccoli stir fry & miso soup	Lemon ginger chicken n asparagus

Rule of "thumb " - pardon the pun!

Protein—Your fist size is your serving size.

Carbohydrates (complex veggies) — two open palms cupped

grains—the inside of your palm size

fats—size of your thumb

Quick guide—mix and match , pick one from box one and pair it with one item from box 2

2 eggs
 4 egg whites
 1 cup almond milk
 2 slices of turkey bacon
 1 cup lactose free yogurt ,Greek
 1 cup cottage cheese , dry
 3 oz of all natural lox (salmon)
 1 nitrate free turkey sausage
 3 oz of chicken
 1 scoop of protein powder and water

1 slice of Ezekiel bread 4:9 or English muffin
 1 cup oatmeal
 1 cup Nature path Synergy or Kashi lean cereal
 2 tbsp. of Holy crap
 1/2 grapefruit
 1/2 c mixed berries
 1 apple
 2 tomato slices
 1 Udi's bagel (celiac blend)
 1 cup of buckwheat cereal



Protein shake

1 scoop of protein powder
(if vegan , use vegan powder or opt for hemp hearts , my fav.!)
1/2 c berries
1/2 a banana
1/2 c ice
1tsp of almond butter or ground flax

Look I get it , most of us are running on empty - or just the opposite we lot up on garbage because we were past the point of hunger , and went straight to obsessive !!!

If you don't follow anything but the snacks , and just feed on this all day ... no problem—those crazy rendezvous' with 7-11 , Timmie's or romantic involvement with a favorite Malbec are not as tempting

SNACKS

Mix and match—pick one from the first box and pair it with one from the other box

1/2 c hummus
20 raw almonds or walnuts
1 oz of goat cheese
1 tablespoon of almond butter
2 slices of turkey bacon
1/2 c of black bean dip
1 c low sodium white tuna
1/2—1 cup of Greek lactose free yogurt
1/2c of cottage cheese or paneer
1 cup edamame beans

Unlimited carrot sticks
unlimited celery sticks
1 apple (small)
1 rice cake
1 Ezekiel wrap (gluten /celiac blend)
20 - 30 dehydrated veggie chip (sweet potato , zucchini , etc.)
1/4 avocado
unlimited blueberries
1 pear



Prep weekly snacks in baggies :

22 Ziplock snack bags of almonds—20 almonds each bag (count them!)
10 -measure out salad dressing containers of tablespoon of either almond or peanut butter
1 pkg of lilydale turkey bacon , cook up and prep : 2 slices per snack bag
5- snack cup (yogurt size) hummus , 1/2 cup
5- snack cup yogurt size cottage cheese , 1 cup
5- snack size yogurts (greek plain)
10 snack baggies of carrots
10 snack baggies of celery sticks
5 snack baggies of dehydrated sweet potatoes (doa cookie sheet of these in the oven)

have bag of apples ,oranges , lemons and grapefruit on hand .
Cut the lemons in wedges in container for easy hot water and lemon prep in morning .

DINNER or lunch

Quick choices—mix N ' match pick one item from first box then pair it with one item from second box

- 5 ounce :
white fish
tuna
halibut
chicken
pork loin
turkey
hard boiled eggs
cottage cheese or paneer
3 oz pumpkin seeds
1/2 cup of white beans
Greek lactose free yogurt

Small sweet potato & 1/8 avo-
cado
1/2 c brown rice or brown rice
pasta
1/2 c quinoa
1/2 c black bean
1 large artichoke
2 cups of salad
1 cup of asparagus
1 cup of green beans
1 large artichoke
1 cucumber
edamame beans



Quick SUPPER guide Mix and match

4 ounces
Salmon
Chicken breast
5 large shrimp
broiled pork chop
turkey breast
halibut
tuna
scallops
mahi mahi
swordfish
quinoa
black beans
4 egg whites

Steamed green beans
steamed asparagus
Leafy salad with raw cucumbers
steamed carrots
roasted cauliflower
Baked Brussels sprouts
Steamed spinach
Steamed bok choy
Steamed kale
Spaghetti squash
Butter nut squash
Grilled mixed vegetables

