



Food plan:

Please note: If you have allergies to any of these foods, you can change to other acceptable food in the list of acceptable foods.

BREAKFAST options - weeks 1 and 2

1.) Mango smoothie: 1 serving

- 1 cup mango (fresh or frozen)
 - 1/2 cup cider
 - 1/4 cup water
 - 1 cup apple (peeled, cored, and cut up)
 - 1/2 tsp chopped fresh ginger
 - 2 tbsp pea protein powder
 - ice cubes
- Blend together until smooth.

2.) chia pudding 2-3 servings

- 6 tbsp chia seeds
- 2 cups unsweetened coconut or almond, or cashew milk
- 1/2 tsp vanilla extract
- 2 tsp organic maple syrup or honey, cinnamon, blueberries or strawberries for toppings. Combine everything except toppings in mason jar with lid, or glass bowl with lid. stir to combine all (make sure thoroughly combined). Leave in refrigerator over night. Top with berries

3.) Berry Salad 1 serving

- 1/2 grapefruit
 - cut in half and section out
 - 1 orange cut in 1/2 and section
 - 1/2 kiwi fruit peeled and sliced
 - 1/4 cup berries of your choice
 - 1/8 cup chopped mint leaves
 - 6 brazil nuts.
- Combine all, and squeeze remaining juice from grapefruit and orange. Mix and enjoy!

4.) bananas (not quite ripe) with nut butter (not peanut butter). Or instead of banana, you can use apple, or jicama.

5.) breakfast smoothie 1 serving

- 2 tbsp hemp hearts
- 2 tbsp nut butter (not peanut butter)
- 1/2 cup berries
- tsp coconut oil
- 1 cup spinach
- 3/4 cup unsweetened nut milk
- 1/2 cup water or to thickness you like



6.) **Pineapple Smoothie** *1 serving*

- 1 cup brewed and cooled green tea
- 2 cups spinach or kale
- 1 cup frozen pineapple chunks
- $\frac{2}{3}$ cup cucumber, peeled and cut into large chunks)
- $\frac{1}{2}$ cup frozen mango chunks
- $\frac{1}{2}$ of a medium banana, peeled
- $\frac{1}{2}$ " fresh ginger – peeled and cut from stalk (about $\frac{1}{2}$ tsp)
- $\frac{1}{4}$ tsp ground turmeric
- 2 mint leaves - rough chopped
- 2 scoop protein powder (bone broth or pea protein)
- 1 Tbsp chia seeds (optional)
- 4-5 ice cubes (or more or less to personal desired consistency)

Instructions: Combine all the ingredients, except the chia seeds, in a high speed blender. Add chia seeds at the end of the blending process so they don't stick to the blender container. If you like your smoothie thicker, add ice cubes and blend until desired consistency is met. If you are adding chia, let the smoothing sit in refrigerator for a couple of hours so they soften.

Raw Date Granola *serving size about $\frac{1}{4}$ cup*

- 2 cups organic medjool dates, pitted
- $\frac{1}{4}$ cup coconut flakes
- $\frac{1}{4}$ cup almonds
- $\frac{1}{4}$ tsp sea salt

Process all the ingredients in a food processor until roughly combined. Store the granola in a Jar in the refrigerator for up to 2-weeks.

Dates with nut butter

Organic medjool dates with Almond butter

Breakfast bowl *1 serving*

- I wanted to give an option for a warm breakfast. This recipe is for 2. We will be using whole grains sparingly in the first 2-weeks of the program

- 1 cup of whole grains such as amaranth, buckwheat, or quinoa
- $2\frac{1}{2}$ cups coconut water or nut milk
- 1 cinnamon stick
- 2 whole cloves
- Fresh Fruit: apples, pears, blackberries, cranberries, persimmons, etc.
- Maple syrup (optional)

1. To make the grain bowls: Place the grains, coconut water/nut milk, and spices in a saucepan and bring to a boil. Once boiling, cover and reduce the heat the medium-low. Cook for approximately 20-25 minutes (or to package directions) until the grains are tender. Remove from the heat and discard the whole spices. Serve with desired fruit and a drizzle of maple syrup, if desired.



- **Snack options**

- 10-15 brazil nuts or walnuts or almonds
- apple or Jicama and nut butter (not peanut butter)
- Jerusalem Artichoke (sunchoke) chips
1 pound Jerusalem artichokes cleaned and ends trimmed off
3/4 tsp seasalt, divided
1 tbsp extra virgin olive oil.

Slice the artichokes thin and transfer to a large bowl. Toss the pieces with 1/2 teaspoon sea salt and set aside for 30-min to rest. Preheat oven to 350 degrees. Line a large baking sheet with parchment paper. Place the artichoke slices in the center of a clean paper towel and press out as much liquid as you can. Arrange the slices in a single layer on the prepared sheet. Coat both sides of slices with olive oil and remaining sea salt. Bake in preheated oven for 30-min until crisp and golden brown.

- **Lunch options**

1.) **RECIPE for LEMON VINAIGRETTE DRESSING;**

- 2 tbsp fresh lemon juice
- 1 tsp fine grated lemon zest if desired
- 1/4 tsp salt
- 1/2 tsp dijon mustard
- 3 tbsp olive oil
- kosher salt to taste.

Combine the lemon juice and zest in a small glass bowl. Season with salt, add the Dijon mustard and whisk. Slowly add the olive oil. Taste and season with additional salt and pepper or lemon juice as needed.

2.) **Yummy Chicken Salad** *1 serving*

- 1 cup mixed greens
- 2 radishes (sliced)
- fennel (sliced in 1/4 inches)
- mix with about 1 tbsp lemon vinaigrette
- THEN: 1 cooked chicken breast (sliced)
- cherry tomatoes
- olives (black or green)
- 1/4 cup diced jicama
- 1/2 avocado sliced
- 1 tbsp walnuts or brazil nuts chopped.

Add to plate, and drizzle with a little more lemon vinaigrette if you choose.



3.) Vegetable soup *serving size about 1 ½ cup*

(plan to have some time to prepare this! I would suggest doubling the recipe so you can have it throughout the week).

2 tbsp olive oil
1 leek, wash and sliced (only white part)
1/4 bunch kale (de-ribbed, washed, and roughly chopped)
1 tbsp chopped garlic
1 small turnip (peeled and chopped)
celery stalked chopped
1 carrot (peeled and chopped)
1 parsnip (peeled and chopped)
3 cups homemade chicken broth,
1 zucchini (diced)
cooked and diced chicken(optional).

In a large, heavy bottomed pot, gently heat olive oil over medium-low heat, add leek and kale and cook 5-minutes until leek is just golden. Add garlic, and cook for 2-3 minutes. Add the turnip, celery, carrot, and parsnip, and cook for 5-minutes. Add the chicken broth and simmer for 45-minutes or until veggies are tender. Add the zucchini, mushrooms, and optional chicken, simmer for another 10-minutes (until zucchini are tender).

- While this is cooking, prepare the pistou as follows: 2 tbsp minced garlic, 4 cups fresh basil leaves, 1/2 cup roughly chopped tomatoes, 1/2 tsp salt, 1/2 tsp pepper, 1/3 cup olive oil, salt and pepper. Put the garlic, basil, tomatoes, salt and pepper in food process or blender and puree until almost smooth. Gradually add the oil, the refrigerate until ready to serve.
- Finally...to serve stir in 3-tbsp of the pistou into the hot soup. Add salt, pepper and more pistou to taste.

4.) Asparagus salad with lemon vinaigrette – 2 servings

1/2 pound asparagus, stems trimmed
½ cup water
2 tbsp olive oil
1/4 tsp salt
1 large Jerusalem artichoke or 1/4 jicama (peeled and cut into 1/8 inch slices)
1/2 ripe avocado (cut into 1/4 inch slices)
2 oz snow peas (cut into bite-size pieces)
1/4 pound mixed greens.
2 tsp snipped fresh tarragon

Place the asparagus in a large saute pan, add the water, drizzle with oil and season with salt. Simmer over medium heat. Reduce the heat to low, cover pan with lid, and simmer until just knife-tender, about 5-6 minutes. Remove the asparagus, and set aside until cool enough to handle.

Cut the cooled asparagus into 1-inch pieces and place in a large bowl. Add Jerusalem artichoke, avocado and snow peas. Toss gently with the lemon vinaigrette (recipe for lemon vinaigrette at the top of the lunch menu). Place the veggies on top of the mixed greens and add 2 tsp snipped fresh tarragon.



5.) Goats milk yogurt with fruit nuts and seeds ; about 2 servings

2 cups goats milk yogurt
1 tbsp pure maple syrup
1/2 tsp pure vanilla extract
1/4 cup unsalted walnuts
1/8 cup chia seeds
dash sea salt
1/2 tsp cinnamon
1 cup fresh berries.

In medium bowl, stir together yogurt, maple syrup and vanilla. In a small bowl, combine the walnuts, chia seeds, sea salt and cinnamon. Have 2 jars clean and ready. Layer the following... 1/2 cup of yogurt mix, 1 1/2 tbsp of the nut-seed mixture, another 1/2 cup yogurt, another 1 1/2 tbsp of the nut-seed mixture, and finishing with 1/2 cup berries. Serve immediately, or refrigerate covered with plastic wrap for up to 5-days.

6.) Prebiotic salad: 1 serving

One of my favorite salads.

1/2 organic cucumber
1/4 cup garbanzo beans
3 sliced radishes
purple onion
black olives
green or red peppers
peapods, asparagus.

If you don't have all of these ingredients, you can improvise with the other approved veggies. Make it to your liking, and you can use a vinaigrette dressing to spice it up a little.

7.) Smoothie: 1 serving

1 cup coconut water
2 handfuls spinach
1 cup fresh or frozen blueberries
about 1/2 cup fresh or frozen pineapple
1 banana

Put all ingredients in blender and blend for 1 minute or until smooth.

• **Snacks options—**

- mango or pineapple and goat cheese
- Brazil nuts or walnuts or almonds (about 1/4 cup)
- baked artichoke with butter and garlic for dipping
- almonds and berries
- apple with nut butter (sunflower or almond butter)



- **Dinner options: 1 serving**

- 1.) **Pan Roasted Salmon**

7 oz wild caught salmon

2 tsp ghee, lemon wedge

1 tsp melted butter with a dash of tarragon.

Heat the oven to 450. Place on high heat heavy skillet or cast iron pan. Season the fish with salt and pepper.

When the pan is hot add the butter. Place the fish flesh side down. Cook on high heat until the edges brown and edges start to turn opaque...about 3-min. Put the pan in the oven and cook for about 7-minutes or until the fish flesh is opaque, firm and has a crust on the bottom. Place the fish on a plate and serve with butter and tarragon. Add a salad with any vegetables on the list, this is a super quick, delicious dinner.

- 2.) **Lemon chicken dinner 2 servings**

1 pound boneless chicken thighs,

2 tbsp olive oil (divided)

1/3 cup chopped leek or onion

1 large carrot (peeled and cut into coins)

1 parsnip (peeled and cut into coins)

1 tsp freshly grated lemon zest

1 garlic clove minced

1/4 cup chicken broth

1/4 cup fresh squeezed lemon juice

1 tsp chopped fresh rosemary

1 tsp chopped fresh thyme

salt and pepper to taste.

Preheat oven to 350 degrees. In a saute pan, lightly brown the chicken in 1 tbsp olive oil on medium heat for 10-min. Transfer the chicken to baking pan. Add remaining oil and saute leek until soft (about 3-min). Add the carrot and parsnip to the saute pan and cook for 5-min over medium high heat until lightly browned. Add the lemon zest, garlic, lemon juice, chicken broth, chopped rosemary and thyme, and cook for 5-minutes. Pour the mixture over the chicken and cover the baking pan with foil. Bake for 30-minutes until tender. Add salt and pepper to taste. This stew can be cooked up to 3-days in advance, or frozen.

- 3.) **Chicken thighs with roasted asparagus. 2-3 servings**

1 1/2 pounds of chicken thighs

To cook chicken, heat pan on stove, melt ghee and place chicken thighs in pan. Season with Kosher salt, flip over and finish cooking (make sure no pink remaining).

Roasted asparagus; preheat oven to 400 degrees F, break off tough ends of asparagus, place asparagus on baking sheet and toss to coat completely. Season with kosher salt, and pepper if you like. Roast for 25-minutes, until tender but still crisp.

- 4.) **Cooled large baked potato: 1 serving**

You can bake several potatoes at once and store in refrigerator to have for a quick lunch as well. 1 cold potato topped with a mixture 2 tsp of flax seed oil and 2 tsp of Braggs apple cider vinegar, and whatever cold veggies chopped up, ex., celery, onion, pepper, radishes, etc.



5.) **Egg roll in a bowl** 2-3 servings

- 3 tbsp toasted sesame oil
- 1/2 cup red chopped red onion
- 3 cloves minced garlic
- 1/2 cup sliced leeks (white part)
- 1 1/2 pounds boneless chicken thighs
- 1 tsp fresh ginger
- 1 tsp salt, 20 oz shredded cabbage (or broccoli slaw)
- 1/4 cup aminos or coconut aminos
- 2 tbsp rice vinegar.

Heat sesame oil in large skillet over medium-high heat. Add the leeks and garlic and saute until leeks are translucent and garlic is fragrant. Add the chicken, ginger, salt to the pan and cook until chicken is thoroughly cooked. Add the shredded cabbage, aminos and vinegar and saute until the cabbage or broccoli slaw is tender.

This can be for breakfast, lunch or dinner 😊

Herb-Battered Root Vegetable Fries

- 3 pounds assorted root vegetables (sweet potatoes, parsnips, carrots, and celery root)
- 2 Tbsp coconut oil
- 1 tsp sea salt
- 2 Tbsp finely minced garlic
- 1 Tbsp each: minced sage, oregano, rosemary and thyme

Preheat the oven to 400 degrees. Peel and slice the root vegetables into “fries”. Transfer the vegetable fries to a large pot, cover with water, and bring to a boil. Boil the fries for 5-7 minutes, until just cooked through, but not soft. (watch closely so you don’t overcook). **Drain the water.** Add the coconut oil, sea salt, garlic, and herbs to the fries and stir. Cover the pot and shake vigorously until well mixed with their edges slightly mashed.

Line a baking tray with parchment paper. Arrange the fries on the tray so none are overlapping. Place in the oven and bake for 20 to 25 minutes, flipping once halfway through. Remove when the edges turn golden and crispy.