

Sample Meal Plan

Monday

BREAKFAST: Yogurt parfait with slivered almonds, cacao nibs, coconut flakes and dried goji berries.

LUNCH: Drop-in soup with smoked turkey breast, kale chips, and sprouted pumpkin seeds.

DINNER: Stir-fry skin-on chicken breast with onions, carrots, celery, green pepper, peanuts, peanut and sesame oils, soy sauce, oysters sauce and fish sauce.

DESSERT: 1 ounce dark chocolate with espresso beans. 1 ounce sprouted salted almonds.

Tuesday

BREAKFAST: Coffee with milk and cream.

LUNCH: Cottage cheese parfait with pistachios, mac nuts, and finely diced dried ginger.

DINNER: Fried eggs over cheddar melted on 6 inch corn tortilla topped with fresh salsa. Salad of spring greens plus green olives, sunflower seeds, carrots and celery.

DESSERT: 2 ounce Chardonnay with 4 ounces of GT Dave Synergy brand kombucha, Original flavor.

Wednesday

BREAKFAST: Pan fried breakfast sausage with sautéed mushrooms.

LUNCH: Smoked turkey breast rolled together with provolone cheese. Side of fermented dill pickle.

DINNER: Grass fed beef hamburger with minced (toaster oven) roasted onion, mustard and ketchup mixed in the burger. Topped with provolone cheese and sliced tomatoes. Frozen green peas stir fried into butter.

DESSERT: 1 ounce dark chocolate with almonds and sea salt. 1 oz salted, roasted Macadamia nuts.

Thursday

BREAKFAST: 2 Hardboiled eggs with salt and pepper, sliced, with Kimchee.

LUNCH: Drop-in soup with chicken stock, sprouted pumpkin seeds, scissor cut smoked turkey breast and 2 organic ricotta-spinach ravioli (store bought).

DINNER: Home made grass-fed ground beef pasta sauce without the pasta, with added beef stock. Dinner salad with fresh baby greens, thin-sliced purple onion, thin-sliced red bell pepper, Kalamata olives, carrots, celery, and feta cheese with Luke's Italian dressing.

DESSERT: 2 oz Chardonnay with 4 oz GT Dave Synergy brand Kombucha, Trilogy flavor. 3 Brazil nuts.

Friday

BREAKFAST: 2 Eggs steamed in ramikins with finely diced sundried tomato and feta cheese.

LUNCH: Duck liver pate (store bought) on vegetable oil free rye and raisin crackers with mustard and a thin slice of swiss cheese.

DINNER: Chicken vegetable soup. Salad with butter lettuce, sliced green cabbage, avocado, pistachio nuts, olive oil and balsamic dressing and sprinkled with fresh ground parmesan cheese.

DESSERT: Cottage cheese, cherry jelly, vanilla and pistachio nuts.

Saturday

BREAKFAST: Herbed tea with milk and cream.

LUNCH: Sardines and (fermented) saurkraut.

DINNER: Sprouted split pea and vegetable, tongue and bacon soup. Salad: shredded carrots, rasins, lemon juice, dried, orange zest, salt.

DESSERT: Hot pumpkin low-carb "cereal"

Sunday

BREAKFAST: Steel-cut oatmeal (1/4 cup dry) soaked overnight with a spoon of whey from yogurt, reheated the next morning stirring in egg, topped with nuts, ground-up flaxseed and butter.

LUNCH: Grass fed beef hotdogs with finely diced purple onions squeezed dry (in a paper towel) with Kalamata olive hummus (store bought brand made with olive oil)

DINNER: Salmon with mustard caper dill sauce. Steamed green beans with kalamata olives, capers, lemon juice and salt.

DESSERT: Basic vanilla custard (low sugar) sprinkled with Penzy's "cake" spice mix and lemon zest