



Easy Veggie Meal Plans *For You!*



**Simple Fat Loss
Diet Meals for
*Men & Women***

by Kardena Pauza

Disclaimer:

You must get your physician's approval before beginning this nutrition program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition that contraindicates a vegetarian diet. This program is designed for healthy individuals 18 years and older only.

The dietary programs in this book are not intended as a substitute for any treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any new nutrition program. If you are taking any medications, you must talk to your physician before starting any new diet program, including the Vegetarian Lifestyle and Easy Veggie Meal Plans. If you experience any problems while using the Easy Veggie Meal Plans, please consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use the Easy Veggie Meal Plans, please follow your doctor's orders.

Copyright © 2009 CB Athletic Consulting, Inc.

Day 1

Breakfast: Calories 352 C: 49g P: 23g F: 11g		
<p>Protein Smoothie 1/2 cup blueberries 1/2 cup Strawberries 1 cup spinach 6 gr. Protein powder Optional Protein Powder (Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 tsp. Flax oil 1 slice whole wheat bread 1 tsp Raw coconut oil- on toast</p>	<p>If you use Vega, only take with blueberries and 1 tsp flax oil for this meal. Great source of minerals, antioxidants and much more!</p> <p>Blend smoothie- protein powder, blueberries, strawberries, spinach and flax oil, water, and ice. Toast 1 slice of bread and spread on coconut oil</p>	
Snack: Calories 258 C: 39g P: 20 g F: 6g		
<p>2 slices Ezekiel Bread- sprouted grain 2 Tbsp avocado, used as a spread 1-2 slices of tomato 2-4 thin slices of cucumber Thinly sliced onion 1 tsp Nutritional yeast dash of spirulina- optional Spike seasoning or herbs and sea salt</p>	<p>Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.</p>	
Lunch: Calories 346 C: 39g P: 18g F: 15g		
<p>Broccoli Stir fry 1/4 cup Tempeh (fermented soy beans, healthy way to consume soy), vegan 2 cups broccoli 1/4 cup onion 1/4 cup brown rice cooked 1 cup snow peas 1/2 cup celery 1/2 cup bell pepper 1/4 tsp regular sesame oil 1 tsp. sesame seeds 1 Tbsp cashew nuts Dash toasted sesame oil Celtic/ Himalayan salt to taste Garlic powder or fresh garlic to taste Ginger- optional Hot pepper- optional Soy sauce</p>	<p>Sauté tempeh, broccoli, bell peppers, celery, snow peas and onion together in a small amount of oil and water until slightly soft. Add sesame oil, salt, ginger, hot pepper, soy sauce and garlic to taste and sauté 2 minutes. Sprinkle cashew nuts on top. Read instructions on package on how to cook rice.</p>	

Snack: Calories 233 C: 21g P: 21g F: 7g

1 cup soy beans frozen (non-GMO, organic, preferably)
½ fresh cucumber sliced
1 Tbsp green onion
Soy sauce, garlic powder or onion powder



Buy precooked fresh/frozen soy beans already shelled. Warm up soy beans (if desired) in boiling water for 5 or less minutes then drain off water. Add chopped cucumbers, onions and seasonings to soybeans (edamame). It's ready to eat!

Buying non-GMO soybeans: The only way to know for sure the soybeans are not Genetically Modified Organisms is by the labeling on the package. Most companies know these days that non-GMO is important to customers so they are putting it on their packaging. The label may look like the image above but may look different.

Dinner: Calories 363 C: 49g P: 10g F: 15g

Pesto Pasta

1/3 cup Spelt Pasta uncooked
1/2 Tbsp Vegan Pesto
1 roma tomato, diced

Arugula Salad- or Spinach Salad

3 cups greens
2 walnuts, chopped
2 Tbsp green onions, chopped
2 Tbsp pear, diced

Dressing:

2 Tbsp minced shallot
3 Tbsp vegetable broth
1/4 Tbsp extra-virgin olive oil
1 1/2 Tbsp balsamic vinegar
1/2 Tbsp Dijon mustard
1/4 tsp salt or to taste
Freshly ground pepper to taste

Whisk all ingredients together. Use 1-2 Tbsp and store remaining dressing in refrigerator. Will last for 4-5 days.

Follow instructions on package to cook pasta. Boil until it is "al dente" (a little chewy, not mushy). This makes the pasta lower glycemic.

Strain water and put pasta in heat resistant bowl. Fold in pesto sauce. Top with diced tomatoes

Place Greens on plate, sprinkle with walnuts, green onions, and diced pear. Drizzle salad dressing on top.

Bon Appetite!

Day 2

Breakfast: Calories 370 C: 42g P: 13g F: 20g	
<p>Low Glycemic Chocolate-Green Smoothie</p> <p>1 Tbsp hemp seeds 1 Tbsp of soaked brown flax seed 1 tsp of raw coconut butter 1 Tbsp raw cacao powder 1/2 tsp of maca 1/8 cup of goji berries 1/2 small cucumber 1 tsp vanilla extract (no alcohol) 1 tsp of your favorite dried green supplement Add 1/2-1 Cup Water and blend together</p>	<p>Optional: Dash Stevia, water, ice to taste only Add stevia (Powder or Liquid form) to taste to keep it low Glycemic. (Adding more fruit to sweeten will make it no longer low glycemic)</p>
Snack: Calories 239 C: 22g P: 14g F: 12g	
<p>10 gr. (1 scoop) Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, <u>Vega Whole Food Optimizer</u>, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1/2 cup Almond milk 5 cashews raw 1 peach Dash Nutmeg</p>	<p>Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat peach and cashews separate or you can blend in with smoothie.</p>
Lunch: Calories 355 C: 52g P: 16g F: 13g	
<p>BBQ Satay with Green Salad</p> <p>2-3 Tbsp Seitan (wheat gluten), vegan 1/4 tsp Olive oil 1 Tbsp white onions 1/2 Tbsp Bbq sauce 1/4 cup quinoa grain, uncooked (cooks like rice); OR 1/2 cup cooked</p> <p>Green Salad: 3 cups Romaine lettuce 1/4 avocado</p> <p>Toppings for salad- 1/4 Cucumber, 1/2 cup bell peppers, 1 Tbsp fresh corn cut off the cob, onions, sprinkle 1/2 Tbsp of pumpkin seeds</p>	<p>Boil 2 cups of water to 1 cup of quinoa grain for 15 minutes or less. Quinoa (keen'wa) is done when the curly tail separates from the seed, is translucent and it will have a little crunchy texture. Sauté onions in olive oil for 3-5 minutes then add seitan, cooked rice, and BBQ sauce to onions and warm until sauce is thickened up. Prepare salad with selected lettuce and veggies. I like to pour BBQ Satay mixture on top of salad and toss together to add bbq flavor/dressing to salad. Remember you can cook a double portion to have enough good food for 1-2 more meals</p>

Snack: Calories 260 C: 37g P: 10g F: 8g

1 ½ Tbsp hemp seeds, great source of omega 3 fats and all essential amino acids
1 1/2 cups blueberries-fresh/frozen
Dash of cinnamon

Mix all ingredients in a small bowl. This is a tasty easy snack

Dinner: Calories 345 C: 40g P: 20g F: 11g

Veggie Burger

1.5 Veggie Patties/Burger
2 Tbsp cheese; vegan 3/4 oz
1 slice Ezekiel Bread

Sandwich fillings: Sliced onions, tomatoes, cucumbers, lettuce, sprouts, light avocado, mustard, and herb seasoning.

Salad:

4 cup mixed green salad, ¼ cup shredded beets, ¼ cup shredded carrots, thinly sliced onions.

Quickie salad dressing- pour right on to single serving salad. Fresh squeezed ½ a lemon, herbs, ½ Tbsp of honey, 1/4 tsp olive oil, 1-2 Tbsp water, dash of cayenne and salt. Toss together and ready to eat.

Heat patties and place on 1 slice of bread with vegetable toppings. Make it an open face sandwich or half a sandwich.

Veggie Patties to Buy: Hearty and Natural Veggie Burger, Soyboy Okara Burgers, Whole Foods 365 Gourmet Burger, Boca Burger Chef Max's Favorite. Look for organic when available, low sodium (300 mg.) or less, 10 or more grams of protein, and no more than 4 grams of fat. Do not eat patties every day since they are higher in sodium.

Day 3

Breakfast: Calories 368 C: 53g P: 19g F: 10g	
Fiber Oatmeal 1/4 cup old fashioned Oats or oat groats-dry 1 Nectarine 6 gr. of protein powder 3 Tbsp pumpkin seeds, raw 1/4 cup almond milk/water Dash of cinnamon	Soak oats in an open bowl of water over night on the counter, instead of cooking. This keeps the fiber intact. In the morning dump out the water and add the rest of the ingredients to the oats. You may need to add additional water because of the protein powder.
Snack: Calories 245 C: 31g P: 10g F: 9g	
5 Tbsp Hummus 1/2 cup Cucumber w/ seasoning 1 cup broccoli 1 cup carrots 1/2 cup red bell pepper	Dip Veggies in hummus or eat by themselves for a high fiber snack.
Lunch: Calories 377 C: 45g P: 21g F: 11g	
Black Bean Soup 3/4 cup Black beans (presoak overnight if cooking) 1 oz. Seitan (wheat gluten), vegan 1 Tbsp red onion- chopped 1 fresh tomato- chopped 4 sprigs of cilantro (coriander in the rest of the world-looks like parsley) Dash of chili powder 1/2 tsp cumin dash of garlic powder 3 Tbsp Avocado salt to taste Side Dish: 1 1/2 Cup broccoli- steamed Sprinkle with nutritional yeast, salt, and lemon	You can make more soup but the above is an estimate of your portion size. Heat cooked beans, seitan, onion, tomato, cilantro, cumin, salt, garlic powder, and chili powder in a pan. Warm/cook for 10 min. or till veggies soften up. To serve, sprinkle avocado on top. Can enjoy over salad mix.
Snack: Calories 259 C: 21g P: 20g F: 12g	
1/2 Tbsp sunflower seeds (raw, unsalted) 12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein ,	Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 cup blackberries Stevia/agave nectar for sweetener (based on 4 Tbsp of Hemp Protein)

Dinner: Calories 364 C: 45g P: 19g F: 12g

Curried Chickpeas

1/4 cup chickpeas (garbanzo beans)
2 oz. /4 Tbsp tempeh (fermented soybeans)
1 Tbsp onion
1/2 clove garlic
1 tsp Curry powder
1 tsp fresh ginger grated
salt, to taste
1/4 cup diced tomatoes

Salad:

3 cups Mixed green salad, 4 Tbsp avocado, 1/4 cup sprouts, 2 Tbsp green onions.

Quickie salad dressing: fresh squeezed 1/2 a lemon, herbs, a drizzle of honey, 1 Tbsp olive oil and salt. Optional garlic powder. Toss together and ready to eat!

Soak and cook chickpeas or use canned chickpeas. Sauté onions, ginger, tempeh, seasoning/spices and garlic in oil for 5 minutes. Add remaining ingredients to onion mixture and warm on stove for 3-5 minutes. Ready to eat.

Put mixed greens in salad bowl and top with veggies and quick home made salad dressing.

Day 4

Breakfast: Calories 370 C: 44g P: 17g F: 13g	
<p>Cherry Banana Smoothie 1/4 large Banana 1/2 cup Fresh Cherries 2 tsp Almond Butter, Raw, Natural 1 Tbsp Protein Powder (Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1-2 Dates 3/4 cup kale, raw chopped</p>	<p>1 tsp Vanilla Extract 2 tsp Raw Sesame Seeds Dash of Cinnamon Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only Blend all ingredients in a high powered blender if you have one or a regular kitchen blender will work ok.</p>

Snack: Calories 243 C: 30g P: 13g F: 11g	
<p>1/3 cup cottage cheese- low fat 9 raw almonds 1 fresh peach Vegan option- 6 oz. soy yogurt or look for coconut yogurt produced by “SO Delicious”, 5 gr. protein powder, 1/2 peach and 5 almonds.</p>	<p>Combine all ingredients in a bowl and enjoy!</p>

Lunch: Calories 351 C: 42g P: 23g F: 11g	
<p>Gazpacho Soup and Garlic Green Beans 3/4 cups tomato juice 1/8 cup onion, minced 1/2 green bell pepper, minced 1/2 cucumber, chopped 1 cup chopped tomatoes 1 green onion, chopped 1/2 - 1 clove garlic (for gazpacho), minced in garlic press 2 tsp fresh lemon juice 2 tsp red wine vinegar/ apple cider vinegar 1/4 tsp dried tarragon, to taste 1/4 tsp dried basil, to taste 1/8 cup chopped fresh parsley 1 tsp agave nectar Pinch of salt to taste</p>	<p>In a blender or food processor, combine all ingredients and blend until well-combined but still slightly chunky. Chill at least 2 hours before serving. Side Dish: 1 1/2 cups green beans 1 clove garlic (for green beans), minced in garlic press 1/2 cup Tempeh, cut into 1” blocks 1-2 tsp olive oil Salt to taste Sauté green beans in olive oil with minced garlic and salt over medium heat. After 2 minutes add tempeh and sauté until green beans reach desired softness. The less cooked they are the more nutrients available.</p>

Snack: Calories 233 C: 21g P: 21g F: 7g

1 cup soy beans frozen (non-GMO, organic, preferably)
½ fresh cucumber sliced
1 Tbsp green onion
Soy sauce, garlic powder or onion powder



Buy precooked fresh/frozen soy beans already shelled. Warm up soy beans (if desired) in boiling water for 5 or less minutes then drain off water. Add chopped cucumbers, onions and seasonings to soybeans (edamame). It's ready to eat!

Buying non-GMO soybeans: The only way to know for sure the soybeans are not Genetically Modified Organisms is by the labeling on the package. Most companies know these days that non-GMO is important to customers so they are putting it on their packaging. The label may look like the image above but may look different.

Dinner: Calories 369 C: 36g P: 27g F: 13g

Lentil Vegetable Soup

¾ cup Lentils (cooked), 1/3 cup dry
2/3 cup carrots
1 Tbsp red onion
1/2 clove garlic
1 1/2 cups vegetable stock and 1 1/2 cups water
1-2 Tbsp tamari to taste (soy sauce) or to taste
3 Tbsp avocado
Herbes de province

Side Dish: 10-12 spears steamed Asparagus. Drizzle olive oil, salt, and garlic powder on asparagus.

Cook dry lentils and all ingredients except avocado in crock pot with vegetable stock and water and cook on medium heat for 1 hour. Or use canned precooked lentils, just watch out for extra sodium! If using canned lentils, sauté carrots, onion, garlic, and seasoning/herbs for 3-5 minutes. Then add lentils to mixture. Warm for 5 minutes and it's ready to eat. Sprinkle avocado on soup.

Day 5

Breakfast: Calories 369 C: 48g P: 18g F: 13g

Breakfast Wrap

1/3 cup Egg whites or 1/2 cup firm tofu
OR 1/4 cup Organic Tempeh (fermented soy beans, healthier way to consume soy), vegan
1 Tbsp Green Onions
1/2 cup Tomatoes
Dash Italian herbs
Dash Garlic powder
Salt as needed
1 Tbsp soy cheese
1/2 Tbsp olive oil
1 large low carb tortillas
3 cups watermelon, cubed

Sauté veggies for 3-5 min. with seasonings then add egg whites/tofu/tempeh. Scramble until desired consistency. Place mixture in tortilla, can add salsa or hot sauce. Eat watermelon as a side dish.

Snack: Calories 239 C: 22g P: 14g F: 12g

10 gr. (**1 scoop**) Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, **Vega Whole Food Optimizer**, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1/2 cup Almond milk
5 cashews raw
1 peach
Dash Nutmeg

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat peach and cashews separate or you can blend in with smoothie.

Lunch: Calories 355 C: 52g P: 16g F: 13g

BBQ Satay with Green Salad

2-3 Tbsp Seitan (wheat gluten), vegan
1/4 tsp Olive oil
1 Tbsp white onions
1/2 Tbsp Bbq sauce
1/4 cup quinoa grain, uncooked (cooks like rice); OR 1/2 cup cooked

Green Salad:

3 cups Romaine lettuce
1/4 avocado

Toppings for salad- 1/4 Cucumber, 1/2 cup bell peppers, 1 Tbsp fresh corn cut off the cob, onions, sprinkle 1/2 Tbsp of pumpkin seeds

Boil 2 cups of water to 1 cup of quinoa grain for 15 minutes or less. Quinoa (keen'wa) is done when the curly tail separates from the seed, is translucent and it will have a little crunchy texture. Sauté onions in olive oil for 3-5 minutes, then add seitan, cooked rice, and BBQ sauce to onions and warm until sauce is thickened up. Prepare salad with selected lettuce and veggies. I like to pour BBQ Satay mixture on top of salad and toss together to add bbq flavor/dressing to salad. Remember you can cook a double portion to have enough good food for 1-2 more meals

Snack: Calories 260 C: 27g P: 9g F: 15 g	
<p>½ apple, sliced 1 Tbsp raw almond butter 22 snap peas- eat by themselves, they taste great!</p>	<p>Dip apple slices in almond butter and enjoy crispy snap peas.</p>

Dinner: Calories 380 C: 46g P: 19g F: 16g	
<p>Black Bean Burrito 1 large low carb tortilla 1/2 cup Black Beans (canned, low sodium) 2 Tbsp mozzarella cheese vegan (Follow Your Heart- no casein) ½ cup fresh tomatoes diced or salsa 2 Tbsp onions, diced ½ cup zucchini, diced 1 cup spinach 1 tsp olive oil 1 Tbsp avocado-topping Dash of salt, cumin, cayenne, pepper</p>	<p>Sauté vegetables in pan with olive oil and spices until vegetables are desired texture. Add black beans and mix together for a couple of minutes. Place bean and vegetable mixture in tortilla with 2 Tbsp cheese, avocado and salsa if preferable.</p>

Day 6

Breakfast: Calories 369 C: 46g P: 15g F: 13g	
Breakfast Quinoa 1/4 cup (uncooked) or 1/2 cup (cooked) quinoa 2 Tbsp hemp seeds 1/2 cup unsweetened almond milk or fresh made almond milk 1 Tbsp raisins 1 med fresh peach 1/4 tsp vanilla extract Stevia or agave nectar to sweeten	Rinse Quinoa and combine with almond milk and water. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender. Stir in the remaining ingredients and place in food processor or blender and puree slightly. Ready to eat.
Snack: Calories 245 C: 31g P: 10g F: 9g	
5 Tbsp Hummus 1/2 cup Cucumber w/ seasoning 1 cup broccoli 1 cup carrots 1/2 cup red bell pepper	Dip Veggies in hummus or eat by themselves for a high fiber snack.
Lunch: Calories 371 C: 55g P: 26g F: 14g	
Ginger-Teriyaki Tofu 1/2 cup Tofu, sliced into 1" cubes 1/2 bell pepper, thinly sliced 1 cup mushrooms, roughly chopped 1 cup zucchini, thinly sliced 5 raw cashews 1/2 cup brown rice 2 Tbsp Tamari, Nama shoyu, or Bragg's liquid amino acids Sprinkle of Brown rice vinegar 1/2- 1 Tbsp Maple syrup 1 Tbsp Garlic minced 1/2 Tbsp Ginger, peeled and grated Dash- 1/8 tsp Dry mustard	1 tsp olive oil Pinch Crushed pepper flakes Follow directions on package to cook brown rice. In pan heat oil slightly, toss all ingredients except rice into the pan. Stir and cook briskly on medium-high heat until vegetables reach your desired softness. Keeping the vegetables a little crispy retains the integrity of the fiber. Serve mixture over brown rice.
Snack: Calories 243 C: 30g P: 13g F: 11g	
1/3 cup cottage cheese- lowfat 9 raw almonds 1 fresh peach Vegan option- 6 oz soy yogurt or coconut yogurt, 5 gr. protein powder, 5 almonds, and 1/2 peach. Combine all ingredients.	Combine all ingredients in a bowl and enjoy!

Dinner: Calories 300 C: 24g P: 14g F: 14g

Spicy Tofu Kabobs

½ cup firm tofu (non-gmo, organic), dice into 1" cubes

1/4 onion, cut into wedges

1 ½ tsp smooth peanut butter

6 button mushrooms

½ zucchini, cut into ½" slices

2 tsp honey

1 Tbsp chili sauce

1 bell pepper, cut into 1" x 2" pieces

2 tsp lemon juice, fresh squeezed

1 garlic clove minced/pressed

½ Tbsp ginger root minced,

2 Tbsp Tamari, Nama Shoyu, or Bragg's

Side Salad- Romaine lettuce or mixed baby greens, thinly sliced onion, mushrooms, bell peppers, 1 medium tomato. For dressing add 1 Tbsp balsamic vinegar, 2 tsp olive oil, salt, and 2 tsp agave nectar, ground pepper and toss...

Combine marinade ingredients; peanut butter, honey, chilli sauce, lemon juice, garlic, ginger, sesame oil, and shoyu sauce; in a large bowl & mix well. Dice tofu into 1" cubes. Add tofu & vegetables (onion, bell peppers, mushrooms, zucchini) in to marinade bowl and toss gently; allow to marinate for 1-8 hours. Arrange tofu & vegetables on skewers & grill over medium heat until done.

Day 7

All Day – Fruit and Vegetable Energy Day! You can do this any day of the week.

Do this once a week

Today is a rest and regenerate day for your body. Allow your body and digestive system to take a break from digesting dense foods. Eating only fruits and vegetables will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a lot of fiber which helps absorb toxins and flush out your intestines. Eat only fruits and vegetables, this will be a mini detox which will help your body drop excess fat and toxins it's been storing. We like that!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetables than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body

You can eat the fruits and veggies by them selves, blended, chopped, or juiced.

Option – Make a fruit smoothie or fruit and vegetable smoothie.

Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach.

You have to try it. You'll be amazed how great it tastes!

Vegetables to eat – Celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Fruits to eat – Watermelon, cantaloupe, apples, nectarines, peaches, grapes, pears, apricots, cherries, strawberries, mango, papaya, kiwi's, oranges, etc...

Day 8

Breakfast: Calories 363 C: 42g P: 11g F: 15g	
<p>2 oz. frozen pure Acai (Ex: Sambazon) 1/2 cup frozen mixed berries Medley 1/2 banana Medium sized 10 raw soaked almonds 1 Tbsp ground flax seeds (Ex: Bob's Red Mill Flax Seeds) 1/2 cup/120 ml Hemp Milk (Ex: Living</p>	<p>Harvest Hemp milk - Unsweetened Vanilla) 1 Carrot 2 cup Fresh raw Spinach 1 tsp Agave Nectar Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only.</p>
Snack: Calories 242 C: 28g P: 14g F: 12g	
<p>10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 cup Almond milk 4 pecans raw 1 peach Dash Pumpkin spice</p>	<p>Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat peach and pecans separate or you can blend in with smoothie if you have access to a blender.</p>
Lunch: Calories 349 C: 44g P: 14g F: 13g	
<p>Black Bean Burgers- Vegan 1/2 cup black beans, cooked or if using canned beans, rinse under fresh water to reduce the sodium. 1-2 Tbsp onion, diced 1 1/2 Tbsp ground flaxseeds 1/4 tsp garlic powder 1/4 tsp onion powder 1/2 tsp seasoned salt salt and pepper to taste 1 tsp olive oil or coconut oil 1 slice sprouted grain, rye, or gluten free bread Optional- healthy ketchup, mustard, herb seasoning Side dish- 2 cups sliced cucumbers marinated in apple cider vinegar to cover and dash of salt and pepper.</p>	<p>Soak beans overnight and drain before cooking (easier to digest), add fresh water and boil beans for 1 1/2-2 hours. Saute the onions till soft, about 3-5 minutes. In a large bowl, mash cooked beans until almost smooth. Add sautéed onions and the rest of the ingredients, except the oil, adding the ground flaxseed powder a few Tbsp at a time to combine well. Mixture will be thick. Form bean mixture into patties, approximately 1/2 inch thick and fry patties in a small amount of oil until slightly firm. Place veggie pattie on 1 slice of bread and enjoy with sliced tomato & onions, pickles, sprouts.</p>

Snack: Calories 258 C: 39g P: 20 g F: 6g

2 slices Ezekiel Bread- sprouted grain
2 Tbsp avocado, used as a spread
1-2 slices of tomato
2-4 thin slices of cucumber
Thinly sliced onion
1 tsp Nutritional yeast
dash of spirulina- optional
Spike seasoning or herbs and sea salt

Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.

Dinner: Calories 330 C: 42g P: 16g F: 12g

Carrot-Bean Soup

3/4 cup water
1 tsp. miso paste
6 oz. navy beans cooked or if using canned beans, rinse under fresh water to reduce the sodium.
1/4 small onion
1 medium carrot chopped
1/4-1/2 cup vegetables – corn/peas/carrots either or both (fresh/frozen)
1/4 tsp. garlic powder
1/8 tsp. garam masala
Dash of fenugreek powder
Dash crushed red pepper
1/4 tsp of tarragon leaf
1/8 tsp of cumin
Salt to taste
Dash of Coriander
1 Tbsp Nutritional Yeast
Put water, miso paste, onion, and carrots into a pot.
Simmer for 5 minutes.

Add cooked beans, spices and veggies
Simmer for 10-15 minutes and ready to eat!

Side dish: 10-12 spears steamed Asparagus. Drizzle olive oil, salt, and garlic powder on asparagus.

Day 9

Breakfast: Calories 337 C: 42g P: 13g F: 13g

Good for you Granola

1/3 Cup of soaked sunflower seeds (see below how to soak)
1/2 Tbsp soaked flax seeds (see below)
Hodgson Mill
2 Tbsp of raisins
1/3 tsp of alcohol free vanilla
1/3 tsp of cinnamon
1/2 Tbsp Shredded Coconut (unsweetened)
Dash of salt
1 tsp of agave nectar
Dash Stevia
1/2 cup of raspberries (fresh or frozen)

How to Soak Seeds: Put sunflower seeds and flax seeds in separate bowls and let soak in water for 8-12 hours covering ½ inch above the seeds with water. Flax seeds will have a clear slimy coating around them and will absorb ALL the water. They are just fine and once they are mixed in the granola you won't notice it. Drain water off sunflower seeds and blend all dry ingredients in food processor. Put in bowl and add almond milk to make cereal or eat as is.

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
1-2 Tbsp miso paste (fermented unpasteurized)
1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw
One carrot (5 ½ inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Lunch: Calories 388 C: 40g P: 16g F: 16g

Basmati Spinach Stew

1/2-1 carrot, peeled and sliced into half rounds
1 ½ cups spinach, fresh/frozen
¾ tsp. Coconut oil
Dash-1/8 tsp Ground coriander
Dash- 1/8 tsp Ground mustard
Dash-1/8 tsp Ground cumin
dash Black pepper
dash- 1/8 tsp Ground ginger
dash-1/8 tsp Cayenne pepper
3 Tbsp cup canned Coconut milk (don't use the "light" version)
1 cups Water
1/4 cup Basmati rice, cooked
1/2 cup firm tofu, cubed
Salt and pepper to taste

Side Dish: 1-2 cups chopped green beans and 2 Tbsp red onions chopped. Drizzle cumin or curry powder, salt, garlic powder, agave nectar or honey, oil and dash of vinegar or lemon juice. Toss together.

Cook rice according to directions on package.
Sauté carrot and spices for 3 minutes add the water, coconut milk, cooked basmati rice and tofu and reduce heat to simmer. Cook for 3 minutes. Defrost the spinach and squeeze out the extra water, add to mixture and cook for another 3-5 minutes to heat it up. Take the pot off the heat and let sit for 5 minutes. Add salt and pepper to taste

Snack: Calories 240 C: 40g P: 6g F: 6g
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR
Calories: 237 C: 37g P: 5g F: 9g
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories 366 C: 54g P: 16g F: 9g	
Mexican Spaghetti Squash Salad 1/2 cup Spaghetti Squash, baked whole and removed from shell 1/4 cup carrots, grated 1/4 cup fresh mushrooms, chopped 1/4 cup red bell peppers, chopped 1/4 cup black beans 1/4 cup green bell peppers, chopped 1/8 cup pumpkin seeds, raw 1/8 cup fresh/frozen corn, cut off the cob Dash- 1/8 of chili powder Dash- 1/8 cumin powder Sea salt Topping- Plain yogurt 1/4 cup and salsa 3-4 cups romaine lettuce.	Preheat oven at 375 degrees. Cover baking tray with aluminum foil. Cut squash in half, scrape out seeds and place squash face down on baking tray. Cook for 35-40 minutes or until soft. When done, run fork long wise inside the squash and this will loosen the strands/strings. Scrape all meat out of squash. Sauté carrots, mushrooms, bell peppers, and corn with chili powder, salt, and cumin for 3-5 minutes. Add beans and pumpkin seeds and sauté for 2 minutes. Place lettuce in bowl and spoon vegetable/ bean mixture on top along with fresh salsa and 1/4 cup yogurt if desired.

Day 10

Breakfast: Calories 370 C: 42g P: 13g F: 20g	
Low Glycemic Chocolate-Green Smoothie 1 Tbsp hemp seeds 1 Tbsp of soaked brown flax seed 1 tsp of raw coconut butter 1 Tbsp raw cacao powder 1/2 tsp of maca 1/8 cup of goji berries 1/2 small cucumber 1 tsp vanilla extract (no alcohol)	1 tsp of your favorite dried green supplement Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only Add stevia (Powder or Liquid form) to taste to keep it low Glycemic. (Adding more fruit to sweeten will make it no longer low glycemic)
Snack: Calories 260 C: 27g P: 9g F: 15 g	
1/2 apple, sliced 1 Tbsp raw almond butter 22 snap peas	Dip apple slices in almond butter and enjoy crispy snap peas separate.
Lunch: Calories 368 C: 50g P: 18g F: 10g	
3 Bean Bonanza Chili 2 tsp Olive oil 1/3 Green pepper, coarsely chopped 5 Tbsp Onion, chopped 3/4 cups Whole tomatoes, chopped 1 1/3 cup vegetable broth 1-2 tsp Chili powder, to taste 1/4 jalapeno (optional) seeded and chopped Dash-1/8 tsp Garlic powder Dash- 1/8 tsp Ground cumin seed Dash-1/8 tsp Oregano 1/2 tsp Basil leaf 1 tsp agave nectar 1/4 tsp Salt Dash-1/8 black pepper 1/3 cup or 3 oz Black beans, cooked, canned is optional	1/3 or 3 oz Red kidney beans, cooked, canned is optional 2/3 cup or 5 oz White northern or pinto beans, cooked, canned is optional Optional- brown onions and bell peppers in pan before combining. Combine green pepper, onion and tomato in pot. Stir in all of the spices and vegetable broth. Drain and rinse the beans and add to pot along with the rest of the ingredients. Cook for at least 30 min or up to 1 hour. Garnish with fresh chopped onion and shredded cheese if desired.

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
1-2 Tbsp miso paste (fermented unpasteurized)
1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw
One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 338 C: 36g P: 9g F: 17g

Easy Raw Spaghetti

3 oz sun dried tomatoes, soak in water for 15 minutes
1/2 Tbsp Nutritional yeast
1 1/2 fresh tomato
Fresh Italian herbs, such as basil, oregano, rosemary, tarragon
1/2 tsp sea salt- or to taste
1/2 Tbsp Olive oil
1-2 soft pitted dates
1-2 garlic cloves
1/3 cups macadamia nuts, pine nuts, or Brazil nuts (I like macadamia nuts the best)
1 bunch spinach leaves or 1 bag organic baby spinach
1 1/2 cup medium zucchini squash (option yellow squash), shredded in food processor

Spaghetti

Take zucchini and shred using the top plate on the food processor or a mandolin. Or use a saladdaco spiral slicer to make angel hair size pasta

Sauce:

Blend sun-dried tomatoes with fresh tomatoes, herbs, 1/2 tsp sea salt, olive oil, dates, and 1/2-1 garlic clove until creamy or as smooth as your blender will allow it.

“Cheese”:

Blend in food processor/blender- nuts, 1/2 tsp sea salt or to taste and 1/2-1 clove garlic, nutritional yeast. Allow to remain chunky, or size of large sand grains.

In a glass bowl toss zucchini and tomato sauce together like spaghetti and top with “cheese”. Eat spinach salad separate.

Day 11

Breakfast: Calories 385 C: 47g P: 13g F: 12g	
<p>Strawberry-Mango Smoothie 1 cup strawberries stemmed 1/2 mango peeled 3/4 cup/6 oz Almond milk or Raw almond yogurt(Stay tuned for veggie 2.0 book on that) 4 Brazilian Nuts (Raw & Soaked) 2 tsp agave or brown rice syrup or Really Raw Honey, or 2-3 Dates 1 medium sized Cucumber 1 tsp NutriBiotic Vanilla Brown Rice Protein Powder Add 1/2 Cup Water and blend together</p>	<p>Optional: Dash Stevia, water, ice to taste only</p> <p>Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached. Pour into glass and garnish with mint leaf as option</p>

Snack: Calories 243 C: 14g P: 16 g F: 15 g	
<p>Cottage Cheese and Avocado Snack 1/2 cup low fat Cottage Cheese 1/2 Medium Avocado Sliced Cayenne pepper to taste Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function. OR...</p>	<p>Vegan option- 6 oz. soy yogurt or coconut yogurt, 5 gr. protein powder, and 1/2 peach. Combine all ingredients. 9 raw almonds 1 fresh peach</p> <p>Combine ingredients in a bowl</p>

Lunch: Calories 355 C: 47g P: 7g F: 9g	
<p>Rainbow salad 3 cups Spinach leaves 1 Tbsp sunflower seeds 2/3 cup snap peas 1/4 cup Shredded carrots 1/4 cup Chopped cucumber 1/4 cup shredded apple 1-2 Tbsp raisins 1/4 shredded beets 1-2 Tbsp chopped red onion Honey mustard Dressing- 1 serving (you can make more and store it in the refrigerator) 1-2 tsp Olive oil 2 tsp Dijon mustard</p>	<p>2 tsp Agave Nectar/honey White Vinegar/Apple cider vinegar Dash Salt 2 Tbsp Water (Optional- onion powder)</p> <p>Put dressing ingredients in a coffee cup, whip with fork. If it needs more punch- add salt; more zest- add more vinegar; too vinegary- add more sweetener to dampen vinegar. Make a beautiful salad topped with colorful vegetables.</p>

Snack: Calories 259 C: 21g P: 20g F: 12g

1/2 Tbsp sunflower seeds (raw, unsalted)
12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, **hemp protein**, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 cup blackberries

Stevia/agave nectar for sweetener
(based on 4 Tbsp of Hemp Protein)

Dinner: Calories 351 C: 41g P: 20g F: 15g

Grilled Vegetable Sandwich

1/2 of a small zucchini cut length-wise into 4 (1/4-inch thick slices)
1/2 yellow bell pepper (186g), cut into fourths, remove seeds.
1-2 large fresh mushrooms, sliced
1/4 medium tomato, sliced
1/2 cup firm tofu, Sliced for sandwiches
Dash of salt
Dash of black pepper
Sprinkle of dried basil to taste
1 1/2 Tbsp vegetable cream cheese or vegan cream cheese (Follow Your Heart) or avocado
a few spinach leaves
tofu marinade:
1/4 cup orange juice
2 Tbsp low sodium soy sauce
1 Tbsp Dijon or honey mustard (plus more for serving)
1 Tbsp spicy chili paste (optional)
1 slice Ezekiel sesame sprouted grain bread or pita

Prepare marinade for tofu: Whisk together orange juice, soy sauce, mustard, and chili paste. Cut tofu into 1/2-inch slices. Put tofu into a bowl or plastic resealable bag and pour in marinade, covering slices. Refrigerate at least one-half hour, turning every 15 minutes.

Take veggies and tofu out. Coat both sides of zucchini, pepper and mushrooms with cooking spray.

Place zucchini and peppers on grill rack or broiler pan coated with cooking spray; broil 3 to 4 minutes on each side or until tender. Add mushrooms and broil for 1 to 2 minutes. Remove from grill; sprinkle with salt, pepper and sweet basil leaves.

Spread cream cheese or avocado on toasted bread. Layer zucchini, pepper, mushrooms, and tomato on 1 slice of bread; add spinach if desired. Cut 1 slice of bread in half and make a half sandwich or make an open faced sandwich.

Day 12

Breakfast: Calories 369 C: 42g P: 22g F: 15g	
<p>Breakfast Wrap 1/3 cup Egg whites or 1/2 cup firm crumbled tofu OR 1/4 cup Organic Tempeh (fermented soy beans, healthier way to consume soy), vegan 2 Tbsp Green Onions 1/2 cup Tomatoes Dash Italian herbs Dash Garlic powder Salt as needed 1 Tbsp soy cheese/vegan cheese 1/2 Tbsp olive oil 1 large low carb tortillas 2 1/2 cups watermelon, cubed</p>	<p>Sauté veggies for 3-5 min. with seasonings then add egg whites/tofu/tempeh. Scramble until desired consistency. Add cheese. Eat in tortilla. Eat watermelon separate.</p>
Lunch: Calories 367 C: 58g P: 20g F: 12g	
<p>Stew with Beans, Sweet Potatoes and Corn 1/2 cup canned unsalted whole tomatoes, including the juice 1/3 cups sweet potato chunks 1/3 cups cooked cannellini beans, canned is ok 1/4 cups corn kernels 1/3 cup onion, diced 1/2 large clove of garlic, minced 3/4 cups vegetable broth 1/4 tsp paprika 1/2 tsp dried basil 1 tsp dried thyme Salt if desired</p>	<p>For salad: 4 cups Romaine lettuce cut into 1 inch strips or chopped 2 Tbsp thinly sliced onion 1 Tbsp dried Cranberries 6 pecans 2 Tbsp salad dressing balsamic vinaigrette</p> <p>Put the tomatoes into pan and crush with your hands or the back of a wooden spoon. Mix in the remaining ingredients, cover, and slow-cook until everything is tender. Approximately 30 minutes on the stove.</p>
Snack: Calories 240 C: 37g P: 13g F: 8g	
<p>1/2 cup Cucumber, chopped 3 Tbsp Sunflower seeds- soaked preferably 2 Tbsp Sesame seeds 6 Asparagus 1 Bell pepper, chopped 1/8-1/4 tsp rice vinegar</p>	<p>1-2 Tbsp Nama shoyu, kelp flakes, or sea salt Chop veggies and place in bowl with seeds. Make dressing with rice vinegar, salt, and toasted sesame oil and drizzle on top.</p>

Dinner: Calories 368 C: 47g P: 15g F: 11g

Broccoli Slaw

4 cups Broccoli, shredded in food processor or buy at store in produce section

2 Tbsp Red onions, chopped

1 Tbsp cranberries

2 Tbsp raw sunflower seeds

¼ cup brown rice

DRESSING:

1/2 Tbsp mayonnaise- mock mayonnaise

2 tsp apple cider vinegar

1/2 Tbsp honey

1 Tbsp Nutritional yeast

Dash of cayenne

black pepper

salt to taste

Combine Broccoli slaw, brown rice onion, cranberries, and sunflower seeds

In a separate jar or blender mix mayo, vinegar, honey, nutritional yeast and pepper to taste.

Pour dressing into slaw mix, cover and refrigerate overnight or a few hours.

*May need to add more vinegar, honey and seasonings to taste.

Day 13

Breakfast: Calories 354 C: 42g P: 18g F: 12g	
Chai Banana Smoothie 1 cup almond or sesame seed milk 1/2 ripe organic banana 6 gr. rice protein/ hemp/Sun Warrior Vanilla Protein 1 tsp raw tahini 4 Raw cashews 1 BIG Dash cinnamon Dash of nutmeg	1 packet Stevia or 1 Tbsp raw honey or agave syrup (optional) Add ½ Cup Water and blend together Optional: Dash Stevia, water, ice to taste only Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth.

Snack: Calories 260 C: 27g P: 7g F: 15 g
3 Tbsp pumpkin seeds, raw 1 Tbsp pecans, raw 1 tangerine orange

Lunch: Calories 378 C: 55g P: 15g F: 12 g	
Quinoa Salad 2/3 cup cooked quinoa (healthy cooked grain, full of protein) 2 cups water for boiling quinoa 1 cups cherry tomatoes, halved 1 Tbsp avocados, diced 1 Tbsp artichoke hearts 1 Tbsp chopped fresh basil 1 tsp of pine nuts, toasted 2 Tbsp of capers, to taste Bed of greens- 3 cups baby mixed greens Basic vinaigrette dressing: 1 Tbsp balsamic vinegar 1 tsp fresh lemon or lime juice, with zest 1/2 clove minced garlic 1/2 tsp extra virgin olive oil Salt and pepper to taste	Bring the quinoa and water to boil. Once the water boils, reduce the heat to a simmer and cook until the water is absorbed. When cooked, quinoa has a texture similar to perfectly cooked rice. Strain and rinse well under cold water. Place mixed greens on plate, sprinkle veggies over lettuce along with the quinoa. Prepare the vinaigrette by combining the ingredients and whisking, drizzle on salad.

Snack: Calories 240 C: 40g P: 6g F: 6g
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR
Calories: 237 C: 37g P: 5g F: 9g
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories: 375 C: 53g P: 17g F: 10g

Cajun Creole

1/3 cup canned tomatoes/ or diced
3/4 cup canned kidney beans
1/8 cup onion chopped
2 tsp olive oil
1/4 cup chopped carrots
1/2 cup chopped celery
1/4 cup bell peppers chopped, assorted
1 cup okra, fresh or frozen sliced
(optional) salt and pepper to taste

Seasonings:

1/8 tsp dried oregano
1/8 tsp dried thyme
1/8 Tbsp dried basil
1/8 tsp dried marjoram
1 pinch cayenne or to taste
1/2 Tbsp Dijon mustard
1 tsp minced garlic
1 tsp agave nectar
1 Tbsp fresh parsley or minced scallions
chopped

1/4 cup brown rice, cooked - yes, only
1/4 cup. This is the weight loss part so
make sure and measure out the right
portion.

Side dish:

1 cup okra, cooked in marinara sauce
1/4 cup marinara sauce- natural
1/8 cup water

Method:

Combine the onions, garlic, and olive oil in a soup pot. Cover and sauté on medium heat for about 8 minutes, stirring occasionally, until the onions are softened. Add the carrots, celery, bell peppers, oregano, thyme, basil, marjoram, and cayenne. Cover and cook for another 5 to 10 minutes, stirring to prevent sticking. Stir in the tomatoes, kidney beans, mustard, sweetener and okra when the vegetables are tender. Simmer gently for 5 to 10 minutes. Add salt and pepper to taste and serve topped with parsley or scallions. Serve these beans on rice (maybe topped with salsa) or in bowls as a stew. The flavors blend better if you simmer longer at the end.

Day 14

All Day – Fruit and Vegetable Energy Day! You can do this any day of the week.

Do this once a week

Today is a rest and regenerate day for your body. Allow your body and digestive system to take a break from digesting dense foods. Eating only fruits and vegetables will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a lot of fiber which helps absorb toxins and flush out your intestines. Eat only fruits and vegetables, this will be a mini detox which will help your body drop excess fat and toxins it's been storing. We like that!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetables than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body

You can eat the fruits and veggies by them selves, blended, chopped, or juiced.

Option – Make a fruit smoothie or fruit and vegetable smoothie.

Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach.

You have to try it. You'll be amazed how great it tastes!

Vegetables to eat – Celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Fruits to eat – Watermelon, cantaloupe, apples, nectarines, peaches, grapes, pears, apricots, cherries, strawberries, mango, papaya, kiwi's, oranges, etc...

Day 15

Breakfast: Calories 352 C: 49g P: 20g F: 11g	
Protein Smoothie 1/2 cup blueberries 1/2 cup Strawberries 1 cup spinach 10g Protein powder Optional Protein Powder (Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 tsp. Flax oil 1 slice whole wheat bread- Ezekiel 1 tsp Raw coconut oil- on toast	If you use Vega, only take with blueberries and 1 tsp flax oil for this meal. Great source of minerals, antioxidants and much more! Blend smoothie- protein powder, blueberries, strawberries, spinach and flax oil, water, and ice. Toast 1 slice of bread and spread on coconut oil

Snack: Calories 266 C: 33g P: 20 g F: 6g	
2 slices Ezekiel Bread- sprouted grain 2 Tbsp avocado, used as a spread 1-2 slices of tomato 2-4 thin slices of cucumber Thinly sliced onion 1 tsp Nutritional yeast dash of spirulina- optional Spike seasoning or herbs and sea salt	Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.

Lunch: Calories 346 C: 39g P: 18g F: 15g	
Broccoli Stir fry 1/4 cup Tempeh (fermented soy beans, healthy way to consume soy), vegan 2 cups broccoli 1/4 cup onion 1/4 cup brown rice cooked 1 cup snow peas 1/2 cup celery 1/2 cup bell pepper 1/4 tsp regular sesame oil 1 tsp. sesame seeds 1 Tbsp cashew nuts Dash toasted sesame oil Celtic/ Himalayan salt to taste Garlic powder or fresh garlic to taste Ginger- optional	Hot pepper- optional Soy sauce Sauté tempeh, broccoli, bell peppers, celery, snow peas and onion together in a small amount of oil and water until slightly soft. Add sesame oil, salt, ginger, hot pepper, soy sauce and garlic to taste and sauté 2 minutes. Sprinkle cashew nuts on top. Read instructions on package on how to cook rice.

Snack: Calories 245 C: 31g P: 10g F: 9g

5 Tbsp Hummus
½ cup Cucumber w/ seasoning
1 cup broccoli
1 cup carrots
½ cup red bell pepper

Dip Veggies in hummus or eat by themselves for a high fiber snack.

Dinner: Calories 363 C: 49g P: 10g F: 15g

Pesto Pasta

1/3 cup Spelt Pasta uncooked
1/2 Tbsp Vegan Pesto
1 roma tomato, diced

Arugula Salad- or Spinach Salad

3 cups greens
2 walnuts, chopped
2 Tbsp green onions, chopped
2 Tbsp pear, diced

Dressing:

2 Tbsp minced shallot
3 Tbsp vegetable broth
1/4 Tbsp extra-virgin olive oil
1 1/2 Tbsp balsamic vinegar
1/2 Tbsp Dijon mustard
1/4 tsp salt or to taste
Freshly ground pepper to taste

Whisk all ingredients together. Use 1-2 Tbsp and store remaining dressing in refrigerator. Will last for 4-5 days.

Follow instructions on package to cook pasta. Boil until it is “al dente” (a little chewy, not mushy). This makes the pasta lower glycemic.

Strain water and put pasta in heat resistant bowl. Fold in pesto sauce. Top with diced tomatoes

Place Greens on plate, sprinkle with walnuts, green onions, and diced pear.

Drizzle salad dressing on top.

Bon Appetite!

Day 16

Breakfast: Calories 370 C: 42g P: 13g F: 20g	
<p>Low Glycemic Chocolate-Green Smoothie</p> <p>1 Tbsp hemp seeds 1 Tbsp of soaked brown flax seed 1 tsp of raw coconut butter 1 Tbsp raw cacao powder 1/2 tsp of maca 1/8 cup of goji berries 1/2 small cucumber 1 tsp vanilla extract (no alcohol) 1 tsp of your favorite dried green supplement Add 1/2 Cup Water and blend together</p>	<p>Optional: Dash Stevia, water, ice to taste only Add stevia (Powder or Liquid form) to taste to keep it low Glycemic. (Adding more fruit to sweeten will make it no longer low glycemic)</p>
Snack: Calories 244	
<p>10 gr. Protein powder (Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1/2 cup Almond milk 4 pecans raw 1/2 apple Dash Pumpkin spice</p>	<p>Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie if you have access to a blender.</p>
Lunch: Calories 362 C: 49g P: 18g F: 10g	
<p>Lentils and Rice with Tomato Sauce</p> <p>1/4 cup cooked brown rice 3/4 cup of lentils cooked (canned is optional) 1 1/2 cups water for boiling lentils 1 tsp olive oil 1 tsp crushed garlic 3/4 cup of tomato sauce 1/3 cup water 1 tsp vinegar 1/4 cup medium onion</p> <p>Salad- 2-3 cups mixed baby greens, green onions, raisins, parsley/cilantro, and cucumbers.</p>	<p>1-2 Tbsp balsamic vinaigrette Cook rice and lentils according to directions on package. To make the sauce, first sauté the garlic in olive oil until golden. Add tomato sauce and simmer 10-15 minutes. Add water and vinegar and bring to a boil. Remove from heat immediately and add salt to taste. Finally, slice onion in thin, small pieces and sauté in olive oil until brown and crispy. Serve over 1/4 cup of rice.</p>

Snack: Calories 260 C: 37g P: 10g F: 8g	
<p>1 ½ Tbsp hemp seeds, great source of omega 3 fats and all essential amino acids 1 1/2 cups blueberries-fresh/frozen Dash of cinnamon</p>	<p>Mix all ingredients in a small bowl. This is a tasty easy snack</p>

Dinner: Calories 345 C: 40g P: 20g F: 11g	
<p>Veggie Burger 1.5 Veggie Patties/Burger 2 Tbsp cheese; vegan 3/4 oz 1 slice Ezekiel Bread Sandwich fillings: Sliced onions, tomatoes, cucumbers, lettuce, sprouts, light avocado, mustard, and herb seasoning. Salad: 4 cup mixed green salad, ¼ cup shredded beets, ¼ cup shredded carrots, thinly sliced onions. Quickie salad dressing- pour right on to single serving salad. Fresh squeezed ½ a lemon, herbs, ½ Tbsp of honey, 1/4 tsp olive oil, 1-2 Tbsp water, dash of cayenne and salt. Toss together and ready to eat.</p>	<p>Heat patties and place on 1 slice of bread with vegetable toppings. Make it an open face sandwich or half a sandwich.</p> <p>Veggie Patties to Buy: Hearty and Natural Veggie Burger, Soyboy Okara Burgers, Whole Foods 365 Gourmet Burger, Boca Burger Chef Max's Favorite. Look for organic when available, low sodium (300 mg.) or less, 10 or more grams of protein, and no more than 4 grams of fat. Do not eat patties every day since they are higher in sodium.</p>

Breakfast: Calories 368 C: 53g P: 19g F: 10g

Fiber Oatmeal

1/4 cup old fashioned Oats or oat groats-dry
1 Nectarine
6 gr. of protein powder
3 Tbsp pumpkin seeds, raw
1/4 cup almond milk/water
Dash of cinnamon

Soak oats in an open bowl of water over night on the counter, instead of cooking. This keeps the fiber intact. In the morning dump out the water and add the rest of the ingredients to the oats. You may need to add additional water because of the protein powder.

Snack: Calories 245 C: 31g P: 10g F: 9g

5 Tbsp Hummus
1/2 cup Cucumber w/ seasoning
1 cup broccoli
1 cup carrots
1/2 cup red bell pepper

Dip Veggies in hummus or eat by themselves for a high fiber snack.

Lunch: Calories 377 C: 45g P: 21g F: 11g

Black Bean Soup

3/4 cup Black beans (presoak overnight is cooking)
1 oz. Seitan (wheat gluten), vegan
1 Tbsp red onion- chopped
1 fresh tomato- chopped
4 sprigs of cilantro (coriander in the rest of the world-looks like parsley)
Dash of chili powder
1 tsp cumin
dash of garlic powder
3 Tbsp Avocado
salt to taste
1 1/2 Cup broccoli- steamed on the side.
Sprinkle with nutritional yeast, salt, and lemon

You can make more soup but the above is an estimate of your portion size. Heat cooked beans, seitan, onion, tomato, cilantro, cumin, salt, garlic powder, and chili powder. Warm/cook for 10 min. or till veggies soften up. To serve, sprinkle avocado on top. Can enjoy over salad mix.

Snack: Calories 259 C: 21g P: 20g F: 12g	
<p>1/2 Tbsp sunflower seeds (raw, unsalted) 12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 cup blackberries Stevia/agave nectar for sweetener</p>	<p>(based on 4 Tbsp of Hemp Protein)</p>

Dinner: Calories 364 C: 45g P: 19g F: 12g	
<p>Curried Chickpeas 1/4 cup chickpeas (garbanzo beans) 2 oz. /4 Tbsp tempeh (fermented soybeans) 1 Tbsp onion 1/2 clove garlic 1 tsp Curry powder 1 tsp fresh ginger grated salt, to taste 1/4 cup diced tomatoes</p> <p>Salad: 3 cups Mixed green salad w/ 6 almonds 4 Tbsp avocado, sprouts, green onions</p> <p>Quickie salad dressing: fresh squeezed 1/2 a lemon, herbs, a drizzle of honey, 1 Tbsp olive oil and salt. Optional garlic powder. Toss together and ready to eat!</p>	<p>Soak and cook chickpeas or use canned chickpeas. Sauté onions, ginger, tempeh, seasoning/spices and garlic in oil for 5 minutes. Add remaining ingredients to onion mixture and warm on stove for 3-5 minutes. Ready to eat. Put mixed greens in salad bowl and top with veggies and quick home made salad dressing.</p>

Day 18

Breakfast: Calories 332 C: 44g P: 17g F: 13g	
Cherry Banana Smoothie 1/4 large Banana 1/2 cup Fresh Cherries 2 tsp Almond Butter, Raw, Natural 10 gr. Protein Powder (Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1-2 Dates 3/4 cup kale, raw chopped 1 tsp Vanilla Extract 2 tsp Raw Sesame Seeds Dash of Cinnamon	Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only Blend all ingredients in a high powered blender if you have one or a regular kitchen blender will work ok.
Snack: Calories 243 C: 30g P: 13g F: 11g	
1/3 cup cottage cheese- low fat 9 raw almonds 1 fresh peach Vegan option- 6 oz. soy yogurt or coconut yogurt, 5 gr. protein powder, 5 almonds and 1/2 peach. Combine all ingredients.	Combine all ingredients in a bowl and enjoy!
Lunch: Calories 351 C: 42g P: 23g F: 11g	
Gazpacho Soup and Garlic Green Beans 3/4 cups tomato juice 1/8 cup onion, minced 1/2 green bell pepper, minced 1/2 cucumber, chopped 1 cup chopped tomatoes 1 green onion, chopped 1/2 - 1 clove garlic (for gazpacho), minced in garlic press 2 tsp fresh lemon juice 2 tsp red wine vinegar/ apple cider vinegar 1/4 tsp dried tarragon, to taste 1/4 tsp dried basil, to taste 1/8 cup chopped fresh parsley 1 tsp agave nectar Pinch of salt to taste	In a blender or food processor, combine all ingredients and blend until well-combined but still slightly chunky. Chill at least 2 hours before serving. Side Dish: 1 1/2 cups green beans 1 clove garlic (for green beans), minced in garlic press 1/2 cup Tempeh, cut into 1" blocks 1-2 tsp olive oil Salt to taste Sauté green beans in olive oil with minced garlic and salt over medium heat. After 2 minutes add tempeh and sauté until green beans reach desired softness. The less cooked they are the more nutrients available.

Snack: Calories 233 C: 21g P: 21g F: 7g

1 cup soy beans frozen (non-GMO, organic, preferably)
½ fresh cucumber sliced
1 Tbsp green onion
Soy sauce, garlic powder or onion powder



Buy precooked fresh/frozen soy beans already shelled. Warm up soy beans (if desired) in boiling water for 5 or less minutes then drain off water. Add chopped cucumbers, onions and seasonings to soybeans (edamame). It's ready to eat!

Buying non-GMO soybeans: The only way to know for sure the soybeans are not Genetically Modified Organisms is by the labeling on the package. Most companies know these days that non-GMO is important to customers so they are putting it on their packaging. The label may look like the image above but may look different.

Dinner: Calories 369 C: 36g P: 27g F: 13g

Lentil Vegetable Soup

¾ cup Lentils (cooked) or 1/3 cup dry
2/3 cup carrots
1 Tbsp red onion
1/2 clove garlic
1 1/2 cups vegetable stock and 1 1/2 cups water
1-2 Tbsp tamari to taste (soy sauce) or to taste
3 Tbsp avocado
Herbes de province

Side Dish: 10-12 spears steamed Asparagus. Drizzle olive oil, salt, and garlic powder on asparagus.

Cook dry lentils and all ingredients except avocado in crock pot with vegetable stock and water and cook on medium heat for 1hour. Or use canned precooked lentils, just watch out for extra sodium! If using canned lentils, sauté carrots, onion, garlic, and seasoning/herbs for 3-5 minutes. Then add lentils to mixture. Warm for 5 minutes and it's ready to eat. Sprinkle avocado on soup.

Day 19

Breakfast: Calories 350 C: 45g P: 17g F: 10g

Simple Cereal

1 cup Kashi GoLean Cereal
1/3-1/2 medium banana, sliced
5 Almonds

4 oz Almond milk unsweetened

Snack: Calories 241 C: 25g P: 14g F: 12g

10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1/2 cup almond milk
2 Brazil nuts
1/2 apple
Dash Pumpkin spice

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and brazil nuts separate or you can blend in with smoothie.

Lunch: Calories 355 C: 52g P: 16g F: 13g

BBQ Satay with Green Salad

2-3 Tbsp Seitan (wheat gluten), vegan
1/4 tsp Olive oil
1 Tbsp white onions
1/2 Tbsp Bbq sauce
1/4 cup quinoa grain, uncooked (cooks like rice); OR 1/2 cup cooked
Green Salad:
3 cups Romaine lettuce
1/4 avocado
Toppings for salad- 1/4 Cucumber, 1/2 cup bell peppers, 1 Tbsp fresh corn cut off the cob, onions, sprinkle 1/2 Tbsp of pumpkin seeds

Boil 2 cups of water to 1 cup of quinoa grain for 15 minutes or less. Quinoa (keen'wa) is done when the curly tail separates from the seed, is translucent and it will have a little crunchy texture. Sauté onions in olive oil for 3-5 minutes, then add seitan, cooked rice, and BBQ sauce to onions and warm until sauce is thickened up. Prepare salad with selected lettuce and veggies. I like to pour BBQ Satay mixture on top of salad and toss together to add bbq flavor/dressing to salad. Remember you can cook a double portion to have enough good food for 1-2 more meals

Snack: Calories 260 C: 27g P: 9g F: 15 g

1/2 pear, sliced
1 Tbsp raw almond butter
22 snap peas

Dip pear slices in almond butter and enjoy crispy snap peas separate.

Dinner: Calories 380 C: 46g P: 19g F: 16g

Black Bean Burrito

1 large low carb tortilla
1/2 cup Black Beans (canned, low sodium)
2 Tbsp mozzarella cheese vegan (Follow Your Heart- no casein)
1/2 cup fresh tomatoes diced or salsa
2 Tbsp onions, diced
1/2 cup zucchini, diced
1 cup spinach
1 tsp olive oil
1 Tbsp avocado-topping
Dash of salt, cumin, cayenne, pepper

Sauté vegetables in pan with olive oil and spices until vegetables are desired texture. Add black beans and mix together for a couple of minutes. Place bean and vegetable mixture in tortilla with 2 Tbsp cheese, avocado and salsa if preferable.

Day 20

Breakfast: Calories 369 C: 46g P: 15g F: 13g	
Breakfast Quinoa 1/4 cup (uncooked) or 1/2 cup (cooked) quinoa 2 Tbsp hemp seeds 1/2 cup unsweetened almond milk or fresh made almond milk 1 Tbsp raisins 1 med fresh peach 1/4 tsp vanilla extract Stevia or agave nectar to sweeten	Rinse Quinoa and combine with almond milk and water. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender. Stir in the remaining ingredients and place in food processor or blender and puree slightly. Ready to eat.

Snack: Calories 245 C: 31g P: 10g F: 9g	
5 Tbsp Hummus 1/2 cup Cucumber w/ seasoning 1 cup broccoli 1 cup carrots 1/2 cup red bell pepper	Dip Veggies in hummus or eat by themselves for a high fiber snack.

Lunch: Calories 355 C: 47g P: 7g F: 9g	
Rainbow salad 3 cups Spinach leaves 1 Tbsp sunflower seeds 1/4 cup Shredded carrots 2/3 cup snap peas 1/4 cup Chopped cucumber 1/4 cup shredded apple 1-2 Tbsp raisins 1/8 cup shredded beets 1-2 Tbsp chopped red onion Honey Mustard Dressing – 1 Serving (you can make more and store it in the refrigerator). 1-2 tsp Olive oil 2 tsp Dijon mustard 2 tsp Agave Nectar/honey White Vinegar/Apple Cider vinegar Dash Salt 2 Tbsp Water (Optional – onion powder)	Put salad dressing in a coffee cup, whip with fork. If it needs more punch- add salt; more zest- add more vinegar; too vinegary- add more sweetener to dampen the vinegar. Make a beautiful salad topped with colorful vegetables.

Snack: Calories 243 C: 30g P: 13g F: 11g	
<p>1/3 cup cottage cheese- low fat 9 raw almonds 1 fresh peach Vegan option- 6 oz soy yogurt or coconut yogurt, 5 gr. protein powder, 5 almonds and ½ peach.</p>	<p>Combine all ingredients in a bowl and enjoy!</p>

Dinner: Calories 300 C: 24g P: 14g F: 14g	
<p>Spicy Tofu Kabobs ½ cup firm tofu (non-gmo, organic), dice into 1” cubes 1/4 onion, cut into wedges 1 ½ tsp smooth peanut butter 6 button mushrooms ½ zucchini, cut into ½” slices 2 tsp honey 1 Tbsp chilli sauce 1 bell pepper, cut into 1” x 2” pieces 2 tsp lemon juice, fresh squeezed 1 garlic clove minced/pressed ½ Tbsp ginger root minced, 2 Tbsp Tamari, Nama Shoyu, or Bragg’s</p> <p>Side Salad- Romaine lettuce or mixed baby greens, thinly sliced onion, mushrooms, bell peppers, 1 medium tomato. For dressing add 1 Tbsp balsamic vinegar, 2 tsp olive oil, salt, and 2 tsp agave nectar, ground pepper and toss..</p>	<p>Combine marinade ingredients; peanut butter, honey, chilli sauce, lemon juice, garlic, ginger, sesame oil, and shoyu sauce; in a large bowl & mix well. Dice tofu into 1” cubes. Add tofu & vegetables (onion, bell peppers, mushrooms, zucchini) in to marinade bowl and toss gently; allow to marinate for 1-8 hours. Arrange tofu & vegetables on skewers & grill over medium heat until done.</p>

Day 21

All Day- fruit and vegetable energy Day! You can do this any day of the week.

Do this once a week

Today is a rest and regenerate day for your body. Allow your body and digestive system to take a break from digesting dense foods. Eating only fruits and vegetables will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk. This will free up more energy by getting rid of the sludge so you feel more energized. Eat only fruits and vegetables, this will be a mini detox which will help your body drop excess fat and toxins it's been storing. We like that!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetables than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body

You can eat the fruits and veggies by themselves, blended, chopped, or juiced.

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how great it tastes!

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Fruits- watermelon, cantaloupe, apples, nectarines, peaches, grapes, pears, apricots, cherries, strawberries, mango, papaya, kiwis, oranges, etc...

Day 22

Breakfast: Calories 363 C: 42gr P: 11gr F: 15gr	
<p>2 oz. frozen pure Acai (Ex: Sambazon) 1/2 cup frozen mixed berries Medley 1/2 banana Medium sized 10 raw soaked almonds 1 Tbsp ground flax seeds (Ex: Bob's Red Mill Flax Seeds) 1/2 cup/120 ml Hemp Milk (Ex: Living Harvest Hemp milk - Unsweetened Vanilla) 1 Carrot 2 cup Fresh raw Spinach</p>	<p>1 tsp Agave Nectar Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only.</p>
Snack: Calories 241 C: 25g P: 14g F: 12g	
<p>10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 cup Almond milk 4 pecans raw 1 apple Dash Pumpkin spice</p>	<p>Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie if you have access to a blender.</p>
Lunch: Calories 349 C: 44g P: 14g F: 13g	
<p>Black Bean Burgers- Vegan 1/2 cup black beans, cooked or if using canned beans, rinse under fresh water to reduce the sodium. 1-2 Tbsp onion, diced 1 1/2 Tbsp ground flaxseeds 1/4 tsp garlic powder 1/4 tsp onion powder 1/2 tsp seasoned salt salt and pepper to taste 1 tsp olive oil or coconut oil 1 slice sprouted grain, rye, or gluten free bread Optional- healthy ketchup, mustard, herb seasoning Side dish- 2 cups sliced cucumbers marinated in apple cider vinegar to cover and dash of salt and pepper.</p>	<p>Soak beans overnight and drain before cooking (easier to digest), add fresh water and boil beans for 1 1/2-2 hours. Sauté the onions till soft, about 3-5 minutes. In a large bowl, mash cooked beans until almost smooth. Add sautéed onions and the rest of the ingredients, except the oil, adding the ground flaxseed powder a few Tbsp at a time to combine well. Mixture will be thick. Form bean mixture into patties, approximately 1/2 inch thick and fry patties in a small amount of oil until slightly firm. Place veggie pattie on 1 slice of bread and enjoy with sliced tomato & onions, pickles, sprouts.</p>

Snack: Calories 266 C: 33g P: 20 g F: 6g

2 slices Ezekiel Bread- sprouted grain
2 Tbsp avocado, used as a spread
1-2 slices of tomato
2-4 thin slices of cucumber
Thinly sliced onion
1 tsp Nutritional yeast
dash of spirulina- optional
Spike seasoning or herbs and sea salt

Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.

Dinner: Calories 330 C: 42gr P: 16g F: 12g

Carrot-Bean Soup

3/4 cup water
1 tsp. miso paste
6 oz. navy beans cooked or if using canned beans, rinse under fresh water to reduce the sodium.
1/4 small onion
1 medium carrot chopped
1/4-1/2 cup vegetables – corn/peas/carrots either or both (fresh/frozen)
1/4 tsp. garlic powder
1/8 tsp. garam masala
Dash of fenugreek powder
Dash crushed red pepper
1/4 tsp of tarragon leaf

1/8 tsp of cumin
Salt to taste
Dash of Coriander
1 Tbsp Nutritional Yeast
Put water, miso paste, onion, and carrots into a pot.
Simmer for 5 minutes.
Add cooked beans, spices and veggies
Simmer for 10-15 minutes and ready to eat!

Side dish: 10-12 spears steamed Asparagus. Drizzle olive oil, salt, and garlic powder on asparagus.

Day 23

Breakfast: Calories 337 C: 42g P: 13g F: 13g

Good for you Granola

1/3 Cup of soaked sunflower seeds (see below how to soak)
1/2 Tbsp soaked flax seeds (see below)
Hodgson Mill
2 Tbsp of raisins
1/3 tsp of alcohol free vanilla
1/3 tsp of cinnamon
1/2 Tbsp Shredded Coconut (unsweetened)
Dash of salt
1 tsp of agave nectar
Dash Stevia
1/2 cup of raspberries (fresh or frozen)

How to Soak Seeds: Put sunflower seeds and flax seeds in separate bowls and let soak in water for 8-12 hours covering ½ inch above the seeds with water. Leave on counter to soak at room temperature. Flax seeds will have a clear slimy coating around them and will absorb ALL the water. They are just fine and once they are mixed in the granola you won't notice it. Drain water off sunflower seeds and blend all dry ingredients in food processor. Put in bowl and add almond milk to make cereal or eat as is.

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
1-2 Tbsp miso paste (fermented unpasteurized)
1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw

One carrot (5 ½ inches long) eat separate
Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Lunch: Calories 388 C: 40g P: 16g F: 16g

Basmati Spinach Stew

1/2-1 carrot, peeled and sliced into half rounds
1 ½ cups spinach, fresh/frozen
¾ tsp. Coconut oil
Dash-1/8 tsp Ground coriander
Dash- 1/8 tsp Ground mustard
Dash-1/8 tsp Ground cumin
dash Black pepper
dash- 1/8 tsp Ground ginger
dash-1/8 tsp Cayenne pepper
3 Tbsp cup canned Coconut milk (don't use the "light" version)
1 cups Water
1/4 cup Basmati rice, cooked
1/2 cup firm tofu, cubed
Salt and pepper to taste

Side Dish: 1-2 cups chopped green beans and 2 Tbsp red onions chopped. Drizzle cumin or curry powder, salt, garlic powder, agave nectar or honey, oil and dash of vinegar or lemon juice. Toss together.

Cook rice according to directions on package.
Sauté carrot and spices for 3 minutes add the water, coconut milk, cooked basmati rice and tofu and reduce heat to simmer. Cook for 3 minutes. Defrost the spinach and squeeze out the extra water, add to mixture and cook for another 3-5 minutes to heat it up. Take the pot off the heat and let sit for 5 minutes. Add salt and pepper to taste

Snack: Calories 240 C: 40g P: 6g F: 6g
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR
Calories: 237 C: 37g P: 5g F: 9g
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories 366 C: 54g P: 16g F: 9g	
<p>Mexican Spaghetti Squash Salad 1/2 cup Spaghetti Squash, baked whole and removed from shell 1/4 cup carrots, grated 1/4 cup fresh mushrooms, chopped 1/4 cup red bell peppers, chopped 1/4 cup black beans 1/4 cup green bell peppers, chopped 1/8 cup pumpkin seeds, raw 1/8 cup fresh/frozen corn, cut off the cob Dash- 1/8 of chili powder Dash- 1/8 cumin powder Sea salt Topping- Plain yogurt 1/4 cup and salsa 3-4 cups romaine lettuce.</p>	<p>Preheat oven at 375 degrees. Cover baking tray with aluminum foil. Cut squash in half, scrape out seeds and place squash face down on baking tray. Cook for 35-40 minutes or until soft. When done, run fork long wise inside the squash and this will loosen the strands/strings. Scrape all meat out of squash. Sauté carrots, mushrooms, bell peppers, and corn with chili powder, salt, and cumin for 3-5 minutes. Add beans and pumpkin seeds and sauté for 2 minutes. Place lettuce in bowl and spoon vegetable/ bean mixture on top along with fresh salsa and 1/4 cup yogurt if desired.</p>

Day 24

Breakfast: Calories 370 C: 42g P: 13g F: 20g	
Low Glycemic Chocolate-Green Smoothie 1 Tbsp hemp seeds 1 Tbsp of soaked brown flax seed 1 tsp of raw coconut butter 1 Tbsp raw cacao powder 1/2 tsp of maca 1/8 cup of goji berries 1/2 small cucumber 1 tsp vanilla extract (no alcohol)	1 tsp of your favorite dried green supplement Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only Add stevia (Powder or Liquid form) to taste to keep it low Glycemic. (Adding more fruit to sweeten will make it no longer low glycemic)

Snack: Calories 260 C: 27g P: 9g F: 15 g	
1/2 apple, sliced 1 Tbsp raw almond butter 22 snap peas	Dip apple slices in almond butter and enjoy crispy snap peas.

Lunch: Calories 368 C: 50g P: 18g F: 10g	
3 Bean Bonanza Chili 2 tsp Olive oil 1/3 Green pepper, coarsely chopped 5 Tbsp Onion, chopped 3/4 cups Whole tomatoes, chopped 1 1/3 cup vegetable broth 1-2 tsp Chili powder, to taste 1/4 jalapeno (optional) seeded and chopped Dash-1/8 tsp Garlic powder Dash- 1/8 tsp Ground cumin seed Dash-1/8 tsp Oregano 1/2 tsp Basil leaf 1 tsp agave nectar 1/4 tsp Salt Dash-1/8 black pepper	1/3 cup or 3 oz Black beans, cooked, canned is optional 1/3 or 3 oz Red kidney beans, cooked, canned is optional 2/3 cup or 5 oz White northern or pinto beans, cooked, canned is optional Optional- brown onions and bell peppers in pan before combining. Combine green pepper, onion and tomato in pot. Stir in all of the spices and vegetable broth. Drain and rinse the beans and add to pot along with the rest of the ingredients. Cook for at least 30 min or up to 1 hour. Garnish with fresh chopped onion and shredded cheese if desired.

Snack: Calories 261 C: 36g P: 8g F: 10g	
18 Baked corn chips (organic, non-gmo), gotta get baked chips 1/4 cup salsa 1 1/2 broccoli 4 Tbsp guacamole	Dip broccoli in guacamole and dip chips in salsa or vice versa.

Dinner: Calories 338 C: 36g P: 9g F: 17g

Easy Raw Spaghetti

3 oz sun dried tomatoes, soak in water for 15 minutes
1/2 Tbsp Nutritional yeast
1 1/2 fresh tomato
Fresh Italian herbs, such as basil, oregano, rosemary, tarragon
1/2 tsp sea salt- or to taste
1/2 Tbsp Olive oil
1-2 soft pitted dates
1-2 garlic cloves
1/3 cups macadamia nuts, pine nuts, or Brazil nuts (I like macadamia nuts the best)
1 bunch spinach leaves or 1 bag organic baby spinach
1 1/2 cup medium zucchini squash (option yellow squash), shredded in food processor

Spaghetti

Take zucchini and shred using the top plate on the food processor or a mandolin. Or use a saladdaco spiral slicer to make angel hair size pasta

Sauce:

Blend sun-dried tomatoes with fresh tomatoes, herbs, 1/2 tsp sea salt, olive oil, dates, and 1/2-1 garlic clove until creamy or as smooth as your blender will allow it.

“Cheese”:

Blend in food processor/blender- nuts, 1/2 tsp sea salt or to taste and 1/2-1 clove garlic, nutritional yeast. Allow to remain chunky, or size of large sand grains.

In a glass bowl toss zucchini and tomato sauce together like spaghetti and top with “cheese”. Eat spinach salad separate.

Day 25

Breakfast: Calories 385 C: 47g P: 13g F: 12g	
Strawberry-Mango Smoothie 1 cup strawberries stemmed 1/2 mango peeled 3/4 cup/6 oz Almond milk or Raw almond yogurt(Stay tuned for veggie 2.0 book on that) 4 Brazilian Nuts (Raw & Soaked) 2 tsp agave or brown rice syrup or Really Raw Honey, or 2-3 Dates 1 medium sized Cucumber 1 tsp NutriBiotic Vanilla Brown Rice Protein Powder Add 1/2 Cup Water and blend together	Optional: Dash Stevia, water, ice to taste only Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached. Pour into glass and garnish with mint leaf as option.
Snack: Calories 243 C: 14g P: 16 g F: 15 g	
Cottage Cheese and Avocado Snack 1/2 cup low fat Cottage Cheese 1/2 Medium Avocado Sliced Cayenne pepper to taste Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function. OR...	Vegan option- soy yogurt or coconut yogurt, 5 gr. protein powder, and 1/2 peach. Combine all ingredients. 9 raw almonds 1 fresh peach Combine ingredients in a bowl
Lunch: Calories 355 C: 47g P: 7g F: 9g	
Rainbow salad 3 cups Spinach leaves 1 Tbsp sunflower seeds 2/3 cup snap peas 1/4 cup Shredded carrots 1/4 cup Chopped cucumber 1/4 cup shredded apple 1-2 Tbsp raisins 1/4 shredded beets 1-2 Tbsp chopped red onion Honey Mustard Dressing – 1-serving (you can make more and store it in the refrigerator) 1 tsp Olive oil	2 tsp Dijon mustard 2 tsp Agave Nectar/honey White Vinegar/Apple cider vinegar Dash Salt 2 Tbsp Water (Optional – onion powder) Put ingredients in a coffee cup, whip with fork. If it needs more punch- add salt; more zest- add more vinegar; too vinegary- add more sweetener to dampen vinegar. Make a beautiful salad topped with colorful vegetables.

Snack: Calories 259 C: 21g P: 20g F: 12g	
1/2 Tbsp sunflower seeds (raw, unsalted) 12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein ,	Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 cup blackberries Stevia/agave nectar for sweetener (based on 4 Tbsp of Hemp Protein)

Dinner: Calories 363 C: 49g P: 10g F: 15g	
Pesto Pasta 1/3 cup Spelt Pasta uncooked 1/2 Tbsp Vegan Pesto 1 roma tomato, diced Arugula Salad- or Spinach Salad 3 cups greens 2 walnuts, chopped 2 Tbsp green onions, chopped 2 Tbsp pear, diced Dressing: 2 Tbsp minced shallot 3 Tbsp vegetable broth 1/4 Tbsp extra-virgin olive oil 1 1/2 Tbsp balsamic vinegar 1/2 Tbsp Dijon mustard 1/4 tsp salt or to taste Freshly ground pepper to taste	Whisk all ingredients together. Use 1-2 Tbsp and store remaining dressing in refrigerator. Will last for 4-5 days. Follow instructions on package to cook pasta. Boil until it is “al dente” (a little chewy, not mushy). This makes the pasta lower glycemic. Strain water and put pasta in heat resistant bowl. Fold in pesto sauce. Top with diced tomatoes Place Greens on plate, sprinkle with walnuts, green onions, and diced pear. Drizzle salad dressing on top. Bon Appetite!

Day 26

Breakfast: Calories 369 C: 48g P: 18g F: 13g

Breakfast Wrap

1/3 cup Egg whites or 1/2 cup firm tofu
 OR 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy),
 vegan
 1 Tbsp Green Onion
 1 Tomato
 Dash Italian herbs
 Dash Garlic powder
 Salt as needed
 2 tsp soy cheese
 1/2 tsp. olive oil
 1 large low carb tortilla

2 ½ heaping cups watermelon- eat separate

Sauté tomatoes, onions, and spices for 3-5 min in olive oil with seasonings then add egg whites/tofu/tempeh. Scramble until desired consistency. Add cheese. Place mixture in tortilla. You can always add more veggies. Eat watermelon separately.

Refreshing Lemonade without Calories

1 good sized lemon for flavor
 48 oz of water
 Stevia to taste
 Optional cayenne pepper

Cleansing drink. Peel lemon, put in blender with stevia and 1 cup of water. Add rest of water and keep jug in fridge. Will satisfy your sweet cravings while detoxifying your body plus the stevia controls bacteria in your mouth.

Lunch: Calories 367 C: 58g P: 20g F: 12g

Stew with Beans, Sweet Potatoes and Corn

1/2 cup canned unsalted whole tomatoes, including the juice
 1/3 cup sweet potato chunks
 1/3 cup cooked cannellini beans, canned is ok
 1/4 cup corn kernels
 1/3 cup onion, diced
 1/2 large clove of garlic, minced
 3/4 cups vegetable broth
 1/4 tsp paprika
 1/2 tsp dried basil
 1 tsp dried thyme
 Salt if desired

4 cups Romaine lettuce cut into 1 inch strips or chopped
 2 Tbsp thinly sliced onion
 1 Tbsp dried Cranberries
 6 pecans
 2 Tbsp salad dressing balsamic vinaigrette

Pour the tomatoes into pan and crush with your hands or the back of a wooden spoon. Mix in the remaining ingredients, cover, and slow-cook until everything is tender. Approximately 30 minutes on the stove.

For salad:

Snack: Calories 240 C: 37g P: 13g F: 8g

½ cup Cucumber, chopped
3 Tbsp Sunflower seeds- soaked preferably
2 Tbsp Sesame seeds
6 Asparagus
1 Bell pepper, chopped
1/8-1/4 tsp rice vinegar

1-2 Tbsp Nama shoyu, kelp flakes, or sea salt
Chop veggies and place in bowl with seeds. Make dressing with rice vinegar, salt, and toasted sesame oil and drizzle on top.

Dinner: Calories 368 C: 47g P: 15g F: 11g

Broccoli Slaw

4 cups Broccoli, shredded in food processor or buy at store in produce section
2 Tbsp Red onions, chopped
1 Tbsp cranberries
2 Tbsp raw sunflower seeds
¼ cup brown rice, cooked

DRESSING:

1/2 Tbsp mayonnaise- mock mayonnaise
2 tsp apple cider vinegar
1/2 Tbsp honey
1 Tbsp Nutritional yeast
Dash of cayenne
black pepper
salt to taste

Combine Broccoli slaw, brown rice onion, cranberries, and sunflower seeds

In a separate jar or blender mix mayo, vinegar, honey, nutritional yeast and pepper to taste.
mix dressing into slaw mix, cover and refrigerate overnight or a few hours.
May need to add more “dressing”, vinegar, honey and seasonings to taste.

Day 27

Breakfast: Calories 354 C: 42g P: 18g F: 12g

Chai Banana Smoothie

1 cup almond or sesame seed milk
1/2 ripe organic banana
4-6 gr. rice protein/ hemp/Sun Warrior
Vanilla Protein
1 tsp raw tahini
4 Raw cashews
1 BIG Dash cinnamon
Dash of nutmeg
1 packet Stevia or 1 Tbsp raw honey or
agave syrup (optional)
Add 1/2 Cup Water and blend together

Optional: Dash Stevia, water, ice to taste
only

Place all ingredients in a high powered
blender. Puree until smooth. Add
several cubes of ice if desired and blend
until smooth. Add ice until desired
consistency is reached.

Snack: Calories 260 C: 27g P: 7g F: 15 g

3 Tbsp pumpkin seeds, raw
1 Tbsp pecans, raw
1 tangerine orange

Lunch: Calories 378 C: 55g P: 15g F: 12 g

Quinoa Salad

2/3 cup cooked quinoa (healthy cooked
grain, full of protein)
2 cups water for boiling quinoa
1 cups cherry tomatoes, halved
1 Tbsp avocados, diced
1 Tbsp artichoke hearts
1 Tbsp chopped fresh basil
1 tsp of pine nuts, toasted
2 Tbsp of capers, to taste
Salad: Bed of greens- 3 cups baby
mixed greens
Basic vinaigrette dressing:
1 Tbsp balsamic vinegar
1 tsp fresh lemon or lime juice, with zest
1/2 cloves minced garlic
1/2 tsp extra virgin olive oil
1-2 Tbsp water
Salt and pepper to taste

Bring the quinoa and water to boil.
When the water boils, reduce the heat to
a simmer and cook until the water is
absorbed. When cooked, quinoa has a
texture similar to perfectly cooked rice.
Strain and rinse well under cold water.
Place mixed greens on plate, sprinkle
veggies over lettuce along with the
quinoa.
Prepare the vinaigrette by combining the
ingredients and whisking, drizzle on
salad.

Snack: Calories 240 C: 40g P: 6g F: 6g
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR
Calories: 237 C: 37g P: 5g F: 9g
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories: 375 C: 53g P: 17g F: 10g	
<p>Cajun Creole 1/3 cup canned tomatoes/ or diced 3/4 cup canned kidney beans 1/8 cup onion chopped 2 tsp olive oil 1/4 cup chopped carrots 1/2 cup chopped celery 1/4 cup bell peppers chopped, assorted 1 cup okra, fresh or frozen sliced (optional) salt and pepper to taste</p> <p>Seasonings: 1/8 tsp dried oregano 1/8 tsp dried thyme 1/8 Tbsp dried basil 1/8 tsp dried marjoram 1 pinch cayenne or to taste 1/2 Tbsp Dijon mustard 1 tsp minced garlic 1 tsp agave nectar 1 Tbsp fresh parsley or minced scallions chopped</p> <p>1/4 cup brown rice, cooked - yes, only 1/4 cup. This is the weight loss part so make sure and measure out the right portion.</p>	<p>Side dish: 1 cup okra, cooked in marinara sauce 1/4 cup marinara sauce- natural 1/8 cup water</p> <p>Method: Combine the onions, garlic, and olive oil in a soup pot. Cover and sauté on medium heat for about 8 minutes, stirring occasionally, until the onions are softened. Add the carrots, celery, bell peppers, oregano, thyme, basil, marjoram, and cayenne. Cover and cook for another 5 to 10 minutes, stirring to prevent sticking. Stir in the tomatoes, kidney beans, mustard, sweetener and okra when the vegetables are tender. Simmer gently for 5 to 10 minutes. Add salt and pepper to taste and serve topped with parsley or scallions. Serve these beans on rice (maybe topped with salsa) or in bowls as a stew. The flavors blend better if you simmer longer at the end.</p>

Day 28

All Day- fruit and vegetable energy Day! You can do this any day of the week.

Do this once a week

Today is a rest and regenerate day for your body. Allow your body and digestive system to take a break from digesting dense foods. Eating only fruits and vegetables will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk. This will free up more energy by getting rid of the sludge so you feel more energized. Eat only fruits and vegetables, this will be a mini detox which will help your body drop excess fat and toxins it's been storing. We like that!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetables than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body

You can eat the fruits and veggies by themselves, blended, chopped, or juiced.

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how great it tastes!

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Fruits- watermelon, cantaloupe, apples, nectarines, peaches, grapes, pears, apricots, cherries, strawberries, mango, papaya, kiwis, oranges, etc...

Day 29

Breakfast: Calories 380 C: 64g P: 10g F: 12g	
<p>“If You Like Pina Colada” 1/2 cup fresh pineapple chunks 1/2 young coconut- water and meat 1/4 ripe organic banana 10 Raw Almonds (yes you can soak them ☺) 1 cup spinach/Kale (your favorite greens) 2 tsp Flax seeds Add ½ Cup Water and blend together</p>	<p>Optional: Dash Stevia, water, ice to taste only</p> <p>Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached.</p>

Snack: Calories 240 C: 40g P: 6g F: 6g	
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR	
Calories: 237 C: 37g P: 5g F: 9g	
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!	

Lunch: Calories 351 C: 42g P: 23g F: 11g	
<p>Gazpacho Soup and Garlic Green Beans 3/4 cups tomato juice 1/8 cup onion, minced 1/2 green bell pepper, minced 1/2 cucumber, chopped 1 cup chopped tomatoes 1 green onion, chopped ½ - 1 clove garlic (for gazpacho), minced in garlic press 2 tsp fresh lemon juice 2 tsp red wine vinegar/ apple cider vinegar 1/4 tsp dried tarragon, to taste 1/4 tsp dried basil, to taste 1/8 cup chopped fresh parsley 1 tsp agave nectar Pinch of salt to taste</p>	<p>In a blender or food processor, combine all ingredients and blend until well-combined but still slightly chunky. Chill at least 2 hours before serving.</p> <p>Side Dish: 1 ½ cups green beans 1 clove garlic (for green beans), minced in garlic press 1/2 cup Tempeh, cut into 1” blocks 1-2 tsp olive oil Salt to taste Sauté green beans in olive oil with minced garlic and salt over medium heat. After 2 minutes add tempeh and sauté until green beans reach desired softness. The less cooked they are the more nutrients available.</p>

Snack: Calories 261 C: 36g P: 8g F: 10g	
<p>18 Baked corn chips (organic, non-gmo), gotta get baked chips ¼ cup salsa 1 ½ broccoli 4 Tbsp guacamole</p>	<p>Dip broccoli in guacamole and dip chips in salsa or vice versa.</p>

Dinner: Calories 362 C: 49g P: 18g F: 10g

Lentils and Rice with Tomato Sauce

- 1/4 cup cooked brown rice
- 3/4 cup of lentils cooked (canned is optional)
- 1 1/2 cups water for boiling lentils
- 1 tsp olive oil
- 1 tsp crushed garlic
- 3/4 cup of tomato sauce
- 1/3 cup water
- 1 tsp vinegar
- 1/4 cup medium onion

Salad- 2-3 cups mixed baby greens, green onions, raisins, parsley/cilantro, and cucumbers.

1-2 Tbsp balsamic vinaigrette
Cook rice and lentils according to directions on package.
To make the sauce, first sauté the garlic in olive oil until golden. Add tomato sauce and simmer 10-15 minutes. Add water and vinegar and bring to a boil. Remove from heat immediately and add salt to taste. Finally, slice onion in thin, small pieces and sauté in olive oil until brown and crispy.
Serve over 1/4 cup of rice.

Day 30

Breakfast: Calories 355 C: 41g P: 17g F: 12g	
Breakfast Tempeh Sausage Burrito 1/4 cup tempeh 1 large low carb tortilla 1 Tbsp onions, diced 1/8 cup mushrooms, sliced 1/4 cup red bell pepper, diced 1/3 cup zucchini, sliced 1/2 fresh pear 1 tsp olive oil 3/4 Tbsp Tamari, Nama Shoyu, or Bragg's amino acids Dash of basil, oregano, thyme, garlic powder, onion powder, fennel, crushed red pepper, and black pepper	Sauté onions, mushrooms, bell peppers, and zucchini with olive oil in skillet until slightly soft. Add Tempeh and all herbs and seasonings to vegetables and heat till lightly brown. Place mixture in low carb tortilla. Eat pear separate, or in tortilla if you prefer..

Snack: Calories 248 C: 23g P: 17g F: 9g	
Miso soup 2 1/2 cups water 1-2 Tbsp miso paste (fermented unpasteurized) 1 Tbsp green onions, chopped 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan Smidge of toasted sesame oil (1/2 tsp) 1 tsp sesame seeds, raw One carrot (5 1/2 inches long) eat separate	Warm water and mix in miso paste until dissolved, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Lunch: Calories 371 C: 55g P: 26g F: 14g	
Ginger-Teriyaki Tofu 1/2 cup Tofu, sliced into 1" cubes 1/2 bell pepper, thinly sliced 1 cup mushrooms, roughly chopped 1 cup zucchini, thinly sliced 5 raw cashews 1/2 cup brown rice 2 Tbsp Tamari, Nama shoyu, or Bragg's liquid amino acids Sprinkle of Brown rice vinegar 1/2- 1 Tbsp Maple syrup 1 Tbsp Garlic minced 1/2 Tbsp Ginger, peeled and grated Dash- 1/8 tsp Dry mustard	1 tsp olive oil Pinch Crushed pepper flakes Follow directions on package to cook brown rice. In pan heat oil slightly, toss all ingredients except rice into the pan. Stir and cook briskly on medium-high heat until vegetables reach your desired softness. Keeping the vegetables a little crispy retains the integrity of the fiber. Serve mixture over brown rice.

Snack: Calories 260 C: 27g P: 9g F: 15 g

½ apple, sliced
1 Tbsp raw almond butter
22 snap peas

Dip apple slices in almond butter and enjoy crispy snap peas separate.

Dinner: Calories 355 C: 53g P: 12g F: 16g

Raw Vegetable Pasta- Thai style
2 stalks small green onions
1 carrot- thinly sliced in a food processor or using a mandoline
1 1/2 cups broccoli- thinly sliced
1/2 bell peppers thinly sliced
3/4 cup zucchini, shredded in the food processor with top metal disc or saladaccio, veggie pasta
2 Tbsp Avocado- thinly sliced
Sauce ingredients:
1/8 cup soaked almonds
1-2 Tbsp agave nectar
1 Tbsp coconut oil or fresh coconut meat
1 Tbsp lemongrass- softer end thinly chopped
1/2 cup purified water

Dash of cayenne
1 Tbsp tahini
1/2 tsp sea salt or to taste
Juice of 1/2 lime
Juice of 1/2 small orange
1 inch peeled ginger, minced
1 large clove garlic, minced in garlic press
Put all sauce ingredients in blender and blend until very creamy. You can add more water if need be but you want it the consistency of thick tomato sauce.

Place all chopped vegetables in a large bowl and pour the sauce on top. Fold the sauce in until the vegetables are completely coated.

Day 31

Breakfast: Calories 364 C: 46g P: 18g F: 13g	
Banana/Blueberry Smoothie ½ large Banana 1/2 cup Fresh or Frozen Blueberries 1/2 Cup/4 oz Pacific Natural Foods Almond Milk 2 tsp Flax Seeds 1 Tbsp Raisins 1 Tbsp Almond Butter, Raw, Natural 2 cups (85g) Fresh Spinach	10g NutriBiotic Vanilla Rice Protein 1 Dash Cinnamon Add ½ Cup Water and blend together Optional: Dash Stevia, water, ice to taste
Snack: Calories 245 C: 31g P: 10g F: 9g	
5 Tbsp Hummus (vegan) ½ cup Cucumber w/ seasoning 1 cup broccoli 1 cup carrots 1/2 cup red bell pepper	Dip Veggies in hummus or eat veggies by them selves for a high fiber snack.
Lunch: Calories 361 C: 51g P: 17g F: 12g	
Broccoli Smothered in Black Bean Sauce 1 1/2 cups broccoli 2 cups boiling water 1/3 cup kasha (use buckwheat groats for a milder flavor) 1/2 tsp salt 1/3 cup sun dried tomatoes in oil ¼ cup chopped onion 1/2 cup black beans, cooked and drained 1/4 cup roasted red pepper 1 Tbsp lemon juice 1 tsp tahini (sesame seed butter) 1/2 tsp chili powder Dash- tsp ground cumin Dash- tsp ground coriander 1/8 cup chopped fresh cilantro (coriander in rest of the world-looks like parsley) Add more spice if you need it.	Prepare broccoli stems by cutting off bottoms. Cut the tops into bite-sized florets and peel the fiber off the stem with knife, then cut it into slices roughly 1/4-inch thick. Set aside Place kasha and salt into in a large saucepan with water. Cover and simmer for about 10-12 minutes, or until all the liquid has been absorbed. While kasha is simmering, combine and purée all the remaining ingredients in a food processor or blender. Just before you are ready to eat, steam broccoli over boiling water for about 5-6 minutes, or until it is bright green and just tender. To serve, place kasha on plate, then broccoli, then cover in black bean sauce.

Snack: Calories 262 C: 23g P: 23g F: 12g

1/2 Tbsp hemp seeds (raw, unsalted)
12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 cup Strawberries
Dates, Stevia/agave nectar for sweetener
Ground Cinnamon, dash

Blend protein powder, hemp seeds, and blueberries in water OR if you can't blend or are short on time, put all ingredients in a bowl, mix with water or almond milk and eat like cereal. Add a tiny dash of stevia to make it more sweet if need be. Should taste a bit like peanut butter and jelly.

Dinner: Calories 352 C: 57g P: 15g F: 12g

Smoky Pinto/Refried Bean Soup

1/4 cup red onion, chopped
1/2 clove garlic, minced
1/2 red bell pepper, chopped
1 cup vegetable broth
3/4 cup Fire Roasted Diced Tomatoes
1/2 cup fat free refried beans
1/2 cup pinto beans, canned, cooked
2 Tbsp cup corn kernels (Frozen is ok)
dash-1/8 tsp cumin
1/4 tsp smoked paprika
1/4 tsp chipotle chili powder (Add to taste, the more the hotter)
1 tsp hot sauce (Your favorite brand to taste)
1/2 tsp oregano (optional Mexican oregano if you have it)
Add Sea or Himalayan Salt and pepper to taste

Spray a large, non-stick pot with cooking spray, and sauté the onions until brown. Add the garlic and red bell pepper and cook for one more minute. Add the rest of the ingredients and simmer 20-30 min. until the flavors infuse. Garnish with fresh organic tomato salsa and serve with baked blue tortilla chips and optional Mexican salad

Day 32

Breakfast: Calories 360 C: 55g F: 14g P: 10g	
Coco-Berry Dream Smoothie 1/2 young coconut- water and meat 1/2 Cup Raspberries 2 Tbsp/ 3 slices ripe avocado 6 raw soaked almonds 1/2 cup Fresh raw Kale 1 Cup Cucumber 1 tsp- 1 Tbsp Agave Nectar, to taste 1 tsp maca powder (optional)	Add ½ Cup Water and blend together Optional: Dash Stevia, water, ice to taste only (Use 2 tsp Raw Organic Coconut Butter if Young coconut not available in your area)
Snack: Calories 243 C: 14g P: 16 g F: 15 g	
Cottage Cheese and Avocado Snack ½ cup low fat Cottage Cheese ½ Medium Avocado Sliced Cayenne pepper to taste Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function. OR...	Vegan option- soy yogurt or coconut yogurt, 5 gr. protein powder, and ½ peach. Combine all ingredients. 9 raw almonds 1 fresh peach Combine ingredients in a bowl
Lunch: Calories 360 C: 58g P: 19g F: 14 g	
Tomato Bean Soup 1 Tbsp extra virgin olive oil 1/2 garlic clove, minced ¼ cup red onion, diced Salt pepper 2 cups low-sodium organic vegetable or chicken broth 1/4 - 1/2 cups crushed tomatoes 1 cup white beans, rinsed and drained 1 Tbsp fresh chopped tarragon, basil or parsley Add Sea or Himalayan Salt and pepper to taste Side Dish: 2-3 cups Baby mixed green salad with carrots, cucumber, cherry tomatoes, 2 tsp raisins and 2 Tbsp vinaigrette	Heat oil over medium-high heat in a soup pot. Add the garlic and stir. Add the onion, salt and pepper and sauté until the onion is softer and semi-transparent. Add the broth, tomatoes, and beans. Allow to simmer for about 15-20 minutes, then stir in the tarragon, salt and pepper and remove the soup from the heat. Cool for 15 minutes, then puree with a high powered blender adding a little more broth or water to thin as necessary.

Snack: Calories 261 C: 36g P: 8g F: 10g	
18 <u>Baked</u> corn chips (organic, non-gmo), gotta get baked chips ¼ cup salsa 1 ½ broccoli 4 Tbsp guacamole	Dip broccoli in guacamole and dip chips in salsa or vice versa.

Dinner: Calories 368 C: 44g P: 16g F: 13g	
Bean Taco 2/3 Cup pinto beans, cooked ½-1 clove garlic dash Oregano dash Cumin dash Chili powder Salt and pepper, to taste 2 Tbsp red onion, chopped ½ cup vegetable broth water 1 small La Tortilla Factory Low Carb High Fiber Tortillas' Salt to taste Toppings- 1/4 Avocado, sliced or guacamole, tomato, salsa, cilantro (coriander in other parts of the world), onion Salad: 2-3 cups Spring mix Salad mix 1 chopped tomato 1-2 Tbsp green onion, chopped 1 Tbsp cilantro 2 Tbsp vinaigrette salad dressing	Drain and rinse beans. In a pot, add oil and garlic and cook until garlic is soft. Add onions and celery and cook until soft. Add cumin, oregano and pepper. Stir and cook beans, veggie broth and enough water to cover beans. Cook until bean ingredients are infused together. Warm your tortilla and fill with bean mix and toppings. If you have extra beans and other toppings, put them in salad.

Day 33

Breakfast: Calories 372 C: 52g P: 10g F: 12g

Vitamin C Fuzzy Navel Smoothie

1/2 Mandarin Tangerine
1/2 Navel Orange
1 Peach (frozen or fresh)
1/4 cup Plantain (Like Banana less sweet, ripe when peel is dark brown)
1 tsp of honey, to taste
7 Raw Almonds (yes you can soak them ☺)

1 Tbsp Brown Flax Seed (Preferably Organic)
Add 1/2 Cup Water and blend together
Optional: Dash Stevia, water, ice to taste only
Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Add ice until desired consistency is reached.

Snack: Calories 230 C: 21g P: 21g F: 7g

1 cup soy beans frozen (non-GMO, organic, preferably)
1/2 cup celery chopped
1/4 cup red bell pepper
1 Tbsp red onion

Bragg's liquid amino's or Raw Organic Unpasteurized Soy Sauce with garlic powder or onion powder.

Lunch: Calories 357 C: 51g P: 18 g F: 9g

Pasta Fagioli

1/2 cup white beans. You can use great northern, cannelloni, large limas or small white beans. (optional- canned, low sodium)
1 cup low sodium organic vegetable broth
1/2 bay leaf- optional
1 Tbsp extra virgin olive oil
1 Tbsp onion, minced
1/2 garlic clove, minced
1/2 cup crushed tomatoes (optional- canned)
1 celery rib, with leaves, sliced
1 Tbsp dried oregano
1-2 Tbsp coarsely chopped basil
1/4 cup Spelt penne pasta- find portion size

To Cook beans: Soak the beans in water 3 inches above beans for 6 hours or overnight. Discard the water; cook the beans in the broth in a large pot with the bay leaf until tender, about 45 minutes, skimming off any foam as it forms. In small skillet, heat the olive oil and sauté the onion and garlic until fragrant and golden. Add to the beans along with the crushed tomatoes and celery with leaves and simmer for 5 minutes. Stir in the oregano, basil, salt and pepper to taste.

Side Dish: Fresh chopped vegetable salad- 1-2 cups of lettuce, chopped green beans, onions, tomato, fresh corn, cucumber. Toss everything together and add 1 Tbsp vinaigrette.

Snack: Calories 239 C: 22g P: 14g F: 12g

10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
½ cup Almond milk
4 pecans raw
½ apple
Dash Pumpkin spice
Water/ice if needed

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie.

Dinner: Calories 372 C: 50g P: 18g F: 11g

Lentil stuffed red bell pepper

½ cup of lentils, cooked
½ red bell pepper cut in half for two bowls.
1/8 cup onion, chopped
1/2 garlic clove, minced
1/2 stalk of celery, cut into small pieces
1/2 carrot, cut into small pieces
1/4 small zucchini, cut into small pieces
2 Tbsp tomato paste
1/2 cup or more spinach chopped or any other leafy green
1 tsp olive oil
1 tsp of Italian herbs or dash or rosemary, oregano, thyme
1/4 cup vegetable broth
1 Tbsp lemon
Salt and Pepper to taste

Side Dish: 2-3 cups mixed baby greens salad, ¼ cup shredded beets, sprouts, onion with 2 Tbsp vinaigrette

Cook lentils according to directions on package.

Now cut the red bell pepper in ½, de-seed and leave the stem intact.

Use your food processor to pulse the tomato until they are chunky and their juices release. (Skip if you are using canned tomatoes)

On to the stuffing now, heat a skillet over medium heat with 2 tablespoons of olive oil. Add the onions, carrots and celery and sauté for 5 minutes. Add the garlic and sauté until aromatic. Now, add the zucchini or any other vegetable you are using. Sauté the zucchini for about 2 minutes. Add the tomatoes, vegetable broth, and herbs. Salt and pepper to taste. Continue to heat the mixture for a few minutes. Now add the spinach and cook until wilted. Add the lentils and cook for another 2 minutes. Add parsley and lemon juice. Season again if needed. Lightly oil a casserole dish. Place the peppers in the casserole dish. Now stuff them with the lentil mixture. Cover them with tin foil and bake them for 25-30 minutes. After 25-30 minutes take the tin foil out and sprinkle the peppers with the topping. Bake uncovered for another 15 minutes until the top is golden brown. Let your peppers cool and serve with fresh lemon slices!

Day 34

Breakfast: Calories 354 C: 52g P: 17g F: 11g	
<p>“I’m so late for work” smoothie 1 cup almond milk 10 gr. rice protein/ hemp/Sun Warrior Vanilla Protein 1 banana 1 Tbsp Flax seed oil</p> <p>Add ½ Cup Water and blend together Optional: Dash Stevia, water, ice to taste only Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached.</p>	<p>(This is the grab-bag smoothie to get you OUT THE DOOR, so use what you learned thus far and throw it in; PORTION CONTROL is in effect here BTW ☺) CAUTION this is usually where something made of glass breaks, be careful!!!</p>
Snack: Calories 260 C: 27g P: 9g F: 15 g	
<p>½ pear, sliced 1 Tbsp raw almond butter 22 snap peas</p>	<p>Dip pear slices in almond butter and enjoy crispy snap peas separate.</p>

Lunch: Calories 353 C: 42g P: 17g F: 15g

Eggplant Bake with side dish of cannelloni beans

1/4 of a large eggplant, sliced 1/4 inch thick
1 piece of whole grain bread (Food For Life), toasted and made into breadcrumbs
fresh basil leaves, chopped or torn-topping
olive oil spray
1/2 cup Tomato Sauce
salt and pepper to taste
1/8 cup parmesan cheese, grated or 2 tsp ground almonds (in coffee grinder)
1/8 cup mozzarella, thinly sliced Or 1/4-1/2 cup vegan cheese or follow the "cheese" sauce recipe below

"Cheese" Sauce:

1/4 cup extra-firm silken tofu
1/4 cup unsweetened soy milk
1/4 cup vegetable broth
1 Tbsp cashew butter or tahini
1/4 tsp onion powder
1/2 Tbsp nutritional yeast
1/4 tsp salt (optional)
dash white pepper
1/2 tsp corn starch

SIDE DISH:

Warm Cannellini Bean

3/4 cups cannellini or other white beans, rinsed and drained,
1 tsp extra-virgin olive oil
1/2 garlic clove, peeled and finely chopped
1/4 cup chopped Italian parsley
Handful basil leaves, chopped
1-2 tsp finely chopped fresh rosemary leaves
1 sage leaf, finely chopped (optional)
salt and pepper
Juice of 1 lemon (I often add zest as well)
3 black olives (optional)

Procedure

Eggplant:

Salt the eggplant slices and put them in a colander to drain to release some of its moisture before cooking.

Prepare the cheese sauce: Place all ingredients in a blender and blend until completely smooth. Blend again right before using to make sure that the ingredients haven't separated.

Rinse the eggplant slices and pat them dry with paper towels. Spray a baking sheet lightly with olive oil and place the slices on it. Spray the tops lightly and place under the broiler. Watch carefully, and remove when the slices start to brown, about 3 minutes.

Assemble: Preheat the oven to 350.

Spray or wipe an 8x8-inch non-metal baking dish with a small bit of olive oil. Place half of the eggplant slices on the bottom of the dish, edges overlapping. Sprinkle with half the breadcrumbs. Spoon half the tomato sauce and pour half the cheese sauce over the breadcrumbs and sprinkle lightly with soy parmesan. Repeat the process with the remaining ingredients (reserving some bread crumbs for on top, as mentioned above). Bake uncovered for about 20 minutes, until slightly browned on top. Sprinkle with fresh basil just before serving.

Cannellini beans preparation:

1. In large sauté pan combine oil, garlic and herbs. Warm over very low heat for about 4 min, or until the garlic and herbs release their aroma.

2. Add the beans, salt and pepper to taste, and toss gently. Cook over low heat until the beans are warm, about 5 min.

3. Remove from the heat and add the lemon juice. Toss very gently, place on a serving platter and you can top with 3-4 olives.

Snack: Calories 241 C: 33g P: 10g F: 9g

5 Tbsp Hummus (Roasted Red Pepper)
½ cup Cucumber w/ seasoning
½ cup cauliflower
1/2 cup carrots
1 bell pepper

Dip Veggies in hummus or eat by themselves for a high fiber snack.

Dinner: Calories 365 C: 57g P: 18g F: 11g

White Bean & Cucumber Stuffed

Tomatoes

½ cup diced peeled cucumber
1/4 cup finely chopped red onion
2 Tbsp finely chopped fresh basil
1 1/2 cups cannellini beans or other white beans, (fresh cooked or canned, low sodium rinsed and drained)
1 Tbsp tarragon
1/2 Tbsp extra-virgin olive oil
1 tsp lemon
1/4 tsp salt
1/8 tsp pepper
1 garlic clove, crushed
1-2 large ripe tomatoes cut in half

Side Dish: 4 cups Spinach Salad

1 Tbsp raisins
2 Tbsp Parsley, chopped

3-4 Tbsp snap peas, whole
2 Tbsp vinaigrette

Combine cucumber, onion, basil, and cannellini ingredients in a large bowl, and toss gently. Mix vinegar, oil, salt, pepper, and garlic in a small bowl and whisk together. Drizzle vinegar mixture over cucumber mixture, and toss gently. Core tomatoes; cut each tomato into 6 wedges, cutting to, but not through, bottom of tomato. Spread wedges slightly apart. Spoon cucumber mixture into the center of each tomato.

Top spinach with raisins, parsley, snap peas, and vinaigrette

Day 35

All Day- fruit and vegetable energy Day! You can do this any day of the week.

Do this once a week

Today is a rest and regenerate day for your body. Allow your body and digestive system to take a break from digesting dense foods.

Eating only fruits and vegetables will free up more energy for your body to use for regenerating your cells and organs. Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk. This will free up more energy by getting rid of the sludge so you feel more energized. Eat only fruits and vegetables, this will be a mini detox which will help your body drop excess fat and toxins it's been storing. We like that!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetables than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body.

You can eat the fruits and veggies by them selves, blended, chopped, or juiced.

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how great it tastes!

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Fruits- watermelon, cantaloupe, apples, nectarines, peaches, grapes, pears, apricots, cherries, strawberries, mango, papaya, kiwis, oranges, etc...

Day 36

Breakfast: Calories 363 C: 50gr P: 20gr F: 13gr	
Berry Protein Smoothie 1/2 cup blueberries 1/2 cup Strawberries 1 cup spinach 1 tsp. Flax oil 3/4 cup almond milk 10 gr. Protein powder	(Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 slice whole wheat bread 1 tsp Raw coconut oil- on toast

Snack: Calories 243 C: 14g P: 16 g F: 15 g	
Cottage Cheese and Avocado Snack 1/2 cup low fat Cottage Cheese 1/2 Medium Avocado Sliced Cayenne pepper to taste Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function. OR...	Vegan option- soy yogurt or coconut yogurt, 5 gr. protein powder, and 1/2 peach. Combine all ingredients. 9 raw almonds 1 fresh peach Combine ingredients in a bowl

Lunch: Calories 348 C: 42g P: 18g F: 13g	
Lentil Nut Loaf loaf: 1 tsp olive oil 1 Tbsp onion, finely chopped 1/2-1 celery ribs, chopped 1-2 Tbsp chili's, chopped to taste 1/8 tsp smoked paprika 1/3 cup red lentils, cooked 1 Tbsp cashews or pecans, chopped 1 Tbsp bread crumbs/ ground flax seeds 1-2 cups water 2 Tbsp parsley 1 Tbsp light soy sauce 1/2 tsp salt 1 Tbsp nutritional yeast 1 cup tomato sauce: warm before putting on top of lentil loaf Side Dish: chopped vegetable salad. 1/2 cup chopped green beans, 1/4 cup chopped onion, 1/2 cup chopped tomato, 1/4 cup fresh corn of the cob. Tossed with 1-2 Tbsp Italian vinaigrette.	Heat the oil and sauté the onion, celery and chili's for five minutes. Drain excess water from cooked lentils and add parsley, paprika, nuts, bread crumbs, soy sauce, nutritional yeast and salt, and combine. Mix well and heat for 5 minutes stirring occasionally. Line your pan with foil or use a glass pan and coat pan with a thin layer of oil. Then fill pan with the lentil mixture. Cover, and bake for 45 minutes at 350 degrees Fahrenheit. When the nutloaf is finished baking, let stand in the pan for five minutes before removing. Once it has cooled, place a piece on your plate and smother with tomato sauce.

Snack: Calories 245 C: 26g P: 14g F: 12g

10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 cup almond milk
5 cashews raw
1 peach
Dash Nutmeg

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat peach and cashews separate or you can blend in with smoothie if you have access to a blender.

Dinner: Calories 351 C: 47g P: 16g F: 11g

Creamy Cauliflower Soup

1 tsp olive oil
3-4 Cashews
2 Tbsp onion, coarsely chopped
1/4 cup scallion, chopped
1 clove garlic, minced
2 stalks celery, chopped
2 1/2 cups cauliflower, cored and coarsely chopped
1/4 tsp curry powder (optional)
1/2 tsp dried thyme
1 tsp dried basil
1 tsp savory or marjoram (Herbs)
1 1/2-2 cups water
1 tsp white miso
1 cup Living Harvest Hemp Milk
Dash- 1/8 tsp ground nutmeg (optional)
1/2 tsp sea or Himalayan salt, to taste
1/8 tsp fresh ground black pepper, to taste

Side Dish: 1 cup Broccoli steamed drizzled with lemon, nutritional yeast, herbs and salt. Yeast gives it a nutty cheesy flavor.

In large pot add olive oil, onion, scallions, and garlic, celery, cauliflower, and seasonings. Mix well and cook uncovered over medium heat for 5-8 minutes, stir frequently. Add water, hemp milk and miso, bring to a boil. Simmer covered over medium heat for 15 minutes or until cauliflower is tender. Remove cover and cool slightly. Add cashews and puree in small increments in blender until smooth and creamy. Reheat adding nutmeg. Top with scallions.

Day 37

Breakfast: Calories 354 C: 42g P: 18g F: 12g

Chai Banana Smoothie

1/2 cup almond or sesame seed milk
1/2 ripe organic banana
10 grams rice protein/ hemp/Sun Warrior Vanilla Protein
1 1/2 tsp raw tahini
2 raw cashews
1 BIG Dash cinnamon
Dash of nutmeg
1 tsp raw honey or agave nectar (optional)
Add 1/2 Cup Water and blend together

Optional: Dash Stevia, water, ice to taste only

Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Add ice until desired consistency is reached.

Snack: Calories 246 C: 36g P: 19 g F: 6g

2 slice Multigrain Manna Bread-sprouted grain (Opt: Ezekiel bread)
2 Tbsp avocado, used as a spread
1-2 slices of tomato
2-4 thin slices of cucumber
Thinly sliced onion
1 tsp Nutritional yeast
dash of spirulina- optional
Spike seasoning or herbs and sea salt

Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.

Lunch: Calories 392 C: 43g P: 18g F: 11g

Romaine Sunflower Wrap and Green Beans

1/4 large avocado
1 large tomato, coarsely chopped
1 small cucumber or 2 pickling cucumbers, peeled and chopped
1 Tbsp red onion, chopped (optional)
1/2 cup mung beans, sprouted or cooked
1 cup alfalfa sprouts
1/2 cup soaked sunflower seeds
1 tsp spicy brown mustard
2 tsp- 1 Tbsp Bragg's amino acids or tamari
2-4 romaine lettuce leaves

Side dish: 1-2 cups green beans sautéed with salt, olive oil, and garlic powder or fresh garlic
Open avocado and scoop out 1/4 of the avocado in a bowl. Mash the avocado with a fork and add tomato and cucumber, onion (optional), mustard, lemon juice, sunflower seeds, and sprouts. Mix thoroughly and pile mixture down the center of the dry, clean, romaine leaf and roll up like a burrito or taco. Eat extra filling separate or with green beans

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
1-2 Tbsp miso paste (fermented unpasteurized)
1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw
One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 352 C: 44g P: 17g F: 8g

Black-Eyed Peas with Fresh Dill

1 cup of cooked black-eyed peas
1/2 Tbsp of olive oil
dash- 1/8 tsp of black mustard seeds
dash- 1/8 tsp of cumin
dash of ground coriander
dash of cayenne
2 Tbsp onion, finely chopped
1/2 clove of garlic, minced
1 green chilies or jalapeno peppers, finely chopped
1/2 medium tomato, finely chopped
1-2 Tbsp of fresh dill, chopped
sea salt to taste
juice from one lemon- use a little at a time until you reach desired flavor
Preparation for black eyed peas:
Use canned beans **or** soak dry beans overnight in enough water to cover. Drain, transfer to a medium-large pot, cover with water, bring to a boil, reduce the heat to low and simmer until the beans are soft - roughly 45 minutes. Drain and set aside.

Heat the oil in a large wok or frying pan over medium heat. When hot, add the cumin seeds and mustard seeds. Stir and fry until the mustard seeds begin to pop. Add the curry leaves, ground coriander and cayenne to the pan. Stir and then toss in the onion, garlic, and green chilies. Sauté until the onions are soft. Now add the tomato and cook for another 5 minutes or so. Add the cooked black-eyed peas to the pan, along with the dill, salt and lemon juice. Cook for another few minutes to blend the flavors.

Side Dish: 1/2 cup raw asparagus chopped, 2 Tbsp red onion- slivered long wise, 1/4 bell pepper any color- cut length wise, 1 tsp olive oil, dash herb seasoning, and 1 tsp Nama shoyu or sea salt. Combine asparagus, chopped onion, and sliced bell pepper in a bowl and drizzle 1 tsp olive oil, herbs, salt and toss.

Day 38

Breakfast: Calories 363 C: 50g P: 20g F: 13g

Protein Smoothie

1/2 cup blueberries
1/2 cup Strawberries
1 cup spinach
2/3 cup almond milk

10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 slice whole wheat bread
1 tsp Raw coconut oil- on toast

Snack: Calories 248 C: 18g P: 9g F: 12g

3 Tbsp pumpkin seeds, raw
1/2 Tbsp Brazil nuts, raw
1 nectarine

Lunch: Calories 362 C: 49g P: 18g F: 8g

Tuscan-Style Pinto Bean Soup with Kale

1 2/3 cups pinto beans, (may do canned)
1 1/2 Tbsp olive oil
1/2 celery stalk, sliced
1/2 carrot, sliced
1/4 cup onion, chopped
1/2 garlic clove, minced or crushed
dash red chili flakes
1/2 tomatoes, diced
1/2 cup kale, trimmed and coarsely chopped
2 cups vegetable stock
1 1/2 cups water
1/2 tsp sea salt, or to taste
fresh ground black pepper

Use canned beans OR Rinse the beans and soak overnight covered in several inches of cold water. Drain and put the beans in a medium saucepan. Cover with several inches of fresh water and bring to a boil. Reduce the heat to low, cover, and simmer for 1 hour or until the beans are tender but not falling apart. Make sure you use enough water so the beans don't dry out. Drain and lightly mash some of the beans with a potato masher. Set aside.

Heat a large saucepan or soup pot over medium heat. Add the olive oil, celery, carrot, onion, garlic and chili flakes and cook, stirring, until the onion turns a light brown, about 10 to 12 minutes.

Add the tomatoes and continue to cook until the tomatoes are slightly reduced, another 10 minutes. Now stir in the beans, kale and add the vegetable stock and water. Bring to a slow boil, then reduce heat to medium-low, cover, and cook until the kale is tender, about 25 to 30 minutes.

Now season with salt, nutritional yeast and plenty of fresh ground black pepper.

Snack: Calories 240 C: 40g P: 6g F: 6g
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR
Calories: 237 C: 37g P: 5g F: 9g
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories 367 C: 48g P: 15g F: 11g	
<p>Greek Pea Soup 1/2 garlic cloves, minced 4 Tbsp diced white onion 1 bay leaf- optional 1 cup vegetable broth 1/8 cup buckwheat or spelt pasta shells 1 cup black-eye peas, rinsed and drained 1 Tbsp fresh chopped parsley 2 tsp fresh chopped mint 1 1/2 Tbsp olive oil In medium saucepan heat olive oil over medium heat. Add garlic, onion and bay leaf and cook for 10 minutes or until softened.</p>	<p>Add vegetable broth and bring to a boil. Reduce heat and simmer for 10 minutes. Stir in pasta shells and cook until al dente style, approximately 5 minutes. Add more water if needed. Add cooked black eye peas, parsley and mint and simmer 5 minutes. Side Dish: 1-2 cups chopped tomatoes, 2 Tbsp chopped parsley, 2 Tbsp chopped green onions, 1/2 cucumber chopped, dash of garlic powder, salt, 1-2 tsp olive oil and pepper.</p>

Day 39

Breakfast: Calories 368 C: 53g P: 19g F: 10g	
Fiber Oatmeal 1/4 cup dry Oat groats or old fashioned oats 1 Nectarine 6 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 Tbsp raisins 5 raw almonds Dash of cinnamon	Soak oats in an open bowl of water over night on the counter, instead of cooking. This keeps the fiber intact. In the morning dump out the water and add the rest of the ingredients to the oats. You may need to add additional water because of the protein powder.
Snack: Calories 263 C: 33g P: 12g F: 9g	
Veggie Wrap with roasted red pepper hummus 1 small low carb tortilla 3 Tbsp roasted red pepper hummus 1 Tbsp Red onion, diced 2-3 Tbsp alfalfa sprouts or other yummy sprouts 1/2 cup Baby spinach 1/4 cup Shredded carrots	Herb salt of Bragg's amino acids or Nama Shoyu 1/2 apple Spread hummus inside tortilla. Place all veggies down the center of the tortilla except apple. Sprinkle or drizzle herbs or seasoning on veggies. Eat apple separate.
Lunch: Calories 362 C: 47g P: 15g F: 15g	
Coconut Curried Vegetables 1 tsp safflower oil 2 tsp coconut butter 1/8 tsp mustard seeds 1/4 cup green chili minced or bell pepper 1 cup cauliflower, cored and cut into small, fine florets 1 Carrot 1 cup broccoli Dash- 1/8 tsp coriander powder Dash-1/8 tsp turmeric 1 cup peas, fresh or frozen 1 Tbsp coconut, finely grated 2 Tbsp fresh cilantro (coriander in the rest of the world-looks like parsley), finely chopped 1/2 lime, juiced 1/4-1/2 tsp sea salt 1 cup water add as needed	In large saucepan heat coconut oil, and sauté all ingredients except cilantro, lime juice, and coconut. You may need to add water to add moisture so mixture doesn't burn. Heat until cauliflower is tender. Mix in coconut, cilantro, and lime juice. Combine well and keep on simmer for a few minutes. Arugula salad: 2-3 cups arugula, 10 cherry tomatoes, chopped red onion, and 1-2 Tbsp vinaigrette.

Snack: Calories 243 C: 14g P: 16 g F: 15 g	
<p>Cottage Cheese and Avocado Snack ½ cup low fat Cottage Cheese ½ Medium Avocado Sliced Cayenne pepper to taste Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function. OR...</p>	<p>Vegan option- soy yogurt or coconut yogurt, 5 gr. protein powder, and ½ peach. Combine all ingredients. 9 raw almonds 1 fresh peach</p> <p>Combine ingredients in a bowl</p>

Dinner: Calories 354 C: 52g P: 16g F: 9g	
<p>Chinese Red Bean and Mushroom Dish 3 cups cauliflower ¾ cup azuki beans, cooked (canned) ¾ cup dried shiitake mushrooms (1/2 oz) 2 tsp sesame oil 1/4-1/2 cup green onions, sliced into fine rings 1/2 green pepper, seeded and chopped into 1/8-inch dice 1/2 large hot pepper, any variety, finely chopped 4 white mushrooms, sliced 1 garlic clove, minced 1 Tbsp low sodium tamari or soy sauce 1 tsp agave 1/4 tsp cayenne</p>	<p>Use canned beans OR Soak beans overnight in water. Bring the beans to a boil, then reduce heat and cover, simmering for about 1 hour or until the beans are soft. Drain the beans and crush some of them lightly with kitchen utensils. Set aside.</p> <p>Heat the sesame oil over high heat in a large wok or saucepan. When hot, add the green onions and stir-fry rapidly for 30 seconds. Quickly add the mushrooms, both shiitake and white, green pepper, hot peppers, and garlic and stir-fry for 2-3 minutes or until the mushrooms just start to reduce. Add the beans, turn down the heat to low, and mix. Stir in the tamari or soy sauce, agave and cayenne and simmer gently for at least 5 minutes, or until the liquid has reduced slightly and the mixture has a fairly dry texture.</p> <p>Pour red bean mixture over 3 cups lightly steamed cauliflower.</p>

Breakfast: Calories 369 C: 46g P: 15g F: 13g	
Breakfast Quinoa 1/4 cup (uncooked) or 1/2 cup (cooked) quinoa (healthy cooked grain, full of protein) 2 Tbsp hemp seeds 1/2 cup unsweetened almond milk 1 tsp raisins 1 med fresh peach 1/4 tsp vanilla extract Stevia or agave nectar to sweeten	Rinse Quinoa and combine with almond milk and water. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender. Stir in the remaining ingredients and place in food processor or blender and puree slightly. Ready to eat.

Snack: Calories 259 C: 21g P: 20g F: 12g	
9 almonds (raw, unsalted) 12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein , Pea Protein any brand, Sun Warrior Protein, or Soy Protein)	1 cup blackberries Stevia/agave nectar for sweetener (based on 4 Tbsp of Hemp Protein)

Lunch: Calories 354 C: 47g P: 15g F: 11g	
Ginger N' Garlic Azuki Beans 3/4 cups of small red azuki beans, canned 1/2 whole clove of garlic, peeled 1/2 inch pieces of fresh ginger 1/2 whole dried hot red peppers (optional) juice from 1 lime or a few Tbsp of fresh lemon juice sea salt to taste dash- 1/8 tsp of garam masala spice 1/8 cup Cashews (blended with a little water. vegan) or coconut milk (Vegan option) or yogurt(vegetarian option) 1 tsp olive oil or raw coconut oil 1/2 small clove of garlic, very finely minced 1/4 inch piece of ginger, finely minced dash of cayenne	May want to use canned beans OR cook dry beans according to directions. If using home cooked beans, add garlic, pieces of ginger (peeled) and the whole red peppers. Bring to a boil, reduce the heat to medium low and simmer, with the lid slightly ajar for 50-60 minutes. Remove the ginger pieces and also the red pepper if desired. <u>For using canned beans:</u> Place beans, garlic clove, piece of ginger, and whole red peppers in pot and simmer. Simmer for 10 minutes. Remove the ginger pieces and also the red pepper if desired. Transfer beans and their liquid, Blend until smooth. Return the blended beans to the pot. Add the ginger, garlic, lime juice, salt, garam masala and cashew mix. Stir until well combined. Leave the pot uncovered with the heat set to low. Cook for 3-5 minutes and it's ready to eat. Serve with a large green salad.

Snack: Calories 240 C: 37g P: 13g F: 8g
--

½ cup Cucumber, chopped
3 Tbsp Sunflower seeds- soaked preferably
2 Tbsp Sesame seeds
6 Asparagus
1 Bell pepper, chopped
1/8-1/4 tsp rice vinegar

1-2 Tbsp Nama shoyu, kelp flakes, or sea salt
Chop veggies and place in bowl with seeds. Make dressing with rice vinegar, salt, and toasted sesame oil and drizzle on top.

Dinner: Calories 352 C: 49g P: 17g Fat: 8g

Hearty Vegan Gumbo

Ingredients:

3 cups okra
1/2 cup kidney beans, cooked
1 1/2 tomatoes, diced
1/2 large bell pepper, minced
1 stalk celery, minced
1/8 medium onion, minced
1 Tbsp spelt flour organic
1 Tbsp Celtic sea salt or Himalayan
1 Tbsp ZATARAIN'S or Frontier brand
Gumbo Filé powder (sassafras leaf)-
optional if available
dash- 1/8 tsp cayenne
1/8-1/4 Tbsp paprika
4 cups warm water
1 tsp olive oil
¼ cup cubed tofu

In a dry pan, sauté the okra with a dash of oil until lightly browned, add tomatoes, onion, bell pepper, and celery, and sauté for 10 minutes. Stir constantly. Then add cooked kidney beans, spelt flour, seasonings, and spices, and tofu. Lower to medium heat, and simmer for 45 minutes.

Side Dish: 2-3 cups fresh spinach and kale salad. 8 cherry tomatoes, fresh parsley, fresh chopped mushrooms. Serve with 1-2 Tbsp vinaigrette.

Breakfast: Calories 363 C: 42g P: 11g F: 15g

Acai Berry Medley Smoothie
 3 oz frozen pure Acai (Ex: Sambazon)
 1/2 cup frozen mixed berries Medley
 1 banana Medium sized
 7 raw soaked almonds – soaked for 24 hours in water
 2 tsp ground flax seeds (Ex: Bob's Red Mill Flax Seeds)
 3/4 cup/180 ml Hemp Milk (Ex: Living

Harvest Hemp milk - Unsweetened Vanilla)
 1/2 Carrot 61g
 2 cup Fresh raw Spinach
 1 tsp Agave Nectar
 Add 1/2 Cup Water and blend together
 Optional: Dash Stevia, water, ice to taste only.

Snack: Calories 248 C: 18g P: 9g F: 12g

3 Tbsp pumpkin seeds, raw
 1/2 Tbsp Brazil nuts, raw
 1 nectarine

Lunch: Calories 369 C: 58g P: 15g F: 10g

Soba Noodle Sesame Salad
 1/4 cup soba noodles dry (1/2 cup cooked)
 1/8-1/4 cup lime juice
 2 tsp Low Sodium tamari or Nama Shoyu soy sauce
 1/2 tsp toasted sesame oil
 1 tsp agave nectar
 1/4 jalapeno pepper (deseeded and diced)
 1/2 tsp ginger, minced
 1/2 clove garlic, minced
 2 cups spinach, triple washed, patted dry, and roughly chopped
 1/2 cup red cabbage, shredded
 1 carrot, julienne sliced
 1/2 red pepper (deseeded and diced)
 1/4 cup green onion, thinly sliced
 1/4 cup freshly chopped cilantro (or called coriander in the rest of the world-looks like parsley)
 1 Tbsp sesame seeds

Follow directions on how to cook the soba noodles then transfer them to a bowl. In a blender or food processor, place the lime juice, tamari, sesame oil, agave nectar, jalapeno, ginger, and garlic, and process for 1 minute. Sauté all vegetables and spinach in a little oil until they turn soft. Pour the dressing over the vegetables and cooked soba noodles and toss well to thoroughly coat the noodles with the dressing in the warm pan. Sprinkle sesame seeds and chopped cilantro and toss well to combine. Allow the flavors to blend for 10 minutes before serving (optional).

Snack: Calories 240 C: 40g P: 6g F: 6g

Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR

Calories: 237 C: 37g P: 5g F: 9g

Amazing Grass Green Bar- High energy bar

These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories 390 C: 54g P: 19g F: 11g

Mediterranean Stew

1 1/2 cups eggplant chopped
3/4 cup zucchini chopped
3 Tbsp green pepper chopped
1/4 onion chopped
2 tomatoes chopped
1/2 cup garbanzo beans, cooked, rinsed and drained
3 ounces artichoke hearts quartered
1/2 tsp oregano
1 tsp Olive oil
1 1/2 cups water or vegetable broth
salt, pepper, and red pepper flakes to taste

Combine all ingredients in pot and cook over medium heat until heated through and zucchini is tender. Stir frequently.

Side Dish: Greek salad- 2 cups romaine lettuce, 1 cup chopped cucumber, 1 tomato, 2 Tbsp red onions, 4 kalamata olives chopped
Tear lettuce in bowl and top with veggies.

Super quick dressing- 2 tsp lemon juice, 1 tsp olive oil, dash of salt and garlic powder and dried oregano. Drizzle all ingredients over salad and toss to mix.

All Day- fruit and vegetable energy Day! You can do this any day of the week.

Do this once a week

Today is a rest and regenerate day for your body. Allow your body and digestive system to take a break from digesting dense foods. Eating only fruits and vegetables will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk. This will free up more energy by getting rid of the sludge so you feel more energized. Eat only fruits and vegetables, this will be a mini detox which will help your body drop excess fat and toxins it's been storing. We like that!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetables than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body.

You can eat the fruits and veggies by them selves, blended, chopped, or juiced.

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how great it tastes!

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Fruits- watermelon, cantaloupe, apples, nectarines, peaches, grapes, pears, apricots, cherries, strawberries, mango, papaya, kiwi's, oranges, etc...

Day 43

Breakfast: Calories 363 C: 47g P: 13g F: 12g	
<p>Strawberry-Mango Smoothie 1/2 cup strawberries stemmed 1/2 mango peeled 1/2 cup/4 oz Almond milk or Raw almond yogurt (Stay tuned for veggie 2.0 book on that) 4 Brazilian Nuts (Raw & Soaked) 2 tsp agave or brown rice syrup or Really Raw Honey, or 2-3 Dates 3/4 medium sized Cucumber 10g Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) Add 1/2 Cup Water and blend together</p>	<p>Optional: Dash Stevia, water, ice to taste only</p> <p>Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached. Pour into glass and garnish with mint leaf as option.</p>
Snack: Calories 261 C: 36g P: 8g F: 10g	
<p>18 <u>Baked</u> corn chips (organic, non-gmo), gotta get baked chips 1/4 cup salsa 1 1/2 broccoli 4 Tbsp guacamole</p>	<p>Dip broccoli in guacamole and dip chips in salsa or vice versa.</p>
Lunch: Calories 381 C: 42g P: 23g F: 19g	
<p>Tofu Thai Style (Vegan) 1/2 cup tofu 3 cups (bunch) fresh spinach 3/4 cup tomatoes, chopped 1/2 Tbsp ground roasted peanuts 2 tsp red curry paste (hot be careful) 1/4 cup coconut milk 2 tsp agave nectar, or to taste 1 Tbsp soy sauce tsp juice of 1 small lime vegetable oil (cooking oil)</p> <p>Tofu: Cut extra firm tofu into 1/2 inch cubes and sauté in a little oil and salt stirring constantly. Then set aside. If you don't use enough oil, it will stick and won't cook well.</p>	<p>Peanut Sauce: Place tomatoes and some red curry paste in pan. Reduce heat, stir, and cook down into a sauce. Add half the coconut milk and all ground peanuts. Add sweetener and soy sauce. Add more coconut milk or water to get the right consistency, and stir for 5 minutes. If too watery, cook down a little over low heat. It should be the consistency of gravy. Add lime juice at the end. If you would like it to taste more peanuty, add a Tbsp of peanut butter before you add the coconut milk.</p> <p>Serving Instructions: Place tofu on a bed of fresh spinach, and pour a generous amount of the hot peanut sauce over the top.</p>

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
1-2 Tbsp miso paste (fermented unpasteurized)
1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw
One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 365 C: 48g P: 20g F: 12g

Portobello Mushroom Burger

1 Portobello mushroom cap
1/4 cup balsamic vinegar
1 tsp olive oil
Dash- 1/8 tsp dried basil
Dash-1/8 tsp dried oregano
1 Tbsp minced garlic
1 oz (2 Tbsp) sharp cheese or vegan cheese
1 Tbsp teriyaki sauce
1 slice of Ezekiel bread
1 cup of tomato (slices)
Sea salt and pepper to taste

Side Salad: 3 cups mixed greens, thinly sliced onions, 4 pecans, 1-2 Tbsp vinaigrette. Toss together in a bowl

Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, teriyaki sauce, garlic, salt, and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes or so, turning twice.
Preheat grill for medium-high heat. Brush grate with oil. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender. Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling. Place mushroom on bread and top with sliced tomatoes, onions (grilled is optional), sprouts, or other veggies you desire. Eat open face. Enjoy!

Day 44

Breakfast: Calories 380 C: 55g P: 15g F: 12g	
3 Grain Cereal 1/3 cup whole grains (barley, spelt, oats) 1 Nectarine 8 gr. protein powder (Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 Tbsp raisins 5 raw almonds Dash of cinnamon & Stevia	Boil grains in water until soft. Once soft drain off extra water and add protein powder, raisins, almonds, cinnamon and sweetener if needed. Can add nectarine to grains. You may need to add water because the protein powder is dry.

Snack: Calories 260 C: 27g P: 9g F: 15 g	
1/2 pear, sliced 1 Tbsp raw almond butter 22 snap peas	Dip pear slices in almond butter and enjoy crispy snap peas separate.

Lunch: Calories 388 C: 51 P: 26 F: 9	
Jambalaya (Vegan) 2 tsp olive oil 1/2 green bell pepper, chopped 1/3 cup celery, chopped 1/2 clove garlic, minced 1/4 medium onion, minced 1 tsp filé powder (sassafras leaf) optional if available 1/4 tsp sea salt dash tsp cayenne 1/8 tsp dried thyme 1 tsp Tabasco sauce 1 cup canned tomatoes, drained and chopped 1/8 cup soy sausage links, cut into small pieces 4 Tbsp/2 oz Seitan, cut into small pieces 1/4 cup cooked kidney beans 1 cup water 1/4 cup cooked brown rice	1 cup fresh chopped okra folded in In a large saucepan sauté bell pepper, celery, garlic, okra and onion in 1/2 Tbsp oil over medium heat. Cover and cook over medium heat for 6-7 minutes, stirring occasionally. Remove cover; add 1 cup water, filé powder, salt, cayenne, thyme, Tabasco sauce, and tomatoes to the mixture. Bring to a boil, then reduce to a simmer. Add soy sausage, kidney beans and seitan. Add water if needed. Continue to cook, stirring occasionally, for 15 minutes to blend flavors. Adjust seasonings to taste and simmer for 5 more minutes. Serve over rice. Note: Double the amount of kidney beans if you don't use seitan.

Snack: Calories 245 C: 31g P: 10g F: 9g

5 Tbsp Hummus
½ cup Cucumber w/ seasoning
1 cup broccoli
1 cup carrots
½ cup red bell pepper

Dip Veggies in hummus or eat by themselves for a high fiber snack.

Dinner: Calories 374 C: 40g P: 22g F: 14g

Hawaiian Style Vegetable Stir-Fry

1/2 cup organic tofu
1/2 large red bell pepper, cut into 1-inch pieces
1/2 cup red onion cut in 1-inch pieces
1/2 (8 ounce) can sliced bamboo shoots, drained
3 Tbsp water
1/2 cup fresh pineapple, cut into bite-sized wedges
1 cup broccoli florets
1 Tbsp soy sauce (*Nama Shoyu* or Bragg's Aminos)
2 Tbsp pineapple juice
1 tsp Drizzle with agave nectar
1/2 tsp olive oil
4 macadamia nuts (crushed)

Coat wok with minimum amount of olive oil and heat wok. Add red pepper and red onion; stir-fry 2 minutes. Add bamboo shoots and cook 1 minute, stirring. Add water to prevent sticking. Stir in broccoli; cook 4 minutes or until bright green. Add pineapple wedges and cook 1 minute. Combine tamari (soy sauce) and juice in a small cup. Add tamari/juice mixture to veggies and nuts. Cook 1 to 2 minutes, stirring to coat.

Day 45

Breakfast: Calories 369 C: 48g P: 18g F: 13g	
Breakfast Wrap	
<p>1/3 cup Egg whites or 1/2 cup firm tofu OR 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan 1 Tbsp Green Onion 1 Tomato Dash Italian herbs Dash Garlic powder Salt as needed 2 tsp soy cheese 1/2 tsp. olive oil 1 large low carb tortilla 1 1/4 cups pineapple</p>	<p>Sauté tomatoes, onions, and spices for 3-5 min in olive oil with seasonings then add egg whites/tofu/tempeh. Scramble until desired consistency. Add cheese. Place mixture in tortilla. You can always add more veggies. Eat pineapple separate.</p>
Snack: Calories 240 C: 37g P: 13g F: 8g	
<p>1/2 cup Cucumber, chopped 3 Tbsp Sunflower seeds- soaked preferably 2 Tbsp Sesame seeds 6 Asparagus 1 Bell pepper, chopped 1/8-1/4 tsp rice vinegar</p>	<p>1-2 Tbsp Nama shoyu, kelp flakes, or sea salt Chop veggies and place in bowl with seeds. Make dressing with rice vinegar, salt, and toasted sesame oil and drizzle on top.</p>
Lunch: Calories 389 C: 45g P: 23g F: 13g	
<p>Sticky Hawaiian-style tofu 1/2 cup extra firm tofu, cut into cubes (not silken) Sauce 1 Tbsp Organic Nama Shoyu, or tamari or Bragg's aminos 1 green onion chopped 1/2-1 garlic clove, crushed 1/2 tsp agar powder (a red algae that is a unique veggie substitute for gelatin) mix in 1/4-1/2 cup hot water 1 Tbsp maple syrup or agave syrup 1 tsp vegetarian bouillon powder 1/8 tsp powdered ginger 1/4 tsp ground mustard powder 1/2 cup fresh pineapple chunks, drained 1 green pepper or red bell pepper chopped</p>	<p>4 macadamia nuts 3 cups steamed broccoli- keep separate Brown the firm cubed tofu in a nonstick pan until browned on both sides. Place the green onion, garlic, soy sauce, agave syrup and agar (thickening agent) in blender and blend well. Mix in the remaining ingredients except the pineapple, bell pepper, and broccoli. Mix well, then pour into a saucepan and stir over high heat until it boils. Stir and let it boil for about a minute. Add in your fresh pineapple and bell pepper, and mix with tofu. Pour mixture over steamed broccoli.</p>
Snack: Calories 253 C: 32g P: 11g F: 9g	

Veggie Wrap

1 small low carb tortilla
 3 Tbsp spicy hummus
 ¼ cup cucumber, thinly sliced
 1 Tbsp green onion, chopped
 1 cup baby spinach
 ¼ cup shredded carrots

½ large apple Herb salt or Bragg's amino acids or Nama Shoyu sauce
 Spread hummus inside tortilla. Place all veggies down the center of the tortilla except apple. Sprinkle or drizzle herbs or seasoning on veggies. Eat apple separate.

Dinner: Calories 351 C: 41g P: 20g F: 15g**Grilled Vegetable Sandwich**

1/2 of a small zucchini cut length-wise into 4 (1/4-inch thick slices)
 1/2 yellow bell pepper (186g), cut into fourths, remove seeds.
 1-2 large fresh mushrooms, sliced
 1/4 medium tomato, sliced
 1/2 cup firm tofu, Sliced for sandwiches
 Dash of salt
 Dash of black pepper
 Sprinkle of dried basil to taste
 1 1/2 Tbsp vegetable cream cheese or vegan cream cheese (Follow Your Heart) or avocado
 a few spinach leaves
 1 slices Ezekiel sesame sprouted grain bread or pita

Tofu Marinade:

1/4 cup orange juice
 2 Tbsp low sodium soy sauce
 1 Tbsp Dijon or honey mustard (plus more for serving)
 1 Tbsp spicy chili paste (optional)

Prepare marinade for tofu: Whisk together orange juice, soy sauce, mustard, and chili paste. Cut tofu into 1/2-inch slices. Put tofu into a bowl or plastic resealable bag and pour in marinade, covering slices. Refrigerate at least one-half hour, turning every 15 minutes.

Take veggies and tofu out. Coat both sides of zucchini, pepper and mushrooms with cooking spray.

Place zucchini and peppers on grill rack or broiler pan coated with cooking spray; broil 3 to 4 minutes on each side or until tender. Add mushrooms and broil for 1 to 2 minutes. Remove from grill; sprinkle with salt, pepper and sweet basil leaves.

Spread cream cheese or avocado on toasted bread. Layer zucchini, pepper, mushrooms, and tomato on 1 slice of bread; add spinach if desired. Cut 1 slice of bread in half and make a half sandwich or make an open faced sandwich.

Breakfast: Calories 364 C: 46g P: 18g F: 13g

Banana/Blueberry Smoothie

½ large Banana
1/2 cup Fresh or Frozen Blueberries
1/2 Cup/4 oz Pacific Natural Foods Almond Milk
2 tsp Flax Seeds
1 Tbsp Raisins
1 Tbsp Almond Butter, Raw, Natural

2 cups (85g) Fresh Spinach
10g NutriBiotic Vanilla Rice Protein
1 Dash Cinnamon
Add ½ -1 Cup Water and blend together
Optional: Dash Stevia, water, ice to taste

Snack: Calories 258 C: 34g P: 11g F: 9g

5 Tbsp Spicy Hummus dip
½ cup green beans, fresh whole
1 cup celery, 1-2 stalks
1 cup yellow bell pepper
½ cup Cucumber

Dip Veggies in hummus or eat veggies for a high fiber snack.

Lunch: Calories 361 C: 51g P: 17g F: 12g

Broccoli Smothered in Black Bean Sauce

1 1/2 cups broccoli
2 cups boiling water
1/3 cups kasha (use buckwheat groats for a milder flavor)
1/2 tsp salt
1/3 cup sun dried tomatoes in oil
¼ cup chopped onion
1/2 cup black beans, cooked and drained
1/4 cup roasted red pepper
1 Tbsp lemon juice
1 tsp tahini (sesame seed butter)
1/2 tsp chili powder
Dash- tsp ground cumin
Dash- tsp ground coriander
1/8 cup chopped fresh cilantro (coriander in rest of the world-looks like parsley)
Add more spice if you need it.

Prepare broccoli stems by cutting off bottoms. Cut the tops into bite-sized florets and peel the fiber off the stem with knife, then cut it into slices roughly 1/4-inch thick. Set aside

Place kasha and salt into in a large saucepan with water. Cover and simmer for about 10-12 minutes, or until all the liquid has been absorbed. While kasha is simmering, combine and purée all the remaining ingredients in a food processor or blender. Just before you are ready to eat, steam broccoli over boiling water for about 5-6 minutes, or until it is bright green and just tender. To serve, place kasha on plate, then broccoli, then cover in black bean sauce.

Snack: Calories 262 C: 23g P: 23g F: 12g

1/2 Tbsp hemp seeds (raw, unsalted)
12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 cup Strawberries
Dates, Stevia/agave nectar for sweetener
Ground Cinnamon, dash

Blend protein powder, hemp seeds, and blueberries in water OR if you can't blend or are short on time, put all ingredients in a bowl, mix with water or almond milk and eat like cereal. Add a tiny dash of stevia to make it more sweet if need be. Should taste a bit like peanut butter and jelly.

Dinner: Calories 352 C: 57g P: 15g F: 12g

Smoky Pinto/Refried Bean Soup

1/4 cup red onion, chopped
1/2 clove garlic, minced
1/2 red bell pepper, chopped
1 cup vegetable broth
3/4 cup Fire Roasted Diced Tomatoes
1/2 cup fat free refried beans
1/2 cup pinto beans, canned, cooked
2 Tbsp cup corn kernels (Frozen is ok)
dash-1/8 tsp cumin
1/4 tsp smoked paprika
1/4 tsp chipotle chili powder (Add to taste, the more the hotter)
1 tsp hot sauce (Your favorite brand to taste)
1/2 tsp oregano (optional Mexican oregano if you have it)
Add Sea or Himalayan Salt and pepper to taste

Add Sea or Himalayan Salt and pepper to taste
Spray a large, non-stick pot with cooking spray, and sauté the onions until brown. Add the garlic and red bell pepper and cook for one more minute. Add the rest of the ingredients and simmer 20-30 min. until the flavors infuse. Garnish with fresh organic tomato salsa and serve with 8 baked blue tortilla chips and optional side salad

Day 47

Breakfast: Calories 372 C: 52g P: 10g F: 12g

Vitamin C Fuzzy Navel Smoothie

1/2 Mandarin Tangerine
1/2 Navel Orange
1 Peach (frozen or fresh)
1/4 cup Plantain (Like Banana less sweet, ripe when peel is dark brown)
1 tsp of honey, to taste
7 Raw Almonds (yes you can soak them☺)
1 Tbsp Brown Flax Seed (Preferably Organic)
Add 1/2 Cup Water and blend together

Optional: Dash Stevia, water, ice to taste only

Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Add ice until desired consistency is reached.

Snack: Calories 230 C: 20g P: 21g F: 7g

1 cup soy beans frozen (non-GMO, organic, preferably)
1/2 cup celery chopped
1/4 cup red bell pepper
1 Tbsp red onion

Bragg's liquid aminos or Raw Organic Unpasteurized Soy Sauce with garlic powder or onion powder.

Lunch: Calories 357 C: 51g P: 18 g F: 9g

Pasta Fagioli

1/2 cup white beans. You can use great northern, cannelloni, large limas or small white beans. (optional- canned, low sodium)
1 cup low sodium organic vegetable broth
1/2 bay leaf
1 Tbsp extra virgin olive oil
1 Tbsp onion, minced
1/4 Tbsp garlic clove, minced
1/2 cup crushed tomatoes (optional-canned)
1 celery rib, with leaves, sliced
1 Tbsp dried oregano
1-2 Tbsp coarsely chopped basil
1/4 cup Spelt penne pasta- find portion size

To Cook beans: Soak the beans in water 3 inches above beans for 6 hours or overnight. Discard the water, cook the beans in the broth in a large pot with the bay leaf until tender, about 45 minutes, skimming off any foam as it forms. In small skillet, heat the olive oil and sauté the onion and garlic until fragrant and golden. Add to the beans along with the crushed tomatoes and celery with leaves and simmer for 5 minutes. Stir in the oregano, basil, salt and pepper to taste.

Side: Fresh chopped vegetable salad- 1-2 cups of lettuce, chopped green beans, onions, tomato, fresh corn, cucumber. Toss everything together and add 1 Tbsp vinaigrette.

Snack: Calories 230 C: 25g P: 14g F: 8g

10 gr. Protein powder (Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
½ cup almond milk
4 pecans raw
½ pear

Dash Pumpkin spice

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat pear and pecans separate or you can blend in with smoothie if you have access to a blender.

Dinner: Calories 372 C: 50g P: 18g F: 11g

Lentil stuffed red bell pepper

1/2 cup of lentils, cooked
1/2 red bell pepper cut in half for two bowls.
1/8 cup onion, chopped
1/2 garlic clove, minced
1/2 stalk of celery, cut into small pieces
1/2 carrot, cut into small pieces
1/4 small zucchini, cut into small pieces
2 Tbsp tomato paste
1/2 cup or more spinach chopped or any other leafy green
1 tsp olive oil
1 tsp of Italian herbs or dash or rosemary, oregano, thyme
1/4 cup vegetable broth
1 Tbsp lemon
Salt and Pepper to taste

Side Dish: 2-3 cups mixed baby greens salad, ¼ cup shredded beets, sprouts, onion with 2 Tbsp vinaigrette

Cook lentils according to directions on package.
Now cut the red bell pepper in ½, de-seed and leave the stem intact.

Use your food processor to pulse the tomato until they are chunky and their juices release. (Skip if you are using canned tomatoes)
On to the stuffing now, heat a skillet over medium heat with 2 tablespoons of olive oil. Add the onions, carrots and celery and sauté for 5 minutes. Add the garlic and sauté until aromatic. Now, add the zucchini or any other vegetable you are using. Sauté the zucchini for about 2 minutes. Add the tomatoes, vegetable broth, and herbs. Salt and pepper to taste. Continue to heat the mixture for a few minutes. Now add the spinach and cook until wilted. Add the lentils and cook for another 2 minutes. Add parsley and lemon juice. Season again if needed.
Lightly oil a casserole dish. Place the peppers in the casserole dish. Now stuff them with the lentil mixture. Cover them with tin foil and bake them for 25-30 minutes. After 25-30 minutes take the tin foil out and sprinkle the peppers with the topping. Bake uncovered for another 15 minutes until the top is golden brown. Let your peppers cool and serve with fresh lemon slices!

Day 48

Breakfast: Calories 354 C: 52g P: 17g F: 11g	
<p>“I’m so late for work” smoothie 1 cup almond milk 10 grams rice protein/ hemp/Sun Warrior Vanilla Protein 1 banana 1 Tbsp Flax seed oil</p> <p>Add ½ Cup Water and blend together Optional: Dash Stevia, water, ice to taste only</p>	<p>Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached. (This is the grab-bag smoothie to get you OUT THE DOOR, so use what you learned thus far and throw it in; PORTION CONTROL is in effect here BTW☺) CAUTION this is usually where something made of glass breaks, be careful!!!</p>

Snack: Calories 260 C: 27g P: 9g F: 15 g	
<p>½ pear, sliced 1 Tbsp raw almond butter 22 snap peas</p>	<p>Dip pear slices in almond butter and enjoy crispy snap peas separate.</p>

Lunch: Calories 353 C: 42g P: 17g F: 15g

Eggplant Bake with side dish of cannelloni beans

1/4 of a large eggplant, sliced 1/4 inch thick

1 piece of whole grain bread (Food For Life), toasted and made into breadcrumbs

fresh basil leaves, chopped or torn-topping

olive oil spray

1/2 cup Tomato Sauce

salt and pepper to taste

1/8 cup parmesan cheese, grated or 2 tsp ground almonds (in coffee grinder)

1/8 cup mozzarella, thinly sliced Or 1/4-

1/2 cup vegan cheese or follow the "cheese" sauce recipe below

"Cheese" Sauce:

1/4 cup extra-firm silken tofu

1/4 cup unsweetened soy milk

1/4 cup vegetable broth

1 Tbsp cashew butter or tahini

1/4 tsp. onion powder

1/2 Tbsp nutritional yeast

1/4 tsp. salt (optional)

dash white pepper

1/2 tsp. corn starch

SIDE DISH:

Warm Cannellini Bean

3/4 cups cannellini or other white beans, rinsed and drained,

1 tsp extra-virgin olive oil

1 garlic cloves, peeled and finely chopped

1/4 cup chopped Italian parsley

Handful basil leaves, chopped

1-2 tsps finely chopped fresh rosemary leaves

1 sage leaf, finely chopped (optional)

salt and pepper

Juice of 1 lemon (I often add zest as well)

3 black olives (optional)

Procedure

Eggplant:

Salt the eggplant slices and put them in a colander to drain to release some of its moisture before cooking.

Prepare the cheese sauce: Place all ingredients in a blender and blend until completely smooth. Blend again right before using to make sure that the ingredients haven't separated.

Rinse the eggplant slices and pat them dry with paper towels. Spray a baking sheet lightly with olive oil and place the slices on it. Spray the tops lightly and place under the broiler. Watch carefully, and remove when the slices start to brown, about 3 minutes.

Assemble: Preheat the oven to 350.

Spray or wipe an 8x8-inch non-metal baking dish with a small bit of olive oil.

Place half of the eggplant slices on the bottom of the dish, edges overlapping.

Sprinkle with half the breadcrumbs.

Spoon half the tomato sauce and pour half the cheese sauce over the

breadcrumbs and sprinkle lightly with soy parmesan. Repeat the process with

the remaining ingredients (reserving some bread crumbs for on top, as

mentioned above). Bake uncovered for about 20 minutes, until slightly browned

on top. Sprinkle with fresh basil just before serving.

Cannellini beans preparation:

1. In large sauté pan combine oil, garlic and herbs. Warm over very low heat for about 4 min, or until the garlic and herbs release their aroma.

2. Add the beans, salt and pepper to taste, and toss gently. Cook over low heat until the beans are warm, about 5 min.

3. Remove from the heat and add the lemon juice. Toss very gently, place on a serving platter and you can top with 3-4 olives.

Snack: Calories 241 C: 33g P: 10g F: 9g	
5 Tbsp Hummus (Roasted Red Pepper) ½ cup Cucumber w/ seasoning ½ cup cauliflower 1/2 cup carrots 1 bell pepper	Dip Veggies in hummus or eat by themselves for a high fiber snack.

Dinner: Calories 367 C: 56g P: 18g F: 11g	
White Bean & Cucumber Stuffed Tomatoes ½ cup diced peeled cucumber 1/4 cup finely chopped red onion 2 Tbsp finely chopped fresh basil 1 1/2 cups cannellini beans or other white beans, (fresh cooked or canned, low sodium rinsed and drained) 1 Tbsp tarragon 1/2 Tbsp extra-virgin olive oil 1 tsp lemon 1/4 tsp salt 1/8 tsp pepper 1 garlic clove, crushed 1-2 large ripe tomatoes cut in half Side Dish: 4 cups Spinach Salad 1 Tbsp raisins 2 Tbsp Parsley, chopped 3-4 Tbsp snap peas, whole 2 Tbsp vinaigrette	Combine cucumber, onion, basil, and cannellini ingredients in a large bowl, and toss gently. Mix vinegar, oil, salt, pepper, and garlic in a small bowl and whisk together. Drizzle vinegar mixture over cucumber mixture, and toss gently. Core tomatoes; cut each tomato into 6 wedges, cutting to, but not through, bottom of tomato. Spread wedges slightly apart. Spoon cucumber mixture into the center of each tomato. Top spinach with raisins, parsley, snap peas, and vinaigrette

Day 49

All Day- fruit and vegetable energy Day! You can do this any day of the week.

Do this once a week

Today is a rest and regenerate day for your body. Allow your body and digestive system to take a break from digesting dense foods. Eating only fruits and vegetables will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk. This will free up more energy by getting rid of the sludge so you feel more energized. Eat only fruits and vegetables, this will be a mini detox which will help your body drop excess fat and toxins it's been storing. We like that!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetables than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body.

You can eat the fruits and veggies by them selves, blended, chopped, or juiced.

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how great it tastes!

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Fruits- watermelon, cantaloupe, apples, nectarines, peaches, grapes, pears, apricots, cherries, strawberries, mango, papaya, kiwis, oranges, etc...

Day 50

Breakfast: Calories 363 C: 50g P: 20g F: 13g	
Berry Protein Smoothie 1/2 cup blueberries 1/2 cup Strawberries 1 cup spinach 1 tsp. Flax oil 3/4 cup almond milk 10 gr. Protein powder	(Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 slice whole wheat bread 1 tsp Raw coconut oil- on toast

Snack: Calories 243 C: 30g P: 13g F: 11g	
1/3 cup cottage cheese- low fat 3 raw Brazil nuts 1 fresh apple Vegan option- 6-8 oz. soy yogurt or look for coconut yogurt produced by "SO	Delicious", 5 gr. protein powder, 2-3 brazil nuts and 1/2 apple. Combine all ingredients in a bowl and enjoy!

Lunch: Calories 348 C: 42g P: 18g F: 13g	
Lentil Nut Loaf loaf: 1 tsp olive oil 1 Tbsp onion, finely chopped 1/2-1 celery ribs, chopped 1-2 Tbsp chili's, chopped to taste 1/8 tsp smoked paprika 1/3 cup red lentils, cooked 1 Tbsp cashews or pecans, chopped 1 Tbsp bread crumbs/ ground flax seeds 1-2 cups water 2 Tbsp parsley 1 Tbsp light soy sauce 1/2 tsp salt 1 Tbsp nutritional yeast 1 cup tomato sauce: warm before putting on top of lentil loaf Side Dish: chopped vegetable salad. 1/2 cup chopped green beans, 1/4 cup chopped onion, 1/2 cup chopped tomato, 1/4 cup fresh corn of the cob. Tossed with 1-2 Tbsp Italian vinaigrette.	Heat the oil and sauté the onion, celery and chili's for five minutes. Drain excess water from cooked lentils and add parsley, paprika, nuts, bread crumbs, soy sauce, nutritional yeast and salt, and combine. Mix well and heat for 5 minutes stirring occasionally. Line your pan with foil or use a glass pan and coat pan with a thin layer of oil. Then fill pan with the lentil mixture. Cover, and bake for 45 minutes at 350 degrees Fahrenheit. When the nutloaf is finished baking, let stand in the pan for five minutes before removing. Once it has cooled, place a piece on your plate and smother with tomato sauce.

Snack: Calories 239 C: 22g P: 14g F: 12g

10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
 ½ cup Almond milk
 2 Brazil nuts raw
 ½ peach
 Dash Pumpkin spice
 Water/ice if needed

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat peach and Brazil nuts separate or you can blend in with smoothie.

Dinner: Calories 351 C: 47g P: 16g F: 11g

Creamy Cauliflower Soup

1 tsp olive oil
 3-4 Cashews
 2 Tbsp onion, coarsely chopped
 1/4 cup scallion, chopped
 1 clove garlic, minced
 2 stalks celery, chopped
 2 1/2 cups cauliflower, cored and coarsely chopped
 1/4 tsp curry powder (optional)
 ½ tsp dried thyme
 1 tsp dried basil
 1 tsp savory or marjoram (Herbs)
 1 ½-2 cups water
 1 tsp white miso
 1 cup Living Harvest Hemp Milk
 Dash- 1/8 tsp ground nutmeg (optional)
 1/2 tsp sea or Himalayan salt, to taste
 1/8 tsp fresh ground black pepper, to taste

Side Dish: 1 cup Broccoli steamed drizzled with lemon, nutritional yeast, herbs and salt. Yeast gives it a nutty cheesy flavor.

In large pot add olive oil, onion, scallions, and garlic, celery, cauliflower, and seasonings. Mix well and cook uncovered over medium heat for 5-8 minutes, stir frequently. Add water, hemp milk and miso, bring to a boil. Simmer covered over medium heat for 15 minutes or until cauliflower is tender. Remove cover and cool slightly. Add cashews and puree in small increments in blender until smooth and creamy. Reheat adding nutmeg. Top with scallions.

Day 51

Breakfast: Calories 354 C: 42g P: 18g F: 12g

Chai Banana Smoothie

1/2 cup almond or sesame seed milk
 1/2 ripe organic banana
 10 grams rice protein/ hemp/Sun Warrior Vanilla Protein
 1 1/2 tsp raw tahini
 2 raw cashews
 1 BIG Dash cinnamon
 Dash of nutmeg
 1 tsp raw honey or agave nectar (optional)
 Add 1/2 Cup Water and blend together

Optional: Dash Stevia, water, ice to taste only

Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached.

Snack: Calories 266 C: 33g P: 20 g F: 6g

2 slices Multigrain Manna Bread-sprouted grain (Opt: Ezekiel bread)
 2 Tbsp avocado, used as a spread
 1-2 slices of tomato
 2-4 thin slices of cucumber
 Thinly sliced onion
 1 tsp Nutritional yeast
 dash of spirulina- optional
 Spike seasoning or herbs and sea salt

Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.

Lunch: Calories 392 C: 43g P: 18g F: 11g

Romaine Sunflower Wrap and Green Beans

1/4 large avocado
 1 large tomato, coarsely chopped
 1 small cucumber or 2 pickling cucumbers, peeled and chopped
 1 Tbsp red onion, chopped (optional)
 1/2 cup mung beans, sprouted or cooked
 1 cup alfalfa sprouts
 1/2 cup soaked sunflower seeds
 1 tsp spicy brown mustard
 2 tsp- 1 Tbsp Bragg's amino acids or tamari
 2-4 romaine lettuce leaves

Side dish: 1-2 cups green beans sautéed with salt, olive oil, and garlic powder or fresh garlic
 Open avocado and scoop out 1/4 of the avocado in a bowl. Mash the avocado with a fork and add tomato and cucumber, onion (optional), mustard, lemon juice, sunflower seeds, and sprouts. Mix thoroughly and pile mixture down the center of the dry, clean, romaine leaf and roll up like a burrito or taco. Eat extra filling separate or with green beans

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
 1-2 Tbsp miso paste (fermented unpasteurized)
 1 Tbsp green onions, chopped
 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy),
 vegan
 Smidge of toasted sesame oil
 1 tsp sesame seeds, raw
 One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 352 C: 44g P: 17g F: 8g**Black-Eyed Peas with Fresh Dill**

1 cup of cooked black-eyed peas
 1/2 Tbsp of olive oil
 dash- 1/8 tsp of black mustard seeds
 dash- 1/8 tsp of cumin
 dash of ground coriander
 dash of cayenne
 2 Tbsp onion, finely chopped
 1/2 clove of garlic, minced
 1 green chilies or jalapeno peppers,
 finely chopped
 1/2 medium tomato, finely chopped
 1-2 Tbsp of fresh dill, chopped
 sea salt to taste
 juice from one lemon- use a little at a time until you reach desired flavor

Preparation for black eyed peas:

Use canned beans **or** soak dry beans overnight in enough water to cover. Drain, transfer to a medium-large pot, cover with water, bring to a boil, reduce the heat to low and simmer until the beans are soft - roughly 45 minutes. Drain and set aside.

Heat the oil in a large wok or frying pan over medium heat. When hot, add the cumin seeds and mustard seeds. Stir and fry until the mustard seeds begin to pop. Add the curry leaves, ground coriander and cayenne to the pan. Stir and then toss in the onion, garlic, and green chilies. Sauté until the onions are soft. Now add the tomato and cook for another 5 minutes or so. Add the cooked black-eyed peas to the pan, along with the dill, salt and lemon juice. Cook for another few minutes to blend the flavors.
Side Dish: 1/2 cup raw asparagus chopped, 2 Tbsp red onion- slivered long wise, 1/4 bell pepper any color- cut length wise, 1 tsp olive oil, dash herb seasoning, and 1 tsp Nama shoyu or sea salt. combine asparagus, chopped onion, and sliced bell pepper in a bowl and drizzle 1 tsp olive oil, herbs, salt and toss.

Day 52

Breakfast: Calories 363 C: 50g P: 20g F: 13g	
Protein Smoothie 1/2 cup blueberries 1/2 cup Strawberries 1 cup spinach 2/3 cup almond milk 10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega	Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 slice whole wheat bread 1 tsp Raw coconut oil- on toast

Lunch: Calories 362 C: 49g P: 18g F: 8g	
Tuscan-Style Pinto Bean Soup with Kale 1 2/3 cups pinto beans, (may do canned) 1 1/2 Tbsp olive oil 1/2 celery stalk, sliced 1/2 carrot, sliced 1/4 cup onion, chopped 1/2 garlic clove, minced or crushed dash red chili flakes 1/2 tomatoes, diced 1/2 cup kale, trimmed and coarsely chopped 2 cups vegetable stock 1 1/2 cups water 1/2 tsp sea salt, or to taste fresh ground black pepper Use canned beans OR Rinse the beans and soak overnight covered in several inches of cold water. Drain and put the beans in a medium saucepan. Cover with several inches of fresh water and bring to a boil. Reduce the heat to low, cover, and simmer for 1 hour or until the beans are tender but not falling apart. Make sure you use enough water so the beans don't dry out. Drain and lightly mash some of the beans with a potato masher. Set aside.	Heat a large saucepan or soup pot over medium heat. Add the olive oil, celery, carrot, onion, garlic and chili flakes and cook, stirring, until the onion turns a light brown, about 10 to 12 minutes. Add the tomatoes and continue to cook until the tomatoes are slightly reduced, another 10 minutes. Now stir in the beans, kale and add the vegetable stock and water. Bring to a slow boil, then reduce heat to medium-low, cover, and cook until the kale is tender, about 25 to 30 minutes. Now season with salt, nutritional yeast and plenty of fresh ground black pepper.

Snack: Calories 240 C: 40g P: 6g F: 6g
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR
Calories: 237 C: 37g P: 5g F: 9g
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories 367 C: 48g P: 15g F: 11g	
<p>Greek Pea Soup 1/2 garlic cloves, minced 4 Tbsp diced white onion 1 bay leaf- optional 1 cup vegetable broth 1/8 cup buckwheat or spelt pasta shells 1 cup black-eye peas, rinsed and drained 1 Tbsp fresh chopped parsley 2 tsp fresh chopped mint 1 1/2 Tbsp olive oil In medium saucepan heat olive oil over medium heat. Add garlic, onion and bay leaf and cook for 10 minutes or until softened.</p>	<p>Add vegetable broth and bring to a boil. Reduce heat and simmer for 10 minutes. Stir in pasta shells and cook until al dente style, approximately 5 minutes. Add more water if needed. Add cooked black eye peas, parsley and mint and simmer 5 minutes. Side Dish: 1-2 cups chopped tomatoes, 2 Tbsp chopped parsley, 2 Tbsp chopped green onions, 1/2 cucumber chopped, dash of garlic powder, salt, 1-2 tsp olive oil and pepper.</p>

Breakfast: Calories 368 C: 53g P: 19g F: 10g

Fiber Oatmeal

1/4 cup dry Oat groats or old fashioned oats
1 Nectarine
6 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 Tbsp raisin

5 raw almonds
Dash of cinnamon

Soak oats in an open bowl of water over night on the counter, instead of cooking. This keeps the fiber intact. In the morning dump out the water and add the rest of the ingredients to the oats. You may need to add additional water because of the protein powder.

Snack: Calories 263 C: 33g P: 12g F: 9g

Veggie Wrap with roasted red pepper hummus

1 small low carb tortilla
3 Tbsp roasted red pepper hummus
1 Tbsp Red onion, diced
2-3 Tbsp alfalfa sprouts or other yummy sprouts
1/2 cup Baby spinach
1/4 cup Shredded carrots

Herb salt of Bragg's amino acids or Nama Shoyu
1/2 apple
Spread hummus inside tortilla. Place all veggies down the center of the tortilla except apple. Sprinkle or drizzle herbs or seasoning on veggies. Eat apple separate.

Lunch: Calories 362 C: 47g P: 15g F: 15g

Coconut Curried Vegetables

1 tsp safflower oil
2 tsp coconut butter
1/8 tsp mustard seeds
1/4 cup green chili minced or bell pepper
1 cup cauliflower, cored and cut into small, fine florets
Dash- 1/8 tsp coriander powder
Dash-1/8 tsp turmeric
1 cup peas, fresh or frozen
1 Tbsp coconut, finely grated
2 Tbsp fresh cilantro (coriander in the rest of the world-looks like parsley), finely chopped
1 Carrot
1 cup broccoli
1/2 lime, juiced
1/4-1/2 tsp sea salt
1 cup water add as needed

In large saucepan heat coconut oil, and sauté all ingredients except cilantro, lime juice, and coconut. You may need to add water to add moisture so mixture doesn't burn. Heat until cauliflower is tender. Mix in coconut, cilantro, and lime juice. Combine well and keep on simmer for a few minutes.

Arugula salad:

2-3 cups arugula, 10 cherry tomatoes, chopped red onion, and 1-2 Tbsp vinaigrette.

Snack: Calories 243 C: 14g P: 16 g F: 15 g

Cottage Cheese and Avocado Snack

1/2 cup low fat Cottage Cheese

½ Medium Avocado Sliced
 Cayenne pepper to taste
 Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function.
 OR...

Vegan option- soy yogurt or coconut yogurt, 5 gr. protein powder, and ½ peach. Combine all ingredients.
 9 raw almonds
 1 fresh peach

 Combine ingredients in a bowl

Dinner: Calories 354 C: 52g P: 16g F: 9g

Chinese Red Bean and Mushroom Dish
 3 cups cauliflower
 ¾ cup azuki beans, cooked (canned)
 ¾ cup dried shiitake mushrooms (1/2 oz)
 2 tsp sesame oil
 1/4-1/2 cup green onions, sliced into fine rings
 1/2 green pepper, seeded and chopped into 1/8-inch dice
 1/2 large hot pepper, any variety, finely chopped
 4 white mushrooms, sliced
 1 garlic clove, minced
 1 Tbsp low sodium tamari or soy sauce
 1 tsp agave
 1/4 tsp cayenne

 Use canned beans OR Soak beans overnight in water. Bring the beans to a boil, then reduce heat and cover, simmering for about 1 hour or until the beans are soft. Drain the beans, and crush some of them lightly with kitchen utensils. Set aside.

Heat the sesame oil over high heat in a large wok or saucepan. When hot, add the green onions and stir-fry rapidly for 30 seconds. Quickly add the mushrooms, both shiitake and white, green pepper, hot peppers, and garlic and stir-fry for 2-3 minutes or until the mushrooms just start to reduce. Add the beans, turn down the heat to low, and mix. Stir in the tamari or soy sauce, agave and cayenne and simmer gently for at least 5 minutes, or until the liquid has reduced slightly and the mixture has a fairly dry texture.

 Pour red bean dish over 3 cups lightly steamed cauliflower.

Breakfast: Calories 369 C: 46g P: 15g F: 13g	
Breakfast Quinoa 1/4 cup (uncooked) or 1/2 cup (cooked) quinoa (healthy cooked grain, full of protein) 2 Tbsp hemp seeds 1/2 cup unsweetened almond milk 1 tsp raisins 1 med fresh peach 1/4 tsp vanilla extract Stevia or agave nectar to sweeten	Rinse Quinoa and combine with almond milk and water. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender. Stir in the remaining ingredients and place in food processor or blender and puree slightly. Ready to eat.

Snack: Calories 259 C: 21g P: 20g F: 12g	
9 almonds (raw, unsalted) 12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein , Pea Protein any brand, Sun Warrior Protein, or Soy Protein)	1 cup blackberries Stevia/agave nectar for sweetener (Based on 4 Tbsp of Hemp Protein)

Lunch: Calories 354 C: 47g P: 15g F: 11g	
Ginger N' Garlic Azuki Beans 3/4 cups of small red azuki beans, canned 1/2 whole clove of garlic, peeled 1/2 inch pieces of fresh ginger 1/2 whole dried hot red peppers (optional) juice from 1 lime or a few Tbsp of fresh lemon juice sea salt to taste dash- 1/8 tsp of garam masala spice 1/8 cup Cashews (blended with a little water. vegan) or coconut milk (Vegan option) or yogurt(vegetarian option) 1 tsp olive oil or raw coconut oil 1/2 small clove of garlic, very finely minced 1/4 inch piece of ginger, finely minced dash of cayenne	May want to use canned beans OR cook dry beans according to directions. If using home cooked beans, add garlic, pieces of ginger (peeled) and the whole red peppers. Bring to a boil, reduce the heat to medium low and simmer, with the lid slightly ajar for 50-60 minutes. Remove the ginger pieces and also the red pepper if desired. <u>For using canned beans:</u> Place beans, garlic clove, piece of ginger, and whole red peppers in pot and simmer. Simmer for 10 minutes. Remove the ginger pieces and also the red pepper if desired. Transfer beans and their liquid, Blend until smooth. Return the blended beans to the pot. Add the ginger, garlic, lime juice, salt, garam masala and cashew mix. Stir until well combined. Leave the pot uncovered with the heat set to low. Cook for 3-5 minutes and it's ready to eat. Serve with a large green salad.

Snack: Calories 240 C: 37g P: 13g F: 8g
--

½ cup Cucumber, chopped
 3 Tbsp Sunflower seeds- soaked preferably
 2 Tbsp Sesame seeds
 6 Asparagus
 1 Bell pepper, chopped
 1/8-1/4 tsp rice vinegar

1-2 Tbsp Nama shoyu, kelp flakes, or sea salt
 Chop veggies and place in bowl with seeds. Make dressing with rice vinegar, salt, and toasted sesame oil and drizzle on top.

Dinner: Calories 352 C: 49g P: 17g Fat: 8g

Hearty Vegan Gumbo

Ingredients:

3 cups okra
 1/2 cup kidney beans, cooked
 1 1/2 tomatoes, diced
 1/2 large bell pepper, minced
 1 stalk celery, minced
 1/8 medium onion, minced
 1 Tbsp spelt flour organic
 1 Tbsp Celtic sea salt or Himalayan
 1 Tbsp ZATARAIN'S or Frontier brand Gumbo Filé powder (sassafras leaf)- optional if available
 dash- 1/8 tsp cayenne
 1/8-1/4 Tbsp paprika
 4 cups warm water
 1 tsp olive oil
 1/4 cup cubed tofu

In a dry pan, sauté the okra with a dash of oil until lightly browned add tomatoes, onion, bell pepper, and celery, and sauté for 10 minutes. Stir constantly. Then add cooked kidney beans, spelt flour, seasonings, and spices, and tofu. Lower to medium heat, and simmer for 45 minutes.

Side Dish: 2-3 cups fresh spinach and kale salad. 8 cherry tomatoes, fresh parsley, fresh chopped mushrooms. Serve with 1-2 Tbsp vinaigrette.

Breakfast: Calories 363 C: 42g P: 11g F: 15g**Acai Berry Medley Smoothie**

3 oz frozen pure Acai (Ex: Sambazon)
 1/2 cup frozen mixed berries Medley
 1 banana Medium sized
 7 raw soaked almonds – soaked for 24 hours in water
 2 tsp ground flax seeds (Ex: Bob's Red Mill Flax Seeds)
 3/4 cup/180 ml Hemp Milk (Ex: Living

Harvest Hemp milk - Unsweetened Vanilla)
 1/2 Carrot 61g
 2 cup Fresh raw Spinach
 1 tsp Agave Nectar
 Add 1/2 Cup Water and blend together
 Optional: Dash Stevia, water, ice to taste only

Snack: Calories 260 C: 27g P: 7g F: 15 g

3 Tbsp pumpkin seeds, raw
 1/2 Tbsp Brazil nuts, raw
 1 nectarine

Lunch: Calories 369 C: 58g P: 15g F: 10g**Soba Noodle Sesame Salad**

1/4 cup soba noodles dry (1/2 cup cooked)
 1/8-1/4 cup lime juice
 2 tsp Low Sodium tamari or Nama Shoyu soy sauce
 1/2 tsp toasted sesame oil
 1 tsp agave nectar
 1/4 jalapeno pepper (deseeded and diced)
 1/2 tsp ginger, minced
 1/2 clove garlic, minced
 2 cups spinach, triple washed, patted dry, and roughly chopped
 1/2 cup red cabbage, shredded
 1 carrot, julienne sliced
 1/2 red pepper (deseeded and diced)
 1/4 cup green onion, thinly sliced
 1/4 cup freshly chopped cilantro (or called coriander in the rest of the world-looks like parsley)
 1 Tbsp sesame seeds

Follow directions on how to cook the soba noodles then transfer them to a bowl. In a blender or food processor, place the lime juice, tamari, sesame oil, agave nectar, jalapeno, ginger, and garlic, and process for 1 minute. Sauté all vegetables and spinach in a little oil until they turn soft. Pour the dressing over the vegetables and cooked soba noodles and toss well to thoroughly coat the noodles with the dressing in the warm pan. Sprinkle sesame seeds and chopped cilantro and toss well to combine. Allow the flavors to blend for 10 minutes before serving (optional).

Snack: Calories 240 C: 40g P: 6g F: 6g

Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR

Calories: 237 C: 37g P: 5g F: 9g

Amazing Grass Green Bar- High energy bar

These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories 390 C: 54g P: 19g F: 11g

Mediterranean Stew

1 1/2 cups eggplant chopped
3/4 cup zucchini chopped
3 Tbsp green pepper chopped
1/4 onion chopped
2 tomatoes chopped
1/2 cup garbanzo beans, cooked, rinsed and drained
3 ounces artichoke hearts quartered
1/2 tsp oregano
1 tsp Olive oil
1 1/2 cups water or vegetable broth
salt, pepper, and red pepper flakes to taste

Combine all ingredients in pot and cook over medium heat until heated through and zucchini is tender. Stir frequently.

Side Dish: Greek salad- 2 cups romaine lettuce, 1 cup chopped cucumber, 1 tomato, 2 Tbsp red onions, 4 kalamata olives chopped
Tear lettuce in bowl and top with veggies.

Super quick dressing- 2 tsp lemon juice, 1 tsp olive oil, dash of salt and garlic powder and dried oregano. Drizzle all ingredients over salad and toss to mix.

Day 56

All Day- fruit and vegetable energy Day! You can do this any day of the week.

Do this once a week

Today is a rest and regenerate day for your body. Allow your body and digestive system to take a break from digesting dense foods. Eating only fruits and vegetables will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk. This will free up more energy by getting rid of the sludge so you feel more energized. Eat only fruits and vegetables, this will be a mini detox which will help your body drop excess fat and toxins it's been storing. We like that!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetables than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body

You can eat the fruits and veggies by them selves, blended, chopped, or juiced.

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how great it tastes!

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Fruits- watermelon, cantaloupe, apples, nectarines, peaches, grapes, pears, apricots, cherries, strawberries, mango, papaya, kiwis, oranges, etc...

Day 57

Breakfast: Calories 363 C: 47g P: 13g F: 12g	
Strawberry-Mango Smoothie 1 cup strawberries stemmed 1/2 mango peeled 3/4 cup/6 oz Almond milk or Raw almond yogurt 4 Brazilian Nuts (Raw & Soaked) 2 tsp agave or brown rice syrup or Really Raw Honey, or 2-3 Dates 3/4 medium sized Cucumber 10 grams Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) Add 1/2 Cup Water and blend together	Optional: Dash Stevia, water, ice to taste only Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached. Pour into glass and garnish with mint leaf as option
Snack: Calories 261 C: 36g P: 8g F: 10g	
18 <u>Baked</u> corn chips (organic, non-gmo), gotta get baked chips 1/4 cup salsa 1 1/2 broccoli 4 Tbsp guacamole	Dip broccoli in guacamole and dip chips in salsa or vice versa.
Lunch: Calories 381 C: 42g P: 23g F: 19g	
Tofu Thai Style (Vegan) 1/2 cup tofu 3 cups (bunch) fresh spinach 3/4 cup tomatoes, chopped 1/2 Tbsp ground roasted peanuts 2 tsp red curry paste (hot be careful) 1/4 cup coconut milk 2 tsp agave nectar, or to taste 1 Tbsp soy sauce tsp juice of 1 small lime vegetable oil (cooking oil) Tofu: Cut extra firm tofu into 1/2 inch cubes and sauté in a little oil and salt stirring constantly. Then set aside. If you don't use enough oil, it will stick and won't cook well.	Peanut Sauce: Place tomatoes and some red curry paste in pan. Reduce heat, stir, and cook down into a sauce. Add half the coconut milk and all ground peanuts. Add sweetener and soy sauce. Add more coconut milk or water to get the right consistency, and stir for 5 minutes. If too watery, cook down a little over low heat. It should be the consistency of gravy. Add lime juice at the end. If you would like it to taste more peanuty, add a Tbsp of peanut butter before you add the coconut milk. Serving Instructions: Place tofu on a bed of fresh spinach, and pour a generous amount of the hot peanut sauce over the top.

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
1-2 Tbsp miso paste (fermented unpasteurized)
1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw
One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 365 C: 48g P: 20g F: 12g

Portobello Mushroom Burger

1 Portobello mushroom cap
1/4 cup balsamic vinegar
1 tsp olive oil
Dash- 1/8 tsp dried basil
Dash-1/8 tsp dried oregano
1 Tbsp minced garlic
1 oz (2 Tbsp) sharp cheese or vegan cheese
1 Tbsp teriyaki sauce
1 slice of Ezekiel bread
1 cup of tomato (slices)
Sea salt and pepper to taste

Side Salad: 3 cups mixed greens, thinly sliced onions, 4 pecans, 1-2 Tbsp vinaigrette. Toss together in a bowl

Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, teriyaki sauce, garlic, salt, and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes or so, turning twice.
Preheat grill for medium-high heat. Brush grate with oil. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender. Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling. Place mushroom on bread and top with sliced tomatoes, onions (grilled is optional), sprouts, or other veggies you desire. Eat open face. Enjoy!

Day 58

Breakfast: Calories 380 C: 55g P: 15g F: 12g	
3 Grain Cereal 1/3 cup whole grains (barley, spelt, oats) 1 Nectarine 8 gr. protein powder (Optional Protein Powder Brands and types: Nutribiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 Tbsp raisins	5 raw almonds Dash of cinnamon & Stevia Boil grains in water until soft. Once soft drain off extra water and add protein powder, raisins, almonds, cinnamon and sweetener if needed. Can add nectarine to grains. You may need to add water because the protein powder is dry.
Snack: Calories 260 C: 27g P: 9g F: 15 g	
1/2 pear, sliced 1 Tbsp raw cashew butter 22 snap peas	Dip pear slices in cashew butter and enjoy crispy snap peas.
Lunch: Calories 388 C: 51g P: 26g F: 9g	
Jambalaya (Vegan) 2 tsp olive oil 1/2 green bell pepper, chopped 1/3 cup celery, chopped 1/2 clove garlic, minced 1/4 medium onion, minced 1 tsp filé powder (sassafras leaf) optional if available 1/4 tsp sea salt dash tsp cayenne 1/8 tsp dried thyme 1 tsp Tabasco sauce 1 cup canned tomatoes, drained and chopped 1/8 cup soy sausage links, cut into small pieces 4 Tbsp/2 oz Seitan, cut into small pieces 1/4 cup cooked kidney beans 1 cup water 1/4 cup cooked brown rice	1 cup fresh chopped okra folded in In a large saucepan sauté bell pepper, celery, garlic, okra and onion in 1/2 Tbsp oil over medium heat. Cover and cook over medium heat for 6-7 minutes, stirring occasionally. Remove cover; add 1 cup water, filé powder, salt, cayenne, thyme, Tabasco sauce, and tomatoes to the mixture. Bring to a boil, then reduce to a simmer. Add soy sausage, kidney beans and seitan. Add water if needed. Continue to cook, stirring occasionally, for 15 minutes to blend flavors. Adjust seasonings to taste and simmer for 5 more minutes. Serve over rice. Note: Double the amount of kidney beans if you don't use seitan.

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
1-2 Tbsp miso paste (fermented unpasteurized)
1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw
One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 374 C: 40g P: 22g F: 14g

Hawaiian Style Vegetable Stir-Fry

1/2 cup organic tofu
1/2 large red bell pepper, cut into 1-inch pieces
1/2 cup red onion cut in 1-inch pieces
1/2 (8 ounce) can sliced bamboo shoots, drained
3 Tbsp water
1/2 cup fresh pineapple, cut into bite-sized wedges
1 cup broccoli florets
1 Tbsp soy sauce (*Nama Shoyu* or Bragg's Aminos)
2 Tbsp pineapple juice
1 tsp Drizzle with agave nectar
1/2 tsp olive oil
4 macadamia nuts (crushed)

Coat wok with minimum amount of olive oil and heat wok. Add red pepper and red onion; stir-fry 2 minutes. Add bamboo shoots and cook 1 minute, stirring. Add water to prevent sticking. Stir in broccoli; cook 4 minutes or until bright green. Add pineapple wedges and cook 1 minute. Combine tamari (soy sauce) and juice in a small cup. Add tamari/juice mixture to veggies and nuts. Cook 1 to 2 minutes, stirring to coat.

Breakfast: Calories 369 C: 48g P: 18g F: 13g

Breakfast Wrap

1/3 cup Egg whites or 1/2 cup firm tofu
OR 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy),
vegan
1 Tbsp Green Onion
1 Tomato
Dash Italian herbs
Dash Garlic powder
Salt as needed
2 tsp soy cheese

1/2 tsp. olive oil

1 large low carb tortilla
1 1/4 cups pineapple
Sauté tomatoes, onions, and spices for 3-5 min in olive oil with seasonings then add egg whites/tofu/tempeh. Scramble until desired consistency. Add cheese. Place mixture in tortilla. You can always add more veggies. Eat pineapple separate.

Snack: Calories 243 C: 14g P: 16 g F: 15 g

Cottage Cheese and Avocado Snack

1/2 cup low fat Cottage Cheese
1/2 Medium Avocado Sliced
Cayenne pepper to taste
Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function. OR...

Vegan option- soy yogurt or coconut yogurt, 5 gr. protein powder, and 1/2 peach. Combine all ingredients.
9 raw almonds
1 fresh peach

Combine ingredients in a bowl.

Lunch: Calories 368 C: 44g P: 16g F: 13g

Bean Taco

2/3 Cup pinto beans, cooked
1/2-1 clove garlic
dash Oregano
dash Cumin
dash Chili powder
Salt and pepper, to taste
2 Tbsp red onion, chopped
1/2 cup vegetable broth
water
1 small La Tortilla Factory Low Carb High Fiber Tortillas'
Salt to taste
Toppings- 1/4 Avocado, sliced or guacamole, tomato, salsa, cilantro (coriander in other parts of the world), onion

2-3 cups **Spring mix Salad mix**
1 chopped tomato
1-2 Tbsp green onion, chopped
1 Tbsp cilantro
2 Tbsp vinaigrette salad dressing
Drain and rinse beans. In a pot, add oil and garlic and cook until garlic is soft. Add onions and celery and cook until soft. Add cumin, oregano and pepper. Stir and cook beans, veggie broth and enough water to cover beans. Cook until bean ingredients are infused together. Warm your tortilla and fill with bean mix and toppings. If you have extra beans and other toppings, put them in salad.

Salad:

Snack: Calories 240 C: 40g P: 6g F: 6g
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR
Calories: 237 C: 37g P: 5g F: 9g
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Dinner: Calories 351 C: 41g P: 20g F: 15g	
<p>Grilled Vegetable Sandwich 1/2 of a small zucchini cut length-wise into 4 (1/4-inch thick slices) 1/2 yellow bell pepper (186g), cut into fourths, remove seeds. 1-2 large fresh mushrooms, sliced ¼ medium tomato, sliced ½ cup firm tofu, Sliced for sandwiches Dash of salt Dash of black pepper Sprinkle of dried basil to taste 1 1/2 Tbsp vegetable cream cheese or vegan cream cheese (Follow Your Heart) or avocado a few spinach leaves tofu marinade: ¼ cup orange juice 2 Tbsp low sodium soy sauce 1 Tbsp Dijon or honey mustard (plus more for serving) 1 Tbsp spicy chili paste (optional) 1 slices Ezekiel sesame sprouted grain bread or pita</p> <p>Prepare marinade for tofu: Whisk together orange juice, soy sauce, mustard, and chili paste. Cut tofu into 1/2-inch slices. Put tofu into a bowl or plastic resealable bag and pour in marinade, covering slices. Refrigerate at least one-half hour, turning every 15 minutes.</p>	<p>Take veggies and tofu out. Coat both sides of zucchini, pepper and mushrooms with cooking spray.</p> <p>Place zucchini and peppers on grill rack or broiler pan coated with cooking spray; broil 3 to 4 minutes on each side or until tender. Add mushrooms and broil for 1 to 2 minutes. Remove from grill; sprinkle with salt, pepper and sweet basil leaves.</p> <p>Spread cream cheese or avocado on toasted bread. Layer zucchini, pepper, mushrooms, and tomato on 1 slice of bread; add spinach if desired. Cut 1 slice of bread in half and make a half sandwich or make an open faced sandwich.</p>

Day 60

Breakfast: Calories 370 C: 42g P: 13g F: 20g	
Low Glycemic Chocolate-Green Smoothie 1 Tbsp hemp seeds 1 Tbsp of soaked brown flax seed 1 tsp of raw coconut butter 1 Tbsp raw cacao powder 1/2 tsp of maca 1/8 cup of goji berries 1/2 small cucumber 1 tsp vanilla extract (no alcohol)	1 tsp of your favorite dried green supplement Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only Add stevia (Powder or Liquid form) to taste to keep it low Glycemic. (If you add more fruit to sweeten, it will make no longer be low glycemic)

Snack: Calories 260 C: 27g P: 9g F: 15 g	
1/2 pear, sliced 1 Tbsp raw almond butter 22 snap peas	Dip pear slices in almond butter and enjoy crispy snap peas separate.

Lunch: Calories 368 C: 50g P: 18g F: 10g	
3 Bean Bonanza Chili 2 tsp Olive oil 1/3 Green pepper, coarsely chopped 5 Tbsp Onion, chopped 3/4 cups Whole tomatoes, chopped 1 1/3 cup vegetable broth 1-2 tsp Chili powder, to taste 1/4 jalapeno (optional) seeded and chopped Dash-1/8 tsp Garlic powder Dash- 1/8 tsp Ground cumin seed Dash-1/8 tsp Oregano 1/2 tsp Basil leaf 1 tsp agave nectar 1/4 tsp Salt Dash-1/8 black pepper 1/3 cup or 3 oz Black beans, cooked, canned is optional 1/3 or 3 oz Red kidney beans, cooked, canned is optional	2/3 cup or 5 oz White northern or pinto beans, cooked, canned is optional Optional- brown onions and bell peppers in pan before combining. Combine green pepper, onion and tomato in pot. Stir in all of the spices and vegetable broth. Drain and rinse the beans and add to pot along with the rest of the ingredients. Cook for at least 30 min or up to 1 hour. Garnish with fresh chopped onion and shredded cheese if desired.

Snack: Calories 248 C: 23g P: 17g F: 9g	
<p>Miso soup 2 1/2 cups water 1-2 Tbsp miso paste (fermented unpasteurized) 1 Tbsp green onions, chopped 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy), vegan Smidge of toasted sesame oil 1 tsp sesame seeds, raw One carrot (5 1/2 inches long) eat separate</p>	<p>Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.</p>

Dinner: Calories 366 C: 54g P: 16g F: 9g	
<p>Mexican Spaghetti Squash Salad 1/2 cup Spaghetti Squash, baked whole and removed from shell 1/4 cup carrots, grated 1/4 cup fresh mushrooms, chopped 1/4 cup red bell peppers, chopped 1/4 cup black beans 1/4 cup green bell peppers, chopped 1/8 cup pumpkin seeds, raw 1/8 cup fresh/frozen corn, cut off the cob Dash- 1/8 of chili powder Dash- 1/8 cumin powder Sea salt Topping- Plain yogurt 1/4 cup and salsa 3-4 cups romaine lettuce.</p>	<p>Preheat oven at 375 degrees. Cover baking tray with aluminum foil. Cut squash in half, scrape out seeds and place squash face down on baking tray. Cook for 35-40 minutes or until soft. When done, run fork long wise inside the squash and this will loosen the strands/strings. Scrape all meat out of squash. Sauté carrots, mushrooms, bell peppers, and corn with chili powder, salt, and cumin for 3-5 minutes. Add beans and pumpkin seeds and sauté for 2 minutes. Place lettuce in bowl and spoon vegetable/ bean mixture on top along with fresh salsa and 1/4 cup yogurt if desired.</p>

Day 61

Breakfast: Calories 360 C: 55g F: 14g P: 10g	
<p>Coco-Berry Dream Smoothie 1/2 young coconut- water and meat 1/2 Cup Raspberries 2 Tbsp/ 3 slices ripe avocado 6 raw soaked almonds 1/2 cup Fresh raw Kale 1 Cup Cucumber 1 tsp- 1 Tbsp Agave Nectar, to taste 1 tsp maca powder (optional) Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only</p>	<p>(Use 2 tsp Raw Organic Coconut Butter if Young coconut not available in your area).</p>
Snack: Calories 239 C: 22g P: 14g F: 12g	
<p>10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1 cup almond milk 2 Brazil nuts 1/2 apple Dash Pumpkin spice</p>	<p>Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and Brazil nuts separate or you can blend in with smoothie.</p>
Lunch: Calories 355 C: 53g P: 12g F: 16g	
<p>Raw Vegetable Pasta- Thai style 2 stalks small green onions 1 carrot- thinly sliced in a food processor or using a mandoline 1 1/2 cups broccoli- thinly sliced 1/2 bell pepper, thinly sliced 3/4 cup zucchini, shredded in the food processor with top metal disc or saladaccio, veggio pasta 2 Tbsp Avocado- thinly sliced Sauce ingredients: 1/8 cup soaked almonds 1-2 Tbsp agave nectar 1 Tbsp coconut oil or fresh coconut meat 1 Tbsp lemongrass-softer end thinly chopped 1/2 cup purified water</p>	<p>Dash of cayenne 1 Tbsp tahini 1/2 tsp sea salt or to taste Juice of 1/2 lime Juice of 1/2 small orange 1 inch peeled ginger, minced 1 large clove garlic, minced in garlic press Put all sauce ingredients in blender and blend until very creamy. You can add more water if need be but you want it the consistency of thick tomato sauce.</p> <p>Place all chopped vegetables in a large bowl and pour the sauce on top. Fold the sauce in until the vegetables are completely coated.</p>

Snack: Calories 229 C: 26g P: 6g F: 11g

3 Tbsp sunflower seeds (raw unsalted)
2 cup blueberries-fresh/frozen
Dash of cinnamon

Mix all ingredients in a small bowl; you can eat with a spoon. Great easy snacks

Dinner: Calories 363 C: 49g P: 10g F: 15g**Pesto Pasta**

1/3 cup Spelt Pasta uncooked
1/2 Tbsp Vegan Pesto
1 roma tomato, diced

Arugula Salad- or Spinach Salad

3 cups greens
2 walnuts, chopped
2 Tbsp green onions, chopped
2 Tbsp pear, diced

Dressing:

2 Tbsp minced shallot
3 Tbsp vegetable broth
1/4 Tbsp extra-virgin olive oil
1 1/2 Tbsp balsamic vinegar
1/2 Tbsp Dijon mustard
1/4 tsp salt or to taste
Freshly ground pepper to taste

Whisk all ingredients together. Use 1-2 Tbsp and store remaining dressing in refrigerator. Will last for 4-5 days. Follow instructions on package to cook pasta. Boil until it is "al dente" (a little chewy, not mushy). This makes the pasta lower glycemic. Strain water and put pasta in heat resistant bowl. Fold in pesto sauce and top with diced tomatoes. Place salad on plate, sprinkle with walnuts, green onions, and diced pear. Drizzle salad dressing on top. Bon Appetite!

Day 62

Breakfast: Calories 366 C: 47g P: 13g F: 12g

Strawberry-Mango Smoothie

1 cup strawberries stemmed
1/2 mango peeled
3/4 cup/6 oz Almond milk or Raw almond yogurt
4 Brazilian Nuts (Raw & Soaked)
2 tsp agave or brown rice syrup or Really Raw Honey, or 2-3 Dates
1 medium sized Cucumber
10 grams Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
Add 1/2 Cup Water and blend together
Optional: Dash Stevia, water, ice to taste only

Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached. Pour into glass and garnish with mint leaf as option

Snack: Calories 253 C: 32g P: 11g F: 9g

Veggie Wrap

1 small low carb tortilla
3 Tbsp spicy hummus
1/4 cup cucumber, thinly sliced
1 Tbsp green onion, chopped
1 cup baby spinach
1/4 cup shredded carrots
1/2 large apple
Herb salt or Braggs amino acids or Nama Shoyu sauce

Spread hummus inside tortilla. Place all veggies down the center of the tortilla except apple. Sprinkle or drizzle herbs or seasoning on veggies. Eat apple separate.

Lunch: Calories 374 C: 49g P: 15g F: 13	
<p>Eggplant and Pepper sandwich 1/4 of eggplant, seeded and cut lengthwise into 1/4 inch slices 1/4 red bell pepper, sliced into thin strips 1/4 tsp olive oil 1/2 tsp garlic paste 1 Tbsp balsamic vinegar 2 tsp Tbsp olive tapenade (olive spread) 2 slices Ezekiel wheat sandwich bread 1/2 Tbsp goat cheese or vegan cream cheese or avocado 1/2 tsp Italian cheese, shredded cheese or vegan option nutritional yeast Dry rosemary to taste Oregano to taste 1 leaf romaine lettuce Salt and pepper to taste</p> <p>Side Dish: 1 cup snap peas Slice unpeeled eggplant into long thin slices and place them in a large bowl with water and salt, for 15 minutes, then drain. In a nonstick pan add olive oil, 1 Tbsp balsamic vinegar and heat on medium until hot but not boiling. Add</p>	<p>garlic paste, eggplant slices and red peppers and bake. Turn when one side is golden and cook until second side is golden. Let eggplant cool 3-5 minutes on paper towels. On a separate plate, mix rosemary, oregano, 1 Tbsp balsamic vinegar, olive oil and salt- mix well. Take each slice of eggplant and pass it through seasoned mixture and then set aside. Spread bread with cream cheese or avocado. Place slices of eggplant and red bell pepper on bread, then add a layer of Italian cheese over eggplant, spread goat cheese, and then tapenade. Add more eggplant and red pepper if you like and cover with other slice of bread. Let cool for 1 minute, and then add lettuce.</p>

Snack: Calories 245 C: 31g P: 10g F: 9g	
<p>5 Tbsp Hummus 1/2 cup Cucumber w/ seasoning 1 cup broccoli 1 cup carrots 1/2 cup red bell pepper</p>	<p>Dip Veggies in hummus or eat by them selves for a high fiber snack.</p>

Dinner: Calories 367 C: 59g P: 17g F: 9g	
<p>Portuguese Chickpea Salad 1 roasted garlic (finely chopped) or 1 tsp garlic paste 1 1/2 cups low sodium chickpeas, drained 1 Fresh tomato, chopped 1 Tbsp fresh basil, chopped 1 Tbsp balsamic vinegar 1 3/4 Tbsp sun-dried tomato packed in oil, chopped dash ground cumin</p>	<p>Sea or Himalayan salt to taste dash pepper 4 cups mixed baby green lettuce</p> <p>In bowl, mix chickpeas, garlic, basil and vinegar. Stir well to coat beans. Toss with diced tomatoes. Season with cumin, salt, and pepper. Serve on a bed of lettuce</p>

Breakfast: Calories 370 C: 42g P: 13g F: 20g

Low Glycemic Chocolate-Green Smoothie

1 Tbsp hemp seeds
1 Tbsp of soaked brown flax seed
1 tsp of raw coconut butter
1 Tbsp raw cacao powder
1/2 tsp of maca
1/8 cup of goji berries
1/2 small cucumber
1 tsp vanilla extract (no alcohol)
1 tsp of your favorite dried green supplement
Add 1/2 Cup Water and blend together
Optional: Dash Stevia, water, ice to taste only

Add stevia (Powder or Liquid form) to taste to keep it low Glycemic.
(If you add more fruit to sweeten, it will make no longer be low glycemic)

Add stevia (Powder or Liquid form) to taste to keep it low Glycemic.
(If you add more fruit to sweeten, it will make no longer be low glycemic)

Snack: Calories 258 C: 34g P: 11g F: 9g

5 Tbsp Spicy Hummus dip
1/2 cup green beans, fresh whole
1 cup celery, 1-2 stalks
1 cup yellow bell pepper
1/2 cup Cucumber

Dip Veggies in hummus or eat veggies for a high fiber snack.

Lunch: Calories 363 C: 50g P: 11g F: 13g

Almond Butter and Banana Sandwich
1 1/2 Tbsp Almond butter
1/2 banana
1-2 dates
Drizzle agave nectar
1 slice Ezekiel 4.9 bread.
1/2 apple

Spread almond butter on bread, slice bananas and dates on bread and close with other slice of bread.
Can add apple or eat separate.
Make a yummy sandwich!

Snack: Calories 262 C: 23g P: 23g F: 12g

1/2 Tbsp hemp seeds (raw, unsalted)
12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 cup Strawberries
Dates, Stevia/agave nectar for sweetener
Ground Cinnamon, dash

Blend protein powder, hemp seeds, blueberries in water OR if you can't blend or are short on time, put all ingredients in a bowl, mix with water or almond milk and eat like cereal. Add a tiny dash of stevia to make it more sweet if need be. Should taste a bit like peanut butter and jelly.

Dinner: Calories 397 C: 46g P: 18g F: 16g

Avocado lime salad with corn

1 fresh lime, juiced

2 small tomatoes, chopped
1/4 ripe avocado, diced
1/4 cup corn (Fresh is always tastier)
1/2-1 scallion, thinly sliced (white and green parts)
1/2 garlic clove, minced
1 spritz extra virgin olive oil (spray)
Dash-1/8 tsp ground cumin
3 cups spring mix lettuce or romaine lettuce (chopped in large pieces)
1-2 cups cucumber sliced and quartered
1 Tbsp coarsely chopped fresh cilantro (coriander in the rest of the world-looks like parsley)
1/8 tsp sea salt to taste
Side Dish: 1/2 cup edamame with dash of Braggs spray (Opt: You can mix this in your salad)

In a medium bowl, mix together 2 tsp lime juice and dash of salt.

Add tomatoes, avocados, corn, scallions and garlic. Using a spatula, fold to combine.
In a separate bowl, whisk together dressing: olive oil, cumin, remaining Tbsp lime juice & salt
Pour dressing over lettuce and toss together.
Season to taste with pepper and salt.
Fill plate with lettuce mix and top with your avocado mixture, cucumber slices, cilantro and pepper.

Day 64

Breakfast: Calories 385 C: 47g P: 13g F: 12g	
Peach-Mango Smoothie 1 Peach 1/2 mango peeled 1/2 cup/4 oz Almond milk or Raw almond yogurt 4 Brazilian Nuts (Raw & Soaked) 2 tsp agave or brown rice syrup or Really Raw Honey, or 2-3 Dates 1 medium sized Cucumber 6 grams Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) Add 1/2 Cup Water and blend together	Optional: Dash Stevia, water, ice to taste only Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached. Pour into glass and garnish with mint leaf as option

Snack: Calories 243 C: 30g P: 13g F: 11g	
1/3 cup cottage cheese- low fat 8 raw almonds 1/2 fresh mango (Frozen is ok also) Vegan option- 6 oz. soy yogurt or coconut yogurt, 5 gr. protein powder, 4-5 almonds and 1/2 mango.	Combine all ingredients in bowl and enjoy!

Lunch: Calories 391 C: 54g P: 17g F: 11g	
Healthy Veggie Wrap 1/8 onion, chopped 1/3 bell pepper, seeded and chopped 1/4 cup sliced mushrooms, fresh 1/4 cup of corn, fresh or canned 3 Tbsp hummus or homemade 1 large low carb tortilla 1/4 can black beans, rinsed and drained 1/2 roasted poblano pepper, cut into strips 1/4 package fresh spinach	Sauté the onions in a little oil until translucent. Add the bell pepper and cook for 2–3 minutes. Add the mushrooms and corn and warm for 2-3 minutes. Spread a layer of hummus on the wrap. Add the sautéed vegetables, beans, poblano strips, and fresh spinach. Roll into a burrito. Serve cold or warm, and top with salsa. Variation: Substitute one small can of drained green chilies for the fresh poblano pepper.

Snack: Calories 230 C: 20g P: 21g F: 7g

1 cup soy beans frozen (non-GMO, organic, preferably)
½ cup celery chopped
1 Tbsp red onion
Bragg's liquid aminos or Raw Organic Unpasteurized Soy Sauce with garlic powder or onion powder

Buy precooked fresh/frozen soy beans already shelled. Warm up soy beans (if desired) in boiling water for 5 or less minutes then drain off water. Add chopped cucumbers, onions and seasonings to soybeans (edamame). It's ready to eat!

Dinner: Calories 366 C: 52g P: 15g F: 10g

Southwest Bean Veggie and Rice Bowl Recipe

1/4 cup Brown rice, cooked
1/2 cup water
1/2 cup pinto beans, cooked and drained
1/3 medium zucchini
1/3 medium yellow squash
1/4 medium onion
1/4 green or red bell pepper
1 small clove garlic
1/4 cup salsa
1 ½ tsp ancho chili powder
Dash-1/8 tsp cumin
1/2 tsp sea salt
1 tsp Olive oil
1/4 cup yogurt
1/4 green onion, sliced

Side Dish: 2 cups steamed broccoli with ½ lemon squeezed on top along with a sprinkle of nutritional yeast and salt.

Cook rice per directions.
Chop zucchini, yellow squash, onion, bell pepper and garlic and sauté in oil. Cook until starting to soften then add garlic.
Add chili powder, cumin and salt.
Sauté until veggies are tender.
Add drained beans and continue cooking until heated through.
Add salsa to pan and stir.
Put cooked brown rice into bowl and top with bean mixture.
Top with sour cream and green onions.

Day 65

Breakfast: Calories 352 C: 49g P: 14g F: 12g	
Banana Quinoa Cereal 1/4 cup (uncooked) or 1/2 cup (cooked) quinoa 2 Tbsp hemp seeds 1/2 cup unsweetened almond milk or fresh made almond milk 1/2 banana, sliced 1/4 tsp vanilla extract Stevia or agave nectar to sweeten	Bring liquid to boil in a small pot. Add quinoa and cook with lid for 15 minutes on low heat. Turn off heat and keep lid on pot for 5 minutes. Quinoa is ready. Top with sliced banana and sprinkle with cinnamon, vanilla and sweetener. Variation: Top with fresh blueberries or drizzle with a little healthy oil (cold pressed flax, hemp, etc...).

Snack: Calories 241 C: 25g P: 14g F: 12g	
10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1/2 cup Almond milk 4 pecans raw 1/2 apple Dash Pumpkin spice Water/ice if needed	Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie if you have access to a blender.

Lunch: Calories 380 C: 48g P: 20g F: 12g	
Kale Salad	
2-3 cups curly kale, leaves stripped off the stalks and torn into bite-sized pieces 2 Tbsp fresh lemon juice 1 Tbsp red onion, chopped 1/2 tomato, chopped 1/4 cup cilantro (coriander in the rest of the world-looks like parsley) 1 1/2 Tbsp hemp seeds 1/4 Tbsp hemp oil 3/4 tsp fresh orange zest 1-2 tsp raw agave syrup, to taste organic shoyu or tamari, to taste (or use a little Bragg's amino or, if you only do raw, sea salt) pinch nutmeg 1 cup orange, peeled, seeded & chopped 1 1/2 Tbsp raw pepitas (pumpkin seeds) 1/4 bell pepper, chopped 1/2 container of soy yogurt	Put bed of kale in bowl and top with all the yummy fixins'. Dressing: Mix in a small cup; oil, orange zest, agave nectar, tamari, nutmeg, whisk and pour on salad.
Snack: Calories 260 C: 27g P: 9g F: 15 g	

½ pear, sliced
1 Tbsp raw almond butter
22 snap peas

Dip pear slices in almond butter and enjoy crispy snap peas separate.

Dinner: Calories 361 C: 40g P: 30g F: 9g

Teriyaki Bowl

1/2 cup “Chicken Free” Chicken, sliced into strips or Seitan substitute
Cary Brown’s Country Smoked Chicken Free Chicken (Vegan All Natural)
¼ tsp crushed garlic
¼ tsp crushed ginger
½ cup onion, thinly sliced
2 mushrooms, sliced
1 celery stalk, thinly sliced
½ cup bamboo shoots, cut into strips
1/2 tsp agave nectar
1 tsp rice vinegar
1 tsp Bragg Liquid Aminos
½ tsp chopped fresh cilantro (coriander in the rest of the world-looks like parsley)
2 tsp olive oil
¼ cup rice

½ cup water
Sautee onions, garlic and ginger in olive oil until lightly browned. Add all other ingredients, including Chicken Free Chicken. Heat to a simmer. Simmer 10 minutes. Serve over rice in a soup or salad bowl.

Day 66

Breakfast: Calories 350 C: 45g P: 17g F: 10g	
Simple Cereal 1 cup Kashi GoLean Cereal 1/3-1/2 medium banana, sliced 5 Almonds	4 oz Almond milk unsweetened
Snack: Calories 243 C: 30g P: 13g F: 11g	
1/3 cup cottage cheese- low fat 5 raw brazil nuts 1 fresh pear Vegan option- 6 oz soy yogurt or coconut yogurt, 5 gr. protein powder, 2-3 brazil nuts, and 1/2 pear	Combine all ingredients in a bowl and enjoy!
Lunch: Calories 370 C: 52g P: 22g F: 13g	
Ezekiel Sandwich 1 slice Ezekiel bread (open face or half a sandwich) 1/4 cup tempeh, sliced 1/2 tomato sliced 4 slices cucumbers 1/4 cup sprouts 1 Tbsp artichoke hearts (optional) 1/4 avocado use like mayo spread and shake on herb seasonings/salt	Make a tasty sandwich and add herbs, mustard or other seasoning you like. Side Dish: 2 cups Broccoli drizzled with lemon and seasoning
Snack: Calories 241 C: 33g P: 10g F: 9g	
5 Tbsp Hummus (Roasted Red Pepper) 1/2 cup Cucumber w/ seasoning 1/2 cup cauliflower 1/2 cup carrots 1 bell pepper	Dip Veggies in hummus or eat by themselves for a high fiber snack.

Dinner: Calories 367 C: 48g P: 19g F: 13g

Jerk Tempeh, ya mon!

1/2 cup/4 oz packages tempeh, each cut into 6-8 thin strips
3-4 cups baby mixed greens
1/2 tsp olive oil
2 tsp maple syrup or agave nectar
1/2 large clove garlic, minced
2 tsp minced fresh ginger
1/4 cup thinly sliced scallions (white and light green parts only)
1/4 small habanero chili or milder chili, (optional) seeded and minced (use gloves & don't touch your eyes/nose after cutting)
1/8 tsp allspice
1/8 tsp thyme
Dash-1/8 tsp freshly ground pepper
Dash- 1/8 tsp ground cinnamon
Dash- 1/8 tsp ground nutmeg
1 tsp lemon juice

1/2 cup apricot juice (can substitute with peach/mango juice or apple juice)
1 tsp salt

Combine all ingredients except tempeh and lettuce in a blender or food processor, and process 10-15 seconds on high speed.

Place tempeh in a pan and cover with sauce. Cook on medium heat until heated through, about 10-15 minutes. Serve tempeh and sauce over 3-4 cups of baby mixed greens.

Day 67

Breakfast: Calories 344 C: 45g P: 19g F: 12g	
Scramble 1/3 cup Egg whites or 1/2 cup firm tofu OR 1/3 cup Organic Tempeh (fermented soy beans, healthier way to consume soy), vegan 2 Tbsp onions, diced 1 medium tomato, diced 1/2 cup red bell pepper, diced 1 Tbsp nutritional yeast 1 Tbsp parsley, chopped 1/2 Tbsp olive oil Dash of sea salt 3/4 Tbsp Tamari, Nama Shoyu, or Bragg's	Dash of garlic powder, onion powder, basil, turmeric, and black pepper 2 cups Cantaloupe- eat separate Crumble tofu in a small bowl. Sprinkle all spices and nutritional yeast over tofu. Toss together. Sauté onion, tomato, bell peppers, and olive oil and add tofu mixture until almost dry and slightly browned. Then add basil, parsley, sea salt, and black pepper. Eat cantaloupe as a side dish.
Snack: Calories 239 C: 22g P: 14g F: 12g	
10 gr. (1 scoop) Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, <u>Vega Whole Food Optimizer</u> , hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1/2 cup Almond milk 5 cashews raw	1 peach Dash Nutmeg Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie.
Lunch: Calories 396 C: 60g P: 16g F: 11g	
Carrot, Dill & White Bean Salad Recipe 1 tsp extra-virgin olive oil 2 Tbsp fresh lemon juice 1/4 tsp fine grain salt 1/4 cup thinly sliced shallots 1/2 cup sliced carrots, cut 1/4-inch thick 1/2 cup cooked white beans scant 1/4 cup chopped fresh dill 1/2 tsp brown sugar (or honey) 1 Tbsp cup sliced almonds, toasted 1/2 heaping tsp nutritional yeast Side Dish: 1 cup shredded carrots, 1-2 Tbsp raisins, 1/2 cup apple shredded or 1 cup pineapple chopped, dash of honey and lemon juice. Directions: Combine the olive oil, lemon juice, salt, nutritional yeast and shallots in a small bowl. Stir and set aside. In a skillet over medium high heat, toss the carrots with a splash of olive oil.	Let them cook in a single layer - they'll give off a bit of water at first. Keep cooking until carrots are deeply browned. About twelve minutes. Add the cooked beans and dill and cook for another five minutes, or until the beans are well heated through. Place the contents of the skillet in a large mixing bowl, sprinkle with honey and pour the lemon, olive oil mixture over the top. Toss gently. Let sit for ten minutes. Taste and adjust with more salt or sugar or lemon juice if needed to balance the flavors. Serve warm or at room temperature and finish by sprinkling with the almonds just before serving.

Snack: Calories 266 C: 33g P: 20 g F: 6g	
<p>2 slices Ezekiel Bread- sprouted grain 2 Tbsp avocado, used as a spread 1-2 slices of tomato 2-4 thin slices of cucumber Thinly sliced onion 1 tsp Nutritional yeast dash of spirulina- optional Spike seasoning or herbs and sea salt</p>	<p>Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.</p>

Dinner: Calories 354 C: 53g P: 15g F: 10g	
<p>Spelt vegetable spaghetti 1/4 cup spelt spaghetti, uncooked 1 Tbsp Virgin Olive Oil 1/2-1 cloves garlic, minced 1/2 cups small broccoli florets 1 cup small cauliflower florets 1/2 cup zucchini, sliced 1/2 cup carrots, sliced thin 1 oz peas (frozen is ok) 1/2 cup water packed artichoke hearts, quartered 1/2 cup water (Opt. low sodium vegetable stock) 1/4 tsp freshly ground black pepper, or to taste 1 Tbsp fresh basil, finely chopped 1/4 cup tomato sauce 1/8-1/4 tsp sea salt, or to taste</p>	<p>Follow directions on package for cooking pasta. Heat oil in a large skillet, sauté garlic for 1 minute. Add broccoli, cauliflower, garlic, zucchini, peas, carrots, artichokes, tomato sauce and sea salt and simmer for 5 to 10 minutes. Turn off flame, add pepper, pasta and basil. Toss thoroughly and serve over pasta.</p>

Breakfast: Calories 364 C: 46g P: 18g F: 13g

Banana/Blueberry Smoothie	
<p>½ large Banana 1/2 cup Fresh or Frozen Blueberries 1/2 Cup/4 oz Pacific Natural Foods Almond Milk 2 tsp Flax Seeds 8-10 dates 2 tsp Almond Butter, Raw, Natural 4 cups (85g) Romaine lettuce</p>	<p>1 Tbsp (10g) NutriBiotic Vanilla Rice Protein 1 Dash Cinnamon Add ½ Cup Water and blend together Optional: Dash Stevia, water, ice to taste</p>

Snack: Calories 266 C: 33g P: 20g F: 6g

<p>2 slices Multigrain Manna Bread-sprouted grain (Opt: Ezekiel bread) 2 Tbsp avocado, used as a spread 1-2 slices of tomato 2-4 thin slices of cucumber Thinly sliced onion 1 tsp Nutritional yeast dash of spirulina- optional Spike seasoning or herbs and sea salt</p>	<p>Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.</p>
--	---

Lunch: Calories 350 C: 51g P: 15g F: 9g

<p>Black Bean & Butternut Squash Stew 1/2 tsp olive oil 1/2 cup butternut squash, peeled and cubed, peel with a vegetable peeler and remove seeds, diced in ½ inch chunks 1/2 medium carrot, diced 1/4 medium onion, diced 1/2 bell pepper 1/8-1/4 Tbsp chili powder 1/2 tsp nutritional yeast 1/2 cup tomatoes canned or fresh 1-2 oz. canned green chili's, diced 3/4 cup vegetable broth (may also use water, or water and bouillon) 1/4 tsp salt Dash of dried oregano 1/2 cup black beans, rinsed and drained canned beans 1-2 Tbsp fresh cilantro (coriander in the rest of the world-looks like parsley), chopped</p>	<p>Cook the squash, carrots, bell peppers, and onion in 1/2-1 tsp olive oil until it starts turning brown. Add a little water if needs more moisture to cook. Add all seasonings, chili powder, tomatoes and chili's (and their liquid), vegetable broth and salt. Heat to boiling, then simmer, covered for 3-5 minutes. Stir in beans and cilantro and cook for 5 minutes.</p>
---	--

Snack: Calories 248 C: 23g P: 17g F: 9g

<p>Miso soup 2 1/2 cups water</p>	<p>1-2 Tbsp miso paste (fermented unpasteurized)</p>
--	--

1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy),
vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw
One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 368 C: 47g P: 15g F: 11g

Broccoli Slaw

4 cups Broccoli, shredded in food processor or buy at store in produce section
2 Tbsp Red onions, chopped
1 Tbsp cranberries
2 Tbsp raw sunflower seeds
1/4 cup brown rice, cooked

DRESSING:

1/2 Tbsp mayonnaise- mock mayonnaise
2 tsp apple cider vinegar
1/2 Tbsp honey
1 Tbsp Nutritional yeast
Dash of cayenne
black pepper
salt to taste

Combine Broccoli slaw, brown rice onion, cranberries, and sunflower seeds
In a separate jar or blender mix mayo, vinegar, honey, nutritional yeast and pepper to taste.
mix dressing into slaw mix, cover and refrigerate overnight or a few hours.
May need to add more "dressing", vinegar, honey and seasonings to taste.

Breakfast: Calories 337 C: 42g P: 13g F: 13g

Good for you Granola

1/3 Cup of soaked sunflower seeds (see below how to soak)
1/2 Tbsp soaked flax seeds (see below)
Hodgson Mill
2 Tbsp of raisins
1/3 tsp of alcohol free vanilla
1/3 tsp of cinnamon
1/2 Tbsp Shredded Coconut (unsweetened)
Dash of salt
1 tsp of agave nectar
Dash Stevia
1/2 cup of raspberries (fresh or frozen)

How to Soak Seeds: Put sunflower seeds and flax seeds in separate bowls and let soak in water for 8-12 hours covering 1/2 inch above the seeds with water. Flax seeds will have a clear slimy coating around them and will absorb ALL the water. They are just fine and once they are mixed in the granola you won't notice it. Drain water off sunflower seeds and blend all dry ingredients in food processor. Put in bowl and add almond milk to make cereal or eat as is.

Snack: Calories 240 C: 40g P: 6g F: 6g

Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR

Calories: 237 C: 37g P: 5g F: 9g

Amazing Grass Green Bar- High energy bar
These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Lunch: Calories 372 C: 54g P: 14g F: 12g

Jamaican Kidney Stew

1/2 cup red kidney bean canned (stew peas)
1/8 cup coconut milk
1/2 whole scotch bonnet pepper or other hot pepper (Keep whole)
1/2 cup water
dash of allspice
cloves garlic (1/2 crushed and 1 whole)
1 1/2 chopped scallions
1/8-1/4 small onion chopped
1 1/2 sprigs of thyme
Pinch of black pepper
1/2 tsp natural sea salt
1/4 cup sweet potato, cubed
1/4 cup zucchini
1 1/2 carrots, sliced
1/4 cup brown rice cooked
Side Dish: 3 cups Baby Spinach, 3 Tbsp chopped tomato, 2 Tbsp chopped onion,

Quickie salad dressing- pour right on to single serving salad. 1/2 a lemon fresh squeezed, dried herb mix, 1/2 Tbsp honey, 1 tsp olive oil and salt. Toss salad and ready to eat!

Place coconut milk, water, scallion, all spice, whole garlic and whole pepper in the pot with drained kidney beans and heat. Heat for 5-7 minutes.
Season by adding onions, crushed garlic, black pepper, salt and thyme.
Add carrots, zucchini and potatoes
Let simmer for 30 minutes
Remove the hot pepper before serving.
Serve hot with brown rice.

Snack: Calories 263 C: 33g P: 12g F: 9g

Veggie Wrap with roasted red pepper hummus	
1 small low carb tortilla 3 Tbsp roasted red pepper hummus 1 Tbsp Red onion, diced 2-3 Tbsp alfalfa sprouts or other yummy sprouts 1/2 cup Baby spinach 1/4 cup Shredded carrots 1/2 apple	Herb salt of Braggs amino acids or Nama Shoyu Spread hummus inside tortilla. Place all veggies down the center of the tortilla except apple. Sprinkle or drizzle herbs or seasoning on veggies. Eat apple separate.

Dinner: Calories 345 C: 46g P: 13g F: 11g	
Buckwheat Pasta with Tahini Onion Sauce 1/2 cup cooked 100% Soba Buckwheat Pasta, or any Organic or Traditional Soba 1/4 cup onion, diced 1/2 clove garlic, minced 1/2 tsp Virgin Olive Oil 1 Tbsp roasted tahini (sesame butter) 2 cups water 1 Tbsp Kuzu Root Starch or arrow root, dissolved in 2 T. cold water 1-2 tsp Soy Sauce or Nama shoyu 1/4 tsp ground thyme 2 cups collard greens, kale, or spinach, sliced thin 1 dash black pepper Side Dish: 2 cups steamed broccoli with 1/2 lemon squeezed on top along with a sprinkle of nutritional yeast and salt.	Cook pasta according to directions. Do not overcook. While cooking prepare the sauce. When done rinse and drain. To prepare the sauce, sauté onions and garlic in oil until translucent, about 5 minutes. Add greens (collard greens, kale or spinach) and sauté until wilted. Dissolve the tahini in 2 cups of water and slowly add to the onions and garlic. Reduce the flame to low, stirring constantly until sauce is smooth. Add the dissolved kuzu, stirring constantly to prevent lumping. When thickened, add the Nama shoyu, ground thyme and black pepper. Serve over freshly cooked soba noodles.

Breakfast: Calories 354 C: 44g P: 11g F: 9g

Wake me up breakfast

1 tsp ginger root grated
1/2 cup Oats, cooked
1/2 cup almond Milk
1 Tbsp Lemon juice
1/2 Medium Apple (small slice)
3 Tbsp sunflower seeds raw
Dash: 5 Chinese spice

Peel the skin from the Ginger root, cut in small pieces, and add almond milk, lemon juice, and apple. Liquefy in blender and pour on top of Oats/soaked oat groats, sunflower seeds, and add a dash of 5 Chinese spice.

Snack: Calories 243 C: 14g P: 16 g F: 15 g

Cottage Cheese and Avocado Snack

1/2 cup low fat Cottage Cheese
1/2 Medium Avocado Sliced
Cayenne pepper to taste
Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function.
OR...

Vegan option- soy yogurt or coconut yogurt, 5 gr. protein powder, and 1/2 peach. Combine all ingredients.
9 raw almonds
1 fresh peach

Combine ingredients in a bowl

Lunch: Calories 371 C: 55g P: 26g F: 14g

Rainbow salad

3 cups Spinach leaves
1 Tbsp sunflower seeds
2/3 cup snap peas
1/4 cup Shredded carrots
1/4 cup Chopped cucumber
1/4 cup shredded apple
1-2 Tbsp raisins
1/4 shredded beets
1-2 Tbsp chopped red onion
Honey mustard Dressing- 1 serving
(you can make more and store it in the refrigerator)
1-2 tsp Olive oil
2 tsp Dijon mustard
2 tsp Agave Nectar/honey
White Vinegar/Apple cider vinegar
Dash Salt
2 Tbsp Water

(Optional- onion powder)
Put ingredients in a coffee cup, whip with fork. If it needs more punch- add salt; more zest- add more vinegar; too vinegary- add more sweetener to dampen vinegar.
Make a beautiful salad topped with colorful vegetables.

Make a beautiful salad and top with all veggies.

Snack: Calories 259 C: 21g P: 20g F: 12g

9 almonds (raw, unsalted)

12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, **hemp protein**, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)

1 cup blackberries

Stevia/agave nectar for sweetener
(based on 4 Tbsp of Hemp Protein)

Dinner: Calories 345 C: 40g P: 20g F: 11g

Veggie Burger

1.5 Veggie Patties/Burger
2 Tbsp cheese; vegan 3/4 oz
1 slice Ezekiel Bread

Sandwich fillings: Sliced onions, tomatoes, cucumbers, lettuce, sprouts, light avocado, mustard, herb seasoning.

Salad:

4 cup mixed green salad, 1/4 cup shredded beets, 1/4 cup shredded carrots, thinly sliced onions.

Quickie salad dressing- pour right on to single serving salad. Fresh squeezed 1/2 a lemon, herbs, 1/2 Tbsp of honey, 1/4 tsp olive oil, 1-2 Tbsp water, dash of cayenne and salt. Toss together and ready to eat.

Heat patties and place on 1 slice of bread with vegetable toppings. Make it an open face sandwich or half a sandwich.

Veggie Patties to Buy: Hearty and Natural Veggie Burger, Soyboy Okara Burgers, Whole Foods 365 Gourmet Burger, Boca Burger Chef Max's Favorite. Look for organic when available, low sodium (300 mg.) or less, 10 or more grams of protein, and no more than 4 grams of fat. Do not eat patties every day since they are higher in sodium.

All Day- Sunday is a great day for this day

Do this once a week

Today is a rest and regenerate day for your body. Take this day to allow your body and digestive system to take a break from digesting dense foods. This will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk. This will free up more energy by getting rid of the sludge. All day only eat fruits and vegetables, this is a mini detox which will help your body to drop excess fat and toxins it's been storing. Yeah!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetable than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body

You can eat them whole

Watermelon, cantaloupe, pears, apricots, cherries, strawberries, mango, papaya, kiwi's, oranges, etc...

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how good it is.

Day 72

Breakfast: Calories 369 C: 48g P: 18g F: 13g

Breakfast Wrap

1/3 cup Egg whites or 1/2 cup firm tofu
OR 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy),
vegan
1 Tbsp Green Onion
1 Tomato
Dash Italian herbs
Dash Garlic powder
Salt as needed
2 tsp soy cheese
1/2 tsp. olive oil
1 large low carb tortilla
1 1/4 cups pineapple

Sauté tomatoes, onions, and spices for 3-5 min in olive oil with seasonings then add egg whites/tofu/tempeh. Scramble until desired consistency. Add cheese. Place mixture in tortilla. You can always add more veggies. Eat pineapple separately.

Snack:

Refreshing Lemonade without Calories

1 good sized lemon for flavor
48 oz of water
Stevia to taste
Optional cayenne pepper

Cleansing drink. Peel lemon, put in blender with stevia and 1 cup of water. Add rest of water and keep jug in fridge. Will satisfy your sweet cravings while detoxifying your body plus the stevia controls bacteria in your mouth.

Lunch: Calories 367 C: 58g P: 20g F: 12g

Stew with Beans, Sweet Potatoes and Corn

1/2 cup canned unsalted whole tomatoes, including the juice
1/3 cups sweet potato chunks
1/3 cups cooked cannellini beans, canned is ok
1/4 cups corn kernels
1/3 cup onion, diced
1/2 large clove of garlic, minced
3/4 cups vegetable broth
1/4 tsp paprika
1/2 tsp dried basil
1 tsp dried thyme
Salt if desired

4 cups Romaine lettuce cut into 1 inch strips or chopped
2 Tbsp Thinly sliced onion
1 Tbsp dried Cranberries
6 pecans
2 Tbsp salad dressing balsamic vinaigrette

Pour the tomatoes into pan and crush with your hands or the back of a wooden spoon. Mix in the remaining ingredients, cover, and slow-cook until everything is tender. Approximately 30 minutes on the stove.

For salad:

Snack: Calories 240 C: 37g P: 13g F: 8g	
½ cup Cucumber, chopped 3 Tbsp Sunflower seeds- soaked preferably 2 Tbsp Sesame seeds 6 Asparagus 1 Bell pepper, chopped 1/8-1/4 tsp rice vinegar	1-2 Tbsp Namashoyu, kelp flakes, or sea salt Chop veggies and place in bowl with seeds. Make dressing with rice vinegar, salt, and toasted sesame oil and drizzle on top.

Dinner: Calories 371 C: 55g P: 26g F: 14g	
Ginger-Teriyaki Tofu 1/2 cup Tofu, sliced into 1" cubes 1/2 bell pepper, thinly sliced 1 cup mushrooms, roughly chopped 1 cup zucchini, thinly sliced 5 raw cashews 1/2 cup brown rice 2 Tbsp Tamari, Nama shoyu, or Bragg's liquid amino acids Sprinkle of Brown rice vinegar 1/2- 1 Tbsp Maple syrup 1 Tbsp Garlic minced 1/2 Tbsp Ginger, peeled and grated	Dash- 1/8 tsp Dry mustard 1 tsp olive oil Pinch Crushed pepper flakes Follow directions on package to cook brown rice. In pan heat oil slightly, toss all ingredients except rice into the pan. Stir and cook briskly on medium-high heat until vegetables reach your desired softness. Keeping the vegetables a little crispy retains the integrity of the fiber. Serve mixture over brown rice.

Breakfast: Calories 354 C: 42g P: 18g F: 12g	
Chai Banana Smoothie 3/4 cup almond or sesame seed milk 1 ripe organic banana 10 grams rice protein/ hemp/Sun Warrior Vanilla Protein 1 Tbsp raw tahini 4 raw cashews 1 BIG Dash cinnamon Dash of nutmeg 1 tsp raw honey or agave nectar (optional) Add ½ Cup Water and blend together	Optional: Dash Stevia, water, ice to taste only Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Add ice until desired consistency is reached.

Snack: Calories 260 C: 27g P: 7g F: 15 g	
3 Tbsp pumpkin seeds, raw 1 Tbsp pecans, raw	1 tangerine orange

Lunch: Calories 378 C: 55g P: 15g F: 12 g	
Quinoa Salad 2/3 cup cooked quinoa (healthy cooked grain, full of protein) 2 cups water for boiling quinoa 1 cups cherry tomatoes, halved 1 Tbsp avocados, diced 1 Tbsp artichoke hearts 1 Tbsp chopped fresh basil 1 tsp of pine nuts, toasted 2 Tbsp of capers, to taste Bed of greens- 3 cups baby mixed greens Basic vinaigrette dressing: 1 Tbsp balsamic vinegar 1 tsp fresh lemon or lime juice, with zest 1/2 cloves minced garlic 1/2 tsp extra virgin olive oil Salt and pepper to taste	Bring the quinoa and water to boil. When the water boils, reduce the heat to a simmer and cook until the water is absorbed. When cooked, quinoa has a texture similar to perfectly cooked rice. Strain and rinse well under cold water. Place mixed greens on plate, sprinkle veggies over lettuce along with the quinoa. Prepare the vinaigrette by combining the ingredients and whisking, drizzle on salad.

Snack: Calories 240 C: 40g P: 6g F: 6g	
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR	
Calories: 237 C: 37g P: 5g F: 9g	
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!	

Dinner: Calories: 375 C: 53g P: 17g F: 10g

Cajun Creole

1/3 cup canned tomatoes/ or diced
3/4 cup canned kidney beans
1/8 cup onion chopped
2 tsp olive oil
1/4 cup chopped carrots
1/2 cup chopped celery
1/4 cup bell peppers chopped, assorted
1 cup okra, fresh or frozen sliced
(optional) salt and pepper to taste

Seasonings:

1/2 tsp dried oregano
1/8 tsp dried thyme
1/8 Tbsp dried basil
1/8 tsp dried marjoram
1 pinch cayenne or to taste
1/2 Tbsp Dijon mustard
1/2 Tbsp minced garlic
1 tsp agave nectar
1 Tbsp fresh parsley or minced scallions
chopped
1/4 cup brown rice, cooked - yes, only
1/4 cup. This is the weight loss part so
make sure and measure out the right
portion.

Side dish:

1 cups okra, cooked in marinara sauce
1/4 cup marinara sauce- natural
1/8 cup water

Method:

Combine the onions, garlic, and olive oil in a soup pot. Cover and sauté on medium heat for about 8 minutes, stirring occasionally, until the onions are softened. Add the carrots, celery, bell peppers, oregano, thyme, basil, marjoram, and cayenne. Cover and cook for another 5 to 10 minutes, stirring to prevent sticking. Stir in the tomatoes, kidney beans, mustard, sweetener and okra when the vegetables are tender. Simmer gently for 5 to 10 minutes. Add salt and pepper to taste and serve topped with parsley or scallions. Serve these beans on rice (maybe topped with salsa) or in bowls as a stew.

The flavors blend better if you simmer longer at the end.

Breakfast: Calories 370 C: 42g P: 13g F: 20g	
Low Glycemic Chocolate-Green Smoothie 1 Tbsp hemp seeds 1 Tbsp of soaked brown flax seed 1 tsp of raw coconut butter 1 Tbsp raw cacao powder 1/2 tsp of maca 1/8 cup of goji berries 1/2 small cucumber 1 tsp vanilla extract (no alcohol)	1 tsp of your favorite dried green supplement Add 1/2 Cup Water and blend together Optional: Dash Stevia, water, ice to taste only Add stevia (Powder or Liquid form) to taste to keep it low Glycemic. (If you add more fruit to sweeten, it will make no longer be low glycemic)

Snack: Calories 260 C: 27g P: 9g F: 15 g	
1/2 apple, sliced 1 Tbsp raw almond butter 22 snap peas	Dip apple slices in almond butter and enjoy crispy snap peas.

Lunch: Calories 368 C: 50g P: 18g F: 10g	
3 Bean Bonanza Chili 2 tsp Olive oil 1/3 Green pepper, coarsely chopped 5 Tbsp Onion, chopped 3/4 cups Whole tomatoes, chopped 1 1/3 cup vegetable broth 1-2 tsp Chili powder, to taste 1/4 jalapeno (optional) seeded and chopped Dash-1/8 tsp Garlic powder Dash- 1/8 tsp Ground cumin seed Dash-1/8 tsp Oregano 1/2 tsp Basil leaf 1 tsp agave nectar 1/4 tsp Salt Dash-1/8 black pepper 1/3 cup or 3 oz Black beans, cooked, canned is optional 1/3 or 3 oz Red kidney beans, cooked, canned is optional 2/3 cup or 5 oz White northern or pinto beans, cooked, canned is optional	Optional- brown onions and bell peppers in pan before combining. Combine green pepper, onion and tomato in pot. Stir in all of the spices and vegetable broth. Drain and rinse the beans and add to pot along with the rest of the ingredients. Cook for at least 30 min or up to 1 hour. Garnish with fresh chopped onion and shredded cheese if desired.

Snack: Calories 248 C: 23g P: 17g F: 9g	
Miso soup	2 1/2 cups water

1-2 Tbsp miso paste (fermented unpasteurized)
 1 Tbsp green onions, chopped
 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy),
 vegan
 Smidge of toasted sesame oil
 1 tsp sesame seeds, raw
 One carrot (5 1/2 inches long) eat separate
 Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if

you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 338 C: 36g P: 9g F: 17g

Easy Raw Spaghetti

3 oz sun dried tomatoes, soak in water for 15 minutes
 1/2 Tbsp Nutritional yeast
 1 1/2 fresh tomato
 Fresh Italian herbs, such as basil, oregano, rosemary, tarragon
 1/2 tsp sea salt- or to taste
 1/2 Tbsp Olive oil
 1-2 soft pitted dates
 1-2 garlic cloves
 1/3 cups macadamia nuts, pine nuts, or Brazil nuts (I like macadamia nuts the best)
 1 bunch spinach leaves or 1 bag organic baby spinach
 1 1/2 cup medium zucchini squash (option yellow squash), shredded in food processor

Spaghetti

Take zucchini and shred using the top plate on the food processor or a mandolin. Or use a saladdaco spiral slicer to make angel hair size pasta

Sauce:

Blend sun-dried tomatoes with fresh tomatoes, herbs, 1/2 tsp sea salt, olive oil, dates, and 1/2-1 garlic clove until creamy or as smooth as your blender will allow it.

“Cheese”:

Blend in food processor/blender- nuts, 1/2 tsp sea salt or to taste and 1/2-1 clove garlic, nutritional yeast. Allow to remain chunky, or size of large sand grains.

In a glass bowl toss zucchini and tomato sauce together like spaghetti and top with “cheese”. Eat spinach salad separate.

Day 75

Breakfast: Calories 365 C: 51g P: 19g F: 12g	
<p>1/2 cup Egg whites or 1/2 cup firm tofu OR 1/4 cup Organic Tempeh (fermented soy beans, healthier way to consume soy), vegan 2 Tbsp onions, diced 1 medium tomato, diced 1/2 cup red bell pepper, diced 1 Tbsp nutritional yeast 1 Tbsp parsley, chopped 1/2 Tbsp olive oil Dash of sea salt 3/4 Tbsp Tamari, Nama Shoyu, or Bragg's</p>	<p>Dash of garlic powder, onion powder, basil, turmeric, and black pepper 2 cups Cantaloupe- eat separate</p> <p>Crumble tofu in a small bowl. Sprinkle onion powder, garlic powder, and turmeric over the top. Toss together. Sauté onion, tomato, bell peppers, and olive oil and add tofu mixture until almost dry and slightly browned. Then add basil, parsley, sea salt, and black pepper. Eat cantaloupe as a side dish.</p>
Snack: Calories 243 C: 30g P: 13g F: 11g	
<p>1/3 cup cottage cheese- low fat 3 raw brazil nuts 1 fresh pear Vegan option- 6 oz soy yogurt or coconut yogurt, 5 gr. protein powder, 2-3 brazil nuts and 1/2 pear.</p>	<p>Combine all ingredients in a bowl and enjoy!</p>
Lunch: Calories 396 C: 60g P: 16g F: 11g	
<p>Carrot, Dill & White Bean Salad Recipe 1 tsp extra-virgin olive oil 2 Tbsp fresh lemon juice 1/4 tsp fine grain salt 1/4 cup thinly sliced shallots 1/2 cup sliced carrots, cut 1/4-inch thick 1/2 cup cooked white beans scant 1/4 cup chopped fresh dill 1/2 tsp brown sugar (or honey) 1 Tbsp cup sliced almonds, toasted 1/2 heaping tsp nutritional yeast Side Dish: 1 cup shredded carrots, 1-2 Tbsp raisins, 1/2 cup apple shredded or 1 cup pineapple chopped, dash of honey and lemon juice.</p>	<p>Directions: Combine the olive oil, lemon juice, salt, nutritional yeast and shallots in a small bowl. Stir and set aside. In a skillet over medium high heat, toss the carrots with a splash of olive oil. Let them cook in a single layer - they'll give off a bit of water at first. Keep cooking until carrots are deeply browned. About twelve minutes. Add the cooked beans and dill and cook for another five minutes, or until the beans are well heated through. Place the contents of the skillet in a large mixing bowl, sprinkle with honey and pour the lemon, olive oil mixture over the top. Toss gently. Let sit for ten minutes. Taste and adjust with more salt or sugar or lemon juice if needed to balance the flavors. Serve warm or at room temperature and finish by sprinkling with the almonds just before serving.</p>

Snack: Calories 245 C: 26g P: 14g F: 12g

10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 cup almond milk
5 cashews raw
1 peach
Dash Nutmeg

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat peach and cashews separate or you can blend in with smoothie if you have access to a blender.

Dinner: Calories 354 C: 53g P: 15g F: 10g

Spelt vegetable spaghetti
¼ cup Spelt Spaghetti
1 Tbsp Virgin Olive Oil
1 cloves garlic, minced
1/2 cups small broccoli florets
1 cup small cauliflower florets
1/2 cup zucchini, sliced
1/2 cup carrots, sliced thin
1/2 cup water packed artichoke hearts, quartered
1/2 cup water (Opt. low sodium vegetable stock)
1/4 tsp freshly ground black pepper, or to taste
1 Tbsp fresh basil, finely chopped
1/4 cup tomato sauce
1/8-1/4 tsp sea salt, or to taste

Follow directions on package for cooking pasta. Heat oil in a large skillet, sauté garlic for 1 minute. Add broccoli, cauliflower, zucchini, peas, carrot, artichokes and sea salt. Add tomato sauce and simmer for 5-10 minutes. Turn off flame; add pepper, pasta and basil. Toss thoroughly and serve.

Day 76

Breakfast: Calories 350 C: 45g P: 17g F: 10g

Simple Cereal

1 cup Kashi GoLean Cereal
 1/3-1/2 medium banana, sliced
 5 Almonds

4 oz Almond milk unsweetened

Snack: Calories 239 C: 22g P: 14g F: 12g

10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
 1/2 cup Rice milk
 2 Brazil nuts
 1/2 apple
 Dash Pumpkin spice

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and Brazil nuts separate or you can blend in with smoothie.

Lunch: Calories 389 C: 45g P: 23g F: 13g

Sticky Hawaiian-style tofu

1/2 cup extra firm tofu, cut into cubes (not silken)
 Sauce
 1 Tbsp Organic Nama Shoyu, or tamari or Bragg's aminos
 1 green onion chopped
 1/2-1 garlic clove, crushed
 1/2 tsp agar powder (a red algae that is a unique veggie substitute for gelatin) mix in 1/4-1/2 cup hot water
 1 Tbsp maple syrup or agave syrup
 1 tsp vegetarian bouillon powder
 1/8 tsp powdered ginger
 1/4 tsp ground mustard powder
 1/2 cup fresh pineapple chunks, drained
 1 green pepper or red bell pepper chopped
 4 macadamia nuts

 3 cups steamed broccoli- **keep separate**

Brown the firm cubed tofu in a nonstick pan until browned on both sides. Place the green onion, garlic, soy sauce, agave syrup and agar (thickening agent) in blender and blend well. Mix in the remaining ingredients except the pineapple, bell pepper, and broccoli. Mix well, then pour into a saucepan and stir over high heat until it boils. Stir and let it boil for about a minute. Add in your fresh pineapple and bell pepper, and mix with tofu. Pour mixture over steamed broccoli.

Snack: Calories 260 C: 27g P: 7g F: 15 g

3 Tbsp sunflower seeds (raw unsalted)
1 Tbsp pecans
1 ½ cups blueberries-fresh/frozen
Dash of cinnamon

Mix all ingredients in a small bowl; you can eat with a spoon. Great easy snacks

Dinner: Calories 351 C: 41g P: 20g F: 15g

Grilled Vegetable Sandwich

1/2 of a small zucchini cut length-wise into 4 (1/4-inch thick slices)
1/2 yellow bell pepper (186g), cut into fourths, remove seeds.
1-2 large fresh mushrooms, sliced
¼ medium tomato, sliced
½ cup firm tofu, Sliced for sandwiches
Dash of salt
Dash of black pepper
Sprinkle of dried basil to taste
1 1/2 Tbsp vegetable cream cheese or vegan cream cheese (Follow Your Heart) or avocado
a few spinach leaves
tofu marinade:
¼ cup orange juice
2 Tbsp low sodium soy sauce
1 Tbsp Dijon or honey mustard (plus more for serving)
1 Tbsp spicy chili paste (optional)
1 slices Ezekiel sesame sprouted grain bread or pita

Prepare marinade for tofu: Whisk together orange juice, soy sauce, mustard, and chili paste. Cut tofu into 1/2-inch slices. Put tofu into a bowl or plastic resealable bag and pour in marinade, covering slices. Refrigerate at least one-half hour, turning every 15 minutes.

Take veggies and tofu out. Coat both sides of zucchini, pepper and mushrooms with cooking spray.

Place zucchini and peppers on grill rack or broiler pan coated with cooking spray; broil 3 to 4 minutes on each side or until tender. Add mushrooms and broil for 1 to 2 minutes. Remove from grill; sprinkle with salt, pepper and sweet basil leaves.

Spread cream cheese or avocado on toasted bread. Layer zucchini, pepper, mushrooms, and tomato on 1 slice of bread; add spinach if desired. Cut 1 slice of bread in half and make a half sandwich or make an open faced sandwich.

Day 77

Breakfast: Calories 364 C: 46g P: 18g F: 13g	
Banana/Blueberry Smoothie ½ large Banana 1/2 cup Fresh or Frozen Blueberries 1/2 Cup/4 oz Pacific Natural Foods Almond Milk 2 tsp Flax Seeds 8-10 dates 2 tsp Almond Butter, Raw, Natural 4 cups (85g) Romaine lettuce	1 Tbsp (10g) NutriBiotic Vanilla Rice Protein 1 Dash Cinnamon Add ½ Cup Water and blend together Optional: Dash Stevia, water, ice to taste
Snack: Calories 253 C: 32g P: 11g F: 9g	
Veggie Wrap 1 small low carb tortilla 3 Tbsp spicy hummus ¼ cup cucumber, thinly sliced 1 Tbsp green onion, chopped 1 cup baby spinach ¼ cup shredded carrots	½ large apple Herb salt or Bragg's amino acids or Nama Shoyu sauce Spread hummus inside tortilla. Place all veggies down the center of the tortilla except apple. Sprinkle or drizzle herbs or seasoning on veggies. Eat apple separate.
Lunch: Calories 374 C: 49g P: 15g F: 13	
Eggplant and Pepper sandwich 1/4 of eggplant, seeded and cut lengthwise into 1/4 inch slices 1/4 red bell pepper, sliced into thin strips 1/4 tsp olive oil 1/2 tsp garlic paste 1 Tbsp balsamic vinegar 2 tsp Tbsp olive tapenade (olive spread) 2 slices Ezekiel wheat sandwich bread 1/2 Tbsp goat cheese or vegan cream cheese or avocado 1/2 tsp Italian cheese, shredded cheese or vegan option nutritional yeast Dry rosemary to taste Oregano to taste 1 leaf romaine lettuce Salt and pepper to taste Side Dish: 1 cup snap peas Slice unpeeled eggplant into long thin slices and place them in a large bowl with water and salt, for 15 minutes, then drain. In a nonstick pan add olive oil, 1 Tbsp balsamic vinegar and heat on medium until hot but not boiling. Add	garlic paste, eggplant slices and red peppers and bake. Turn when one side is golden and cook until second side is golden. Let eggplant cool 3-5 minutes on paper towels. On a separate plate, mix rosemary, oregano, 1 Tbsp balsamic vinegar, olive oil and salt- mix well. Take each slice of eggplant and pass it through seasoned mixture and then set aside. Spread bread with cream cheese or avocado. Place slices of eggplant and red bell pepper on bread, then add a layer of Italian cheese over eggplant, spread goat cheese, and then tapenade. Add more eggplant and red pepper if you like and cover with other slice of bread. Let cool for 1 minute, and then add lettuce.

Snack: Calories 245 C: 31g P: 10g F: 9g	
5 Tbsp Hummus ½ cup Cucumber w/ seasoning 1 cup broccoli 1 cup carrots ½ cup red bell pepper	Dip Veggies in hummus or eat by themselves for a high fiber snack.

Dinner: Calories 367 C: 59g P: 17g F: 9g	
Portuguese Chickpea Salad 1 roasted garlic (finely chopped) or 1 tsp garlic paste 1 1/2 cups low sodium chickpeas, drained 1 Fresh tomato, chopped 1 Tbsp fresh basil, chopped 1 Tbsp balsamic vinegar 1 3/4 Tbsp sun-dried tomato packed in oil, chopped dash ground cumin	Sea or Himalayan salt to taste dash pepper 4 cups mixed baby green lettuce In bowl, mix chickpeas, garlic, with basil and vinegar. Stir well to coat beans. Toss with diced tomatoes. Season with cumin, salt, and pepper. Serve on a bed of lettuce

Breakfast: Calories 370 C: 42g P: 13g F: 20g

Low Glycemic Chocolate-Green Smoothie

1 Tbsp hemp seeds
1 Tbsp of soaked brown flax seed
1 tsp of raw coconut butter
1 Tbsp raw cacao powder
1/2 tsp of maca
1/8 cup of goji berries
1/2 small cucumber
1 tsp vanilla extract (no alcohol)
1 tsp of your favorite dried green supplement
Add 1/2 Cup Water and blend together

Optional: Dash Stevia, water, ice to taste only
Add stevia (Powder or Liquid form) to taste to keep it low Glycemic.
(If you add more fruit to sweeten, it will make no longer be low glycemic)

Add stevia (Powder or Liquid form) to taste to keep it low Glycemic.
(If you add more fruit to sweeten, it will make no longer be low glycemic)

Snack: Calories 258 C: 34g P: 11g F: 9g

5 Tbsp Spicy Hummus dip
1/2 cup green beans, fresh whole
1 cup celery, 1-2 stalks
1 cup yellow bell pepper
1/2 cup Cucumber

Dip Veggies in hummus or eat veggies for a high fiber snack.

Lunch: Calories 363 C: 50g P: 11g F: 13g

Almond Butter and Banana Sandwich

1 1/2 Tbsp Almond butter
1/2 banana
1-2 dates
Drizzle agave nectar
1 slice Ezekiel 4.9 bread.
1/2 apple

Spread almond butter on bread, slice bananas and dates on bread and close with other slice of bread.
Can add apple or eat separate.
Make a yummy sandwich!

Snack: Calories 262 C: 23g P: 23g F: 12g

1/2 Tbsp hemp seeds (raw, unsalted)
12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 cup Strawberries
Dates, Stevia/agave nectar for sweetener
Ground Cinnamon, dash

Blend protein powder, hemp seeds, and blueberries in water OR if you can't blend or are short on time, put all ingredients in a bowl, mix with water or almond milk and eat like cereal. Add a tiny dash of stevia to make it more sweet if need be. Should taste a bit like peanut butter and jelly.

Dinner: Calories 397 C: 46g P: 18g F: 16g

Avocado lime salad with corn

1 fresh lime, juiced
2 small tomatoes, chopped
1/4 ripe avocado, diced
1/4 cup corn (Fresh is always tastier)
1/2-1 scallion, thinly sliced (white and green parts)
1/2 garlic clove, minced
1 spritz extra virgin olive oil (spray)
Dash-1/8 tsp ground cumin
3 cups spring mix lettuce or romaine lettuce (chopped in large pieces)
1-2 cups cucumber sliced and quartered
1 Tbsp coarsely chopped fresh cilantro (coriander in the rest of the world-looks like parsley)
1/8 tsp sea salt to taste
Side Dish: 1/2 cup edamame with dash of Braggs spray (Opt: You can mix this in your salad)

In a medium bowl, mix together 2 tsp lime juice and dash of salt.
Add tomatoes, avocados, corn, scallions and garlic. Using a spatula, fold to combine.
In a separate bowl, whisk together dressing: olive oil, cumin, remaining Tbsp lime juice & salt
Pour dressing over lettuce and toss together.
Season to taste with pepper and salt.
Fill plate with lettuce mix and top with your avocado mixture, cucumber slices, cilantro and pepper.

Day 79

Breakfast: Calories 367 C: 47gr P: 13gr F: 12gr	
Peach-Mango Smoothie 1 Peach 1/2 mango peeled 3/4 cup/6 oz Almond milk or Raw almond yogurt (Stay tuned for veggie 2.0 book on that) 4 Brazilian Nuts (Raw & Soaked) 2 tsp agave or brown rice syrup or Really Raw Honey, or 2-3 Dates 1 medium sized Cucumber 6 grams Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) Add 1/2 Cup Water and blend together	Optional: Dash Stevia, water, ice to taste only Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Continue adding ice until desired consistency is reached. Pour into glass and garnish with mint leaf as option
Snack: Calories 266 C: 33g P: 20 g F: 6g	
2 slices Ezekiel Bread- sprouted grain 2 Tbsp avocado, used as a spread 1-2 slices of tomato 2-4 thin slices of cucumber Thinly sliced onion 1 tsp Nutritional yeast dash of spirulina- optional Spike seasoning or herbs and sea salt	Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avocado. Layer vegetables and enjoy! You can add other veggies like sprouts, sliced mushrooms, thinly sliced bell pepper.
Lunch: Calories 391 C: 54g P: 17g F: 11g	
Healthy Veggie Wrap 1/8 onion, chopped 1/3 bell pepper, seeded and chopped 1/4 cup sliced mushrooms, fresh 1/4 cup of corn, fresh or canned 3 Tbsp hummus or homemade 1 large low carb tortilla 1/4 can black beans, rinsed and drained 1/2 roasted poblano pepper, cut into strips 1/4 package fresh spinach	Sauté the onions in a little oil until translucent. Add the bell pepper and cook for 2–3 minutes. Add the mushrooms and corn and warm for 2-3 minutes. Spread a layer of hummus on the wrap. Add the sautéed vegetables, beans, poblano strips, and fresh spinach. Roll into a burrito. Serve cold or warm, and top with salsa. Variation: Substitute one small can of drained green chilies for the fresh poblano pepper.

Snack: Calories 230 C: 20g P: 21g F: 7g

1 cup soy beans frozen (non-GMO, organic, preferably)
½ cup celery chopped
1 Tbsp red onion
Bragg's liquid aminos or Raw Organic Unpasteurized Soy Sauce with garlic powder or onion powder

Buy precooked fresh/frozen soy beans already shelled. Warm up soy beans (if desired) in boiling water for 5 or less minutes then drain off water. Add chopped cucumbers, onions and seasonings to soybeans (edamame). It's ready to eat!

Dinner: Calories 366 C: 52g P: 15g F: 10g

Southwest Bean Veggie and Rice Bowl Recipe

1/4 cup Brown rice, cooked
1/2 cup water
1/2 cup pinto beans, cooked and drained
1/3 medium zucchini
1/3 medium yellow squash
1/4 medium onion
1/4 green or red bell pepper
1 small clove garlic
1/4 cup salsa
1 ½ tsp ancho chili powder
Dash-1/8 tsp cumin
1/2 tsp sea salt
1 tsp Olive oil
1/4 cup yogurt
1/4 green onion, sliced

Side Dish: 2 cups steamed broccoli with ½ lemon squeezed on top along with a sprinkle of nutritional yeast and salt.

Cook rice per directions.
Chop zucchini, yellow squash, onion, bell pepper and garlic and sauté in oil. Cook until starting to soften then add garlic.
Add chili powder, cumin and salt.
Sauté until veggies are tender.
Add drained beans and continue cooking until heated through.
Add salsa to pan and stir.
Put cooked brown rice into bowl and top with bean mixture.
Top with sour cream and green onions.

Day 80

All Day- Sunday is a great day for this day

Do this once a week

Today is a rest and regenerate day for your body. Take this day to allow your body and digestive system to take a break from digesting dense foods. This will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk. This will free up more energy by getting rid of the sludge. All day only eat fruits and vegetables, this is a mini detox which will help your body to drop excess fat and toxins it's been storing. Yeah!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetable than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body

You can eat them whole

Watermelon, cantaloupe, pears, apricots, cherries, strawberries, mango, papaya, kiwis, oranges, etc...

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how good it is.

Day 81

Breakfast: Calories 352 C: 49g P: 14g F: 12g	
<p>Banana Quinoa Cereal 1/4 cup (uncooked) or 1/2 cup (cooked) quinoa 2 Tbsp hemp seeds 1/2 cup unsweetened almond milk or fresh made almond milk 1/2 banana, sliced 1/4 tsp vanilla extract Stevia or agave nectar to sweeten</p>	<p>Bring liquid to boil in a small pot. Add quinoa and cook with lid for 15 minutes on low heat. Turn off heat and keep lid on pot for 5 minutes. Quinoa is ready. Top with sliced banana and sprinkle with cinnamon, vanilla and sweetener. Variation: Top with fresh blueberries or drizzle with a little healthy oil (cold pressed flax, hemp, etc...).</p>

Snack: Calories 239 C: 22g P: 14g F: 12g	
<p>10 gr. Protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein) 1/2 cup Almond milk 4 pecans raw 1/2 apple Dash Pumpkin spice Water/ice if needed</p>	<p>Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie if you have access to a blender.</p>

Kale Salad: Calories 380 C: 48g P: 20g F: 12g	
<p>2-3 cups curly kale, leaves stripped off the stalks and torn into bite-sized pieces 2 Tbsp fresh lemon juice 1 Tbsp red onion, chopped 1/2 tomato, chopped 1/4 cup cilantro (coriander in the rest of the world-looks like parsley) 1 1/2 Tbsp hemp seeds 1/4 Tbsp hemp oil 3/4 tsp fresh orange zest 1-2 tsp raw agave syrup, to taste organic shoyu or tamari, to taste (or use a little Bragg's amino or, if you only do raw, sea salt) pinch nutmeg 1 cup orange, peeled, seeded & chopped 1 1/2 Tbsp raw pepitas (pumpkin seeds) 1/4 bell pepper, chopped 1/2 container of soy yogurt</p>	<p>Put bed of kale in bowl and top with all the yummy fixins'. Dressing: Mix in a small cup; oil, orange zest, agave nectar, tamari, nutmeg, whisk and pour on salad.</p>

Snack: Calories 260 C: 27g P: 9g F: 15 g	
½ pear, sliced 1 Tbsp raw almond butter 22 snap peas	Dip pear slices in almond butter and enjoy crispy snap peas separate.

Dinner: Calories 361 C: 40g P: 30g F: 9g	
Teriyaki Bowl 1/2 cup “Chicken Free” Chicken, sliced into strips or Seitan substitute Cary Brown’s Country Smoked Chicken Free Chicken (Vegan All Natural) 1/4 tsp crushed garlic 1/4 tsp crushed ginger 1/4 cup onion, thinly sliced 2 mushrooms, sliced 1 celery stalk, thinly sliced 1/2 cup bamboo shoots, cut into strips 1/2 tsp agave nectar 1 tsp rice vinegar 1 tsp Bragg Liquid Aminos 1/2 tsp chopped fresh cilantro (coriander in the rest of the world-looks like parsley) 2 tsp olive oil 1/4 cup rice 1/2 cup water	Cook rice according to directions. Sauté onions, garlic and ginger in olive oil until lightly browned. Add all ingredients including water, except “chicken free” chicken. Heat to simmer. Simmer 7 minutes, then at “chicken.” Heat for 2 more minutes. Serve over rice in a soup or salad bowl.

Breakfast: Calories 350 C: 45g P: 17g F: 10g

Simple Cereal

1 cup Kashi GoLean Cereal
1/3-1/2 medium banana, sliced
5 Almonds
4 oz Almond milk unsweetened

Snack: Calories 243 C: 30g P: 13g F: 11g

1/3 cup cottage cheese- low fat
8 raw almonds
1/2 fresh mango (Frozen is ok also)
Vegan option- 6 oz. soy yogurt or coconut yogurt, 5 gr. protein powder, 5 almonds, and 1/2 mango.

Combine all ingredients.

Lunch: Calories 370 C: 52g P: 22g F: 13g

Ezekiel Sandwich

1 slice Ezekiel bread (open face or half a sandwich)
1/4 cup tempeh, sliced
1/2 tomato sliced
4 slices cucumbers
1/4 cup sprouts
1 Tbsp artichoke hearts (optional)

1/4 avocado use like mayo spread and shake on herb seasonings/salt
Make a tasty sandwich and add herbs, mustard or other seasoning you like.
Side Dish: 2 cups Broccoli drizzled with lemon and seasoning

Snack: Calories 241 C: 33g P: 10g F: 9g

5 Tbsp Hummus (Roasted Red Pepper)
1/2 cup Cucumber w/ seasoning
1/2 cup cauliflower
1/2 cup carrots
1 bell pepper

Dip Veggies in hummus or eat by themselves for a high fiber snack.

Dinner: Calories 367 C: 48g P: 19g F: 13g

Jerk Tempeh, ya mon!

1/2 cup/4 oz packages tempeh, each cut into 6-8 thin strips
3-4 cups baby mixed greens
1/2 tsp olive oil
2 tsp maple syrup or agave nectar
1/2 large clove garlic, minced
2 tsp minced fresh ginger
1/4 cup thinly sliced scallions (white and light green parts only)
1/4 small habanero chili or milder chili, (optional) seeded and minced (use gloves & don't touch your eyes/nose after cutting)
1/8 tsp allspice
1/8 tsp thyme
Dash-1/8 tsp freshly ground pepper
Dash- 1/8 tsp ground cinnamon

Dash- 1/8 tsp ground nutmeg
1 tsp lemon juice
1/2 cup apricot juice (can substitute with peach/mango juice or apple juice)
1 tsp salt

Combine all ingredients except tempeh and lettuce in a blender or food processor, and process 10-15 seconds on high speed.

Place tempeh in a pan and cover with sauce. Cook on medium heat until heated through, about 10-15 minutes. Serve tempeh and sauce over 3-4 cups of baby mixed greens.

Day 83

Breakfast: Calories 344 C: 45g P: 19g F: 12g	
<p>Scramble 1/2 cup Egg whites or 1/2 cup firm tofu OR 1/4 cup Organic Tempeh (fermented soy beans, healthier way to consume soy), vegan 1 Tbsp onion, diced 2 small tomato, diced 1/2 cup red bell pepper, diced 2 tsp nutritional yeast 1 Tbsp parsley, chopped 1/2 Tbsp olive oil Dash of sea salt 1/2 Tbsp Tamari, Nama Shoyu, or Bragg's Dash of garlic powder, onion powder, basil, turmeric, and black pepper 2 cups Cantaloupe- eat separate</p>	<p>Crumble egg whites/tofu/tempeh in a small bowl. Sprinkle onion powder, garlic powder, turmeric and nutritional yeast over tofu. Toss together. Sauté onion, tomato, bell peppers, and olive oil and add egg whites/tofu/tempeh mixture until almost dry and slightly browned. Then add basil, parsley, sea salt, and black pepper. Eat cantaloupe as a side dish.</p>
Snack: Calories 243 C: 30g P: 13g F: 11g	
<p>1/3 cup cottage cheese- lowfat 3 raw brazil nuts 1 fresh pear Vegan option- 6 oz soy yogurt or coconut yogurt, 5 gr. protein powder, 2-3 brazil nuts, and 1/2 pear.</p>	<p>Combine all ingredients in a bowl and enjoy!</p>
Lunch: Calories 396 C: 60g P: 16g F: 11g	
<p>Carrot, Dill & White Bean Salad Recipe 1 tsp extra-virgin olive oil 2 Tbsp fresh lemon juice 1/4 tsp fine grain salt 1/4 cup thinly sliced shallots 1/2 cup sliced carrots, cut 1/4-inch thick 1/2 cup cooked white beans scant 1/4 cup chopped fresh dill 1/2 tsp brown sugar (or honey) 1 Tbsp cup sliced almonds, toasted 1/2 heaping tsp nutritional yeast Side Dish: 1 cup shredded carrots, 1-2 Tbsp raisins, 1/2 cup apple shredded or 1 cup pineapple chopped, dash of honey and lemon juice. Directions: Combine the olive oil, lemon juice, salt, nutritional yeast and shallots in a small bowl. Stir and set aside.</p>	<p>In a skillet over medium high heat, toss the carrots with a splash of olive oil. Let them cook in a single layer - they'll give off a bit of water at first. Keep cooking until carrots are deeply browned. About twelve minutes. Add the cooked beans and dill and cook for another five minutes, or until the beans are well heated through. Place the contents of the skillet in a large mixing bowl, sprinkle with honey and pour the lemon, olive oil mixture over the top. Toss gently. Let sit for ten minutes. Taste and adjust with more salt or sugar or lemon juice if needed to balance the flavors. Serve warm or at room temperature and finish by sprinkling with the almonds just before serving.</p>

Snack: Calories 239 C: 22g P: 14g F: 12g

10 gr. (1 scoop) Protein powder
(Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, **Vega Whole Food Optimizer**, hemp protein, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1/2 cup Almond milk
5 cashews raw
1 peach
Dash Nutmeg

Blend or hand mix protein powder and almond milk together and drink, add ice or more water if need be. Eat apple and pecans separate or you can blend in with smoothie.

Dinner: Calories 354 C: 53g P: 15g F: 10g

Spelt vegetable spaghetti
1/4 cup Spelt Spaghetti
1 Tbsp Virgin Olive Oil
1 cloves garlic, minced
1/2 cups small broccoli florets
1 cup small cauliflower florets
1/2 cup zucchini, sliced
1/2 cup carrots, sliced thin
1oz Peas (frozen is ok)
1/2 cup water packed artichoke hearts, quartered
1/2 cup water (Opt. low sodium vegetable stock)
1/4 tsp freshly ground black pepper, or to taste
1 Tbsp fresh basil, finely chopped
1/4 cup tomato sauce
1/8-1/4 tsp sea salt, or to taste

Follow directions on package for cooking pasta. Heat oil in a large skillet, sauté garlic for 1 minute. Add broccoli, cauliflower, zucchini, peas, carrot, artichokes and sea salt. Add tomato sauce and simmer for 5-10 minutes. Turn off flame; add pepper, pasta and basil. Toss thoroughly and serve.

Breakfast: Calories 364 C: 46g P: 18g F: 13g

Banana/Blueberry Smoothie

½ large Banana
1/2 cup Fresh or Frozen Blueberries
1/2 Cup/4 oz Pacific Natural Foods Almond Milk
2 tsp Flax Seeds
8-10 dates
2 tsp Almond Butter, Raw, Natural
4 cups (85g) Romaine lettuce

1 Tbsp (10g) NutriBiotic Vanilla Rice Protein
1 Dash Cinnamon
Add ½ Cup Water and blend together
Optional: Dash Stevia, water, ice to taste

Snack: Calories 266 C: 33g P: 20 g F: 6g

2- 1/4" slices Multigrain Manna Bread or 2 slices of Ezekiel bread both are made from sprouted grain
2 Tbsp avocado, used as a spread
1-2 slices of tomato
2-4 thin slices of cucumber
Thinly sliced onion
1 tsp Nutritional yeast
dash of spirulina- optional
Spike seasoning or herbs and sea salt

Make sandwich by spreading avocado on bread, sprinkle with nutritional yeast and seasoning so it will stick to avo. Layer vegetables and enjoy!

Lunch: Calories 350 C: 51g P: 15g F: 9g

Black Bean & Butternut Squash Stew

1/2 tsp olive oil
1/2 cup butternut squash, peeled and cubed, peel with a vegetable peeler and remove seeds, diced in ½ inch chunks
1/2 medium carrot, diced
1/4 medium onion, diced
1/2 bell pepper
1/8-1/4 Tbsp chili powder
1/2 tsp nutritional yeast
1/2 cup tomatoes canned or fresh
1-2 oz. canned green chilies, diced
3/4 cup vegetable broth (may also use water, or water and bouillon)
1/4 tsp salt
Dash of dried oregano

1/2 cup black beans, rinsed and drained
canned beans
1-2 Tbsp fresh cilantro, chopped

Cook the squash, carrots, bell peppers, and onion in 1/2-1 tsp olive oil until it starts turning brown. Add a little water if needs more moisture to cook. Add all seasonings, chili powder, tomatoes and chili's (and their liquid), vegetable broth and salt. Heat to boiling, then simmer, covered for 3-5 minutes. Stir in beans and cilantro and cook for 5 minutes.

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup

2 1/2 cups water
 1-2 Tbsp miso paste (fermented unpasteurized)
 1 Tbsp green onions, chopped
 1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy),
 vegan
 Smidge of toasted sesame oil
 1 tsp sesame seeds, raw
 One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 360 C: 58g P: 19g F: 14 g**Tomato Bean Soup**

1 Tbsp extra virgin olive oil
 1/2 garlic clove, minced
 1/4 cup red onion, diced
 Salt pepper
 2 cups low-sodium organic vegetable or chicken broth
 1/4 - 1/2 cups crushed tomatoes
 1 cup white beans, rinsed and drained
 1 Tbsp fresh chopped tarragon, basil or parsley
 Add Sea or Himalayan Salt and pepper to taste

Side Dish: 2-3 cups Baby mixed green salad with carrots, cucumber, cherry tomatoes, 2 tsp raisins and 2 Tbsp vinaigrette

Heat oil over medium-high heat in a soup pot. Add the garlic and stir. Add the onion, salt and pepper and sauté until the onion is softer and semi-transparent. Add the broth, tomatoes, and beans. Allow to simmer for about 15-20 minutes, then stir in the tarragon, salt and pepper and remove the soup from the heat. Cool for 15 minutes, then puree with a high powered blender adding a little more broth or water to thin as necessary.

Breakfast: Calories 337 C: 42g P: 13g F: 13g

Good for you Granola

1/3 Cup of soaked sunflower seeds (see below how to soak)
1/2 Tbsp soaked flax seeds (see below)
Hodgson Mill
2 Tbsp of raisins
1/3 tsp of alcohol free vanilla
1/3 tsp of cinnamon
1/2 Tbsp Shredded Coconut (unsweetened)
Dash of salt
1 tsp of agave nectar
Dash Stevia
1/2 cup of raspberries (fresh or frozen)

How to Soak Seeds: Put sunflower seeds and flax seeds in separate bowls and let soak in water for 8-12 hours covering 1/2 inch above the seeds with water. Flax seeds will have a clear slimy coating around them and will absorb ALL the water. They are just fine and once they are mixed in the granola you won't notice it. Drain water off sunflower seeds and blend all dry ingredients in food processor. Put in bowl and add almond milk to make cereal or eat as is.

Snack: Calories 240 C: 40g P: 6g F: 6g

Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR

Calories: 237 C: 37g P: 5g F: 9g

Amazing Grass Green Bar- High energy bar
These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!

Lunch: Calories 372 C: 54g P: 14g F: 12g

Jamaican Kidney Stew

1/2 cup red kidney bean canned (stew peas)
1/8 cup coconut milk
1/2 whole scotch bonnet pepper or other hot pepper (Keep whole)
1/2 cup water
dash of allspice
cloves garlic (1/2 crushed and 1 whole)
1 1/2 chopped scallions
1/8-1/4 small onion chopped
1 1/2 sprigs of thyme
Pinch of black pepper
1/2 tsp natural sea salt
1/4 cup sweet potato, cubed
1/4 cup zucchini
1 1/2 carrots, sliced
1/4 cup brown rice cooked

Side Dish: 3 cups Baby Spinach, 3 Tbsp chopped tomato, 2 Tbsp chopped onion,

Quickie salad dressing- pour right on to single serving salad. 1/2 a lemon fresh squeezed, dried herb mix, 1/2 Tbsp honey, 1 tsp olive oil and salt. Toss salad and ready to eat!

Place coconut milk, water, scallion, all spice, whole garlic and whole pepper in the pot with drained kidney beans and heat. Heat for 5-7 minutes.
Season by adding onions, crushed garlic, black pepper, salt and thyme.
Add carrots, zucchini and potatoes
Let simmer for 30 minutes
Remove the hot pepper before serving.
Serve hot with brown rice.

Snack: Calories 263 C: 33g P: 12g F: 9g

Veggie Wrap with roasted red pepper hummus

1 small low carb tortilla
3 Tbsp roasted red pepper hummus
1 Tbsp Red onion, diced
2-3 Tbsp alfalfa sprouts or other yummy sprouts
1/2 cup Baby spinach
1/4 cup Shredded carrots
Herb salt of Bragg's amino acids or Nama Shoyu
1/2 apple

Spread hummus inside tortilla. Place all veggies down the center of the tortilla except apple. Sprinkle or drizzle herbs or seasoning on veggies. Eat apple separate.

Dinner: Calories 345 C: 46g P: 13g F: 11g

Buckwheat Pasta with Tahini Onion Sauce

1/2 cup cooked 100% Soba Buckwheat Pasta, or any Organic or Traditional Soba

1/4 cup onion, diced
1/2 clove garlic, minced
1/2 tsp Virgin Olive Oil
1 Tbsp roasted tahini (sesame butter)
2 cups water
1 Tbsp Kuzu Root Starch or arrow root, dissolved in 2 T. cold water
1 tsp Soy Sauce or Nama shoyu
1/4 tsp ground thyme
2 cups collard greens, sliced thin and blanched 2 minutes or kale, or spinach
1 dash black pepper

Side Dish: 2 cups steamed broccoli with 1/2 lemon squeezed on top along with a sprinkle of nutritional yeast and salt.

Add pasta to boiling water and cook 10 minutes or until tender. Do not overcook. While cooking prepare the sauce. When done rinse and drain.

To prepare the sauce, sauté onions and garlic in oil until translucent, about 5 minutes. Add greens (collard greens, kale or spinach) and sauté until wilted. Dissolve the tahini in 2 cups of water and slowly add to the onions and garlic. Reduce the flame to low, stirring constantly until sauce is smooth. Add the dissolved kuzu, stirring constantly to prevent lumping. When thickened, add the Nama shoyu, ground thyme and black pepper. Serve over freshly cooked soba noodles.

Day 86

Breakfast: Calories 354 C: 44g P: 11g F: 9g	
<p>Wake me up breakfast 1 tsp ginger root grated 1/2 cup Oats, cooked 1/2 cup almond Milk 1 Tbsp Lemon juice 1/2 Medium Apple (small slice) 3 Tbsp sunflower seeds raw Dash: 5 Chinese spice</p>	<p>Peel the skin from the Ginger root, cut in small pieces, and add almond milk, lemon juice, and apple. Liquefy in blender and pour on top of Oats/soaked oat groats, sunflower seeds, and add a dash of 5 Chinese spice.</p>
Snack: Calories 243 C: 14g P: 16 g F: 15 g	
<p>Cottage Cheese and Avocado Snack 1/2 cup low fat Cottage Cheese 1/2 Medium Avocado Sliced Cayenne pepper to taste Cottage cheese is only high energy when eaten with avocado. The sulfur in the cottage cheese helps drive the oils from the avocado into the cells. This is a good thing. Every cell in our body has a halo of lipids around it that's essential for cell function. OR...</p>	<p>Vegan option- soy yogurt or coconut yogurt, 5 gr. protein powder, and 1/2 peach. Combine all ingredients. 9 raw almonds 1 fresh peach</p> <p>Combine ingredients in a bowl</p>
Lunch: Calories 369 C: 58g P: 15g F: 10g	
<p>Soba Noodle Sesame Salad 1/4 cup soba noodles dry (1/2 cup cooked) 1/8-1/4 cup lime juice 2 tsp Low Sodium tamari or Nama Shoyu soy sauce 1/2 tsp toasted sesame oil 1 tsp agave nectar 1/4 jalapeno pepper (deseeded and diced) 1/2 tsp ginger, minced 1/2 clove garlic, minced 2 cups spinach, triple washed, patted dry, and roughly chopped 1/2 cup red cabbage, shredded 1 carrot, julienne sliced 1/2 red pepper (deseeded and diced) 1/4 cup green onion, thinly sliced</p>	<p>1/4 cup freshly chopped cilantro (or called coriander in the rest of the world- looks like parsley) 1 Tbsp sesame seeds</p> <p>Follow directions on how to cook the soba noodles then transfer them to a bowl. In a blender or food processor, place the lime juice, tamari, sesame oil, agave nectar, jalapeno, ginger, and garlic, and process for 1 minute. Sauté all vegetables and spinach in a little oil until they turn soft. Pour the dressing over the vegetables and cooked soba noodles and toss well to thoroughly coat the noodles with the dressing in the warm pan. Sprinkle sesame seeds and chopped cilantro and toss well to combine. Allow the flavors to blend for 10 minutes before serving (optional).</p>
Snack: Calories 259 C: 21g P: 20g F: 12g	

9 almonds (raw, unsalted)
12 gr. protein powder (Optional Protein Powder Brands and types: NutriBiotic Rice Protein Powder Vanilla, Vega Whole Food Optimizer, **hemp protein**, Pea Protein any brand, Sun Warrior Protein, or Soy Protein)
1 cup blackberries

Stevia/agave nectar for sweetener
(based on 4 Tbsp of Hemp Protein)

Dinner: Calories 345 C: 40g P: 20g F: 11g

Veggie Burger

1.5 Veggie Patties/Burger
2 Tbsp cheese; vegan 3/4 oz
1 slice Ezekiel Bread

Sandwich fillings: Sliced onions, tomatoes, cucumbers, lettuce, sprouts, light avocado, mustard, and herb seasoning.

Salad:

4 cup mixed green salad, 1/4 cup shredded beets, 1/4 cup shredded carrots, thinly sliced onions.

Quickie salad dressing- pour right on to single serving salad. Fresh squeezed 1/2 a lemon, herbs, 1/2 Tbsp of honey, 1/4 tsp olive oil, 1-2 Tbsp water, dash of cayenne and salt. Toss together and ready to eat.

Heat patties and place on 1 slice of bread with vegetable toppings. Make it an open face sandwich or half a sandwich.

Veggie Patties to Buy: Hearty and Natural Veggie Burger, Soyboy Okara Burgers, Whole Foods 365 Gourmet Burger, Boca Burger Chef Max's Favorite. Look for organic when available, low sodium (300 mg.) or less, 10 or more grams of protein, and no more than 4 grams of fat. Do not eat patties every day since they are higher in sodium.

Day 87

All Day- Sunday is a great day for this day

Do this once a week

Today is a rest and regenerate day for your body. Take this day to allow your body and digestive system to take a break from digesting dense foods. This will free up more energy for your body to use for regenerating your cells and organs.

Fruits and vegetables have a ton of fiber which helps absorb toxins and flush out your intestines of stored junk.

This will free up more energy by getting rid of the sludge. All day only eat fruits and vegetables, this is a mini detox which will help your body to drop excess fat and toxins it's been storing. Yeah!

Eat fresh fruits and vegetables for the entire day. You can pretty much eat as much as you want. Make sure and eat more vegetable than fruit. Vegetables have less natural sugar and more minerals and phytonutrients for rebuilding a healthy body

You can eat them whole

Watermelon, cantaloupe, pears, apricots, cherries, strawberries, mango, papaya, kiwis, oranges, etc...

Vegetables- celery, cucumber, cabbage, carrots, bell peppers (eat like an apple and they have more vitamin c than oranges), broccoli

Option- make a fruit smoothie or fruit and vegetable smoothie. Ex. Apple, carrot, 1 celery stick, 1 orange, and a handful of spinach. You have to try it. You'll be amazed how good it is.

Day 88

Breakfast: Calories 369 C: 48g P: 18g F: 13g

Breakfast Wrap

1/3 cup Egg whites or 1/2 cup firm tofu
OR 1/4 cup Organic Tempeh (fermented soy beans, healthier way to consume soy), vegan
1 Tbsp Green Onions
1/2 cup Tomatoes
Dash Italian herbs
Dash Garlic powder
Salt as needed
1 Tbsp soy cheese
1/2 Tbsp olive oil
1 large low carb tortillas
2 1/2 cups watermelon, cubed

Sauté veggies for 3-5 min. with seasonings then add egg whites/tofu/tempeh. Scramble until desired consistency. Add cheese. Place mixture in tortilla and add salsa or hot sauce. Eat watermelon separate.

Snack:

Refreshing Lemonade without Calories

1 good sized lemon for flavor
48 oz of water
Stevia to taste
Optional cayenne pepper

Cleansing drink. Peel lemon, put in blender with stevia and 1 cup of water. Add rest of water and keep jug in fridge. Will satisfy your sweet cravings while detoxifying your body plus the stevia controls bacteria in your mouth.

Lunch: Calories 367 C: 58g P: 20g F: 12g

Stew with Beans, Sweet Potatoes and Corn

1/2 cup canned unsalted whole tomatoes, including the juice
1/3 cups sweet potato chunks
1/3 cups cooked cannellini beans, canned is ok
1/4 cups corn kernels
1/3 cup onion, diced
1/2 large clove of garlic, minced
3/4 cups vegetable broth
1/4 tsp paprika
1/2 tsp dried basil
1 tsp dried thyme
Salt if desired

4 cups Romaine lettuce cut into 1 inch strips or chopped
2 Tbsp Thinly sliced onion
1 Tbsp dried Cranberries
6 pecans
2 Tbsp salad dressing balsamic vinaigrette

Pour tomatoes into pan and crush with your hands or the back of a wooden spoon. Mix in the remaining ingredients, cover, and slow-cook until everything is tender. Approximately 30 minutes on the stove.

For salad:

Snack: Calories 240 C: 37g P: 13g F: 8g	
<p>½ cup Cucumber, chopped 3 Tbsp Sunflower seeds- soaked preferably 2 Tbsp Sesame seeds 6 Asparagus 1 Bell pepper, chopped 1/8-1/4 tsp rice vinegar</p>	<p>1-2 Tbsp Nama shoyu, kelp flakes, or sea salt Chop veggies and place in bowl with seeds. Make dressing with rice vinegar, salt, and toasted sesame oil and drizzle on top.</p>

Dinner: Calories 368 C: 47g P: 15g F: 11g	
<p>Broccoli Slaw 4 cups Broccoli, shredded in food processor or buy at store in produce section 2 Tbsp Red onions, chopped 1 Tbsp cranberries 2 Tbsp raw sunflower seeds ¼ cup brown rice, cooked</p> <p>DRESSING: 1/2 Tbsp nayonnaise- mock mayonnaise 2 tsp apple cider vinegar 1/2 Tbsp honey 1 Tbsp Nutritional yeast Dash of cayenne black pepper salt to taste</p> <p>Combine Broccoli slaw, brown rice onion, cranberries, and sunflower seeds</p>	<p>In a separate jar or blender mix nayo, vinegar, honey, nutritional yeast and pepper to taste. mix dressing into slaw mix, cover and refrigerate overnight or a few hours. May need to add more “dressing”, vinegar, honey and seasonings to taste.</p>

Breakfast: Calories 354 C: 42g P: 18g F: 12g	
Chai Banana Smoothie 3/4 cup almond or sesame seed milk 1 ripe organic banana 10 grams rice protein/ hemp/Sun Warrior Vanilla Protein 1 Tbsp raw tahini 4 raw cashews 1 BIG Dash cinnamon Dash of nutmeg 1 tsp raw honey or agave nectar (optional) Add 1/2 Cup Water and blend together	Optional: Dash Stevia, water, ice to taste only Place all ingredients in a high powered blender. Puree until smooth. Add several cubes of ice if desired and blend until smooth. Add ice until desired consistency is reached.

Snack: Calories 260 C: 27g P: 7g F: 15 g	
3 Tbsp pumpkin seeds, raw 1 Tbsp pecans, raw 1 tangerine orange	

Lunch: Calories 378 C: 55g P: 15g F: 12 g	
Quinoa Salad 2/3 cup cooked quinoa (healthy cooked grain, full of protein) 2 cups water for boiling quinoa 1 cups cherry tomatoes, halved 1 Tbsp avocados, diced 1 Tbsp artichoke hearts 1 Tbsp chopped fresh basil 1 tsp of pine nuts, toasted 2 Tbsp of capers, to taste Bed of greens- 3 cups baby mixed greens Basic vinaigrette dressing: 1 Tbsp balsamic vinegar 1 tsp fresh lemon or lime juice, with zest 1/2 cloves minced garlic 1/2 tsp extra virgin olive oil Salt and pepper to taste	Bring the quinoa and water to boil. When the water boils, reduce the heat to a simmer and cook until the water is absorbed. When cooked, quinoa has a texture similar to perfectly cooked rice. Strain and rinse well under cold water. Place mixed greens on plate, sprinkle veggies over lettuce along with the quinoa. Prepare the vinaigrette by combining the ingredients and whisking, drizzle on salad.

Snack: Calories 240 C: 40g P: 6g F: 6g	
Garden of Life Perfect Food Bar: Red Raspberry Bar – full of sprouted grasses (high minerals= high energy) OR	
Calories: 237 C: 37g P: 5g F: 9g	
Amazing Grass Green Bar- High energy bar These are great for when you are on the go. Look for bars that use all natural ingredients, contain greens, and have at least 5 grams of protein or more. Try something new!	
Dinner: Calories: 375 C: 53g P: 17g F: 10g	
Cajun Creole	1/3 cup canned tomatoes/ or diced

3/4 cup canned kidney beans
1/8 cup onion chopped
2 tsp olive oil
1/4 cup chopped carrots
1/2 cup chopped celery
1/4 cup bell peppers chopped, assorted
1 cup okra, fresh or frozen sliced
(optional) salt and pepper to taste

Seasonings:

1/8 tsp dried oregano
1/8 tsp dried thyme
1/8 Tbsp dried basil
1/8 tsp dried marjoram
1 pinch cayenne or to taste
1/2 Tbsp Dijon mustard
1 tsp minced garlic
1 tsp agave nectar
1 Tbsp fresh parsley or minced scallions
chopped

1/4 cup brown rice, cooked - yes, only
1/4 cup. This is the weight loss part so
make sure and measure out the right
portion.

Side dish:

1 cup okra, cooked in marinara sauce
1/4 cup marinara sauce- natural
1/8 cup water

Method:

Combine the onions, garlic, and olive oil
in a soup pot. Cover and sauté on
medium heat for about 8 minutes,
stirring occasionally, until the onions are
softened. Add the carrots, celery, bell
peppers, oregano, thyme, basil,
marjoram, and cayenne. Cover and cook
for another 5 to 10 minutes, stirring to
prevent sticking. Stir in the tomatoes,
kidney beans, mustard, sweetener and
okra when the vegetables are tender.
Simmer gently for 5 to 10 minutes. Add
salt and pepper to taste and serve topped
with parsley or scallions. Serve these
beans on rice (maybe topped with salsa)
or in bowls as a stew.

The flavors blend better if you simmer
longer at the end.

Breakfast: Calories 370 C: 42g P: 13g F: 20g

Low Glycemic Chocolate-Green Smoothie

1 Tbsp hemp seeds
1 Tbsp of soaked brown flax seed
1 tsp of raw coconut butter
1 Tbsp raw cacao powder
1/2 tsp of maca
1/8 cup of goji berries
1/2 small cucumber
1 tsp vanilla extract (no alcohol)
1 tsp of your favorite dried green supplement
Add 1/2 Cup Water and blend together

Optional: Dash Stevia, water, ice to taste only
Add stevia (Powder or Liquid form) to taste to keep it low Glycemic.
(If you add more fruit to sweeten, it will make no longer be low glycemic)

Snack: Calories 260 C: 27g P: 9g F: 15 g

1/2 apple, sliced
1 Tbsp raw almond butter
22 snap peas

Dip apple slices in almond butter and enjoy crispy snap peas separate.

Lunch: Calories 368 C: 50g P: 18g F: 10g

3 Bean Bonanza Chili

2 tsp Olive oil
1/3 Green pepper, coarsely chopped
5 Tbsp Onion, chopped
3/4 cups Whole tomatoes, chopped
1 1/3 cup vegetable broth
1-2 tsp Chili powder, to taste
1/4 jalapeno (optional) seeded and chopped
Dash-1/8 tsp Garlic powder
Dash- 1/8 tsp Ground cumin seed
Dash-1/8 tsp Oregano
1/2 tsp Basil leaf
1 tsp agave nectar
1/4 tsp Salt
Dash-1/8 black pepper
1/3 cup or 3 oz Black beans, cooked, canned is optional

1/3 or 3 oz Red kidney beans, cooked, canned is optional
2/3 cup or 5 oz White northern or pinto beans, cooked, canned is optional

Optional- brown onions and bell peppers in pan before combining.
Combine green pepper, onion and tomato in pot. Stir in all of the spices and vegetable broth. Drain and rinse the beans and add to pot along with the rest of the ingredients. Cook for at least 30 min or up to 1 hour.
Garnish with fresh chopped onion and shredded cheese if desired.

Snack: Calories 248 C: 23g P: 17g F: 9g

Miso soup
2 1/2 cups water

1-2 Tbsp miso paste (fermented unpasteurized)

1 Tbsp green onions, chopped
1/3 cup Organic Tempeh (fermented soy beans, healthy way to consume soy),
vegan
Smidge of toasted sesame oil
1 tsp sesame seeds, raw
One carrot (5 1/2 inches long) eat separate

Heat water on stove and mix in miso paste and stir to dissolve, add tempeh if you would like it warm and add toasted sesame seed oil. Pour liquid in bowl or large cup and add sesame seeds and green onions. It's ready to eat.

Dinner: Calories 362 C: 49g P: 18g F: 10g

Lentils and Rice with Tomato Sauce

1/4 cup cooked brown rice
3/4 cup of lentils cooked (canned is optional)
1 1/2 cups water for boiling lentils
1 tsp olive oil
1 tsp crushed garlic
3/4 cup of tomato sauce
1/3 cup water
1 tsp vinegar
1/4 cup medium onion

Salad- 2-3 cups mixed baby greens, green onions, raisins, parsley/cilantro, and cucumbers.

1-2 Tbsp balsamic vinaigrette
Cook rice and lentils according to directions on package.
To make the sauce, first sauté the garlic in olive oil until golden. Add tomato sauce and simmer 10-15 minutes. Add water and vinegar and bring to a boil. Remove from heat immediately and add salt to taste. Finally, slice onion in thin, small pieces and sauté in olive oil until brown and crispy.
Serve over 1/4 cup of rice.

Congratulations! You completed the 90 day veggie meal plan! I look forward to hearing about your weight loss and successes on the program.

**Wishing you Wellness,
Kardena Pauza**

