

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	<p><b>Veggie &amp; quinoa bowl</b> Cook 1-2 c veggies (spinach, kale, mushrooms, broccoli, onions, tomatoes, zucchini, etc.) in sauté pan. Add 1/2 c cooked quinoa &amp; stir to combine. Season with fresh parsley, pepper &amp; a pinch of salt.</p>	<p><b>Berry smoothie</b> 4-6 oz unsweetened almond or coconut milk, 1/2 scoop protein powder, 1/2 c frozen berries, 1/2 ripe avocado, 1 T ground flax or chia, &amp; 1 T honey (or stevia, to taste) &amp; a handful of ice. Blend until smooth.</p>	<p><b>Broccoli omelet</b> 3 eggs, 1/2 cup chopped broccoli, 1/4 c chopped mushrooms, 1/4 c chopped tomatoes, 2 T cheddar cheese, cook in 1 T olive oil.</p>	<p><b>Hot cereal</b> Bring 1 c water or unsweetened non-dairy milk to a boil. Add 1/4 c oat bran. Reduce heat to low &amp; cook for 5 mins. Remove from heat &amp; add 1/4 t cinnamon, 1 T ground flax or chia seeds &amp; 1 T honey. Serve with 1/4 c fresh berries.</p>	<p><b>Grains &amp; greens scramble</b> Cook 1-1 1/2 c greens (spinach, arugula) &amp; 1/4 c chopped tomatoes in 1 T olive oil. Add 1/2 c cooked grains (brown rice, millet or quinoa) &amp; 1 egg. Stir to scramble until cooked through.</p>
Snack	<p><b>Herbed nuts</b> Toss 1/4 c raw mixed nuts with 1 T olive oil, pinch of dried oregano, dill, basil or other herbs. Toast in a pan on medium heat, stirring frequently.</p>	<p><b>Yogurt parfait</b> Plain Greek yogurt layered with 1 T honey, 1 T chia seeds, 1 T hemp seeds &amp; 1/4 c fresh berries</p>	<p><b>Veggies with guacamole</b> Carrots, celery, zucchini, cucumbers, broccoli, etc. with 1/4 c guacamole</p>	<p><b>Avocado with tomato salad</b> 1/2 avocado topped with salad of 1/2 c chopped tomatoes, 1 T capers, 1 T chopped onion, fresh basil, lime juice, salt &amp; pepper</p>	<p><b>Carrot sticks with 2 T nut butter</b></p>
Lunch	<p><b>Veggie wrap</b> Collard green or Swiss chard leaves filled with julienne veggie strips (carrots, zucchini, cucumber, yellow or red pepper), 3 T hummus, ¼ sliced avocado, fresh basil leaves.</p>	<p><b>Healthy "Cobb" Salad</b> 2 c mixed greens, 2 oz shredded chicken, 1/4 c chick peas, 6 sliced grape tomatoes, 1/2 hardboiled egg, chopped, 1T crumbled blue cheese, 2 T shredded carrots, 2 T extra virgin olive oil, 1T red wine vinegar.</p>	<p><b>Lentil vegetable soup</b> Combine 1 1/2 c chicken broth, 1/2 c cooked lentils, 1/2 c baby spinach, 1/2 c other favorite veggies in a saucepan. Add 1/4 t cumin, 1/4 turmeric, pinch of salt &amp; pepper. Cook on medium heat until veggies are tender.</p>	<p><b>Asian stir fried vegetables</b> Cook 1/2 t minced garlic &amp; 1/2 t minced ginger in 1 T peanut oil. Add 1/4 sliced onion, 1 c sliced bok choy, 1/2 c broccoli, 1 T wheat free soy sauce, 1/2 t sesame oil &amp; 1 T water. Cook until vegetables are crisp tender. Serve with brown rice.</p>	<p><b>Tuna salad with capers</b> 1/2 can water packed tuna mixed with 1 T capers, 1 T olive oil, chopped fresh parsley, served over spring mix with sliced cucumber.</p>
Snack	<p><b>Celery sticks with 2 T nut butter</b></p>	<p><b>Apple with 1/4 c walnuts</b></p>	<p><b>Cucumber boat</b> Scoop seeds from half a cucumber. Fill with 1/4 c hummus &amp; top with chopped olives &amp; chopped tomatoes.</p>	<p><b>Apple with 1 oz cheddar</b></p>	<p><b>Pear with 1/4 c shelled pistachios</b></p>

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Dinner	<p><b>Nicoise salad</b> Dressing: 2 T extra virgin olive oil, 1 T cider vinegar, 1/4 t Dijon mustard, 1 t honey, salt &amp; pepper. Toss 1/4 c cooked green beans, 1/4 cucumber, sliced, 4 sliced cherry tomatoes, 2 sliced radishes, 2 T chopped parsley with 1/2 of the dressing. Arrange veggies over salad greens. Top with 1 quartered hardboiled egg, 1/4 can Atlantic salmon, flaked. Drizzle w/remaining dressing.</p>	<p><b>Collard "manicotti"</b> Sauté 1 cup ground turkey with 2 T chopped onions, 1/4 c chopped mushrooms, 1 T olive oil. Remove from heat &amp; mix in 1/4 c parmesan or asiago cheese. Cut 2 large collard green leaves in half, removing the center stem. Fill the 4 halves with the turkey mixture, rolling into "manicotti". Place in square baking pan &amp; pour 1 c tomato sauce over top. Bake for 15-20 mins at 350. Sprinkle with additional 2 T cheese &amp; bake a few mins longer until bubbling.</p>	<p><b>Roasted Mediterranean Salmon with garlic sautéed veggies</b> In a skillet, sauté 1 T garlic in 1 T olive oil. Add 1 c broccoli &amp; cauliflower &amp; 2 T water. Cook until crisp tender. Salt &amp; pepper to taste. In separate pan, heat 1 T olive oil &amp; add 4 oz Atlantic salmon fillet, 1/2 c diced tomatoes, 3 T chopped Kalamata olives, 1 T capers, 1/4 c artichoke hearts, 2 T chopped fresh basil or oregano. Cover &amp; cook until salmon is cooked through. Salt &amp; pepper to taste.</p>	<p><b>Chick pea &amp; quinoa salad</b> Combine 1/4 c chick peas, 1/2 c cooked quinoa, 1/4 c chopped raw zucchini, 1/4 c chopped kale, 1 T chopped red onion &amp; 1 T chopped red pepper. Mix together 1 T chopped cilantro, 1 T lime juice, 1 T red wine vinegar, 1 T olive oil, 1/4 t cumin, black pepper &amp; sea salt to taste. Mix dressing into chick pea &amp; quinoa mixture &amp; marinate for at least 35-40 minutes. Serve over spring mix or other salad greens.</p>	<p><b>Almond chicken with flash-seared green beans</b> Dip 3 chicken tenders into beaten egg &amp; dredge in almond meal seasoned with pinch cumin, paprika, salt &amp; pepper. Bake in 350 oven for 10 mins or until cooked through. Meanwhile, heat 1 T olive oil in skillet over high heat. Add green beans &amp; stir frequently. When crisp tender, remove from heat &amp; season with salt &amp; pepper. Mix together 1 t olive oil, 1 t Dijon mustard &amp; 1 T honey. Drizzle over chicken &amp; beans.</p>
Snack (optional)	<p><b>Mixed berry bowl</b> 3/4 c fresh berries sprinkled with cinnamon</p>	<p><b>Green tea slushie</b> Freeze brewed decaf green tea (or rooibos tea) in ice cube tray. In blender, combine 6 cubes, 3 T frozen blueberries, 1-2 T honey &amp; enough additional tea to blend into slushie.</p>	<p><b>2 oz dark chocolate (at least 70% cacao content)</b></p>	<p><b>Berry slushie</b> In blender, combine 1/2 c unsweetened almond milk, 1/4 c frozen berries, 1/4 t cinnamon, 1 T honey (or stevia, to taste) &amp; ice. Blend until smooth.</p>	<p><b>Carrot chips</b> Using a vegetable peeler, shave 1 carrot into strips. Combine carrots, 1 t olive oil, 1/4 t cinnamon or cumin &amp; pinch of sea salt. Bake for 10-12 mins at 425 degrees, using care not to burn.</p>

- Enjoy a wide rainbow of vegetables every day! Eat some fruit...berries & brightly colored fruits are a great choice. Also, include cold-water fish, grass fed meat & free range eggs. Healthy fats are beneficial (nuts, seeds, avocados, etc.). Mushrooms are great for immune function. You can include some whole grains & beans (avoid gluten grains). Turmeric & cinnamon are beneficial spices. For increased absorption, dissolve turmeric in coconut oil, olive oil or clarified butter and add some black pepper to it. Avoid grocery store cinnamon, purchase from organic sources only.
- Avoid sugar, alcohol & processed foods. Limit dairy, but yogurt & kefir are good choices, especially made from organic goat milk.