

meal plan: week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Arugula Omelette: Sauté 2 tbsp chopped yellow onion, ¼ cup grape tomatoes, halved, in 1 tsp coconut oil; add 4 eggs, whisked with 1 tsp water and pinch salt, and cook until almost set; add 1 cup arugula and pinch oregano, fold over and cook until set (eat half; save leftovers) ¼ avocado, sliced, with pinch salt</p> <p>SNACK: 1 orange, ½ oz walnuts</p> <p>LUNCH: Tuna Salad: Combine 2 cups arugula, ¼ cup grape tomatoes, 2 tbsp chopped yellow onion, 3 oz tuna and ½ oz almonds, chopped, with 1 tsp EVOO, 1 tbsp ACV and pinch each salt and pepper flakes</p> <p>SNACK: ½ bell pepper, sliced, with ¼ cup baba ghanoush</p> <p>DINNER: 1 serving Mexican Chicken Stuffed Peppers (see recipe, p. 80; save leftovers) Baked Sweet Potato: Bake 2 sweet potatoes (eat 1 with pinch salt and ¼ tsp EVOO; save leftovers) Pecan Cinnamon Apple*</p> <p>TOTAL NUTRIENTS: CALORIES: 1,567, FAT: 89 g, SAT. FAT: 18 g, CARBS: 109 g, FIBER: 27 g, SUGARS: 56 g, PROTEIN: 89 g, SODIUM: 1,298 mg, CHOLESTEROL: 613 mg</p>	<p>BREAKFAST: Arugula omelette (leftovers) ½ oz walnuts</p> <p>SNACK: 1 Pecan Cinnamon Apple (leftovers)</p> <p>LUNCH: 1 serving Mexican Chicken Stuffed Peppers (leftovers, p. 80) Side Salad: Toss 1 cup arugula, ½ avocado, chopped, ¼ cup grape tomatoes and 1 tbsp chopped yellow onion with ½ tsp EVOO, 2 tsp ACV and pinch each salt and pepper</p> <p>SNACK: ½ bell pepper, sliced, with 2 tbsp baba ghanoush 1 Paleo-friendly bar</p> <p>DINNER: Orange Ginger Cod: Season 1 cod fillet with pinch each salt and pepper; sauté in 1 tsp coconut oil with ½ tsp grated ginger; drizzle with 1 tbsp orange juice Spiced Cauliflower: Cut ½ head cauliflower into florets, toss with 1 tsp coconut oil and 1 tsp Mexican seasoning (leftovers, p. 80); roast until lightly browned (eat half; save leftovers)</p> <p>TOTAL NUTRIENTS: CALORIES: 1,792, FAT: 105 g, SAT. FAT: 26 g, CARBS: 109 g, FIBER: 29 g, SUGARS: 62 g, PROTEIN: 115 g, SODIUM: 1,158 mg, CHOLESTEROL: 655 mg</p>	<p>BREAKFAST: 1 serving Sweet Cherry Almond Flaxseed Smoothie (see recipe, p. 81; save leftovers) 1 hard-boiled egg with pinch salt</p> <p>SNACK: 1 Pecan Cinnamon Apple (leftovers)</p> <p>LUNCH: Stuffed Sweet Potato: 1 baked sweet potato (leftovers), reheated and stuffed with ¼ avocado, chopped, 4 grape tomatoes, halved, 2 tbsp baba ghanoush, 2 pinches salt and pinch pepper ¼ cup sauerkraut</p> <p>SNACK: ½ bell pepper, sliced ½ oz walnuts</p> <p>DINNER: 1 serving Orange-Scented Asparagus & Beef Stir-Fry (see recipe, above; save leftovers) Spiced Cauliflower (leftovers) 1 serving Lemon, Coconut & Cayenne Mousse* (see recipe, p. 88; save leftovers) <i>*Make this recipe ahead of time!</i></p> <p>TOTAL NUTRIENTS: CALORIES: 1,784, FAT: 111.5 g, SAT. FAT: 48 g, CARBS: 151 g, FIBER: 34 g, SUGARS: 88 g, PROTEIN: 60 g, SODIUM: 991 mg, CHOLESTEROL: 370 mg</p>	<p>BREAKFAST: 1 serving Sweet Cherry Almond Flaxseed Smoothie (leftovers, p. 81)</p> <p>SNACK: ½ bell pepper, sliced 2 tbsp baba ghanoush ¼ cup sauerkraut</p> <p>LUNCH: 1 serving Orange-Scented Asparagus & Beef Stir-Fry (leftovers, above) 1 apple</p> <p>SNACK: 1 serving Lemon, Coconut & Cayenne Mousse (leftovers, p. 88) with ½ oz walnuts, chopped</p> <p>DINNER: Paleo Schnitzel: Grind 1 cup almonds to a flour; mix with ½ tsp each salt and oregano, ¼ tsp granulated garlic and pepper, to taste; pound 3 chicken breasts, dip in 2 eggs, whisked, and dredge in almond mixture; pan sear in 2 tsp coconut oil in a nonstick ovenproof skillet on medium for 1 minute per side, turning gently; transfer to oven, covered, until cooked through (eat 1 breast; save leftovers) Tex-Mex Kale Chips*</p> <p>TOTAL NUTRIENTS: CALORIES: 1,776, FAT: 110 g, SAT. FAT: 48 g, CARBS: 124 g, FIBER: 27.5 g, SUGARS: 78 g, PROTEIN: 85 g, SODIUM: 1,113 mg, CHOLESTEROL: 380 mg</p>	<p>BREAKFAST: Spinach Omelette: Sauté 1 tbsp chopped yellow onion, 4 grape tomatoes, halved, in ½ tsp coconut oil; add 2 eggs, whisked with ½ tsp water and pinch salt; cook until almost set; add ½ cup spinach and pinch oregano, fold over and cook until set 1 orange</p> <p>SNACK: ½ banana 1 oz almonds</p> <p>LUNCH: 1 serving Paleo Schnitzel (leftovers) 1 cup cauliflower florets 2 tbsp baba ghanoush</p> <p>SNACK: 1 serving Tex-Mex Kale Chips (leftovers)</p> <p>DINNER: 1 serving Orange-Scented Asparagus & Beef Stir-Fry (leftovers, above) 1 sweet potato, baked, with ¼ tsp EVOO and pinch salt ¼ cup sauerkraut</p> <p>TOTAL NUTRIENTS: CALORIES: 1,497, FAT: 82 g, SAT. FAT: 25 g, CARBS: 107 g, FIBER: 28 g, SUGARS: 48 g, PROTEIN: 94 g, SODIUM: 1,527 mg, CHOLESTEROL: 659 mg</p>	<p>BREAKFAST: Cocoa Almond Sipper: Blend 1 cup almond milk, ½ banana, ½ oz almonds, ground, 1½ tsp cocoa powder, 1 tsp each coconut oil and maple syrup, ½ tsp cinnamon and ice, as desired</p> <p>SNACK: 1 serving Tex-Mex Kale Chips (leftovers) 1 orange, ½ oz almonds</p> <p>LUNCH: 1 serving Mexican Chicken Stuffed Peppers, thawed and reheated (leftovers, p. 80) 1 cup cauliflower florets ¼ cup sauerkraut</p> <p>SNACK: 1 Paleo-friendly bar</p> <p>DINNER: Sauté 1 cod fillet in 1 tsp EVOO with pinch each salt, pepper, oregano; drizzle with 2 tsp lemon juice Maple Chile Squash: Toss 10 oz butternut squash with 2 tsp each coconut oil and maple syrup and pinch each salt and pepper flakes; roast and divide into 3 servings (eat 1 serving; save leftovers)</p> <p>TOTAL NUTRIENTS: CALORIES: 1,514, FAT: 75 g, SAT. FAT: 18 g, CARBS: 120 g, FIBER: 27 g, SUGARS: 64 g, PROTEIN: 109 g, SODIUM: 1,270 mg, CHOLESTEROL: 273 mg</p>	<p>BREAKFAST: Cinnamon Banana Pancakes: Mash 1 banana; beat in 2 eggs and pinch cinnamon; heat 1 tsp coconut oil in a nonstick pan and dollop mixture into 2-inch-wide pancakes; cook until set, turning once; sprinkle with ½ tsp flaxseeds</p> <p>SNACK: 2 carrots, sliced 1 apple</p> <p>LUNCH: 1 serving Orange-Scented Asparagus & Beef Stir-Fry (leftovers, above) Spinach Salad: Toss together 2 cups spinach, ½ orange, segmented, 2 tbsp chopped yellow onion, ½ oz almonds, chopped, with 1 tsp EVOO, 1 tbsp ACV and 2 pinches salt</p> <p>SNACK: Remaining ½ orange (from lunch) ½ oz walnuts</p> <p>DINNER: 1 serving Paleo Schnitzel (leftovers) 1 serving Maple Chile Squash (leftovers) ¼ cup sauerkraut</p> <p>TOTAL NUTRIENTS: CALORIES: 1,573, FAT: 84 g, SAT. FAT: 29 g, CARBS: 129 g, FIBER: 30 g, SUGARS: 70 g, PROTEIN: 89 g, SODIUM: 1,360 mg, CHOLESTEROL: 654 mg</p>

* **Pecan Cinnamon Apple:** Halve and core 3 apples; sprinkle with cinnamon, to taste, and bake; top with 3 tbsp pecans, chopped, and 1 tbsp flaxseeds (eat 1; save leftovers)

* **Tex-Mex Kale Chips:** Remove stems from 1 large bunch kale; toss leaves with 1 tsp EVOO, ½ tsp Mexican seasoning (leftovers, p. 80) and ¼ tsp salt and bake on a tray until crisp; divide into 3 servings (eat 1 serving; save leftovers) (**TIP:** Store in a plastic bag or container, but don't seal completely as they can get soggy!)

meal plan: week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST: 1 serving Sweet Cherry Almond Flaxseed Smoothie (see recipe, p. 81; save leftovers)	BREAKFAST: 1 serving Sweet Cherry Almond Flaxseed Smoothie (leftovers, p. 81)	BREAKFAST: Eggs 'n' Greens: 2 eggs, scrambled in ½ tsp coconut oil with pinch salt with 2 cups spinach, sautéed in ½ tsp coconut oil with pinch salt 1 orange	BREAKFAST: Chia Bowl (eat 1 bowl topped with ¼ cup cherries, thawed and heated, ½ banana, sliced, pinch cinnamon and drizzle maple syrup, if desired; save leftovers)	BREAKFAST: Chia Bowl (leftovers) topped with ¼ cup cherries, thawed and heated, ½ banana, sliced, pinch cinnamon and drizzle maple syrup, if desired 1 hard-boiled egg	BREAKFAST: Cinnamon Banana Pancakes: Mash 1 banana, beat with 2 eggs and pinch cinnamon; heat 1 tsp coconut oil in a nonstick pan and dollop mixture into 2-inch-wide pancakes; cook until set, turning once; sprinkle with ½ tsp flaxseeds	BREAKFAST: Green Goddess Smoothie*
SNACK: 1 hard-boiled egg, 2 carrots, sliced	SNACK: 2 carrots, sliced ½ cup broccoli florets 1 serving Lemon Tahini Dip (leftovers)	SNACK: 1 serving Chocolate Orange Pudding (leftovers)	SNACK: 2 hard-boiled eggs with pinch salt ¼ cup sauerkraut	SNACK: 2 carrots, sliced; 1 oz walnuts	SNACK: 2 carrots, sliced, ½ oz walnuts	SNACK: 2 carrots, sliced, with 2 tbsp tahini ¼ cup sauerkraut
LUNCH: Salmon Squash Salad: Toss 2 cups spinach, 3 oz salmon, 2 tbsp chopped onion and 1 serving Maple Chile Squash (leftovers) with 1 tsp EVOO, 1 tbsp ACV and pinch each salt and pepper	LUNCH: 1 serving Chicken Adobo with Orange & Wilted Spinach (leftovers, above) ½ apple, sliced ½ oz almonds	LUNCH: 1 baked sweet potato (leftovers), heated, stuffed with ½ cup steamed broccoli and 1 serving Lemon Tahini Dip (leftovers); 1 oz walnuts	LUNCH: 1½ cups Thai Kabocha Squash Soup (leftovers, p. 63) 2 carrots, sliced, with 1 serving Lemon Tahini Dip (leftovers)	LUNCH: 1 serving Chicken Adobo with Orange & Wilted Spinach (leftovers, above), ½ bell pepper, sliced	LUNCH: 1½ cups Thai Kabocha Squash Soup (leftovers, p. 63) 2 oz sardines 1 serving Spicy Paprika Kale Chips (leftovers)	LUNCH: Sardine Salad: Toss 2 cups chopped lettuce, 2 oz sardines, 2 tbsp each chopped onion and carrot, and ½ bell pepper, sliced, with 1 tsp EVOO, 1 tbsp ACV, pinch each salt and pepper flakes 1 serving Chocolate Orange Pudding (leftovers)
SNACK: 1 orange, ½ oz walnuts	SNACK: 1 Paleo-friendly bar	SNACK: 1 carrot, sliced; ½ cup broccoli florets	SNACK: 1 orange, 1 oz walnuts	SNACK: 1 serving Sweet Roasted Pineapple (leftovers) with ½ tsp flaxseeds	SNACK: 1 serving Spicy Paprika Kale Chips (leftovers)	SNACK: 1 apple, cored and baked with pinch cinnamon; with 1 tsp flaxseeds
DINNER: 1 serving Chicken Adobo with Orange & Wilted Spinach (see recipe, above; save leftovers) Bake 2 sweet potatoes (eat 1 with ¼ tsp EVOO and pinch salt; save leftovers) ½ cup broccoli with Lemon Tahini Dip: Whisk together ½ cup tahini, 3 tbsp lemon juice, 1 minced clove garlic and ½ cup water, or to desired consistency; season with pinch salt, or to taste, and stir in ¼ cup chopped parsley; divide into 4 servings (eat 1 serving; save leftovers)	DINNER: Salmon Salad: Toss 2 cups spinach, 3 oz salmon, 2 tbsp chopped onion, remaining ½ apple, sliced, with 1 tsp EVOO, 1 tbsp ACV and pinch each salt and pepper Chocolate Orange Pudding: In a food processor, blend 2 bananas, 1 avocado, ¼ cup cocoa powder, 2 tbsp maple syrup and 1 tsp orange zest; divide into 4 ramekins and chill before eating (eat 1 ramekin; save leftovers)	DINNER: 1 serving Chicken Adobo with Orange & Wilted Spinach (leftovers, above) 1½ cups Thai Kabocha Squash Soup (see recipe, p. 63; save leftovers) Sweet Roasted Pineapple: Toss 2 cups pineapple, thawed, with 2 tsp maple syrup and ¼ tsp cinnamon; roast and divide into 3 servings (eat 1 serving with ½ tsp flaxseeds; save leftovers)	DINNER: Beef "Tacos": 8 oz beef, sliced, tossed in ½ tsp Mexican seasoning (leftovers, p. 80) and ½ tsp salt; stir-fry with ½ bell pepper, sliced, and ½ onion, sliced (eat ½; save leftovers); serve in 2 to 3 leaves lettuce with ¼ avocado, chopped and juice of ½ lime 1 cup broccoli, steamed and tossed with ½ tsp EVOO, 1 minced garlic clove and pinch salt 1 serving Sweet Roasted Pineapple (leftovers) with ½ tsp flaxseeds	DINNER: Beef "Tacos" (leftovers); serve in 2 to 3 leaves lettuce with ¼ avocado, chopped and juice of ½ lime 1 cup broccoli florets, steamed and tossed with ½ tsp EVOO and pinch each salt and pepper flakes Spicy Paprika Kale Chips: Remove stems from 1 large bunch kale; toss leaves with 1 tsp EVOO, ½ tsp paprika and pinch cayenne; bake on a tray until lightly browned and divide into 3 servings (eat 1 serving; save leftovers)	DINNER: 1 serving Mexican Chicken Stuffed Peppers, thawed and reheated (leftovers, p. 80) Side Salad: Toss 2 cups chopped lettuce, with ½ bell pepper, chopped, and 2 tbsp each chopped onion and carrot with 1 tsp EVOO, 1 tbsp ACV and pinch each salt and pepper 1 serving Chocolate Orange Pudding (leftovers)	DINNER: Oregano Chicken: Sprinkle 5 oz chicken with pinch each oregano, salt and pepper flakes and ½ tsp EVOO; bake 1½ cups Thai Kabocha Squash Soup (leftovers, p. 63) 1 serving Spicy Paprika Kale Chips (leftovers)
TOTAL NUTRIENTS: CALORIES: 1,520, FAT: 79.5 g, SAT. FAT: 15 g, CARBS: 130 g, FIBER: 31 g, SUGARS: 64 g, PROTEIN: 81 g, SODIUM: 1,121 mg, CHOLESTEROL: 347 mg	TOTAL NUTRIENTS: CALORIES: 1,734, FAT: 90 g, SAT. FAT: 14 g, CARBS: 161 g, FIBER: 37 g, SUGARS: 95 g, PROTEIN: 90 g, SODIUM: 1,036 mg, CHOLESTEROL: 160 mg	TOTAL NUTRIENTS: CALORIES: 1,536, FAT: 82.5 g, SAT. FAT: 23 g, CARBS: 147 g, FIBER: 32 g, SUGARS: 68 g, PROTEIN: 70 g, SODIUM: 1,298 mg, CHOLESTEROL: 502 mg	TOTAL NUTRIENTS: CALORIES: 1,560, FAT: 91.5 g, SAT. FAT: 23 g, CARBS: 137 g, FIBER: 38 g, SUGARS: 60.5 g, PROTEIN: 67 g, SODIUM: 1,636 mg, CHOLESTEROL: 458 mg	TOTAL NUTRIENTS: CALORIES: 1,469, FAT: 81 g, SAT. FAT: 15.5 g, CARBS: 114 g, FIBER: 37.5 g, SUGARS: 50 g, PROTEIN: 82 g, SODIUM: 909 mg, CHOLESTEROL: 401 mg	TOTAL NUTRIENTS: CALORIES: 1,733, FAT: 93 g, SAT. FAT: 26.5 g, CARBS: 153 g, FIBER: 38 g, SUGARS: 67 g, PROTEIN: 94 g, SODIUM: 1,476 mg, CHOLESTEROL: 648 mg	TOTAL NUTRIENTS: CALORIES: 1,335, FAT: 65 g, SAT. FAT: 16 g, CARBS: 138 g, FIBER: 37 g, SUGARS: 64 g, PROTEIN: 70 g, SODIUM: 1,619 mg, CHOLESTEROL: 159 mg

***Chia Bowl:** Whisk together 2 cups almond milk, 6 tbsp chia, 1 tsp each maple syrup and almond extract, or to taste. Set aside for 20 minutes and whisk again; divide to 2 bowls, refrigerate overnight

***Green Goddess Smoothie:** Blend 1 cup each almond milk and spinach, ½ cup pineapple, thawed, ¼ avocado, ¼ cup parsley, 1 tsp chia and ice as desired