

MONDAY

BREAKFAST: *Avocado Egg Sandwich:* Between 2 slices toast, place 1 egg, scrambled in ¼ tsp EVOO, ¼ avocado, sliced, and 1 slice tomato; 1 orange

SNACK: 1 oz walnuts

LUNCH: *Salmon Salad Sandwich:* Mix 6 oz canned salmon with remaining ¾ avocado, mashed, 1 tbsp diced red onion and ¼ tsp dill; spread two-thirds of salmon salad mixture between 2 slices bread and top with ¼ cup baby spinach (save remaining salmon salad for leftovers); 1 cup raspberries

SNACK: 1 cup sliced cucumbers with 1 oz goat cheese

DINNER: 1 serving Supercharged Chicken Parm (see recipe, p. 77; save leftovers); ½ cup canned **chickpeas**

fiber-packed

TUESDAY

BREAKFAST: *Salmon Toast:* On 2 slices toast, layer 8 thin cucumber slices and remaining one-third of salmon salad mixture (leftovers); 1 orange

SNACK: *Nut & Seed Parfait:* Top ½ cup yogurt with 1 cup frozen berry blend, thawed, and 1 tbsp each walnuts and chia seeds; sprinkle with pinch maqui powder (optional)

LUNCH: 1 serving Supercharged Chicken Parm (leftovers, p. 77); ½ cup canned chickpeas (leftovers)

SNACK: *Mediterranean Power Snack:* 1 cup grape tomatoes, 5 olives and 1 oz goat cheese

DINNER: *Yacon, Spinach & Watercress Salad:* In a bowl, mix 1 cup each chopped spinach, watercress and sliced yacon, ¼ cup canned chickpeas (leftovers), 1 egg, hard-boiled and sliced, ½ oz goat cheese and ½ oz walnuts; top with 1½ tsp lemon juice mixed with 2 tsp EVOO and pinch pepper; 1 slice bread, toasted, drizzled with ½ tsp EVOO

WEDNESDAY

BREAKFAST: *Blended Berry Oat Smoothie:* In a blender, combine ¼ cup oats, 1 cup kefir, ½ tsp **maqui powder** (optional) and 1 cup frozen berry blend; blend with ice

antioxidant-rich

SNACK: 1 apple with 1½ tsp almond butter

LUNCH: 1 serving Mushroom Cashew Lettuce Wraps (see recipe, p. 49)

SNACK: *Wild Sardine Toasts:* On 1 slice toast, spread ½ oz goat cheese; top with 1 oz shredded sardines (leftovers, p. 77) and ¼ tsp lemon zest

DINNER: 1 serving Loaded Beef Gyro Bowl (see recipe, p. 76; save leftovers)

NUTRIENTS: Calories: 1,668, Fat: 73 g, Sat. Fat: 13 g, Carbs: 154.5 g, Fiber: 51 g, Sugars: 41 g, Protein: 112 g, Sodium: 1,859 mg, Cholesterol: 441 mg

NUTRIENTS: Calories: 1,800, Fat: 78 g, Sat. Fat: 18 g, Carbs: 181 g, Fiber: 49 g, Sugars: 59.5 g, Protein: 106 g, Sodium: 2,336 mg, Cholesterol: 442 mg

NUTRIENTS: Calories: 1,371, Fat: 62 g, Sat. Fat: 27 g, Carbs: 137 g, Fiber: 24 g, Sugars: 50 g, Protein: 74.5 g, Sodium: 1,966 mg, Cholesterol: 167 mg

THURSDAY

BREAKFAST: *Apple Cinnamon Oatmeal:* Cook ½ cup oats in 1 cup water with 1 apple, chopped; stir in 1 tbsp each chia seeds and chopped walnuts and ⅓ tsp cinnamon; 1 cup **kefir** with ⅓ tsp cinnamon

SNACK: 1 oz roasted chickpeas

LUNCH: 1 serving Loaded Beef Gyro Bowl (leftovers, p. 76)

SNACK: *Super Berries:* Toss 1 cup frozen berry blend, thawed, with ½ cup yogurt and 1 tbsp ground flaxseeds

DINNER: Pan-fry 4 oz pork in ½ tsp EVOO with 1 clove garlic, minced, and ½ tsp rosemary; 2 cups broccoli, sautéed in 1 tsp EVOO with 1 clove garlic, minced; 1 sweet potato, baked and sprinkled with cinnamon

gut-friendly

FRIDAY

BREAKFAST: *Almond Pear Smoothie:* In a blender, combine 1 cup kefir, 1 pear, chopped, 1 tbsp almond butter and ice, as desired

SNACK: 1 cup red bell pepper strips with ¼ cup tzatziki (leftovers, p. 76)

LUNCH: 1 serving Supercharged Chicken Parm (leftovers, p. 77), thawed and reheated with 1 cup cooked whole-wheat ziti; 2 cups chopped watercress with 1 tbsp lemon juice and 1 tsp EVOO

SNACK: ¾ cup yogurt mixed with 1 frozen banana, thawed and mashed

DINNER: 4 oz mahi mahi; bake with 1 tbsp lemon juice, ½ tsp EVOO and pinch each garlic powder, salt and pepper; top with 2 tbsp tzatziki (leftovers, p. 76); 1 cup frozen corn, cooked and seasoned with salt and pepper; 1 cup broccoli, steamed and seasoned with pepper

SATURDAY

BREAKFAST: *Mushroom & Spinach Omelette:* Sauté 3 tbsp chopped mushroom stems and ½ cup baby spinach in ½ tsp EVOO; season with garlic powder and Italian seasoning; add 2 eggs, whisked with 1 tsp water; when eggs begin to set, add ½ oz goat cheese; cook until set and fold over; 1 cup raspberries

SNACK: 1 banana with 1½ tsp almond butter

LUNCH: *Red & Green Smoothie:* Blend 1 cup kefir, ½ cup yogurt, 2 cups spinach, 1 cup frozen berry blend, ½ cup seeded and chopped cucumber, ¼ cup oats and ½ tsp maqui powder (optional) with ice, as desired

SNACK: 1½ oz roasted chickpeas; ½ cup grape tomatoes

DINNER: 1 serving Supercharged Chicken Parm (leftovers, p. 77), thawed and reheated with 1 cup cooked whole-wheat ziti

SUNDAY

BREAKFAST: *Monkey Toast:* 2 slices toast with 2 tbsp almond butter and ½ banana, sliced; remaining banana

SNACK: ¾ cup yogurt with 1 orange, chopped, 1 tbsp chia seeds and pinch cinnamon

LUNCH: 1 serving Black Bean Tacos with Maqui Berry Salsa (see recipe, p. 56)

SNACK: 1 egg, hard-boiled

DINNER: *Greek Burger:* Form 4 oz ground beef into a patty; season with salt and pepper; cook and place between 2 slices toast with 2 tbsp tzatziki and 1 slice each red onion and tomato

Chickpea Salad: Toss ½ cup each canned chickpeas (leftovers) and cucumber, ¼ cup each chopped tomato, **watercress** and frozen corn, thawed, and 1 tbsp each chopped basil, red onion and olives; season with 1½ tsp vinegar and 1 tsp EVOO

cancer fighter

NUTRIENTS: Calories: 1,823, Fat: 75 g, Sat. Fat: 27 g, Carbs: 194 g, Fiber: 36 g, Sugars: 66 g, Protein: 99 g, Sodium: 1,654 mg, Cholesterol: 227 mg

NUTRIENTS: Calories: 1,811, Fat: 74 g, Sat. Fat: 30 g, Carbs: 190.5 g, Fiber: 38 g, Sugars: 82 g, Protein: 115 g, Sodium: 2,126 mg, Cholesterol: 405 mg

NUTRIENTS: Calories: 1,619, Fat: 66 g, Sat. Fat: 20 g, Carbs: 166.5 g, Fiber: 44 g, Sugars: 62 g, Protein: 99 g, Sodium: 1,807 mg, Cholesterol: 598 mg

NUTRIENTS: Calories: 1,839, Fat: 75.5 g, Sat. Fat: 23 g, Carbs: 216 g, Fiber: 41 g, Sugars: 61 g, Protein: 87 g, Sodium: 1,351 mg, Cholesterol: 356 mg