



# Meal Guide

Real food for real people



Your Guide to Reset Your Metabolism, Start Losing Fat,  
Fight Disease and Live the Life You Deserve!

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## Introduction

The meal plans and nutrition principles that follow are a culmination of dozens of years of experience with real world clients. I assure you that none of these rules are “unhealthy” or “extreme.” On the contrary, its a lifestyle change, principles you can incorporate to not only get you jump started on your fat loss success but to also help you achieve a level of health and well being that you may never have thought possible for you.

These meal plans are also not a crash diet or a short-term plan; I stay lean all year long, and I do it by following these principles and eating very similar meal plans to the ones I have outlined below. I don't deprive myself, and I am not miserable, nor am I “on a diet.” It is actually quite the opposite. I feel so great, I stay at my ideal weight, and I feel unstoppable every day.

So, the rules are simple and the meal plans are easy to follow. I can promise that if you stick to the plan, it is guaranteed to work. All you need to do is add the commitment and motivation to see it through.

Don't just do it halfway. Go 100% and see your body transform in a way you may have never seen before—a way you may have never thought possible before.

Food is our medicine and medicine is our food.

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## Meal Plans

The following meal plans can be followed for 6 weeks to maximize your health and nutritional progress. It is designed to teach you to live a healthy lifestyle, decreasing oxidative stress, inflammation and avoid disease. Remember that each person's starting point is very different. The meal plan servings can be adjusted based on your personal needs.

If you experience hunger at any time be sure your water intake is where it needs to be and that you are measuring your food to be sure you are eating enough. Eating foods that are not on your list (breads, pastas, sweets) will deter you from seeing the results you're looking for.

## How to Use the Meal Plans

Each meal, you will have protein, healthy fat and a vegetable. This way of building your meals is a great way to keep you on track and ensure you are eating supportively. Proteins are essential for muscle growth, tissue repair, boosting your metabolism, and keeping you full, healthy fats also keep you feeling fuller longer as well as lubricate joints, bowels and chase away bad fats, while vegetables promote overall health and fill you up without adding excess calories.

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## Meal Plan—Week 1

**Breakfast** (Eat within 1 hour of waking, this starts your metabolism)

(serving sizes, ladies, lower end, gents higher)

### **Protein Choices** *Choose One*

- 3-4 Farm Fresh Eggs
- 4-6 Egg Whites
- 3-6 slices Uncured Bacon
- 4 oz. Pastured Uncured Sausage (In recipe Book!)
- 4-6 oz. of leftover meat from the night before
- 3 slices Applegate Farms turkey bacon
- 3 Applegate Farms breakfast sausages
- (Description of recommended Brands below)

### **Vegetable Choices** *Choose One*

- 1 cup cooked broccoli
- 1 cup sauteed kale
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus

### **Fruit Choices** *Choose One*

- 1 green apple
- 1 pear
- 1 cup strawberries, blueberries, raspberries

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## Fat Choices

Choose One

- 1 tsp. Coconut Oil
- 1 tsp. Olive Oil
- 1/2 tsp. Ghee
- ¼ avocado
- ¼ cup raw nuts

## Example

3 Eggs

1 Cup Sauteed Kale w/ Coconut Oil

1 Cup mixed berries with ¼ raw nuts

**Snack #1** (3 hours after breakfast) **and Snack #2** (3 hours after lunch if having a late dinner/or Omit)

## Protein/Fat Choices

Choose One

- 2 TBSP Natural, Raw Almond Butter
- ¼ Cup Raw Almonds
- ¼ Cup Raw Walnuts
- 4-6 hard boiled eggs
- 4-6 oz Roasted turkey breast or chicken thighs
- Nuts, Nut Butters and Dark meat count as both protein and fat. This makes dark meat higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

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## Vegetable Choices

Choose One

- Celery Sticks
- 6–7 Baby Carrots
- ½ sliced red, yellow, or green pepper
- 1 cup broccoli or cauliflower

## Fruit Choices

Choose One

- 1 green apple
- 1 cup strawberries
- 1 cup blueberries

## Example

- 1 ounce raw walnuts
- 6 baby carrots
- 1 cup strawberries

## Lunch (3-4 hours after am snack) and Dinner (3-4 hours after Lunch)

## Protein/Fat Choices

Choose One

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)
- 3-5 ounces beef or bison (Grass Fed)
- Dark fish/meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

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## Salad Choices

- Greens or your choice. (all lettuce except head lettuce)
- Celery
- Peppers
- Cucumbers
- Tomatoes

## Vegetable Choices

Choose One

- ½ cup cooked or 1 cup raw broccoli
- ½ cup cooked or 1 cup raw cauliflower
- ½ cup sauteed or 1 cup raw spinach
- ½ cup sauteed or 1 cup raw kale
- 1 cup steamed asparagus

## Dressing

- Organic Apple Cider Vinegar
- 2 tsp Extra Virgin Olive Oil or Avocado Oil

## Spices

- Sea Salt
- Pepper
- Italian Seasonings

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## Example

3-6 oz grilled chicken (white or dark)

Over a large salad made up of Romaine lettuce, tomatoes, cucumbers, and celery

1 cup raw spinach added to the salad

Organic Apple Cider Vinegar and 2 tsp EVOO sprinkled with italian seasoning as dressing (*EVOO = Extra Virgin Olive Oil*)



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## Notes

**Local Farms**—We are very fortunate to have local farms. Your first choice on any food should be local. If you can get local chicken, turkey, grass fed beef, fish, pastured pork, uncured bacon, or any game, those are always your best choices. NO nitrites and nitrates.

**Turkey Bacon**—Applegate Farms makes the best turkey bacon. Each slice has about 6 grams of protein. If you can't find this brand, find a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates.

**Turkey Sausage**—Also Applegate Farms. Each link has about 6 grams of protein. If you can't find this brand, find a brand with NO nitrites and nitrates.

**Eggs**—Must be organic! I would love for all of the food you eat to be organic, but if nothing else, eggs are a must!

**Nuts**—All almonds, walnuts, and almond butter must be raw. They cannot be roasted. Roasting nuts takes a good food and turns it into a bad food by changing the oils and fats inside!

**Olive Oil**—Must be Extra Virgin and preferably organic. Flaxseed oil must go in the refrigerator.

## Typical Day Meals and Times

Within 1 hour of waking – Breakfast

3-4 hrs. after Breakfast – Snack #1

3-4 hrs. after Snack #1 – Lunch

If Dinner does not fall within 4 hours of Lunch, have Snack #2

3-4 hrs. after Lunch – Snack #2

3-4 hrs. after Lunch (or snack #2) – Dinner

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- **Please make an effort not to eat any later than 7pm.** This will help to prevent the mindless snacking that we sometimes tend to do late at night in front of the TV.
  - **Water Intake**—A MINIMUM of 1 gallon (128 oz.) of water each day. If you are starting out drinking zero, begin by drinking 32 oz. a day and add 20oz. each week for 5 weeks to reach your gallon!
  - **Celtic Sea Salt**—One big change for this week is that you are going to buy Celtic Sea Salt (You can find this at most grocery stores or at Amazon.com). I encourage you to replace any salt in your home (Kosher, Iodized, or any other form of sea salt) with this brand. I assure you that salt is not bad. It is just the type of salt that is either good or bad.

Natural Celtic sea salt is vastly different from the many refined salts on the market, including those from the sea. Refined salts lack the many trace minerals that gives Celtic sea salt its health-promoting benefits. In addition, refined salts contain harmful chemicals and other processing additives.

Celtic sea salt supplies all 82 trace minerals needed by the human body for optimal health and longevity. Since it is unrefined, it does not contain any chemicals, preservatives, or any other additive. This amazing sea salt is naturally harvested in Brittany, France, near the Celtic sea.

1. **Regulates heartbeat and blood pressure.** Even though refined salt can cause high blood pressure, natural salt with adequate water intake can help to stabilize irregular heartbeats and normalize blood pressure. In other words, if you have low blood pressure, taking Celtic sea salt can help to raise it. If you have high blood pressure, it can help to lower it.
2. **Eliminates mucus buildup.** Not only does this salt help to eliminate existing mucus buildup, but it will help to prevent it. This benefit makes it very helpful for people with allergies, asthma, sinus issues, or bronchial congestion.

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3. **Improves brain function.** Sea salt is vital to the health of nerve cells and their ability to communicate and process information. This salt also helps to extract excess acidity and toxins from brain cells.

4. **Balances blood sugars.** Celtic sea salt is especially helpful for diabetics because it helps to balance blood sugars.

5. **Alkalizes the body.** Excess acidity in the body is an underlying cause of many diseases. Salt is vital to the removal of excess acid wastes from the cells. In addition, mineral rich salt will help to maintain the optimal acid-alkaline balance.

6. **Increases energy.** Salt and water are the key elements for the generation of hydroelectric energy in the cells. When sodium and trace minerals are deficient in the body, fatigue will set in.

7. **Provides electrolyte balance.** Natural Celtic salt will help keep the electrolyte minerals in your body balanced, releasing excess sodium and water. For problems with water retention, gradual sea salt intake can help to release excess water stored in body tissue.

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## Meal Plan—Week 2

**Breakfast** (Eat within 1 hour of waking, this starts your metabolism)

(serving sizes, ladies, lower end, gents higher)

### Protein Choices

Choose One

- 3-4 whole farm fresh eggs
- 4 oz. Pastured Uncured Sausage (In recipe Book!)
- 4-6 oz of leftover meat from the night before
- 2-3 slices Applegate Farms Canadian Bacon

### Vegetable Choices

Choose One

- 1 cup cooked broccoli
- 1 cup shredded rutabaga hash
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus
- 1 cup cooked kale

### Fat Choices

Choose One

- 1 tsp. Coconut Oil
- 1 tsp. Olive Oil
- 1 tsp. flax seed oil (do not cook with flaxseed oil)
- 1/2 tsp. Ghee
- 1/4 avocado
- 1/4 cup raw nuts
- 1/4 cup Coconut Milk

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### Example

- 2 farm fresh eggs
- 2-4 oz GF Beef (leftovers)
- 1 Cup Rutabaga Hash

**Snack #1** (3 hours after breakfast)

**and Snack #2** (3 hours after lunch if having a late dinner/or Omit)

### Protein Choices

Choose One

- 2 TBSP Natural, Raw Almond Butter
- 1 oz Raw Almonds
- 1 oz Raw Walnuts
- 1 oz Macadamia nuts
- 1 oz Raw Pecans
- 3-4 hard boiled eggs
- 3-6 oz turkey (dark or white) or chicken (dark or white)

### Vegetable Choices

Choose One

- Celery Sticks
- 10 Baby Carrots
- 1 sliced red, yellow, or green pepper
- 1 large sliced tomato
- 2 cups broccoli or cauliflower

### Example

- 10 Baby Carrots
- 2 Tbsp. Almond Butter

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## Example

1 oz. Raw Walnuts  
1 large sliced tomato  
Dash Sea Salt / Pepper

## Lunch (3-4 hours after am snack) and Dinner (3-4 hours after Lunch)

### Protein/Fat Choices *Choose One*

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)
- 3-5 ounces beef (Grass Fed) or wild game
- Dark fish/meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

### Salad Choices

- All lettuce except for Iceberg (It has no nutritional value)
- Celery
- Peppers
- Cucumbers
- Tomatoes

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## Vegetable Choices

Choose One

- ½ cup cooked or 1 cup raw broccoli
- ½ cup cooked or 1 cup raw cauliflower
- ½ cup sauteed or 1 cup raw spinach
- ½ cup sauteed or 1 cup raw kale
- 1 cup steamed asparagus
- ½ cup jicama slices

## Dressing

- Organic Apple Cider Vinegar
- 2 tsp Extra Virgin Olive Oil or Avocado Oil

## Spices

- Sea Salt
- Pepper
- Italian Seasonings

## Example

4 oz grilled chicken (white or dark)

Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and jicama

1 cup asparagus added to the salad or on the side

Organic Apple Cider Vinegar and 1 Tbsp olive oil with ½ tsp. italian seasoning as dressing

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**Example**

3 oz beef burger

Over sautéed spinach

Salad on the side with Organic Apple Cider Vinegar and 1 Tbsp extra virgin olive oil



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## Meal Plan—Week 3

**Breakfast** (Eat within 1 hour of waking, this starts your metabolism)  
(serving sizes, ladies, lower end, gents higher)

### **Protein** *Choose One*

- 3-4 Farm Fresh Eggs
- 4-6 Egg Whites
- 3-6 slices Uncured Bacon
- 4 oz. Pastured Uncured Sausage (In recipe Book!)
- 4-6 oz. of leftover meat from the night before
- 3-4 slices Applegate Farms turkey bacon

### **Vegetable Choices** *Choose One*

- 1 cup cooked broccoli
- 1 cup sauteed kale
- 1 cup sautéed spinach
- 1 cup steamed asparagus
- 1 cup red, yellow, or green peppers
- ½ medium tomato
- Or 1 cup combination of any of the above. Ex. 1 cup peppers, tomato, and spinach in an omelet

### **Fat Choices** *Choose One*

- 1 tsp. Coconut Oil
- 1 tsp. Olive Oil
- 1/2 tsp. Ghee
- ¼ avocado

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- ¼ cup raw nuts

### **Example**

4 Egg White Omelet

1 cup peppers, tomato, and spinach Sauteed in 1 tsp. Ghee

**Snack #1** (3 hours after breakfast)

**and Snack #2** (3 hours after lunch if having a late dinner / or Omit)

### **Protein Choices** *Choose One*

- 2 TBSP Natural, Raw Almond Butter
- 1 oz Raw Almonds
- 1 oz Raw Walnuts
- 1 oz Macadamia nuts
- 1 oz Raw Pecans
- 3-4 hard boiled eggs
- 3-6 oz turkey (dark or white) or chicken (dark or white)
- Dark meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

### **Vegetable Choices** *Choose One*

- Celery Sticks
- 6-7 Baby Carrots
- ½ sliced red, yellow, or green pepper
- 1 cup broccoli or cauliflower

### **Fruit Choices** *Choose One*

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- 1 green apple
  - 1 pear
  - 1 cup berries (strawberries, blueberries, raspberries, blackberries)

### **Example**

3 oz Chicken Thigh  
½ yellow pepper  
1 cup raw cauliflower

### **Example**

1 ounce raw walnuts  
6 baby carrots  
1 cup raspberries

## **Lunch** (3-4 hours after am snack) **and Dinner** (3-4 hours after Lunch)

### **Protein/Fat Choices** *Choose One*

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)
- 3-5 ounces beef (Grass Fed) or wild game
- Dark fish/meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

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## Salad Choices

- All lettuce except for Iceberg (It has no nutritional value)
- Celery
- Peppers
- Cucumbers
- Tomatoes

## Vegetable Choices *Choose One*

- ½ cup cooked or 1 cup raw cauliflower
- 1 cup zucchini / summer squash mix
- ½ cup sauteed or 1 cup raw kale
- ½ Bok Choy
- 1 Cup Broccoli Sprouts

## Fat Choices *Choose One*

- 1 tsp. Avocado Oil
- ¼ cup raw nuts

## Example

4 oz grilled chicken Breast

Over a large salad made up of Baby Spinach & Mixed Greens, cucumbers, broccoli sprouts

1 oz crushed pecans

Juice of 1 lemon and 1 Tbsp Avocado oil as dressing

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**Example**

4 oz. Wild Caught Sockeye Salmon

Over ½ cup cauliflower rice - see recipes

1 cup mixed sautéed Bok Choy, Onion, Garlic

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## Meal Plan—Week 4

**Breakfast** (Eat within 1 hour of waking, this starts your metabolism)  
(serving sizes, ladies, lower end, gents higher)

### Protein/Fat Choices

Choose One

- 3-4 Farm Fresh Eggs
- 4-6 Egg Whites
- 3-6 slices Uncured Bacon
- 4 oz. Pastured Uncured Sausage (In recipe Book!)
- 4-6 oz. of leftover meat from the night before
- 3-4 slices Applegate Farms turkey bacon

### Vegetable Choices

Choose One

- 1 cup raw or cooked broccoli
- 1 cup raw or sauteed kale
- 1 cup raw or sautéed spinach
- 1 cup steamed asparagus
- 1 cup red, yellow, or green peppers
- 1 cup rutabaga hash
- 1 cup peppers, onions, mushrooms

### Fruit Choices

Choose One

- 1 green apple
- ½ medium banana
- 1 cup berries (strawberries, blueberries, raspberries, blackberries)

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## Fat Choices

Choose One

- 1 tsp. Coconut Oil
- 1 tsp. Olive Oil
- 1/2 tsp. Ghee
- ¼ avocado
- ¼ cup raw nuts

## Example

*GREEN DRINK!*

1 cup kale, ½ banana, 3 strawberries, 1 cup water (blend/nutri bullet)

1 Homemade sausage Patties

3 Farm Fresh Eggs

¼ tsp. Ghee

**Snack #1** (3 hours after breakfast)

**and Snack #2** (3 hours after lunch if having a late dinner / or Omit)

## Protein/Fat Choices

Choose One

- 2 TBSP Natural, Raw Almond Butter
- ¼ cup Raw Nuts
- 3-4 hard boiled eggs
- 3-6 oz leftover meat from night before
- 3-6 oz turkey (dark or white) or chicken (dark or white)
- Dark meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

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## Vegetable Choices

Choose One

- Celery Sticks
- 6–7 Baby Carrots
- ½ sliced red, yellow, or green pepper
- 1 cup broccoli or cauliflower

## Fruit Choices

Choose One

- 1 green apple
- 1 pear
- 1 cup berries (strawberries, blueberries, raspberries, blackberries)

### Example

2 Tbsp Almond Butter

1 small green apple

### Example

¼ cup raw nuts

1 green pear

## Lunch (3-4 hours after am snack)

### Protein/Fat Choices

Choose One

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)
- 3-5 ounces beef (Grass Fed) or wild game



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- Dark fish/meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

### **Salad Choices**

- All lettuce except for Iceberg (It has no nutritional value)
- Celery
- Peppers
- Cucumbers
- Tomatoes
- Onions
- 1 Cup Broccoli Sprouts

### **Vegetable Choices**

*Choose One*

- ½ cup cooked or 1 cup raw cauliflower
- 1 cup zucchini / summer squash mix
- ½ cup sauteed or 1 cup raw kale
- ½ Bok Choy
- ½ cup or 4 oz cooked squash

### **Fat Choices**

*Choose One*

- 1 tsp. Olive Oil
- ¼ cup raw nuts
- ¼ avocado

### **Example # 1**

4 oz grilled chicken Breast

Over a large salad made up of Mixed Greens, broccoli sprouts

Avocado

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Juice of 1 lemon and 1 Tbsp Avocado oil as dressing

### **Example # 2**

5oz Chicken Breast

Squash Soup

## **Dinner** (3-4 hours after Lunch or 2nd Snack)

### **Protein/Fat Choices** *Choose One*

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)
- 3-5 ounces beef (Grass Fed) or wild game

### **Vegetable Choices** *Choose One*

- ½ cup cooked or 1 cup raw cauliflower
- 1 cup zucchini / summer squash mix
- ½ cup sauteed or 1 cup raw kale
- 1 Cup Broccoli Sprouts
- 1 cup cooked broccoli
- 1 cup sautéed spinach
- 1 cup steamed asparagus
- ½ cup or 4 oz cooked sweet potato

### **Fat Choices** *Choose One*

- 1 tsp. Avocado Oil
- ¼ cup raw nuts

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**Example**

6oz. Broiled Cod topped onions, tomato, lemon

1 cup asparagus topped with ½ tsp. olive oil

½ cup Cauliflower Rice

½ cup Sweet Potato

**Example**

2 Cup Shrimp Stir Fry

3oz. Shrimp (sauteed with )

2 Cups - (mix broccoli, cauliflower, onion, peppers, garlic, crushed red pepper)

1 TBSP Coconut Oil

1 Tbsp. Coconut Aminos

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## Notes

1. You can use 2 tsp of coconut aminos for cooking.
2. By now, you should be confident in mixing and matching your foods. Create! Have Fun Experimenting and don't forget to share your recipe on our support texts!
3. Consider adding supplements. Omega 3 and multivitamin supplement. While we try to get the nutrients we need from our food, we often fall a little short. It's important to supplement our diet with SUPPLEMENTS :)

## Best Supplements

To keep me at optimal health I consume 4 items daily-

**Click on the name of the product to order or learn more.**

1. [Coreplex](#) The multivitamin will help cover your bases to ensure you are getting enough of your vitamins and minerals.
2. [Omegaplex](#) The benefits of Omega 3's are endless. Not only do they assist in weight loss, but they alleviate joint pains, improve digestion and elimination, and keep the arteries of the heart nice and clean.
3. [Probiotic](#) Helps maintain balance of intestinal flora to support healthy digestion and intestinal function.. Enhances weight management, improves nutrient absorption and aids immune system support.
4. [Spark](#) Boost of mental clarity, focus and energy

If you have any questions or need any support reach out to [CoachPearla@gmail.com](mailto:CoachPearla@gmail.com) with your information and the best day and time to connect!



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## Meal Plan—Week 5

**Breakfast** (Eat within 1 hour of waking, this starts your metabolism)

(serving sizes, ladies, lower end, gents higher)

### Protein/Fat Choices

Choose One

- 3-4 Farm Fresh Eggs
- 4-6 Egg Whites
- AND...Choose One (Note: smaller portions)
- 2-3 slices Uncured Bacon
- 2 oz. Pastured Uncured Sausage (In recipe Book!)
- 2-4 oz. of leftover meat from the night before
- 2- 3 slices Applegate Farms turkey bacon

### Vegetable Choices

Choose One

- 1 cup cooked cauliflower
- 1 cup raw or sautéed spinach or broccoli or kale
- 1 cup steamed asparagus
- 1 cup red, yellow, or green peppers
- 1 cup rutabaga hash
- 1 cup peppers, onions, mushrooms
- ½ medium tomato
- Or 1 cup combination of any of the above. Ex. 1 cup peppers, tomato, and spinach in an omelet

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## Fat Choices

Choose One

- 1 tsp. Coconut Oil
- 1 tsp. Olive Oil
- 1/2 tsp. Ghee
- ¼ avocado
- ¼ cup raw nuts

## Example

4 egg whites

2 oz homemade pastured pork

1 cup combination of any of the above. Ex. 1 cup peppers, tomato, and spinach in an omelet

**Snack #1** (3 hours after breakfast)

**and Snack #2** (3 hours after lunch if having a late dinner / or Omit)

## Protein Choices

Choose One

- 2 TBSP Natural, Raw Almond Butter
- 1 oz Raw Almonds
- 1 oz Raw Walnuts
- 1 oz Macadamia nuts
- 1 oz Raw Pecans
- 3-4 hard boiled eggs
- 3-6 oz turkey (dark or white) or chicken (dark or white)
- Dark meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

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## Vegetable Choices

Choose One

- Celery Sticks
- 6–7 Baby Carrots
- ½ sliced red, yellow, or green pepper
- 1 cup broccoli or cauliflower

## Fruit Choices

Choose One

- 1 green apple
- 1 pear
- 1 cup berries (strawberries, blueberries, raspberries, blackberries)

### Example

2 Tbsp Almond Butter

Celery Sticks and 1 small green apple

### Example

3-4 hard boiled eggs

½ yellow pepper

1 cup blueberries

## Lunch (3-4 hours after am snack)

### Protein/Fat Choices

Choose One

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)



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- 3-5 ounces beef (Grass Fed) or wild game
  - Dark fish/meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

### **Salad Choices**

- Choice of Greens (No Iceberg)
- Endive
- Celery
- Peppers
- Cucumbers
- Tomatoes
- Onions
- 1 Cup Broccoli Sprouts

### **Vegetable Choices**

*Choose One*

- ½ cup cooked or 1 cup raw cauliflower
- 1 cup zucchini / summer squash mix
- ½ cup sauteed or 1 cup raw kale
- 1 Cup Broccoli Sprouts
- 1 cup cooked broccoli
- 1 cup sautéed spinach
- 1 cup steamed asparagus
- ½ cup or 4 oz cooked sweet potato

### **Dressing**

- Organic Apple Cider Vinegar or the Juice of one lemon
- ½ tsp. Organic Pizza Seasoning

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- 2 tsp Extra Virgin Olive Oil or Flaxseed Oil

## Spices

- Celtic Sea Salt
- Pepper
- Italian Seasonings, Organic Pizza Seasoning

## Example

3 oz grilled Salmon over

Large salad made up of mixed greens, endive, tomatoes, cucumbers

1 cup cauliflower rice

## Dinner (3-4 hours after Lunch or 2nd Snack)

### Protein/Fat Choices

Choose One

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)
- 3-5 ounces beef (Grass Fed) or wild game

### Vegetable Choices

Choose One

- ½ cup cooked or 1 cup raw cauliflower
- 1 cup zucchini / summer squash mix
- ½ cup sauteed or 1 cup raw kale
- 1 Cup Broccoli Sprouts
- 1 cup cooked broccoli
- 1 cup sautéed spinach
- 1 cup steamed asparagus

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- ½ cup or 4 oz cooked sweet potato

### **Fat Choices**

*Choose One*

- 1 tsp. Avocado Oil
- ¼ cup raw nuts

### **Example**

4 oz Grass Fed Meatballs

1 cup Zucchini Spaghetti

1 pureed plum tomato with 1 tbsp pizza seasoning

Sm Garden Salad

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## Meal Plan—Week 6

**Breakfast** (Eat within 1 hour of waking, this starts your metabolism)  
(serving sizes, ladies, lower end, gents higher)

### Protein/Fat Choices

*Choose One*

- 3-4 Farm Fresh Eggs
- 4-6 Egg Whites
- AND...Choose One (Note: smaller portions)
- 2-3 slices Uncured Bacon
- 2 oz. Pastured Uncured Sausage (In recipe Book!)
- 2-4 oz. of leftover meat from the night before
- 2- 3 slices Applegate Farms turkey bacon

### Vegetable Choices

*Choose One*

- 1 cup cooked cauliflower
- 1 cup raw or sautéed spinach or broccoli or kale
- 1 cup steamed asparagus
- 1 cup red, yellow, or green peppers
- 1 cup rutabaga hash
- 1 cup peppers, onions, mushrooms
- ½ medium tomato
- Or 1 cup combination of any of the above. Ex. 1 cup peppers, tomato, and spinach in an omelet

### Fat Choices

*Choose One*

- 1 tsp. Coconut Oil
- 1 tsp. Olive Oil

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- 1/2 tsp. Ghee
  - 1/4 avocado
  - 1/4 cup raw nuts

### **Example**

3 Farm fresh eggs

1 cup sauteed spinach

Green Drink

**Snack #1** (3 hours after breakfast)

**and Snack #2** (3 hours after lunch if having a late dinner / or Omit)

### **Protein Choices**

*Choose One*

- 2 TBSP Natural, Raw Almond Butter
- 1 oz Raw Almonds
- 1 oz Raw Walnuts
- 1 oz Macadamia nuts
- 1 oz Raw Pecans
- 3-4 hard boiled eggs
- 3-6 oz turkey (dark or white) or chicken (dark or white)
- Dark meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

### **Vegetable Choices**

*Choose One*

- Celery Sticks
- 6-7 Carrots Sticks
- 1/2 sliced red, yellow, or green pepper

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- 1 cup broccoli or cauliflower

### **Fruit Choices**

*Choose One*

- 1 green apple
- 1 pear
- 1 cup berries (strawberries, blueberries, raspberries, blackberries)

### **Example**

2 Tbsp Almond Butter in a *Green Drink*

### **Example**

3 oz Chicken

6-7 Carrots Sticks

## **Lunch** (3-4 hours after am snack)

### **Protein/Fat Choices**

*Choose One*

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)
- 3-5 ounces beef (Grass Fed) or wild game
- Dark fish/meat contains fat, therefore is higher in caloric value. Choose 3-5oz. of dark meat vs. 4-6 of white.)

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## Salad Choices

- Choice of Greens (No Iceberg)
- Endive
- Celery
- Peppers
- Cucumbers
- Tomatoes
- Onions
- 1 Cup Broccoli Sprouts

## Dressing

- Organic Apple Cider Vinegar or the Juice of one lemon
- ½ tsp. Organic Pizza Seasoning
- 2 tsp Extra Virgin Olive Oil or Flaxseed Oil

## Spices

- Celtic Sea Salt
- Pepper
- Italian Seasonings, Organic Pizza Seasoning

## Example

3 oz Leftover Meatballs over

Large salad made up of mixed greens, jicama, and tomatoes

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## **Dinner** (3-4 hours after Lunch or 2nd Snack)

### **Protein/Fat Choices** *Choose One*

- 4-6 ounces chicken (dark or white meat)
- 4-6 ounces turkey (dark or white meat)
- 4-6 ounces fish (dark or white fish)
- 3-5 ounces beef (Grass Fed) or wild game
- 3-5 ounces pastured pork loin

### **Vegetable Choices** *Choose One*

- ½ cup cooked or 1 cup raw cauliflower
- 1 cup zucchini / summer squash mix
- ½ cup sauteed or 1 cup raw kale
- 1 Cup Broccoli Sprouts
- 1 cup cooked broccoli
- 1 cup sautéed spinach
- 1 cup steamed asparagus
- ½ cup or 4 oz cooked sweet potato

### **Fat Choices** *Choose One*

1 tsp. Avocado Oil

¼ cup raw nuts

### **Example**

4oz Baked pastured pork loin

1 Cup Broccoli

½ roasted sweet potato



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## Notes

1. Be sure to have your last meal before 7 pm.
2. Drink 128 ounces of water daily.
3. All spices are ok.
5. Coconut Aminos can be used to flavor any meal
6. Supplements: 1 Protandim 2 Omega Capsules daily and 3 Multivitamin tablets daily

## Shopping List

### Meats and Poultry

We are very fortunate to have so many local farms. Shop and support them first. All of the store bought animal protein you choose should be hormone- and antibiotic-free, organic, and grass-fed.

Paying a little extra for high-quality meat will pay off for your health in the long run. Studies have consistently shown that grass-fed meats have a more beneficial fatty acid profile that is much better for your health.

### Nut Butter

Choose nut butters (e.g., almond, walnut, cashew, or macadamia nut) made from raw (not roasted) organic nuts. Sources include local health food stores and even supermarkets.

Make sure your nut butters contain NO additives (e.g., sugar, corn syrup, palm oil). Also, select organic when possible. Finally, opt for unroasted nuts if possible.

### Oil

For high-heat cooking, coconut oil is your best choice. It should be extra virgin certified organic, unrefined, without added chemicals (including hexane),

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unbleached, not deodorized, not hydrogenated, made from traditional coconut palms only (no GMO varieties), and cold-pressed (no heat used in the extraction process). Sources include local health food stores.

For medium-heat cooking (sautéing) and use straight from the bottle choose organic olive oil. It should be cold-pressed.

For Salads and Vegetables use Organic Extra Virgin Olive Oil, Avocado Oil, or Flaxseed Oil. All cold-pressed.

## **Sweetener**

Local Raw Unfiltered Honey.

Stevia - is an herb NOT an artificial sweetener. Many stevia formulations are available (e.g., liquid, powder, powder plus inulin fiber). The liquid extract is ideal for all beverages, and the powders are ideal for baking. Powders are suitable for use in hot liquid but may not dissolve in cold liquids. Read packages to determine which product is right for you and the correct amounts to use in recipes.