

SUNDAY: DAY 1

Breakfast: Eggs, peppers, bacon

Lunch: Big salad with leafy greens, avocado, cucumbers, tomatoes, feta with olive oil and balsamic vinegar. Add meat, fish or poultry for extra protein

Snack: Organic Yogurt with ½ cup mixed berries

Dinner: Grass-fed beef (any cut) with 2-3 different veggies cooked in olive oil and a small potato

TUESDAY: DAY 3

Breakfast: Coffee with coconut oil or grass-fed butter

Lunch: Quinoa salad with avocado, boiled eggs, seeds, and leafy greens drizzled with olive oil and vinegar

Snack: RX Bar

Dinner: Blackened cod or other fish with green beans and jasmine rice

Dessert: Handful of nuts with a small number of dried cherries

THURSDAY: DAY 5

Breakfast: Super Shake

Lunch: Arugula salad with chopped apples, walnuts, feta, peppers drizzled with olive oil and balsamic vinegar. Add meat, fish or poultry for extra protein

Snack: Guacamole with celery and carrot sticks

Dinner: Bacon burger with avocado, onion, lettuce, tomato and a side of veggies

Dessert: Mixed berries in heavy organic whipping cream

MONDAY: DAY 2

Breakfast: Super Shake

Lunch: Wild-caught fish with asparagus and broccoli

Snack: Veggies and hummus

Dinner: Chicken breast spiced as desired with sweet potatoes and cauliflower

Dessert: 2 pieces of dark chocolate and fruit

WED: DAY 4

Breakfast: Hard boiled eggs and apple

Lunch: Chicken or turkey in sprouted grain wrap, veggies, and goat cheese

Dinner: Chili

FRIDAY: DAY 6

Breakfast: Grass-fed whey protein shake with a side of almond butter

Lunch: Big salad with leafy greens, avocado, cucumbers, tomatoes, feta with olive oil and balsamic vinegar. Add meat, fish or poultry for extra protein

Dinner: Roast, potatoes, carrots, onions, garlic, and mushrooms

Dessert: Plain yogurt mixed with peanut butter and dark chocolate chips

SAT: DAY 7

Breakfast: Super Shake

Lunch: Slow cooker chicken with roasted broccoli and zucchini

Snack: RX Bar

Dinner: Grass-fed steak or Fish with sweet potato, beets, and squash