

## MEAL PLAN - WEEK ONE

## ABBREVIATIONS:

**EVOO**  
Extra-Virgin Olive Oil

**[NR]**  
No recipe

**[LO]**  
Leftovers

**[DB]**  
Double the recipe

**[MA]**  
Made Ahead

DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
1	<p>Warm Lemon Water (pg 12)</p> <p>Spiced Yogurt Bowl (pg 93)</p> <p>Nutritive Tea (pg 74)</p>	<p>Avocado Citrus Salad (pg 117)</p> <p>Ginger Lemon Tea (pg 74)</p>	<p>Sea Vegetable Soup with Cod (pg 62)</p> <p>Steamed broccoli and avocado (DB + NR)</p>	<p>Chicken with Fennel &amp; Red Cabbage (pg 104)</p>	<p>Healing Bone Broth (MA) (pg 40)</p> <p>Freeze ½ for week two</p>
2	<p>Warm Lemon Water (pg 12)</p> <p>Healing Bone Broth [LO] (pg 40)</p> <p>Fisherman's Breakfast (pg 83)</p>	<p>Turmeric Golden Milk Latte (pg 78)</p>	<p>Portabella Mushroom Sandwich (pg 116)</p> <p>Side of sauerkraut or pickles</p> <p>Nutritive Tea (pg 74)</p>	<p>Chicken with Fennel &amp; Red Cabbage (LO) (pg 104)</p> <p>Forbidden Rice Bowl (pg 120)</p>	<p>Ginger Lemon Tea (pg 75)</p> <p>Hemp Halva Bites (MA) (pg 125)</p>
3	<p>Warm Lemon Water (pg 12)</p> <p>Nutritive Tea</p> <p>Breakfast toast with avocado, pesto, and sprouts (NR)</p> <p>Add chicken (LO) or sardines</p>	<p>Mushroom Cacao Latte (pg 78)</p>	<p>Forbidden Rice Bowl (LO) (pg 120)</p> <p>Simple Tahini Sauce, sauerkraut, and steamed broccoli (LO) (pg 38)</p>	<p>Lemony Quinoa &amp; Vegetable Stir-Fry with shrimp or chicken (pg 107)</p>	<p>Red clover tea</p> <p>Hemp Halvah Bites (pg 125)</p>

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DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
4	<p>Warm Lemon Water (pg 12)</p> <p>Green Smoothie (pg 92)</p> <p>Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)</p>	<p>Healing Bone Broth (LO) (pg 40)</p> <p>Chocolate-Covered Brazil Nuts (pg 128)</p>	<p>Quinoa-Stuffed avocado (Quinoa LO+NR) (pg 107)</p> <p>Side of sauerkraut or pickles (NR)</p> <p>Nutritive Tea (pg 74)</p>	<p>Coconut Cardamom Beef and Lentil Stew (pg 100)</p> <p>Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)</p>	<p>Cinnamon ginger tea with lemon and honey</p>
5	<p>Warm Lemon Water (pg 12)</p> <p>Sweet Potato with Pumpkin Seed Halvah Drizzle (pg 91)</p> <p>Nutritive Tea (pg 74)</p>	<p>Turmeric Golden Milk Latte (pg 78)</p>	<p>Coconut Cardamom Beef &amp; Lentil Stew (LO) (pg 100)</p> <p>Side salad: watercress, sauerkraut, EVOO, lemon, and salt. (NR)</p>	<p>Carrot Ginger Soup (pg 68)</p> <p>Steamed broccoli and avocado (NR)</p>	<p>Dandelion tea (MA) (pg 76)</p> <p>Coconut kefir chia pudding (NR)</p>
6	<p>Warm Lemon Water (pg 12)</p> <p>Fisherman's Breakfast (pg 83)</p> <p>Healing Bone Broth (LO) (40)</p>	<p>Coconut Kefir Chia Pudding (LO)</p> <p>Nutritive Tea (pg 74)</p>	<p>Carrot Ginger Soup (LO) (pg 68)</p> <p>Steamed Cauliflower with Simple Tahini Sauce (MA)</p>	<p>Wild Rice &amp; Black Lentil Dahl (pg 65)</p> <p>Side salad: watercress, sauerkraut, EVOO, lemon, and salt. (NR)</p>	<p>Turmeric Golden Milk Latte (pg 78)</p>
7	<p>Warm Lemon Water (pg 12)</p> <p>Green Smoothie (Coconut yogurt) (MA) (pg 92)</p> <p>Gluten-free toast with pumpkin butter (NR)</p>	<p>Nutritive Tea (pg 74)</p> <p>Chocolate-Covered Brazil Nuts (LO) (pg 128)</p>	<p>Wild Rice &amp; Black Lentil Dahl (LO)(pg 65)</p> <p>Steamed broccoli with lemon and EVOO (NR)</p> <p>Sauerkraut</p>	<p>Surf 'N' Turf (pg 112)</p> <p>Roasted asparagus (NR)</p>	<p>Healing Bone Broth (LO) (pg 40)</p>

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8	<p>Warm Lemon Water (pg 12)</p> <p>Fisherman's Breakfast (pg 83)</p> <p>Healing Bone Broth (LO) (pg 40)</p>	<p>Avocado Citrus Salad (pg 117)</p> <p>Nutritive Tea (pg 74)</p>	<p>Salmon Salad Nori Wraps (pg 96)</p> <p>With side of Sauerkraut</p>	<p>Spaghetti Squash with Pesto (NR)</p> <p>Artichoke and Olive Tapenade (MA) (pg 48)</p>	<p>Ginger Lemon Tea (pg 75)</p> <p>Hemp Halva Bites (pg 125)</p>
9	<p>Warm Lemon Water (pg 12)</p> <p>Green Smoothie (pg 92)</p> <p>Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)</p>	<p>Nutritive Tea (pg 74)</p>	<p>Forbidden Rice Salad (pg 120)</p> <p>Sauteed Kale (NR)</p> <p>Tahini Sauce (pg 38)</p>	<p>Sea Vegetable Soup with Cod (DB) (pg 62)</p>	<p>Healing Bone Broth (pg 40)</p>
10	<p>Warm Lemon Water (pg 12)</p> <p>Forbidden Rice Salad with Avocado &amp; Broccoli Sprouts (LO) (120)</p> <p>Nutritive Tea (pg 74)</p>	<p>Spirulina Latte (pg 79)</p>	<p>Sea Vegetable Soup with Cod (LO) (pg 62)</p> <p>GF Toast with Ghee and Sauerkraut (NR)</p>	<p>Chicken with Fennel and Red Cabbage (pg 104)</p>	<p>Chamomile Mint Latte (pg 79)</p>

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DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
11	<p>Warm Lemon Water (pg 12)</p> <p>Spiced Yogurt Bowl (pg 93)</p> <p>Mushroom Cacao Latte (pg 78)</p>	<p>Hemp Halvah Bites (LO) (pg 125)</p> <p>Nutritive Tea (pg 74)</p>	<p>Sweet Potato, Avocado &amp; Pesto Sandwich (pg 109)</p> <p>Side salad arugula with EVOO and lemon (NR)</p>	<p>Chicken with Fennel &amp; Red Cabbage (LO) (pg 104)</p>	<p>Healing Bone Broth (LO) (pg 40)</p>
12	<p>Warm Lemon Water (pg 12)</p> <p>Green Smoothie (pg 92)</p> <p>Nutritive Tea (pg 74)</p>	<p>Spirulina Latte (pg 79)</p>	<p>Smoked Salmon &amp; Avocado Toasties (NR)</p>	<p>Coconut Cardamom Beef &amp; Red Lentil Stew (pg 100) over arugula</p>	<p>Turmeric Golden Milk Latte (pg 78)</p>
13	<p>Warm Lemon Water (pg 12)</p> <p>Coconut Cardamom Beef &amp; Lentil Stew (LO) over arugula (pg 100)</p>	<p>Chocolate-Covered Brazil Nuts (LO) (pg 128)</p>	<p>Portabella Mushroom Sandwich (pg 116)</p>	<p>Surf 'N' Turf (LO) (pg 112)</p>	<p>Hemp Halvah Bites (LO) (pg 125)</p>
14	<p>Warm Lemon Water (pg 12)</p> <p>Sweet Potato with Pumpkin Seed Halvah Drizzle (pg 91)</p> <p>Healing Bone Broth (pg 40)</p>	<p>Nutritive Tea (pg 74)</p>	<p>Salmon Salad Nori Wraps with sauerkraut (pg 96)</p>	<p>Creamy Cauliflower Soup (pg 58)</p> <p>Savory Sweet Potato Herb Muffins (LO) (pg 89)</p> <p>Side salad: arugula, EVOO, &amp; lemon (NR)</p>	<p>Ginger Lemon Tea (pg 75)</p>