THE 21ST CENTURY NUTRITIONAL BLUEPRINT

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THE 21ST CENTURY NUTRITIONAL BLUEPRINT

Most Americans need to make a number of dietary changes in order to prevent and reverse disease. There are 3 key categories for this blueprint, regardless of one's age, genetic background, or medical history, and are broken down by food group: fats, protein, and carbohydrates. This is meant to be a blueprint that outlines key concepts to build a foundation for understanding healthy nutrition. It is not all-encompassing and there is greater specificity to understand in most of the content found here.

THE 3 FOUNDATIONAL CONCEPTS

Fat – It is important to understand the difference between healthy fats and unhealthy fats. We want to eat more healthy fats and reduce/eliminate all unhealthy fats.

Protein – We need to understand the difference between organically, pasture-raised animals and conventionally-raised animals. We do not want to compromise when it comes to the animal proteins that we consume. We want to invest the majority of food dollars to make sure that our animal products come from a clean source.

Carbohydrates – Understanding the difference between whole carbohydrates and refined carbohydrates is a crucial concept. The majority of our carbohydrate intake needs to come from vegetables, low-sugar fruits, low-glycemic/complex carbohydrates, and we want to strive to eliminate refined grains and sugars.

LET'S BEGIN...

FATS

Helpful tip: Eat more fat!
Eating more healthy fats will keep you full longer and prevent you from snacking on unwanted empty calories.

The number one missing ingredient in the Standard American Diet (SAD from now on) is not a vitamin or mineral. It is without a doubt; **GOOD FAT**. We want to eat good fats with every meal because they are essential to hormone production, cancer prevention, regulating metabolism, burning fat for energy, brain development, weight loss, cellular healing and fighting inflammation. Bad fats have been linked to cellular damage, cancer, heart disease, neurotoxicity, and chronic inflammation. Inflammation has been established as the underlying cause of almost all degenerative disease (heart disease, cancer, diabetes) in America. Healthy fat consumption is also essential for proper weight management. Healthy fats help keep us full longer and prevent us from snacking and overeating. Many healthy fats come from foods that also contain a healthy source of protein, so fats tend to be very nutrient-dense. The term nutrient-dense means that you get lots of vitamins, minerals, amino acids, and other nutrients in a small serving so you get a lot of "bang for your buck".

FATTY ACID RATIO:

Our bodies thrive best in an environment where there is a certain ratio of omega-6 to omega-3 polyunsaturated fatty acids. Ideally we want to have a 2:1 ratio of omega-6 fatty acids to omega-3 fatty acids, but most scientists agree that a 4:1 ratio is acceptable. The Nutritional Blueprint creates an ideal fatty acid ratio within our bodies. Unfortunately, the average American has a ratio close to 20:1, omega-6 to omega-3 fatty acids. This massive overabundance of omega-6 fatty acids and a major shortage of omega-3 fatty acids create chronic, systemic inflammation in our bodies which affects everything from our joints to our cardiovascular system. Chronic inflammation drives joint pain, muscle pain, cellular congestion, arthritis, cardiovascular problems, and a host of other conditions.

Helpful tip: Got joint pain?

If you have joint pain in more than one joint, there is a very high likelihood that you are suffering from excessive, chronic inflammation. Fix your fatty acid ratio to reduce joint inflammation and watch yourself regain comfort and mobility.

HOW DID THE FATTY ACID RATIO IN OUR BODIES GET SO OUT OF BALANCE?

When animals that would naturally eat grass are fed grain (corn and soy most commonly), their fatty acid ratios are altered, becoming bad fats that are extremely high in omega-6 fatty acids. Any good cattle farmer knows that cows can't live more than one year if they eat a diet high in corn and soy (omega-6 fatty acids). They were designed to eat grass (which turns to omega-3 fatty acids), but grass-fed beef takes two to three times longer to mature than conventional, grain-fed beef. Therefore, it is more profitable for a cattle farmer to raise more cows conventionally and send them to slaughter faster, than to wait for grass-fed cows to reach their full size. This is standard practice even though the conventionally-raised cattle become so sick that they are forced to live on antibiotics. So that has become the business model; fatten them up with corn and soy for as little money as possible, medicate them, and then slaughter them before they become too sick for human consumption.

Grass-fed and pasture-raised meats on the other hand, provide many of the fatty acids that are missing in the Standard American Diet (arachidonic acid, conjugated linoleic acid and omega-3 fatty acids), which your body actually needs to burn fat, to decrease inflammation, and to prevent heart disease and cancer. These cows are much happier, healthier, and do not require any medications. Research is just being done on how differently this type of beef impacts our health versus conventionally-raised beef.

The other culprit that is destroying our normal fatty acid ratio and creating inflammatory diseases in our bodies is processed vegetable oil. Vegetable oils are found in 99.9% of processed foods, snack foods (chips, pretzels, crackers, etc.), restaurants, and we've been taught to use the wrong ones in our cooking. A complete list of unhealthy vegetable oils can be found in this section.

HEALTHY FATS

1. RAW NUTS & SEEDS

Almonds, cashews, pecans, pine nuts, macadamia nuts, walnuts, pistachios, flaxseeds, hemp seeds, sesame seeds, sunflower seeds. Raw nut and seed butters (almond butter, macadamia butter, cashew butter, and raw tahini) are great options as well.

What is sprouting?

Raw nuts and seeds are most healthy when they are raw, sprouted (soaked in water overnight), and dehydrated. The process of soaking in water and dehydrating removes lectins, which are carbohydrate-binding proteins. Lectins are present in all plant foods, but are found in highest concentration in nuts, seeds, and grains. If these foods are consumed without first being soaked, they can lead to a number of digestive problems (particularly in the small intestine).

2. OLIVE, AVOCADO & COCONUT PRODUCTS

Olives and avocados are super foods that contain monounsaturated fats (omega-9) and are exceptionally healthy for us. They help to fight inflammation, contain lots of minerals, and help support a healthy metabolism. Coconut fat is another super food that can be found in a number of forms (full-fat milk, oil, butter, flakes, flour, spreads). Coconut fat is a saturated fat that contains lauric acid and many other micronutrients that provide health benefits. Coconut is also highly effective in weight management.

3. ANIMAL PROTEINS WITH GOOD FATS

100% Grass-fed/finished red meat contains good fats in the ideal ratio for consumption. They have a relatively high concentration of omega-3 fats and improve our overall fatty acid profile (omega-3, 6, and 9 ratio). Wild game would fit into this category as well.

4. POULTRY/EGGS

Chickens that are 100% pasture-raised, foraging on insects and grass is the gold-standard. Organic is the minimum standard that you want. Pastured eggs/poultry are high in omega-3 fatty acids and have an excellent overall healthy fatty acid profile.

5. FISH

Seafood is well-known to be one of the best sources of omega-3 fatty acids and a mainstay in any anti-inflammatory diet. One-hundred percent wild-caught, cold water fish are best. Some great examples are: salmon, mahi-mahi, mackerel, halibut, cod, swordfish, tuna, sardines, and anchovies. The key is to be wild-caught, NOT farm-raised. Shellfish can be decent options in moderation, but again stay away from farm-raised as a general rule. Crab, scallops, mussels, etc. can be enjoyed in moderation. Shrimp is typically farm-raised and toxic, and should only be eaten if it's wild-caught.

6. FULL FAT DAIRY PRODUCTS

Full fat, organic dairy is a bare minimum if you choose to consume dairy products. The ideal dairy product is going to be non-homogenized, non-pasteurized (raw), and derived from 100% grass-fed cows. Omega-3 fatty acids, conjugated linoleic acid, and nutrient-rich saturated fats can be found in dairy products from grass-fed cows. Reduced-fat dairy products contain a higher percentage of sugar, because when fat is removed the sugar content becomes more concentrated. The healthiest dairy options are: full-fat raw milk, full-fat plain yogurt, butter, ghee (clarified butter), cream, raw cheeses, and kefir (always 100% grass-fed and organic).

7. HEALTHY OILS

As a general rule, you want to avoid heating healthy fats at too high of a temperature. The concern is that once they start smoking (smoke point), they start to become damaged or rancid, and they are no longer healthy. When fats are heated past their smoke point they start to break down and release free radicals and a substance called acrolein; the chemical that gives burnt foods their pungent flavor and aroma.

-Healthy oils that are acceptable for heat are: coconut oil, avocado oil (best for high heat), grape seed oil, sesame oil, and olive oil are best for medium heat or lower.

-Healthy oils best not to heat are: walnut, flaxseed, and hemp seed oil. These oils are best used for sauces and dressings.

***Keep in mind that ALL oils mentioned above are healthy if consumed raw (unheated).**

DAMAGED FATS TO ELIMINATE

1. Hydrogenated and Partially Hydrogenated Oil

2. Heated/rancid/GMO vegetable oils (corn oil, canola oil, cottonseed oil, soybean oil, safflower oil, and sunflower oil)

3. Trans Fats (margarine, synthetic butters, and shortening)

4. Conventionally-raised animal fats, fats from farm-raised fish

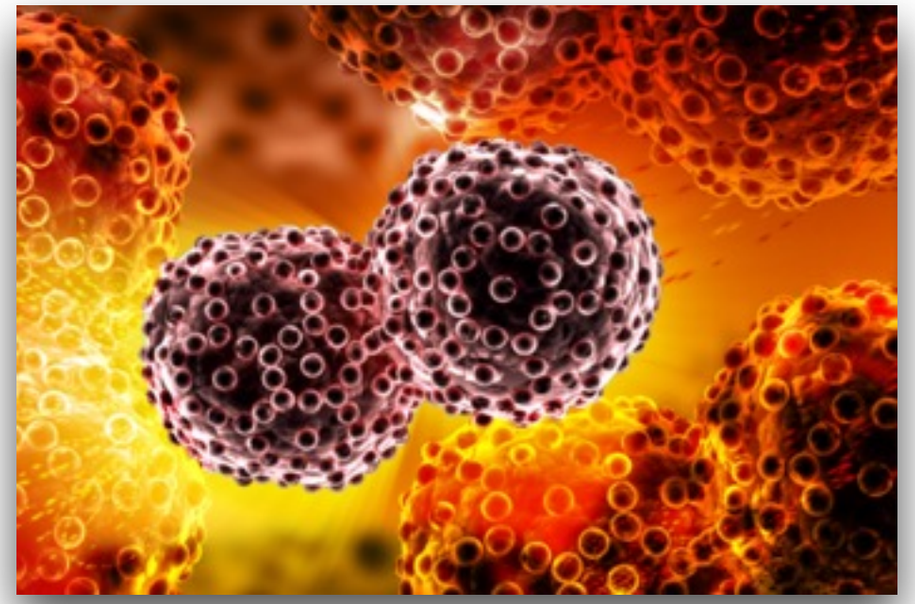
HEALTHY FAT SUPPLEMENTATION

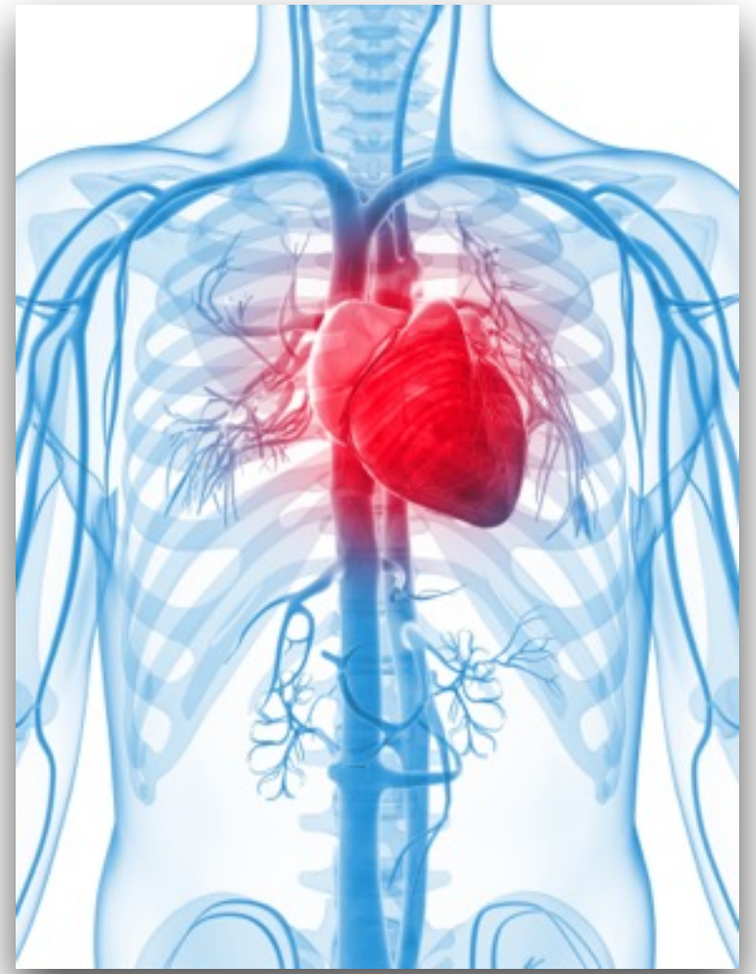
Why take fatty acid supplements? Fat is America's number one missing ingredient. You need plenty of good fats in the healthy ratios your body uses for proper function. It can be challenging to get the proper amounts and ratios of fats in your diet for optimal health. Supplementing with healthy fats can be a very good option to improve your health, especially when you are just starting to change your diet.

What should I take? If you're eating a Standard American Diet that consists of the wrong fats, your fatty acid ratio is deficient in omega-3 fats. However, beware of potential problems associated with omega-3 supplementation. Remember that we want to strive for a 2:1 ratio of omega-6 fatty acids to omega-3 fatty acids. This fine balance of polyunsaturated fatty acids can be confusing to understand. If you take too many omega-3 fatty acids that can be problematic, or if you take poor quality omega-3 supplements, then you will not be improving your health. The best way to figure out what fatty acid supplements you should take is by recording a food diary for two weeks and then seeing which fatty acids you are lacking. The best omega-3 supplements will not only give your body the right fatty acids, but also will come from high quality sources that have been molecularly-filtered for optimum purity. Talk to your wellness physician (chiropractor, acupuncturist, naturopath, etc.) about which brands and which fatty acids are right for you.

PROTEIN

Countless studies link commercial meats with cancer and heart disease. Researchers blame heart disease, gastro-intestinal disease, and many other illnesses to the consumption of meat. The problem with all of this research is that it is all based on humans consuming commercial meats, which are incredibly different than pastured/organically-raised meats. In contrast, pastured/organically- raised meats provide nutrients, fatty acids, and amino acids that are essential for good health. Many cultures around the world, along with our own ancestors have survived on pastured/organically-raised meats without experiencing cancer or heart disease in the proportions we do in North America. To avoid and/or reduce the toxic burden of harmful nutrients in your body, purchase organic and 100% grass-fed meats. (See next page for further explanation)





TOXIC BIOACCUMULATION

This concept is something that is relatively new when we discuss diet and nutrition. As humans we are at the top of the food chain, and whatever toxins and chemicals enter the food chain, end up working their way into our bodies. When a potentially toxic and non-biodegradable substance, such as a pesticide or herbicide, is released into the environment, its concentration may be so low that it causes no obvious damage. It may move into plants at the same low concentration in which it exists in water or soil.

However, an herbivore (a plant-eating animal), must eat about 10 grams of living matter to make 1 gram of itself. So herbivores will on average take in as much of the potentially toxic substance as was found in 10 individual plants. A carnivore (a meat-eating animal), will accumulate the toxin to a concentration about 10x that found in an herbivore, or 100x that found in individual soils and plants. Animals at the top of the food chain may contain toxic compounds in the most damaging concentration of all, even though the concentration in the environment or in other species may be too low to cause harm.

WHAT IS THE DIFFERENCE BETWEEN NATURAL, ORGANIC AND GRASS-FED?

Often the words “organic”, “natural”, “grass-fed”, “hormone-free”, etc. are used to describe the animal products that we consume. The simplest rule to understand is that there are levels of “healthy” when it comes to animal products. The baseline that you want is organic. Organic means that there were never any hormones, pesticides, herbicides, antibiotics, or genetically modified ingredients knowingly given to the animal or its food during production. Keep in mind that “organic” does not mean that the animal was fed grass. It simply means that it was fed organic corn, soy, or other grains (which do not create a good fatty acid profile in the animal) and probably some grass. Ideally, we want to see the terms “100% pasture-raised” or “100% grass-fed” in addition to the term organic, because these terms tell us that the animal will have a healthy fatty acid profile from eating grass. The best animal products will fit the description of organic, 100% pasture-raised or100% grass-fed, and be from a local farm that you can see for yourself. Unfortunately the terms “hormone-free”, “naturally-raised”, “natural”, etc. do not mean anything anymore.

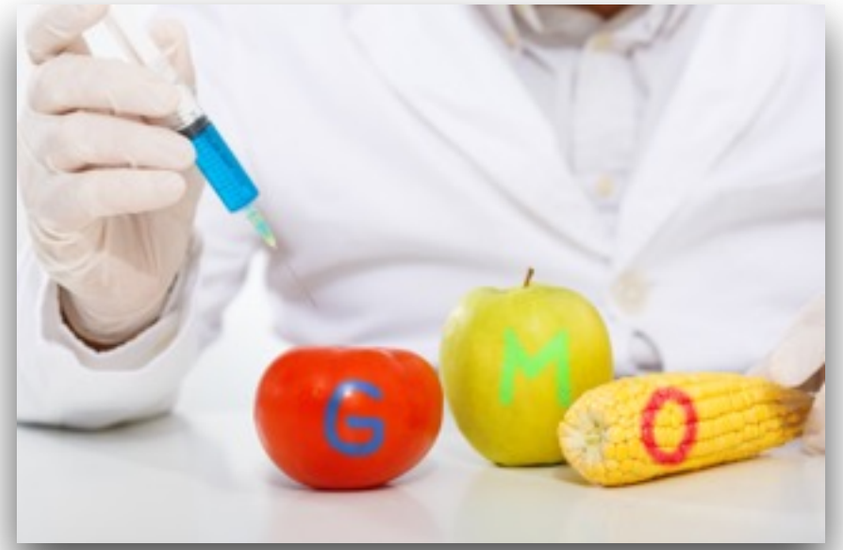
WHAT IS A GENETICALLY MODIFIED ORGANISM AND IS IT HEALTHY TO EAT?

A **GMO** (genetically modified organism) is the result of a laboratory process where genes from the DNA of one species are extracted and artificially forced into the genes of an unrelated plant or animal. The foreign genes may come from bacteria, viruses, insects, animals or even humans. Because this involves the transfer of genes, GMOs are also known as "transgenic" organisms. This process may be called either Genetic Engineering (GE) or Genetic Modification (GM); they are one and the same. There are a lot of unknowns when it comes to how GMO's affect our long-term health. Studies in rats show that GMO's contribute to tumor formation and cancer growth. These studies reveal that the time it takes a rat to develop cancer is roughly 30-40 human years. This is significant because of the massive rates of cancer among the young people in our population. The most common GMO that Americans consume is "round-up ready" corn. This is corn that has the pesticide "glyphosate" inserted into its genes. Glyphosate is the active ingredient in Round-up weed killer.

http://www.responsibletechnology.org/gmo-education

Helpful tip:

The most commonly genetically modified foods in America that we need to be aware of are: corn, soy, canola, and sugar (from sugar beets). There are many more coming, but if your food contains any of these ingredients it must be labeled "organic" or "Non-GMO project" verified to be sure that it doesn't contain GMO's.



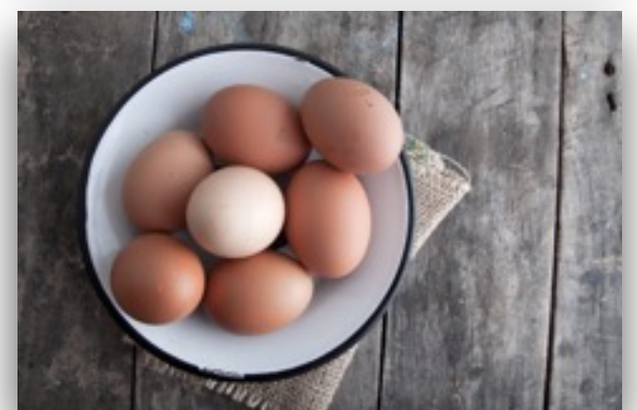
GOOD PROTEINS FOR THE NUTRITIONAL BLUEPRINT

Helpful tip: High quality proteins and fats are often found within the same foods. Many of the same foods that are considered healthy fats are also healthy proteins

1. Animal proteins- Grass-fed meat (beef, lamb), wild game (venison, wild boar) contain good fats in the ideal ratio for consumption. Choose organic, 100% grass-fed, free-range, and hormone-free animal sources.

2. Wild-caught Fish -Best are cold water fish (salmon, cod, mackerel, halibut), from the cleanest waters (Pacific and Alaskan oceans), and those that are lowest on the food chain (sardines, anchovies). Other good options are: mahi-mahi, flounder, striped bass, haddock, and tuna. A more thorough list that is unique to your region can be found here seafoodwatch.org.

3. Eggs -From hens that are organic, free-range, hormone-free, antibiotic-free, and fed no animal by-products. Ideally the hens consume grass and insects (pasture-raised locally).



GOOD PROTEINS CONTINUED...

4. Poultry - Organic, "pasture-raised", hormone-free, antibiotic-free poultry (chicken, turkey)

5. Sprouted raw nuts & seeds - These are an excellent source of protein and substitute for meat products. Almonds, cashews, pecans, pine nuts, macadamia nuts, walnuts, sesame seeds, sunflower seeds, flaxseeds, hemp seeds, chia seeds, and others. See page **9** for information on how to make "sprouted" nuts and seeds.

6. Dairy Products - These are an excellent source of protein and substitute for meat products. Remember dairy is healthiest when it is unpasteurized (raw), non-homogenized, and comes from 100% grass-fed, organic cows. 100% grass-fed whey protein, cheese, and yogurt are great sources of protein.

Helpful tip: Have some protein with every meal, and most importantly when your body needs it most (toward the end of the day and within 30-45 minutes of exercise).

UNHEALTHY PROTEINS TO ELIMINATE FROM THE NUTRITIONAL BLUEPRINT:

1. Grain-fed red meats (beef, lamb)
2. Conventionally-raised pork (highly acidic and large toxic load)
3. Conventionally-raised poultry (chicken, turkey)
4. Farm-raised fish (these fish are not fed their natural diet and the practice is harmful to the environment)
5. Farm-raised shellfish (majority are toxic and harmful to the environment)
6. Processed soy products (tofu, soy nuts, soy milk, soy formula)
7. Commercial Whey protein (hydrolyzed, treated with heat, and from conventionally-raised cows)
8. Roasted nuts and seeds (highly acidic, loss of nutrients, heat turns natural oils rancid, roasted in unhealthy oils)
9. Pasteurized and homogenized dairy products

HEALTHY PROTEIN SUPPLEMENTATION

The problem: Clean, high-quality protein can be hard to obtain.

The solution: Organic grass-fed whey protein powder supplement. Protein provides the building blocks for hormones and neurotransmitters. Cool-processed, grass-fed whey is a fantastic source of protein. It is bioavailable, raises levels of the antioxidant glutathione, and helps to bind and pull heavy metals out of the body. Be careful of hydrolyzed and heat-processed whey proteins, which make up the majority of whey protein supplements on the market. These are harmful and do not contain the same benefits. Because their amino acids have been denatured through heat processing, they become virtually useless and potentially harmful in the body. Plant-based protein powders can be good options as well such as: hemp protein, brown rice protein, and pea protein.

3. CARBOHYDRATES

Two important concepts to understand when it comes to carbohydrates:

1. **Blood sugar response -** refined carbohydrates have an immediate response on our blood sugar handling system (pancreas, liver) and are the main cause of diabetes.

2. **Systemic Inflammation -** grain-based carbohydrates tend to be high in inflammatory omega-6 fatty acids and contribute to the poor fatty acid profile that most Americans possess.

There is much confusion surrounding "**good**" and "**bad**" carbohydrates which we will discuss shortly. The main points to understand are that we want to keep systemic (whole body) inflammation as low as possible and to try to minimize blood sugar spikes and crashes as much as possible. These two factors are the major drivers behind the majority of 21st century diseases including: diabetes, heart disease, cancer, autoimmune disease, and many others.

Are vegetables carbs? - Vegetables are considered carbohydrates and are by far the healthiest carbohydrate option available. Understand that we always want the bulk of our carbohydrate intake to be vegetables because they are extremely nutrient-dense and have little to no effect on our blood sugar.

Carbohydrates such as: fruits, vegetables, and grains are energy-producing foods. The higher a carbohydrate is on the glycemic index, the quicker it turns into sugar. A useful analogy is to picture carbohydrates like first gear when driving a manual shift car. They quickly turn to sugar in our bloodstream and produce energy. But, they also burn quickly and cause us to "crash" shortly after eating them. Our bodies maintain "glycogen" stores, which are stores of carbohydrates in our muscles and in our liver. Any excess carbohydrates that we consume will be converted to fat and stored for later energy use. This is why so many "low-carb" diets exist for weight loss. When you decrease your intake of carbohydrate-rich foods like rice, pasta, bread, etc., your body doesn't have those extra calories to store as fat.

Fats and proteins take much longer for our bodies to digest and have a minimal effect on our blood sugar. Therefore it makes sense to gravitate towards the lower glycemic (blood sugar spiking) foods so that we don't crash after consuming them. Another great strategy to avoid volatility of our blood sugar is to combine the right foods. Unless our blood sugar is extremely low (after intense exercise), then we want to avoid consuming high-glycemic carbohydrates by themselves. It is much better to combine most carbohydrates with healthy fats and proteins to minimize the blood sugar spike. When we consume high-glycemic carbohydrates and then don't use them, we store them as fat. Like fats and proteins, we should do our best to avoid all GMO carbohydrates in our diets. So look for the terms "organic" or 'Non-GMO" whenever possible.

"Hidden Sugar" - According to reports, the number one source of sugar for the vast majority of Americans is soft drinks; followed by processed foods like pizza, sauces, breads, soups, cereal bars, crackers, fruit drinks, canned foods, yogurt, ketchup and mayonnaise. You will be shocked once you start to read the nutritional labels of common foods. Today, Americans consume an average of 120 pounds of sugar per year per person, compared to 5 pounds per year per family in the early 1900's. Most of this sugar is "hidden" in the form of processed flours, corn syrup, fructose, maltose, and many other alternative names for sugar. Don't forget that the majority of "sugar" you see on food labels is from GMO sugar beets, not sugarcane!

SUGAR CONTINUED...

Remember that refined carbohydrates such as flour, bread and rice, turn into sugar (glucose) almost immediately after putting them in your mouth and your saliva starts breaking them down. Don't be fooled by these foods. They still act like sugar even if they don't taste sweet, because they are broken down into sugar (glucose) so quickly. This is the main driver behind diabetes. People think that if they stop eating candy bars and ice cream than they cut out all sugar from their diet. They must consider that bread, oatmeal, rice, chips, and pretzels all act upon the body very similarly to cane sugar or high fructose corn syrup.

Sugar is also an "anti-nutrient." Not only is it void of any significant amount of vitamins and minerals, it actually robs your body of precious nutrient stores. The herb stevia is the preferred alternative sweetener, while non-gmo xylitol is also an option. While alternatives like honey, maple syrup, and coconut sugar are way better options, they still need to be consumed in small amounts.

HEALTHY CARBOHYDRATES FOR THE BLUEPRINT

1. GRAIN-FREE CARBOHYDRATE REPLACEMENT FLOURS:

Flaxseed, almond, coconut, garbanzo bean

2. HIGH-FIBER/LOW-GLYCEMIC CARBOHYDRATES:

High in fiber, these are always our best carbohydrate choices, any time of the day.

Vegetables/herbs – Arugula, Asparagus, Bamboo shoots, Bean sprouts, Bell peppers (red, yellow, green), Broad beans, Broccoli, Brussels sprouts, Cabbage, Cassava, Cauliflower, Chives, Celery, Coriander, Collard greens, Cucumber, Eggplant, Endive, Fennel, Garlic, Ginger root, Green beans, Hearts of Palm, Jicama (raw), Jalapeño peppers, Kale, Kohlrabi, Lettuce, Mushrooms, Parsley, Mustard greens, Onions, Radishes, Radicchio, Snap beans, Snow peas, Shallots, Spinach, Spaghetti squash, Summer squash, Swiss chard, Tomatoes, Turnip greens, Watercress, Zucchini.

Fruits - Berries (Blackberries, Blueberries, Boysenberries, Elderberries, Gooseberries, Loganberries, Raspberries, Strawberries), Lemons, Limes, Granny smith apples.

3. MODERATE-FIBER/MODERATE-GLYCEMIC CARBOHYDRATES:

Reduce consumption of these carbohydrates after lunch.

Vegetables/Legumes: Leeks, Lima Beans, Okra, Pumpkin, Sweet Potato or Yam, Turnip, Artichokes, Squash (acorn, butternut, winter), Pumpkin, Sweet Potato or Yam, Adzuki Beans, Black Beans, Chick Peas (garbanzo), Cowpeas, French Beans, Great Northern Beans, Kidney Beans, Lentils, Mung Beans, Navy Beans, Pinto Beans, Split Peas, White Beans, Yellow Beans

Grains: Barley, Brown Rice, Buckwheat (kasha), Bulgar (tabouli), Millet, Rye, Steel Cut Oats, Semolina, Tapioca, Sprouted Whole Grain Breads, Ezekiel 4:9® Bread, 100% Whole Grain Cooked Cereals & Crackers. Whether or not you are trying to lose weight, healthy grains are best used as an energy source when consumed early in the day.

Fruits: Cherries, Pear, Apricot, Melons, Orange, Peach, Plum, Grapefruit, Prunes, Apples, Kiwi, Lemons, Limes, Nectarines, Tangerines, Passion Fruit, Persimmons, Pomegranates

4. LOW-FIBER/HIGH-GLYCEMIC CARBOHYDRATES:

Eat these carbs less often and combine them with other foods to avoid blood sugar spiking. Avoid them completely if weight loss is a concern.

Fruits: Banana, Pineapple, Grapes, Watermelon, Mango, Papaya, Dates, Fruit juice

Vegetables, Tubers, and Grains: Carrots, Corn, Potatoes, Beets. Be cautious with vegetables that are grown underground. They tend to be higher in starchy carbohydrates and will alter insulin levels.

THE 21ST CENTURY NUTRITIONAL BLUEPRINT MENU IDEAS

Starting on a new program can be confusing and overwhelming at first, so here is a sample seven-day menu plan to help you get started. This is meant to be a guide. You can customize your meal plan to suit your own needs and taste. These are simple, straightforward, and most do not require a recipe. However, we encourage you to use the recipes available by your wellness physician to add more variety and zest to your meals.

	Breakfast	Lunch	Snack (optional)	Dinner
Day 1	Smoothie- coconut milk, blueberries, spinach, whey protein	Mixed-green and Tuna fish salad	Raw veggies with guacamole	Baked Halibut with roasted broccoli and cauliflower
Day 2	Sautéed veggies with eggs in coconut oil	Leftover Halibut and mixed greens salad. Add nuts/seeds	Organic crackers and veggies with hummus	Grilled steak with sweet potatoes and green beans
Day 3	Veggie omelet (in coconut oil) with sprouted wheat toast and kerry-gold butter	Smoothie- coconut milk, spinach, berries, banana, brown rice or hemp protein	Trail Mix (mixture of raw nuts and seeds)	Chicken fajita salad with peppers, onions, avocado, etc.
Day 4	Whole oatmeal (not quick oats) with sliced almonds, walnuts, berries, and cinnamon	Chicken salad with brown rice and mixed greens (using leftover chicken fajitas)	Organic, whole grain crackers with raw cheese and olives	Grass-fed beef burgers with steamed broccoli and sweet potato fries
Day 5	Smoothie- coconut milk, strawberries, chocolate whey protein	Leftover burger over a mixed greens and a sweet potato	Dark chocolate trail mix- mixed nuts, seeds, raisins, dark chocolate	Grilled chicken over mixed greens with berries, nuts, seeds, raw cheese
Day 6	Eggs, any style over sautéed vegetables and turkey sausage	Tuna fish sandwich on sprouted wheat bread with fruit	Smoothie- see other recipes	Grilled salmon with asparagus and roasted cauliflower
Day 7	Yogurt with fruit, walnuts, almonds, sunflower and pumpkin seeds	2 hard-boiled eggs, raw cheese, & raw veggies over mixed greens	Dark chocolate with raw nuts	Stir-fried chicken with mixed vegetables and brown rice