

## Whole Food-based Carbohydrate-controlled Meals – 4 days

### Day 1

**B:** 2 omega-3 rich eggs scrambled in 1 tsp (or spritz) of olive oil, green onion, and 1 tsp minced garlic; 1 small fruit, apple, orange, pear or clementine, 16 oz water

**Sn:** ½ cup plain yogurt, 1 sun crystal packet, ¾ cup blueberries/1 Tb ground flax seed, 8 oz water

**L:** 2 cups organic baby spinach, 2 Tb pecan pieces, 4-5 sliced fresh strawberries, 1 organic grilled or baked chicken breast (cooked ahead of time—make on the weekend before so handy for lunch), 1 Tb olive oil mixed with 1 Tb lemon or lime juice, sea salt and pepper to taste (1 Tb light olive oil vinaigrette is okay if no time to make your own), 16 oz water

**Sn:** 2 Tb raw or roasted seeds or nuts, 1 small fruit (focus on ¾ c. berries or sm. apple, pear, or orange), 8 oz water

**D:** Vegetarian Spaghetti Squash- use broccoli in the stir fry sauce as described in recipe (See recipe in Core Food Plan meals and recipe document) - Quick tip: 350 degree oven, bake spaghetti squash whole in oven for 45 min. Pierce squash in 1-2 spots. When squash is done, cut in half and scoop seeds out before scraping the squash strings out with a fork and mixing with stir fry sauce; 16 oz. water

### Day 2

**B:** ½ cup cooked steel cut or old fashioned oats, 1 Tb raw nuts of choice, 1 Tb ground flax seed, ¾ cup blueberries, ½ cup original almond milk, 16 oz water

**Sn:** 1 rice cake, 1 Tb almond butter or organic peanut butter, sprinkle with 1 tsp cinnamon mixed with one packet of stevia-based sweetener, 8 oz water

**L:** Chopped Tuna sld. (Tuna with chopped celery, tomatoes, avocado, radish and green onions. Dress with olive oil, lime juice and small amt. of sea salt and pepper: may be used for next day's lunch or share it!) Serve over mixed greens or baby spinach-1-2 cup serving and serve with small fruit if desired (pear) 16 oz. water

**Sn:** 2 Tb raw pumpkin seeds roasted, with small fruit or berries, 8 oz water

**D:** 2 cups vegetable soup (see recipe—I usually double the amount of cabbage), ¼ cup chicken breast cut up and added to the soup; 5-7 rice crackers or 1-2 rice cakes, 8 oz water

### **Day 3**

**B:** Power Smoothie: 1 cup plain almond or rice milk, 1 scoop protein powder of choice. 1/4-1/2 cup frozen sberries, 2-3 slices frozen peaches, 1 Tb ground flax seed (blend well in blender). May add 1/2 cup plain yogurt instead of protein powder for protein source or alternate if desired; 16 oz. water

**Sn:** 2 Tb almonds or nuts of choice, 8 oz water

**L:** 1-2 cups vegetable soup, 1 rice cake with 1-2 Tb organic peanut butter sprinkled with 1 tsp cinnamon mixed with 1 packet of Stevia, 16 oz water

**Sn:** 1 small fruit such as a Clementine, 2 Tb sunflower kernels, 8 oz water

**D:** Honey soy glazed salmon with spinach and peppers (see recipe for 4 servings and bring for leftovers for day 4), 16 oz water

### **Day 4**

**B:** 1 cup plain organic yogurt, ½ cup sliced strawberries and blueberries or 1 small apple cut up, 1 Tb nut of choice, 1 Tb ground Flax seed, stevia to taste and 1 tsp cinn. 16 oz water

**Sn:** 2 Tb Nuts or seeds, 8 oz water

**L:** 2 cups organic mixed greens or baby spinach, leftover salmon fillet, 2 Tb sliced almonds, 1 Tb olive oil, 1 Tb lemon or lime juice, sea salt and pepper to taste, 16 oz water

**Sn:** 1 rice cake, 1-2 Tb. Almond or organic peanut butter. ¼ cup blue berries, sprinkle with 1 pkt. sun crystals if needed, 8 oz water

**D:** 4-6 oz grass fed sirloin steak or 1 chicken breast, steamed asparagus seasoned with minced garlic in olive oil, sea salt and pepper to taste. 1-2 cup mixed greens salad with 1 Tb olive oil based dressing, 16 oz water

Repeat days or work in some the other meals from the recipes listed. Limit starches to ½ cup or 1 serving per meal. Be creative! **Recipes are listed in Core Food Plan meal and recipe document.**

If you drink room temperature water before the meal, it provides a feeling of fullness/ appetite control.