

# *THE DIET SOLUTION*

**COMPLETELY DONE  
FOR YOU  
MEALPLANS**



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[www.TheDietSolutionProgram.com](http://www.TheDietSolutionProgram.com)

## The Diet Solution Done-For-You Meal Plans

By this point you should have read all of Part 1 in The Diet Solution Manual. If you have also completed Part 2, great! That will be extremely helpful.

Make sure you have completed:

- The Metabolic Typing Test. You should know whether you are a Protein, Carb or Mixed type so you can choose the correct meal plans for you. Remember, if you have any doubt at all about your specific type, you can begin with the Mixed Type meal plans and they will be very effective.
- Your specific calorie calculations and portion requirements. If you haven't done so already, make sure to calculate your calorie requirements in Chapter 4 and then choose the portion requirements that are specific for you from the "Allowable Servings Guide" Sheet.
- The food choices sheet may also come in handy as you use these meal plans to find the best and most appropriate serving sizes for you.

That's all the information you will need to use these delicious meal plans.

### **Making each meal plan specific for you.**

Below you will find meal plans that will make putting together your food for the day a cinch. I will take you through one example so you know exactly how to use each one for your specific needs.

*Example:*

A 180 pound person who does moderate weight training

Calorie Requirements: 2,000 calories per day for weight loss. She is a Protein Type.

Using the Allowable Servings Guide, she has found her specific portions for each meal:

Breakfast: 3 Protein, 1 Carb

Snack: 3 Protein, 1 Carb

Lunch: 5 Protein, 1 Carb, 2 Fat

Snack: 3 Protein, 1 Carb

Dinner: 5 Protein, 1 Carb, 2 Fat

Using Protein Type Meal Plan #1, this is what her day would look like:

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast	3 oz	Lamb, Chicken, or Turkey sausage	3		
	1 cup	Mushrooms and spinach		1	
		Coconut oil			Use as needed
Snack	1 cup	Sliced celery and carrots		1	
	3 TBSP	Walnut butter	3		
Lunch	5 oz	Beef burger	5		
	1 cup	Spinach salad with celery, cauliflower and cucumbers		1	
	2 tsps oil	Apple cider vinegar and olive oil			2
Snack	1 small	Green apple		1	
	3	Hardboiled eggs	3		
Dinner	5 oz	Beef steak	5		
	1 cup	Steamed carrots and cauliflower		1	
	2 tsps	Butter			2

Remember that this is just a starting point for you to see how your body feels with this quantity of food throughout the day. Some may feel too full, while others may feel hungry and others may feel that it is perfect. It is extremely important that you make notes of those feelings and body cues in your Diet Solution Success Journal. This will help you modify your daily food intake to make it perfect for you.

To make creating your own personal meal plans easier for you, I have included the **Allowable Servings Guide**, and the **Food Choices charts** for quick reference here.

## Allowable Servings Guide

Type	Mixed	Carb	Protein	Mixed	Carb	Protein	Mixed	Carb	Protein
Meal	1,400 calories/day			1,600 calories/day			1,800 calories/day		
<b>Breakfast</b>	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb
<b>Snack</b>	2 Protein 2 Carb	1 Protein 2 Carb	2 Protein 1 Carb	2 Protein 2 Carb	1 Protein 2 Carb	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 2 Carb	3 Protein 1 Carb
<b>Lunch</b>	3 Protein 1 Carb 1 Fat	3 Protein 2 Carb 1 Fat	3 Protein 1 Carb 2 Fat	4 Protein 1 Carb 1 Fat	4 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat	4 Protein 2 Carb 1 Fat	4 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat
<b>Snack</b>	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 1 Carb	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 1 Carb	2 Protein 1 Carb	2 Protein 3 Carb	2 Protein 1 Carb
<b>Dinner</b>	3 Protein 2 Carb 2 Fat	3 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat	4 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat
	2,000 calories/day			2,200 calories/day			2,400 calories/day		
<b>Breakfast</b>	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 2 Carb
<b>Snack</b>	2 Protein 2 Carb	2 Protein 2 Carb	3 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb
<b>Lunch</b>	4 Protein 2 Carb 1 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	4 Protein 2 Carb 1 Fat	4 Protein 3 Carb 1 Fat	5 Protein 1 Carb 2 Fat	4 Protein 3 Carb 2 Fat	4 Protein 3 Carb 2 Fat	5 Protein 1 Carb 2 Fat
<b>Snack</b>	2 Protein 1 Carb	2 Protein 3 Carb	3 Protein 1 Carb	2 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb
<b>Dinner</b>	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	5 Protein 2 Carb 2 Fat	4 Protein 3 Carb 1 Fat	6 Protein 1 Carb 2 Fat

**Note:** Refer to the **Food Choices** charts to choose the appropriate foods in each category for your metabolic type.

## Food Choices

For all charts in this section, the “best bet” food items are shaded in gray.

**Protein Choices: Carb Types**

Serving	Meats	Serving	Seafood	Serving	Seafood (cont'd)	Serving	Nuts <sup>a</sup> and Seeds
1 slice	bacon (pork)	1 oz	abalone	1 oz	roughy	½ oz	almonds
1 slice	bacon (beef)	1 oz	anchovy	1 oz	salmon	½ oz	Brazil nuts
1 oz	beef	1 oz	bass (freshwater)	1 oz	sardines	½ oz	cashews
1 oz	buffalo	1 oz	bass (sea)	1 oz	scallops	½ oz	chestnuts
1 oz	lamb	1 oz	catfish	1 oz	shark	½ oz	filberts
1 oz	liver (beef or chicken)	1 oz	caviar	1 oz	shrimp	½ oz	hickory nuts
1 oz	pork (lean)	1 oz	clams	1 oz	snapper	½ oz	macadamia nuts
1 oz	rabbit	1 oz	cod	1 oz	squid	½ oz	peanuts <sup>b</sup>
1 oz	venison	1 oz	crabmeat	1 oz	swordfish	½ oz	pecans
	<b>Poultry</b>	1 oz	crayfish	1 oz	trout	½ oz	pine nuts
1 slice	bacon (turkey)	1 oz	flounder	1 oz	tuna (white)	½ oz	pistachios
1 oz	chicken (dark)	1 oz	grouper	1 oz	whitefish	½ oz	pumpkin seeds
1 oz	chicken (white)	1 oz	halibut		<b>Dairy and Eggs</b>	½ oz	sunflower seeds
1 oz	duck	1 oz	herring	1	egg	½ oz	walnuts
1 oz	goose	1 oz	lobster meat	¼ cup	cottage cheese (raw)	1 tbsp	nut butter <sup>c</sup>
1 oz	Cornish hen	1 oz	mackerel	6 oz	greek yogurt		
1 oz	pheasant	1 oz	mahimahi				
1 oz	quail	1 oz	mussels				
1 oz	sausage (chicken)	1 oz	octopus				
1 oz	turkey (dark)	1 oz	perch (freshwater)				
1 oz	turkey (white)	1 oz	rockfish				

<sup>a</sup> All nuts and seeds must be raw. <sup>b</sup> Peanuts are legumes but are listed with tree nuts here for ease of presentation. <sup>c</sup> Varieties of nut butter include almond, cashew, macadamia nut, and walnut.

### Protein Choices: Protein Types

Serving	Meats	Serving	Seafood	Serving	Seafood (cont'd)	Serving	Nuts <sup>a</sup> and Seeds
1 slice	bacon (pork)	1 oz	abalone	1 oz	roughy	½ oz	almonds
1 slice	bacon (beef)	1 oz	anchovy	1 oz	salmon	½ oz	Brazil nuts
1 oz	beef	1 oz	bass (freshwater)	1 oz	sardines	½ oz	cashews
1 oz	buffalo	1 oz	bass (sea)	1 oz	scallops	½ oz	chestnuts
1 oz	lamb	1 oz	catfish	1 oz	shark	½ oz	filberts
1 oz	liver (beef or chicken)	1 oz	caviar	1 oz	shrimp	½ oz	hickory nuts
1 oz	pork (any cut)	1 oz	clams	1 oz	snapper	½ oz	macadamia nuts
1 oz	rabbit	1 oz	cod	1 oz	squid	½ oz	peanuts <sup>b</sup>
1 oz	venison	1 oz	crabmeat	1 oz	swordfish	½ oz	pecans
	<b>Poultry</b>	1 oz	crayfish	1 oz	trout	½ oz	pine nuts
1 oz	bacon (turkey)	1 oz	grouper	1 oz	tuna (dark)	½ oz	pistachios
1 oz	chicken (dark)	1 oz	halibut	1 oz	whitefish	½ oz	pumpkin seeds
1 oz	chicken (white)	1 oz	herring		<b>Dairy and Eggs</b>	½ oz	sunflower seeds
1 oz	Cornish hen	1 oz	lobster meat	1	egg	½ oz	walnuts
1 oz	duck	1 oz	mackerel	¼ cup	cottage cheese (raw)	1 tbsp	nut butter <sup>c</sup>
1 oz	goose	1 oz	mahimahi	6 oz	greek yogurt		
1 oz	pheasant	1 oz	Mussels				
1 oz	quail	1 oz	Octopus				
1 oz	sausage (chicken)	1 oz	perch (ocean)				
1 oz	turkey (dark)	1 oz	pompano				
1 oz	turkey (white)	1 oz	Rockfish				

<sup>a</sup> All nuts and seeds must be raw. <sup>b</sup> Peanuts are legumes but are listed with tree nuts here for ease of presentation. <sup>c</sup> Varieties of nut butter include almond, cashew, macadamia nut, and walnut.

### Carbohydrate Choices: Carb Types

Serving	Bread	Serving	Fruits (cont'd)	Serving	Legumes	Serving	Low-Starch Veg
1 slice	SWG bread	1 cup	cranberries		adzuki beans	1	artichoke
½	SWG roll	1 cup	Currants	½ cup	black beans	1 cup	asparagus
1	SWG English muffin	1	Date	½ cup	black-eyed beans	½ cup	bamboo shoots
1	SWG wrap (small)	¾ cup	elderberries	½ cup	fava beans	1 cup	bok choy
1 slice	rice bread	2	figs (large)	½ cup	garbanzo beans	1 cup	broccoli
1 slice	spelt bread	1 cup	gooseberries	½ cup	great Northern beans	1 cup	brussels sprouts
10	rice crackers	1	grapefruit (small)	½ cup	green beans	1 cup	cabbage
2	rye crackers	17–20	Grapes	½ cup	green peas	1 cup	cauliflower
	<b>Grains</b>	1 cup	Guava	½ cup	lentils	1 cup	celery
½ cup	brown or wild rice	1 cup	honeydew melon	½ cup	lima beans	1 cup	cucumber
½ cup	amaranth	2	kiwifruit (medium)	½ cup	mung beans	1 cup	daikon <sup>a</sup>
½ cup	barley	6	kumquat <sup>b</sup>	½ cup	navy beans	1 cup	eggplant
½ cup	buckwheat	free	Lemons	½ cup	pink beans	1 cup	fennel
½ cup	corn	free	Limes	½ cup	pinto beans	free	garlic
½ cup	kamut	1 cup	loganberries <sup>c</sup>	½ cup	red beans	free	gingerroot
½ cup	millet	½	Mango	½ cup	white beans	1 cup	jicama
1 cup	oatmeal	2	nectarines (small)	½ cup	<b>High-Starch Veg</b>	1 cup	kale
½ cup	quinoa	1	orange (large)	1 cup	beets	free	lettuce <sup>d</sup>
½ cup	rye	½	papaya (large)	1 cup	carrots	1 cup	mushrooms
½ cup	spelt	1	peach (medium)	½ cup	Jerusalem artichoke	1 cup	okra
½ cup	SWG cereal	1	pear (medium)	½ cup	parsnips	5	olives
½ cup	raw granola	2	persimmons	½ cup	potato (white)	1	onion (medium)
	<b>Fruits</b>	1 cup	Pineapple	½ cup	potato (sweet)	1 cup	pepper (bell)
1	apple (medium)	2	plums (small)	¼ cup	water chestnuts	free	pepper (hot)
4	apricots (small)	1	pomegranate (small)		<b>Dairy</b>	½ cup	pumpkin
½	banana (medium)	4	prunes (small)	½ cup	milk (raw)	½ cup	radishes
1 cup	blackberries	¾ cup	Raisins	6 oz	plain yogurt	½ cup	rutabaga <sup>e</sup>
1 cup	blueberries	1 cup	raspberries			1 cup	salad greens <sup>d</sup>
1 cup	boysenberries	2 cups	Rhubarb			1 cup	spinach
1 cup	cantaloupe	1 cup	strawberries			½ cup	squash (winter) <sup>f</sup>
1 cup	casaba melon <sup>g</sup>	2	tangerines (small)			½ cup	turnip
17	cherries	1	tomato (large)			1 cup	zucchini
		1 cup	watermelon				

**Notes:** Serving sizes of grains and legumes are measured cooked; those of fruits and vegetables are measured raw. SWG = sprouted whole grain (e.g., Ezekiel 4:9 products). Free = Use as needed for seasoning. <sup>a</sup> Japanese radish. <sup>b</sup> Similar to an orange but small like a grape. <sup>c</sup> Cross between a blackberry and raspberry. <sup>d</sup> Any but iceberg. <sup>e</sup> Similar to a turnip. <sup>f</sup> Orange-fleshed squashes (e.g., acorn, butternut, and kabocha). <sup>g</sup> Similar to a cantaloupe.

### Carbohydrate Choices: Protein Types

Serving	Bread	Serving	Fruits (cont'd)	Serving	Fruits (cont'd)	Serving	Low-Starch Veg
1 slice	SWG bread	1 cup	casaba melon <sup>a</sup>	1 cup	strawberries	1	artichoke
½	SWG roll	17	Cherries	2	tangerines (small)	1 cup	asparagus
1	SWG English muffin	1 cup	cranberries	1	tomato (large)	½ cup	bamboo shoots
1	SWG wrap (small)	1 cup	Currants	1 cup	watermelon	1 cup	bok choy
1 slice	rice bread	1	Date		<b>Legumes</b>	1 cup	broccoli
1 slice	spelt bread	¾ cup	elderberries	½ cup	adzuki beans	1 cup	brussels sprouts
10	rice crackers	2	figs (large)	½ cup	black beans	1 cup	cabbage
2	rye crackers	1 cup	gooseberries	½ cup	black-eyed beans	1 cup	cauliflower
	<b>Grains</b>	1	grapefruit (small)	½ cup	fava beans	1 cup	celery
½ cup	brown or wild rice	17–20	Grapes	½ cup	garbanzo beans	1 cup	cucumber
½ cup	amaranth	1 cup	Guava	½ cup	great Northern beans	1 cup	daikon <sup>b</sup>
½ cup	barley	1 cup	honeydew melon	½ cup	green beans	1 cup	eggplant
½ cup	buckwheat	2	kiwifruit (medium)	½ cup	green peas	1 cup	fennel
½ cup	corn	6	kumquat <sup>c</sup>	½ cup	lentils	free	garlic
½ cup	kamut	free	Lemons	½ cup	lima beans	free	gingerroot
½ cup	millet	free	Limes	½ cup	mung beans	1 cup	jicama
1 cup	oatmeal	1 cup	loganberries <sup>d</sup>	½ cup	navy beans	1 cup	kale
½ cup	quinoa	½	Mango	½ cup	pink beans	1 cup	lettuce <sup>e</sup>
½ cup	rye	2	nectarines (small)	½ cup	pinto beans	1 cup	mushrooms
½ cup	spelt	1	orange (large)	½ cup	red beans	1 cup	okra
½ cup	SWG cereal	½	papaya (large)	½ cup	white beans	5	olives
½ cup	raw granola	1	peach (medium)		<b>High-Starch Veg</b>	1	onions (medium)
	<b>Fruits</b>	1	pear (medium)	1 cup	beets	1 cup	pepper (bell)
1	apple (medium)	2	persimmons	1 cup	carrots	free	pepper (hot)
4	apricots (small)	1 cup	pineapple	½ cup	Jerusalem artichoke	½ cup	pumpkin
2 oz	avocado	2	plums (small)	½ cup	parsnips	½ cup	radishes
½	banana (medium)	1	pomegranate (small)	½ cup	potato(white)	½ cup	rutabaga <sup>f</sup>
1 cup	blackberries	4	prunes (small)	½ cup	potato (sweet)	1 cup	salad greens <sup>e</sup>
1 cup	blueberries	¼ cup	Raisins	¼ cup	water chestnuts	1 cup	spinach
1 cup	boysenberries	1 cup	raspberries		<b>Dairy</b>	½ cup	squash (winter) <sup>g</sup>
1 cup	cantaloupe	2 cups	Rhubarb	½ cup	whole milk (raw)	½ cup	turnip
				6 oz	plain yogurt	1 cup	zucchini

**Notes:** Serving sizes of grains and legumes are measured cooked; those of fruits and vegetables are measured raw. SWG = sprouted whole grain (e.g., Ezekiel 4:9 products). Free = Use as needed for seasoning. <sup>a</sup> Similar to a cantaloupe. <sup>b</sup> Japanese radish. <sup>c</sup> Similar to an orange but small like a grape. <sup>d</sup> Cross between a blackberry and raspberry. <sup>e</sup> Any but iceberg. <sup>f</sup> Similar to a turnip. <sup>g</sup> Orange-fleshed squashes (e.g., acorn, butternut, and kabocha).



#### Fat Choices: All Metabolic Types

Serving	Fat
1 tsp	olive oil
1 tsp	fish oil
1 tsp	cod liver oil
1 tsp	flax seed oil
1 tsp	raw butter
1 oz	avocado <sup>a</sup>
free <sup>b</sup>	coconut oil
1 oz	raw cheese

**Note: The fat content of fattier foods such as eggs, meats, oily fish, and nuts has been accounted for in the allotted servings and calories for each metabolic type, so no separate fat servings need to be counted for these foods.**

<sup>a</sup> Avocado is a fruit. Protein Types also may use it as a carbohydrate choice (2 ounces).

<sup>b</sup> The Diet Solution Program does not limit the amount of coconut oil that you can consume each day or account for it in the Sample Meal Plans, Done for You Meal Plans and Allowable Servings Guide. A reasonable amount would be 1–2 tsp three times per day for cooking.

\*Mixed Types – Remember you are using both the Protein Type choices charts and the Carb Type choices chart for your food choices.

#### Special Note:

You can use this same method of finding your specific portions to experiment with the meal plans that are not for your specific type. But be careful! Notice if the Carb Type Meal Plan calls for lean chicken breast and you are a Protein type, you may experience some hunger after that meal because that particular protein was too lean. Since Protein Types do better with heavier proteins and Carb Types do better with leaner proteins some changes may need to be made. As I have said before, paying attention to your body in the beginning is important but you will find, very quickly how this way of eating just becomes second nature to you. With a little bit of work in the beginning, you will have a delicious and natural way of eating and an understanding of what your body wants for the long-term.

## Protein Type Meal Plan #1

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Lamb or Pork sausage			
		Mushrooms and spinach			
		Coconut oil			
Snack		Sliced celery and carrots			
		Walnut butter			
Lunch		Beef burger			
		Spinach salad with celery, cauliflower and cucumbers			
		Apple cider vinegar and olive oil			
		Raspberries			
Snack		Green apple			
		Hardboiled eggs			
Dinner		Beef steak			
		Steamed carrots and cauliflower			
		Butter			

## Protein Type Meal Plan #2

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Eggs (poached or scrambled) with Spinach			
		Canadian Bacon			
		Sprouted grain bread or apple			
Snack		Almonds or walnuts			
		Pear			
Lunch		Chicken or turkey (dark meat) grilled or baked			
		Carrot Sticks			
		Brown Rice			
		Green Salad w/apple cider vinegar and olive oil			
Snack		Macadamia Nut butter			
		Celery sticks and Carrot Sticks			
Dinner		Salmon (broiled)			
		Green beans			
		Baked potato			
		Butter			
		Green Salad w/apple cider vinegar and olive oil			

### Protein Type Meal Plan #3

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Pork, Beef or Turkey Bacon			
		Cream of Rice (hot cereal)			
Snack		Almond or walnut butter			
		Apple			
Lunch		Shrimp (grilled)			
		Avocado			
		Lentils (cooked)			
		Raw vegetables with olive oil			
Snack		Sunflower seeds			
		Pear			
Dinner		Beef steak (broiled)			
		Cauliflower (raw or steamed)			
		Brown rice			
		Butter			
		Salad w/apple cider vinegar and olive oil			

### Protein Type Meal Plan #4

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Oatmeal (cooked with water, add cinnamon)			
		Almonds or Walnuts			
		Blueberries			
Snack		Cashews			
		Pear			
Lunch		Ground Beef (in a burger or chili)			
		Kidney beans			
		Romaine lettuce and tomato salad			
		Olive oil			
Snack		Walnut, almond or pecan butter			
		Celery and carrot sticks			
Dinner		Chicken thighs or legs			
		Spinach (sautéed in coconut oil)			
		Couscous			
		Cucumber and tomato salad			
		Apple Cider vinegar and olive oil			

### Protein Type Meal Plan #5

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Leftover chicken leg			
		Leftover spinach			
		Apple			
Snack		Pumpkin Seeds			
		Pear			
Lunch		Canned Sardines (in olive oil or water)			
		Brown rice			
		Asparagus (steamed)			
		Green salad w/apple cider vinegar			
Snack		Cashews			
		Carrot sticks			
Dinner		Pork chop (grilled or broiled)			
		Cauliflower (steamed)			
		Butter			
		Quinoa			
		Sliced cucumbers			

## Protein Type Meal Plan #6

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Eggs (omelet)			
		Peppers, onions and mushrooms			
Snack		Cashews or cashew butter			
		Banana			
Lunch		Beef burger			
		Portabella mushroom cap			
		Romaine lettuce, carrot, and celery salad			
		Apple cider vinegar and olive oil			
Snack		Walnut or Almond butter			
		Celery sticks			
Dinner		Chicken thighs			
		Spinach (sautéed)			
		Spaghetti squash (baked)			
		Butter			

## Protein Type Meal Plan #7

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Chicken sausage			
		Scrambled eggs (or eggs)			
		Butter			
Snack		Green apple			
		Almond butter			
Lunch		Chicken legs			
		Romaine salad with celery, carrots and olives			
		Fresh lemon juice and olive oil			
		Blueberries			
Snack		Pear			
		Pecans			
Dinner		Chicken legs			
		Steamed green beans			
		Butter			
		Blueberries			



## Protein Type Meal Plan #8

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Bacon			
		Egg omelet with spinach and asparagus			
		Coconut oil			
Snack		Sardines in olive oil			
		Brown rice crackers			
Lunch		Baked salmon			
		Spinach salad with beets			
		Apple cider vinegar and olive oil			
		Steamed asparagus with butter			
Snack		Macadamia nuts			
		Sliced celery			
Dinner		Ocean perch			
		Baked okra and cauliflower			
		Butter			

## Protein Type Meal Plan #9

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Raw egg shake with ground flax seeds, coconut butter,			
		cream, a banana and cinnamon			
Snack		Beef burger			
		Carrot sticks			
Lunch		Spinach salad with chopped celery, avocado, and cucumbers			
		Fresh lemon juice and olive oil			
		Ground dark turkey meat			
		Strawberries			
Snack		Pumpkin seeds			
		Celery sticks			
Dinner		Seared dark tuna			
		Stir-fried asparagus, cabbage, peas and bok choy			
		Watercress salad			
		Fresh lemon juice and olive oil			

## Protein Type Meal Plan #10

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Smoked wild salmon rolled up with romaine lettuce			
		Peas and corn			
		Butter			
Snack		Apple			
		Brazil nuts			
Lunch		Lamb burger			
		Spinach salad with celery, carrots, avocado, artichoke hearts			
		and olives			
		Apple cider vinegar and olive oil			
Snack		Full fat plain yogurt			
		Blueberries			
		Chopped walnuts and flax oil			
Dinner		Steak			
		Onions sauteed in coconut oil			
		Mixed green salad			
		Apple cider vinegar and olive oil			
		Cherries			

### Protein Type Meal Plan #11

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Pork sausage			
		Poached eggs			
		Asparagus and mushrooms cooked in butter			
Snack		Apple			
		Swiss cheese			
		Almonds			
Lunch		Broiled pork chops			
		Buckwheat grain			
		Steamed green beans			
		Butter			
Snack		Walnuts or Pecans			
		Celery sticks			
Dinner		Seafood dish: mussels, scallops, squid			
		Quinoa			
		Butter			
		Bibb lettuce salad			

## Protein Type Meal Plan #12

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Bacon			
		Scrambled eggs			
		Steamed spinach and carrots with butter			
Snack		Coconut butter			
		Pecans			
Lunch		Dark meat turkey burger			
		Celery sticks			
		Split pea soup			
Snack		Carrots and Peppers			
		Hardboiled eggs			
Dinner		Lamb chops			
		Spinach salad			
		Apple cider vinegar and olive oil			
		Steamed beets and cauliflower			
		Butter			

### Protein Type Meal Plan #13

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Steak			
		Eggs			
		Mashed sweet potato with butter			
Snack		Celery			
		Peanut butter			
Lunch		Skirt steak			
		Sugar snap peas			
		Sauteed mushrooms			
		Coconut oil			
Snack		Coconut butter			
		Pistachios			
Dinner		Roast rack of lamb			
		Steamed asparagus			
		Butter			
		Wild rice			

### Protein Type Meal Plan #14

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Beef sausage			
		Avocado			
		Olive oil			
Snack		Carrots and celery sticks			
		Pecan butter			
Lunch		Beef kidney pate ground with butter, hazelnuts and sea salt			
		Brown rice crackers			
Snack		Blueberries			
		Coconut butter			
		Raw almonds			
Dinner		Pork chops			
		Steamed cauliflower			
		Olive oil			
		Blueberries			

### Protein Type Meal Plan #15

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Egg omelet with goat cheese and spinach			
		Bacon			
		Coconut oil			
Snack		Pear			
		Pumpkin seeds			
Lunch		Ground lamb with spices			
		Butternut squash soup			
		Spinach salad			
		Fresh lemon juice and olive oil			
Snack		Sliced ham			
		Romaine lettuce			
		Sliced tomatoes			
Dinner		Mackerel with butter and fresh lemon juice			
		Steamed collard greens and beets with butter			



## Protein Type Meal Plan #16

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Smoked Wild Salmon			
		Tomato slices			
		Avocado and Olive Oil			
Snack		Cottage Cheese			
		Cucumbers			
Lunch		Turkey Burger (dark meat)			
		Sprouted Grain bread			
		Lettuce and Tomato			
Snack		Almond Butter			
		Sliced Apple			
Dinner		Beef shish-ka-bobs			
		Zucchini, red pepper and onion chunks			
		Baked Sweet Potato (sprinkle with cinnamon)			
		Butter (add to potato)			

### Protein Type Meal Plan #17

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Quinoa hot cereal (made with water)			
		Crushed walnuts and pecans			
		(sweeten with stevia or agave syrup and cinnamon)			
Snack		Hard boiled eggs			
		Raw carrots			
Lunch		Tuna salad			
		Chopped carrots, celery, and onions (for tuna)			
		Olive Oil			
		Rice Crackers			
Snack		Greek Yogurt			
		Pumpkin Seeds			
		Strawberries			
Dinner		Venison Stew			
		Carrots, onions and potato (for stew)			
		Raw Cucumber and Celery salad			
		Olive oil			

### Protein Type Meal Plan #18

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Sprouted Grain or Rice Bread			
		Bacon			
		Tomato (Bacon and Tomato Breakfast Sandwich)			
Snack		Walnuts			
		Cherries			
Lunch		Venison Stew leftovers			
		Strawberries			
Snack		Cottage Cheese			
		Blueberries			
Dinner		Duck (baked)			
		Brown Rice			
		Raw Tomato and Onion salad			
		Olive Oil			

### Protein Type Meal Plan #19

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Egg w/ spinach			
		Almond Butter			
		Greek Yogurt			
Snack		Sliced roast beef roll ups			
		Carrot sticks			
Lunch		Turkey Chili			
		Kidney beans (for chili)			
		Brown Rice Crackers			
Snack		Pecans or Pecan butter			
		Banana			
Dinner		Shrimp			
		Coconut Oil			
		Peppers, Onions, Mushrooms (make stir-fry)			
		Wheat free soy sauce			
		Brown Rice			

## Protein Type Meal Plan #20

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Cottage Cheese			
		Crushed almonds or pecans			
		Blueberries			
Snack		Hard boiled egg			
		Tomato and cucumber slices			
Lunch		Chicken drumsticks (baked)			
		Cauliflower (raw or steamed)			
		Butter			
Snack		Almond butter			
		Celery sticks			
		Apple			
Dinner		Swordfish steak (baked or grilled)			
		Onions (over steak)			
		Corn			
		Green Salad			
		Apple Cider Vinegar and Olive Oil			

### Carb Type Meal Plan #1

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Chicken sausage			
		Grilled tomatoes, peppers and potatoes			
		Butter			
Snack		Pineapple chunks			
		Almonds			
Lunch		Baked flounder			
		Steamed broccoli and beets			
		Mixed green salad			
		Apple cider vinegar and olive oil			
Snack		Raisins			
		Walnuts			
Dinner		White meat chicken soup with parsley, leeks, peppers,			
		tomatoes, potatoes and onions			

## Carb Type Meal Plan #2

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Soft-boiled eggs			
		Papaya slices			
Snack		Sliced turkey breast rolled up with			
		Romaine lettuce			
		Cherries			
Lunch		White tuna fish			
		Arugula salad with chopped tomatoes, celery, onions, beets			
		and sprouts			
		Fresh lemon juice, olive oil, sea salt and pepper			
Snack		Full fat yogurt			
		Cucumbers			
		Fresh dill			
Dinner		Baked cod			
		Baked potato with butter			
		Steamed broccoli			

### Carb Type Meal Plan #3

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Almond or walnut butter			
		Oatmeal (cooked in water, add cinnamon)			
		Strawberries			
Snack		Cashews			
		Pear			
Lunch		Ground buffalo (make into chili)			
		Kidney beans (for chili)			
		Sprouted grain bread			
		Lettuce and tomato salad			
Snack		Peanut butter			
		Celery and carrot sticks			
		Orange or grapefruit			
Dinner		Halibut steak (broiled)			
		Spinach (sautéed)			
		Spaghetti squash (baked)			
		Brown rice			
		Sliced cucumber and tomato salad			



### Carb Type Meal Plan #4

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Scrambled eggs			
		Sprouted grain bread			
		Orange or grapefruit			
Snack		Almonds or walnuts			
		Apple			
Lunch		Turkey burger (ground white meat turkey)			
		Brown rice			
		Green salad w/apple cider vinegar and olive oil			
		Pear			
Snack		Cashew butter			
		Rice crackers			
Dinner		Codfish (baked)			
		Green beans (steamed)			
		Sweet potato (baked)			
		Butter			
		Tomato and cucumber salad w/olive oil			

### Carb Type Meal Plan #5

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Turkey or chicken sausage			
		Cream of rice (hot cereal)			
		Blueberries			
Snack		Pumpkin or sunflower seeds			
		Banana or apple			
Lunch		Flounder (broiled)			
		Quinoa			
		Lettuce, tomato, peppers, and cucumber salad			
		Apple cider vinegar and olive oil			
Snack		Peanut butter			
		Rice crackers			
Dinner		Cornish hen (roasted)			
		Cauliflower (steamed)			
		Sweet potato or yam (baked)			
		Butter			

### Carb Type Meal Plan #6

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Turkey bacon			
		Millet or quinoa (hot cereal)			
		Grapefruit			
Snack		Almonds			
		Strawberries			
Lunch		Chicken (grilled)			
		Kamut (cooked)			
		Lentils			
		Broccoli (steamed or raw)			
Snack		Walnut butter			
		Celery sticks			
		Grapes			
Dinner		Shrimp or scallops (grilled or baked)			
		Peppers, mushrooms, onions (stir fried)			
		Brown rice			
		Green salad w/apple cider vinegar and olive oil			

### Carb Type Meal Plan #7

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Hot rice cereal with sunflower seeds, coconut butter,			
		honey and sliced peaches			
Snack		Soft-boiled eggs			
		Grapes			
Lunch		Grilled chicken breast			
		Radicchio and watercress salad with cabbage, cucumber			
		and leeks dressed in apple cider vinegar and olive oil			
		Baked squash			
Snack		Peach			
		Almonds			
Dinner		Broiled pork chops			
		Mixed wild and brown rice			
		Romaine salad with peppers, cucumbers and scallions			
		Apple cider vinegar, olive oil, sea salt and pepper			

### Carb Type Meal Plan #8

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Turkey or chicken breakfast sausage			
		Green beans or spaghetti squash			
		Strawberries			
Snack		Pumpkin seeds			
		Banana			
Lunch		Mahi mahi (broiled)			
		Romaine, cucumber and tomato salad			
		Apple cider vinegar and olive oil			
		Grapes			
Snack		Peanut butter			
		Apple			
		Raisins			
Dinner		Cornish hen (baked)			
		Cauliflower (steamed)			
		Broccoli (steamed)			
		Butter			
		Raw red peppers			

### Carb Type Meal Plan #9

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Scrambled eggs			
		Corn polenta			
		Steamed kale			
Snack		Watermelon			
		Almond butter			
Lunch		Broiled trout			
		Steamed zucchini and brussels sprouts			
		Butter			
Snack		Apple			
		Cashew butter			
Dinner		Baked halibut			
		Quinoa			
		Mixed green salad			
		Fresh lemon juice, olive oil, sea salt and pepper			

### Carb Type Meal Plan #10

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Buckwheat pancakes with maple syrup and butter			
		Poached eggs			
Snack		Sliced tomatoes			
		Turkey Slices			
Lunch		Chicken or Turkey breast			
		Romaine salad with tomatoes, turnips, zucchini and peppers			
		Apple cider vinegar and olive oil			
Snack		Strawberries			
		Cottage cheese			
Dinner		Baked tilapia			
		Baked sweet potato			
		Steamed collard greens			
		Butter			

### Carb Type Meal Plan #11

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		White tuna salad with chopped apples, cranberries, parsley			
		celery, honey mustard, olive oil, and sea salt			
		Apple			
Snack		Steamed brussels sprouts mixed with			
		Pine nuts			
Lunch		Leftover tuna salad			
		Mixed green salad with cabbage, cucumbers and pine nuts			
		Fresh lemon juice and olive oil			
Snack		Grapefruit			
		Sliced turkey breast			
Dinner		Broiled trout			
		Brown rice			
		Mixed green salad with sprouts			
		Fresh lemon juice and olive oil			



### Carb Type Meal Plan #12

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Shake with full fat yogurt			
		Banana and honey			
		Almonds and flax oil			
Snack		Egg salad with celery, parsley, olive oil, sea salt and pepper			
		Broccoli			
Lunch		Chicken sausage kabobs			
		Peppers, zucchini, onions			
		Butternut squash soup			
Snack		Sunflower seeds			
		Cantaloup and honeydew			
Dinner		Halibut			
		Lentils			
		Brown rice			
		Grilled onions			
		Coconut oil			

### Carb Type Meal Plan #13

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Egg omelet			
		Broccoli, onions, tomatoes			
		Coconut oil			
Snack		Fresh green vegetable juice			
		Almond and Coconut butter (mixed)			
Lunch		Ground white meat chicken			
		Basmati rice			
		Romaine salad with mixed peppers			
		Apple cider vinegar and olive oil			
Snack		Mango			
		Sunflower seeds			
Dinner		Baked Cornish hen			
		Steamed beets, cabbage and zucchini			
		Butter			

### Carb Type Meal Plan #14

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Turkey bacon			
		Poached eggs			
		Grapefruit			
Snack		Sliced cucumber			
		Sliced pepper			
		Almonds			
Lunch		Cobb salad with romaine, cilantro, turkey breast, hardboiled			
		egg, tomatoes, onions and radishes			
		Apple cider vinegar and olive oil			
		sea salt and pepper			
Snack		Watermelon			
		Almonds			
Dinner		Fresh water perch			
		Grilled eggplant and garlic			
		Millet grain			
		Olive oil			

### Carb Type Meal Plan #15

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Chicken or Turkey sausage			
		Broccoli			
		Coconut oil			
Snack		Orange			
		Soft-boiled eggs			
Lunch		Ground white meat turkey			
		Buckwheat grain			
		Arugula salad with onions, zucchini and peppers			
		Fresh lemon juice and olive oil			
Snack		Nectarine			
		Almonds			
Dinner		Chicken breast			
		Sweet potato			
		Steamed broccoli			
		Butter			

### Carb Type Meal Plan #16

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Egg			
		Sprouted Grain or Rice Bread (egg sandwich or French toast)			
		Apple or Apple Sauce			
Snack		Greek Yogurt			
		Raspberries or Blueberries			
Lunch		Turkey Breast (sliced)			
		Lettuce and tomato			
		Sprouted Grain, Rice or Spelt Bread			
		Mango slices			
Snack		Pecans			
		Raisins			
Dinner		Mahi Mahi (grilled or baked)			
		Corn			
		Lettuce, tomato, cucumber, peppers, onion salad			
		Apple Cider Vinegar and Olive oil			
		Cherries			

### Carb Type Meal Plan #17

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Quinoa hot cereal (made with water)			
		Crushed walnuts and pecans			
		Strawberries			
Snack		Cottage Cheese			
		Pineapple chunks			
Lunch		Tuna salad (light tuna)			
		Chopped carrots, celery, and onions (for tuna)			
		Olive Oil			
		Rice Crackers			
Snack		Yogurt			
		Almonds			
Dinner		Buffalo meatballs			
		Tomato sauce			
		Spelt or Rice Pasta			
		Green salad			
		Apple Cider Vinegar and Olive Oil			

### Carb Type Meal Plan #18

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Veggie Omelet			
		Peppers, onion, tomato, mushrooms			
		Sprouted grain or rice bread			
Snack		Cashew or Peanut Butter			
		Apple or Pear			
Lunch		Turkey Burger (light meat)			
		Sprouted Grain bread			
		Lettuce and Tomato			
		Strawberries			
Snack		Peach			
		Walnuts			
Dinner		Shrimp			
		Coconut Oil			
		Peppers, Onions, Mushrooms (make stir-fry)			
		Wheat free soy sauce			
		Brown Rice			

### Carb Type Meal Plan #19

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Greek Yogurt			
		Strawberries, Blueberries			
		Oatmeal (made with water)			
Snack		Soft boiled egg			
		Sliced Green, Red and Yellow Peppers			
Lunch		Shrimp			
		Avocado			
		Tomato and Cucumber salad			
		Apple Cider Vinegar and Olive Oil			
Snack		Turkey breast slices			
		Rice Crackers			
Dinner		Chicken shish-ka-bobs			
		Zucchini, red pepper and onion chunks			
		Baked Sweet Potato (sprinkle with cinnamon)			
		Butter (add to potato)			



### Carb Type Meal Plan #20

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Cottage Cheese			
		Crushed almonds or pecans			
		Pineapple chunks			
Snack		Almond Butter			
		Apple Sauce			
Lunch		Chicken breast (grilled or baked)			
		Baked Sweet Potato			
		Broccoli (steamed)			
		Butter (for potato and broccoli)			
Snack		Yogurt			
		Pumpkin seeds and sunflower seeds			
Dinner		Turkey Chili			
		Kidney beans (for chili)			
		Sprouted grain or Spelt tortilla			
		Sliced tomato			

### Mixed Type Meal Plan #1

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Beef or Pork bacon			
		Grapefruit			
Snack		Macadamia nuts			
		Celery and carrot sticks			
Lunch		Chicken breast			
		Steamed broccoli			
		Brown rice			
		Butter			
Snack		Apple			
		Sliced turkey breast			
Dinner		Lamb chops			
		Chopped tomato, cucumber and onion salad			
		Apple cider vinegar and olive oil			
		Brown rice			

## Mixed Type Meal Plan #2

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Eggs (omelet)			
		Spinach, peppers, and onions (in omelet)			
		Sprouted grain bread			
Snack		Almonds or walnuts			
		Apple			
		Cucumber slices			
Lunch		Turkey burger (ground white and dark meat)			
		Carrot sticks			
		Brown rice			
		Sliced tomato			
Snack		Peanut butter			
		Rice crackers			
		Celery sticks			
Dinner		Halibut steak (broiled)			
		Green beans (sautéed in butter and garlic)			
		Sweet potato (baked)			
		Green salad w/apple cider vinegar and olive oil			

### Mixed Type Meal Plan #3

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Turkey or chicken breakfast sausage			
		Cream of rice (hot cereal)			
		Blueberries or strawberries			
Snack		Almond or walnut butter			
		Banana or apple			
		Carrot sticks			
Lunch		Salmon filet (broiled)			
		Sweet potato or Yam			
		Lettuce, tomato, pepper and cucumber salad			
		Apple cider vinegar and olive oil			
Snack		Pumpkin seeds			
		Pear			
Dinner		Shrimp (stir fried)			
		Peppers, onions, mushrooms (stir fried)			
		Brown rice			
		Sliced cucumbers and carrots			

### Mixed Type Meal Plan #4

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Scrambled eggs			
		Hot rice cereal (sweetened with stevia or agave syrup)			
		Butter			
Snack		Celery sticks			
		Almond butter			
Lunch		Baked salmon			
		Arugula salad with peppers and onions			
		Fresh lemon juice and olive oil			
		Steamed zucchini with butter			
Snack		Shake with coconut water, pineapple and coconut butter			
Dinner		Flounder			
		Steamed asparagus with butter			
		Sliced avocado			
		Apple cider vinegar and olive oil			

### Mixed Type Meal Plan #5

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Bacon			
		Scrambled eggs			
		Onions sauteed in coconut oil			
Snack		Banana			
		Almond butter			
Lunch		Baked Cornish hen			
		Quinoa			
		Spinach and garlic			
		Coconut oil			
Snack		Sliced turkey breast			
		Romaine lettuce			
Dinner		Broiled pork chops			
		Mixed brown and wild rice			
		Sliced cucumber and tomato			

### Mixed Type Meal Plan #6

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Egg omelet with mozzarella cheese			
		Tomatoes, mushrooms and onions			
Snack		Sardines in olive oil			
		Brown rice crackers			
Lunch		Chicken breast			
		Romaine salad with cauliflower, cucumbers, and celery			
		Fresh lemon juice and olive oil			
		Quinoa			
Snack		Sliced tomatoes			
		Sliced turkey breast			
		Olive oil			
Dinner		Lamb steak			
		Mixed green salad with broccoli, cabbage and carrots			
		Fresh lemon juice and olive oil			

### Mixed Type Meal Plan #7

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Lamb sausage			
		Steamed kale			
		Corn polenta			
Snack		Honeydew and Cantaloupe			
		Brazil nuts			
Lunch		Buffalo burger			
		Mixed green salad with chopped tomatoes and onions			
		Apple cider vinegar and olive oil			
		Steamed brussels sprouts with butter			
Snack		Sunflower seeds or Pecans			
		Strawberries			
Dinner		Baked cod			
		Steamed cauliflower and turnips			
		Butter			
		Millet			



### Mixed Type Meal Plan #8

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Greek yogurt			
		Blueberries			
		Chopped walnuts and ground flax seeds			
Snack		Papaya			
		Cashews			
Lunch		Beef burger			
		Steamed kale and zucchini			
		Olive oil			
Snack		Baked apples			
		Walnuts			
Dinner		Red snapper			
		Steamed asparagus			
		Sliced avocado			
		Fresh lemon juice and olive oil			

### Mixed Type Meal Plan #9

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Egg (poached or scrambled)			
		Turkey or beef bacon			
		Oatmeal (cooked with water, add cinnamon)			
Snack		Cashews			
		Pear			
		Celery sticks			
Lunch		Buffalo (ground and made into chili)			
		Kidney beans (for chili)			
		Lettuce and tomato salad			
		Olive oil			
Snack		Walnut or pecan butter			
		Celery and carrot sticks			
Dinner		Lean steak (grilled)			
		Spinach (sautéed)			
		Spaghetti squash (baked)			
		Wild rice			

### Mixed Type Meal Plan #10

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Leftover grilled steak			
		Leftover spinach and spaghetti squash			
		Red apple			
Snack		Pecans			
		Strawberries			
		Sliced cucumbers			
Lunch		Flounder (broiled)			
		Quinoa			
		Celery, tomato and pepper salad w/ olive oil			
		Butter			
Snack		Almonds			
		Banana			
Dinner		Cornish hen (baked)			
		Sweet potato (baked)			
		Butter			
		Green salad w/apple cider vinegar and olive oil			

### Mixed Type Meal Plan #11

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Turkey sausage			
		Grilled tomatoes, peppers and onions			
		Potatoes			
Snack		Almonds			
		Sliced mixed peppers			
Lunch		Cobb salad with turkey, ham, bacon, eggs			
		Romaine lettuce with carrots and celery			
		Apple cider vinegar and olive oil			
Snack		Plum			
		Peanuts			
Dinner		Beef chili with onions and tomatoes			
		Red beans			
		Brown rice			
		Mixed green salad			
		Apple cider vinegar and olive oil			

## Mixed Type Meal Plan #12

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		White tuna salad with olive oil and honey mustard			
		Chopped apples, cranberries, celery			
		Celery sticks			
Snack		Apple			
		Pecans			
Lunch		Lamb burger			
		Steamed swiss chard with butter and garlic			
		Onions sauteed in coconut oil			
Snack		Carrot sticks			
		Peanut butter			
Dinner		Mahi Mahi			
		Spinach salad			
		Fresh lemon juice and olive oil			
		Buttered corn and carrots			

### Mixed Type Meal Plan #13

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Poached eggs			
		Feta cheese and spinach sauteed in coconut oil			
Snack		Carrot and celery sticks			
		Pumpkin seeds			
Lunch		Mackerel seasoned with butter, fresh lemon juice, parsley,			
		sea salt and pepper			
		Arugula salad with apple cider vinegar and olive oil			
		Sauteed leeks			
Snack		Kiwi			
		Macadamia nuts			
Dinner		Baked cornish hen			
		Lentils			
		Basmati rice			
		Cucumber slices			

### Mixed Type Meal Plan #14

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Turkey bacon			
		Scrambled eggs			
		Watermelon			
Snack		Apple sauce			
		Peanut butter or almond butter			
Lunch		Chicken legs			
		Grilled eggplant and garlic			
		Romaine salad with chopped cucumbers and tomatoes			
		Fresh lemon juice and olive oil			
Snack		Green apple			
		Soft-boiled eggs			
		Sliced tomatoes			
Dinner		Shrimp stir-fry			
		Brown rice			
		Eggs			
		Bok choy, bamboo shoots, eggplant, peppers, and zucchini			

### Mixed Type Meal Plan #15

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Peanut butter or almond butter			
		Oatmeal (cooked in water, add cinnamon)			
		Blueberries or raisins			
Snack		Peach			
		Cashews			
Lunch		Sardines or Salmon			
		Avocado			
		Sliced tomato			
		Olive oil			
Snack		Sliced turkey			
		Carrots			
		Strawberries			
Dinner		Lamb chop (grilled)			
		Zucchini (green and yellow, grilled)			
		Yam (baked)			
		Butter			



### Mixed Type Meal Plan #16

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Smoked Wild Salmon			
		Tomato slices			
		Avocado and Olive Oil			
Snack		Pecan butter			
		Apple			
Lunch		Turkey Breast (sliced)			
		Lettuce and tomato			
		Sprouted Grain, Rice or Spelt Bread			
		Orange or grapefruit			
Snack		Greek Yogurt			
		Blueberries			
Dinner		Buffalo meatloaf (used ground buffalo instead of beef in recipe)			
		Sautéed spinach			
		Green salad			
		Apple Cider Vinegar and Olive Oil			

### Mixed Type Meal Plan #17

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Eggs			
		Sprouted grain, Rice or Spelt Bread (egg sandwich or French toast)			
		Orange or grapefruit			
Snack		Almonds and Pumpkin Seeds			
		Dried Cranberries (no sugar added)			
Lunch		Chicken breast (grilled or baked)			
		Baked Sweet Potato			
		Broccoli (steamed)			
		Butter (for potato and broccoli)			
Snack		Cottage Cheese			
		Apple Sauce			
Dinner		Grilled Red Snapper			
		Green beans sauteed with almonds			
		Wild Rice			

### Mixed Type Meal Plan #18

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Quinoa hot cereal (made with water)			
		Crushed walnuts and pecans			
		Raisins or Berries			
Snack		Soft Boiled Eggs			
		Carrot Sticks			
Lunch		Turkey Chili			
		Kidney beans (for chili)			
		Sprouted grain or Spelt tortilla			
		Sliced tomato			
Snack		Peanut butter			
		Raisins			
		Sprouted Grain, Rice or Spelt Bread			
Dinner		Shrimp			
		Coconut Oil			
		Peppers, Onions, Mushrooms (make stir-fry)			
		Wheat free soy sauce			
		Brown Rice			

### Mixed Type Meal Plan #19

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Greek Yogurt			
		Almonds			
		Banana			
Snack		Turkey breast slices			
		Sliced tomato			
Lunch		Tuna salad (light or dark tuna)			
		Chopped carrots, celery, and onions (for tuna)			
		Olive Oil			
		Rice Crackers			
Snack		Cottage Cheese			
		Mango			
Dinner		Lamb burgers			
		Portabella Mushroom Caps			
		Lettuce and tomato			
		Cherries			

## Mixed Type Meal Plan #20

Meal	Food		Servings		
	Quantity	Item	Protein	Carb	Fat
Breakfast		Beef or Turkey Bacon			
		Sprouted Grain, Rice or Spelt Bread			
		Sliced Tomato			
Snack		Cashew butter			
		Banana			
Lunch		Wild Smoked Salmon			
		Avocado			
		Sliced Tomato and Cucumbers			
Snack		Greek Yogurt			
		Sunflower seeds			
		Blueberries			
Dinner		Buffalo or Beef Chili			
		Kidney beans (for chili)			
		Sprouted grain or Spelt tortilla			
		Sliced tomato			