

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	 <p><b>Berry Breakfast Smoothie</b></p> <p>1 Multi Vita + K2, 1 Potassium</p>	 <p><b>Cheese Omelet</b></p> <p>1 Multi Vita + K2, 1 Potassium</p>	 <p><b>Blueberry Pancake</b></p> <p>1 Multi Vita + K2, 1 Potassium</p>	 <p><b>Crispy Cereal</b></p> <p>1 Multi Vita + K2, 1 Potassium</p>	 <p><b>Chocolate Smoothie</b></p> <p>1 Multi Vita + K2, 1 Potassium</p>	 <p><b>Chocolate Chip Pancake</b></p> <p>1 Multi Vita + K2, 1 Potassium</p>	 <p><b>Maple Oatmeal</b></p> <p>1 Multi Vita + K2, 1 Potassium</p>
	Lunch	 <p><b>Chicken Chowder</b> + 2 c Cauliflower Rice + 1 tsp Oil</p> <p>1 Multi Vita + K2, 1 Omega-3</p>	 <p><b>Macaroni and Cheese</b> + 1 c Broccoli + 1 c Red Pepper</p> <p>1 Multi Vita + K2, 1 Omega-3</p>	 <p><b>Rotini Pasta</b> + 1 c Zucchini + ½ c Red Onion + ½ c Red Pepper + 1 tsp Oil, Juice ½ Lemon</p> <p>1 Multi Vita + K2, 1 Omega-3</p>	 <p><b>Vegetable Chili</b> + 1 c Bell Pepper + 1 c Yellow Squash + 2 tsp Oil</p> <p>1 Multi Vita + K2, 1 Omega-3</p>	 <p><b>Broccoli Cheese Soup</b> + 2 c Broccoli + 1 tsp Oil</p> <p>1 Multi Vita + K2, 1 Omega-3</p>	 <p><b>Creamy Parmesan Mushroom Pasta</b> + ¾ c Green Beans + 1 ¼ c Mushrooms + 1 tsp Oil</p> <p>1 Multi Vita + K2, 1 Omega-3</p>
Dinner		<p><b>RECIPE</b></p>  <p><b>Flank Steak with Snow Peas and Broccoli</b></p> <p>2 Cal-Mag, 1 Omega-3</p>	<p><b>RECIPE</b></p>  <p><b>Pork Skewer Lettuce Wrap</b> + 1 c Mushrooms + 1 c Cauliflower Rice + 1 tsp Oil</p> <p>2 Cal-Mag, 1 Omega-3</p>	<p><b>RECIPE</b></p>  <p><b>Stir-fry Chicken with Snow Peas and Mushrooms</b></p> <p>2 Cal-Mag, 1 Omega-3</p>	<p><b>RECIPE</b></p>  <p><b>Beef Pho with Konjac Noodles</b> + 1 c Bean Sprouts</p> <p>2 Cal-Mag, 1 Omega-3</p>	<p><b>RECIPE</b></p>  <p><b>Turkey and Dill Meatballs with Zucchini Noodles</b></p> <p>2 Cal-Mag, 1 Omega-3</p>	<p><b>RECIPE</b></p>  <p><b>Maple Mustard Chicken with Grilled Endives</b> + 1 c Asparagus</p> <p>2 Cal-Mag, 1 Omega-3</p>
	Snack	 <p><b>Ranch Dorados</b></p> <p>2 Cal-Mag</p>	 <p><b>Lemon Wafer</b></p> <p>2 Cal-Mag</p>	 <p><b>Salted Caramel Chocolate Clusters</b></p> <p>2 Cal-Mag</p>	 <p><b>Chocolate Crispy Square</b></p> <p>2 Cal-Mag</p>	 <p><b>Sweet Chili Dorados</b></p> <p>2 Cal-Mag</p>	 <p><b>Trail Mix</b></p> <p>2 Cal-Mag</p>

Daily Essentials : 64 oz. water (minimum), ¼ tsp. Ideal Salt or Sea Salt

**IDEAL PROTEIN PRODUCTS**

**7 Breakfast Items:**

- Berry Breakfast Smoothie
- Cheese Omelet
- Blueberry Pancakes
- Crispy Cereal
- Chocolate Smoothie
- Chocolate Chip Pancakes
- Maple Oatmeal

**7 Lunch Items:**

- Chicken Chowder
- Macaroni and Cheese
- Rotini Pasta
- Vegetable Chili
- Broccoli Cheese Soup
- Creamy Parmesan Mushroom Pasta
- Tomato Basil Soup

**7 Snack Items:**

- Ranch Dorados
- Lemon Wafers
- Salted Caramel Chocolate Clusters
- Chocolate Crispy Square
- Sweet Chili Dorados
- Trail Mix
- Vanilla Crispy Square

**Specialty Items:**

- 1 Maple Flavored Syrup
- 1 Sesame Sauce
- 1 Konjac Spaghetti

**\*Make sure you have your mandatory supplements for the week.**

**Vegetables:**

- Bell Peppers 3 ½ c (1 ½ c Red, 1 ½ c Green, ½ c Yellow)
- Asparagus 1 c
- Broccoli 4 c
- Snow peas 2 ¼ c
- Mushrooms 3 ¼ c (2 ¼ c of your choice, ½ c cremini, ½ c shitaki or cremini)
- Napa cabbage 1 c
- Green onion ¼ c
- Red Onion ¾ c
- Radish ¼ c
- Zucchini 2 c (1 c zoodles)
- Yellow squash 2 c
- Cherry tomatoes ½ c
- Tomato ½ c
- Green Beans ¾ c
- Bean Sprouts 1 c
- Spinach 1 c (more for unlimited side salads)
- Arugula 1 c (more for unlimited side salads)
- Bibb lettuce 4-6 leaves (more for unlimited side salads)
- Endives 2 small or 1 large (1 c)
- Cauliflower 3 c (riced)

**Whole Proteins:**

- Flank steak - 1 portion\*
- Pork tenderloin - 1 portion
- Chicken breast (boneless skinless) - 2 portions
- Lean ground turkey - 1 portion
- Beef sirloin (thin sliced) - 1 portion
- Salmon - 1 portion

\*US: 1 Portion = 4-6 ounces  
\*CA: 1 Portion = 8 ounces

**Oils:**

- Avocado
- Sesame
- Olive

**Extras:**

- Wood skewers (3)
- Beef broth (fat free) 1 c
- 2 limes
- 2 lemons
- Tamari sauce 3 Tbsp
- Garlic 3 cloves
- Lemongrass .5 Tbsp (optional)
- Fresh chives, cilantro, mint 2 Tbsp combo
- Fresh cilantro 4 Tbsp
- Ginger 2-inch piece
- Fresh dill 2 Tbsp
- Oregano dried
- Thyme dried
- Cumin
- Chipotle chili powder
- Garlic powder
- Cinnamon
- Hot mustard 1 tsp (substitute brown/dijon-no added sugar)
- Hot sauce (optional-no added sugar)
- Soy sauce (optional)
- Black pepper (coarse)
- Non-stick spray (optional)