



# THE SWEET SPOT SOLUTION

## Menu Planner

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If you enjoy the information in this program, we would like to encourage you to show your support by sharing your testimonial with us, sharing our website with your friends and family, and supporting our continued work by considering our other programs and products.

**NOTE:** These recipes and serving sizes are suggestions. Please adjust recipes as needed according to food that works for you, any special dietary needs, and/or your satiation point.



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# The Sweet Spot Solution

This material is part of the *Sweet Spot Solution* which is a step-by-step method for resetting your insulin receptors and healing the blood sugar imbalances that cause belly fat, brain fog, and burnout. Members have access to a complete website of resources, modules, and materials developed to help heal their conditions.

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

This e-book provides lots of great guidelines for getting your blood sugar balanced, so you can enjoy a trim waistline, soaring energy, and a sharp mind. On your own you should be able to accomplish a lot, but the truth is your results can be much better with support.

## 1. Training and Education for a 30-Day Metabolic Reset

You will have a proven step-by-step, day-by-day plan to follow — and you'll get to customize the plan to account for your unique needs. You'll learn just enough about the inner workings of your body to empower you to stick with the habits that you know will bring balance.

## 2. Implementation Tools to Simplify New Habits

With menus to follow, recipes (including many videos to teach you how to make them), fitness videos, exercise plans, sleep enhancers, timing tips, and de-stress strategies, there's no more guessing about what to eat, when to exercise, and how much rest you'll need.

## 3. Support and Accountability that Goes Above and Beyond

With loving support and guidance every step of the way, you'll be able to stay on track, even when temptations threaten to sabotage your success. Even with the best of the best tools and training, it's hard to implement new behaviors and create new habits without support. That's why I built a strong system of support and accountability into the *Sweet Spot Solution* to accelerate your success.

For more details on the benefits of becoming a *Sweet Spot Program* member, please visit:

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





## Introduction to the Menu Planner

*The Sweet Spot Solution Menu Planner* is designed to be used in tandem with *The Sweet Spot Solution Recipe Collection*. This menu planner is full of fresh-minded resources to help you:

- create meals that will keep your blood sugar nice and steady
- help reduce inflammation
- nourish your glands, organs, and immune system
- calm and optimize your digestion

The more you use these blood sugar balancing ideas, the more you will feel energized, clear-headed, and move closer and closer to your ideal weight. My goal is to make mealtime a pleasure, give you lots of options, and offer meals that are filling and satisfying without excess calories, fat, or sugar.

This e-book contains a number of introductory materials. These materials are in place to ensure you have many choices about how to use the menu plans. You can follow the *General Menu Plan Guidelines* and *Menu Template* to plan your own blood-sugar appropriate meals or you can use (or draw ideas from) the 30 days of menu plans which lay out every meal with alternatives. The right path for you is the one that's manageable and returns a successful result.

Start with reading the *General Menu Plan Guidelines* and introductory materials to ensure you understand the goal and approach. Then get started. Keep careful journals and notes on how you feel with different foods.

Enjoy the journey!

Oh, and be sure to read the *Digestion Enhancing Eating Strategies* so you get the most out of every bite.

Dr. Ritamarie



## General Menu Plan Guidelines

### Options:

In these menu plans, you may notice more than one recipe item listed for certain meals. **The items listed are suggestions only.** You may need to adjust your recipe selection according to your own preferences, glucose testing results, available produce, and sensitivities. **Choose one, two, or all** of the recipe options. You can also swap lunch and dinner and rearrange food items between the meals. If you prefer a less rigid menu structure, use the strategies in *Grab and Go Time Saving Meal Planning Ideas*.

### Start Your Day with Energy:

Be sure to include a *Jumpstart Your Day Energy Drink* within an hour of getting up. After that, you can exercise, travel to work, get the kids off to school (or whatever else is on the agenda), and get back to eating breakfast when you're ready. These beverages won't spike your glucose and insulin, so they don't really count as one of your three meals.

### Observe How Food Makes You Feel:

If you're a *Sweet Spot* program member, be sure to use your *Glucose Tracking Chart* to record how you feel throughout the day. With careful observation, you'll be able to identify the foods that leave you feeling well and energized and those that make you foggy and fatigued. If you test your blood glucose you'll soon learn just how to schedule your meals to stabilize your blood sugars.

### Fill Up at Each Meal, but Don't Over Eat:

Eat as much as you need to feel full at each meal, and be sure to **include raw food and green food in every meal.** Eat an abundance of green food, preferably 1 - 2 pounds or more each day. This goal is simple to meet if you juice, and it's relatively easy if you include at least a quart of blended greens every day.

"Blended greens" include smoothies, soups, and other recipes that involve putting greens into a blender or food processor like salad dressings, dips, and spreads. You can even dehydrate your greens into tasty "crackers" and "breads" that curb the carb cravings.





### **Enrich Your Blended Greens:**

Smoothies and soups taste better and last longer when you add something to fill you up longer (preferably, use chia, coconut, avocado, or any seeds or nuts). Be sure to eat at least 4 tablespoons of chia each day.

### **No Fruit Options:**

For those who have tested blood sugars and found that fruit needs to be temporarily omitted, non-fruit options are offered at breakfast and are labeled “NF”.

### **Animal Protein Guidelines:**

If desired, you can add a small amount of lean animal protein to lunch or dinner (and, if need be at first, both). For this program, think of animal protein as you would a condiment – something to be used lightly. Choose wild game like bison, deep ocean fish, or organic, free-range poultry or beef.

### **Preparing In Advance:**

Each night, review recipes for the next 2 - 3 days and determine if anything needs to be soaked or marinated in advance. Twice a week, make sauces and dips for the next 3 days so you can grab and go.

### **Recipes\*:**

All recipes are in your *Sweet Spot **Solution Recipe Collection***. If desired, add any of the dehydrated breads, crackers, or crisps from the *Sweet Spot Solution Recipe Collection* to any of your meals.

#### **\*Sweet Spot Members:**

- You will find helpful videos for some of the recipes on the membership website.
- You will also find a list of approved and blood sugar appropriate dehydrated snacks that can be ordered online or purchased at a local natural food store in case you do not have access to a dehydrator for the *Dehydrator Recipes* chapter.



## **Foods to Avoid and Foods to Include in Your 30-Day Blood Sugar Balancing Diet**

It makes sense that if you're looking for a new or different result in your health, you'll need to embrace a new or different way of eating. You will begin to feel better when you temporarily remove foods that may be creating inflammation in your body and contributing to unwanted symptoms.

The removal of "Foods to Avoid" can be a gradual process (most recommended), i.e. one per day or so, or cold turkey. The best result will be gained if you can completely eliminate these foods before starting your 30 days of healing and metabolic reset. You may notice some withdrawal symptoms\* like headaches, cravings, or feelings of low energy. Hang in there. These symptoms generally only last a few days. Include movement in your day to reduce the symptoms.

If you follow the 30 days of *Sweet Spot* menu plans, you'll be following all the recommended guidelines and eating the right foods to heal your body. However, if you are out and need to deviate, you need to understand what you can and can't eat to optimize your blood sugar and resensitize your cells to insulin.

Avoid all the foods on the "Foods to Avoid" list strictly for 30 days and you'll be amazed at the results.

### **\*Sweet Spot Members:**

- To assist with withdrawal symptoms, ensure you are taking the recommended supplements.
- You will find additional strategies for handling withdrawal symptoms in the "Phase Out" unit of Module 2 on the *Sweet Spot* website.



## **Foods to Avoid**

### **Avoid These Top 6 Food Allergens and Potential Allergens to Reduce Inflammation and Autoimmune Reactions:**

- Gluten
- Dairy
- Soy
- Corn
- Eggs
- Peanuts

### **Eliminate These High-Glycemic Carbs and Processed Fats**

- Sugar or relatives (exceptions: stevia, xylitol, erythritol, Lakanta - small amounts if tolerated)
- Alcohol
- Bananas, mangoes, papaya and other high sugar fruits
- Dried fruit or fruit juice
- Flour and flour products – crackers, pasta, bread, etc.
- All Grains\*
- Legumes\*
- Potatoes\*
- No coffee
- No heated oils, trans fats

\*Within these categories there may be a *few* food exceptions for *some* people, but glucose testing is absolutely required to determine. See “*Foods That Must Be Tested for Individual Tolerance*” below for details.



## **Foods to Include**

The recipes in the companion *Sweet Spot Solution Recipe Collection* include only the foods on the approved lists.

Refrain from eating the foods on the avoid list for a full 30 days, after which you can test to see how well they suit you.

## **Foods to Eat throughout the 30 Days**

- Vegetables – raw or cooked: unlimited quantities
- Low-glycemic fruits like blueberries, apple, and grapefruit (only if they can be eaten with glucose maintained  $\leq 110$ )
- Raw nuts, preferably soaked and rinsed
- Coconut
- Raw seeds
- Daily omega-3 rich seeds: chia, flax, hemp
- Cold water fish and wild game or organic free-range meat if not vegetarian and not allergic



### Focus Especially on these Foods That Improve Insulin Resistance

Each of the foods in this list has special properties which aid your body in the processing of sugar. Eat them as often as you can to improve your results and restore your body to balance.

Most are common, every day foods that are easy to find in supermarkets all over the world. The *Sweet Spot Solution Recipe Collection* provides easy and delicious recipes to enable you to quickly incorporate these blood sugar friendly foods on a regular basis.

- Alfalfa
- Algae and seaweed
- Avocado
- Bitter melon
- Blueberries
- Broccoli
- Bussels sprouts
- Cabbage
- Cardamom
- Carob
- Cinnamon
- Citrus peel extract
- Cucumber
- Garlic
- Ginger
- Greens
- Jerusalem artichoke
- Onion
- Prickly pear or Nopal cactus – fresh or capsules
- Stevia
- Turmeric

#### **\*Sweet Spot Members:**

- You will find more details on how these foods balance blood sugar and insulin levels in the “*Foods That Improve Insulin Sensitivity*” document in Module 2 on the *Sweet Spot* website.



## Herbs That Restore Insulin Sensitivity

The following herbs help to balance blood glucose and insulin levels in a variety of ways. Most are easy to find and are tasty additions to your favorite recipes.

- **Fenugreek:** Lowers insulin and triglycerides and increases HDL.
- **Cinnamon:** Enhances insulin receptor sensitivity.
- **Maitake mushroom:** Improves sensitivity and lowers sugar, insulin, and triglycerides.
- **Bitter melon:** Lowers both insulin and triglycerides.
- **Basil:** Improves insulin sensitivity.
- **Nopal cactus:** Mechanism not fully understood. Thought to improve insulin sensitivity and slow absorption of glucose through the intestinal wall.
- **Ginger:** Increases insulin sensitivity and decreases inflammation.

## Foods That Must Be Tested for Individual Tolerance

There is also a list of potentially allowable foods that are unique to each person. The only way to find out if these foods are okay *for you* is to test them for the result on your blood glucose. If you choose not to test your foods, include these foods in your “Foods to Avoid” list.

Only eat from the foods below if you test using a 6-hour glucose tolerance test and your glucose never exceeds 110 and never dips below starting value.

## Foods to Test Then Eat Cautiously for 30 Days

- Low sugar, high-water content fruits: Test them! No more than 1 serving per day if tolerated. (Ideally, even the recommended low-glycemic fruits of blueberries, green apples, and grapefruit should be tested.)
- Legumes: Some people tolerate, others do not – test!
- Starchy seeds like quinoa and buckwheat: Best to avoid at least for first two weeks to be safe.
- Sweet potatoes, yam and squash (no white/red or “table” potatoes) may be included if glucose tested and the result is normal.





Foods to Consume Regularly		Eat only if Sugar Stays < 110	Foods to Avoid		
<p><b>Unlimited Non-Starchy Vegetables</b> Raw or cooked</p> <ul style="list-style-type: none"> <li>All non-starchy vegetables / greens</li> <li>Arugula</li> <li>Bok choy</li> <li>Broccoli</li> <li>Cabbage</li> <li>Cauliflower</li> <li>Celery</li> <li>Chard</li> <li>Collard greens</li> <li>Cucumber</li> <li>Herbs</li> <li>Jicama</li> <li>Kale</li> <li>Kelp noodles</li> <li>Konjac noodles</li> <li>Lettuce</li> <li>Peppers</li> <li>Radish</li> <li>Spinach</li> <li>Sprouts</li> <li>Tomato</li> </ul>	<p><b>Moderate Amounts</b> Watch omega-6:3 ratio and saturated fat</p> <ul style="list-style-type: none"> <li>Almond</li> <li>Avocado</li> <li>Brazil</li> <li>Cashew</li> <li>Chia</li> <li>Coconut</li> <li>Filbert (hazelnut)</li> <li>Flax</li> <li>Hemp</li> <li>Macadamia</li> <li>Pecan</li> <li>Pine nut</li> <li>Pumpkin</li> <li>Sesame</li> <li>Sunflower</li> <li>Walnut</li> <li>Other raw nuts and seeds</li> </ul> <p><b>Animal Foods (optional)</b></p> <ul style="list-style-type: none"> <li>Deep ocean fish (limit to 1-2 times a week, 3 ounce serving)</li> <li>Organic, free-range, pastured or wild lean meat (3 oz.)</li> </ul>	<p><b>Gluten-Free Grains</b></p> <ul style="list-style-type: none"> <li>Brown rice</li> <li>Buckwheat</li> <li>Millet</li> <li>Quinoa</li> <li>Teff</li> <li>Wild rice</li> </ul> <p><b>Legumes</b></p> <ul style="list-style-type: none"> <li>Adzuki beans</li> <li>Black beans</li> <li>Kidney beans</li> <li>Lentils</li> <li>Mung beans</li> <li>Peas</li> <li>Pinto beans</li> <li>Red beans</li> <li>White beans</li> </ul> <p><b>Low-Glycemic Fresh Fruits</b> Best eaten with greens in smoothies or salads</p> <ul style="list-style-type: none"> <li>Apples (green)</li> <li>Blackberry</li> <li>Blueberry</li> <li>Raspberry</li> <li>Strawberry</li> <li>Other berries</li> </ul> <p><b>Starchy Vegetables</b></p> <ul style="list-style-type: none"> <li>Beets</li> <li>Carrot</li> <li>Parsnip</li> <li>Rutabaga</li> <li>Sweet potato</li> <li>Turnip</li> <li>Yam</li> </ul>	<p><b>Medium and High-Glycemic Fruits</b></p> <ul style="list-style-type: none"> <li>Apricots</li> <li>Banana</li> <li>Cherimoya</li> <li>Guava</li> <li>Mango</li> <li>Papaya</li> <li>Passion fruit</li> <li>Peaches</li> <li>Pears</li> <li>Persimmon</li> <li>Pineapple</li> <li>Plums</li> <li>Pomegranate</li> <li>Star fruit</li> </ul> <p><b>Dried Fruit</b></p> <ul style="list-style-type: none"> <li>Dates</li> <li>Goji Berry</li> <li>Prunes</li> <li>Raisins</li> <li>Others</li> </ul> <p><b>Fruit Juice – Fresh or Pasteurized</b></p>	<p><b>High-Glycemic Foods</b></p> <ul style="list-style-type: none"> <li>Flour and flour products – crackers, bread, pasta etc. (avoid even if whole grain)</li> <li>Grains unless tested and blood sugar stays below 110</li> <li>Legumes unless tested and blood sugar stays below 110</li> <li>Starchy vegetables unless tested and blood sugar stays below 110</li> <li>White potato</li> <li>Yellow potato</li> </ul>	<p><b>Processed Foods</b></p> <ul style="list-style-type: none"> <li>Alcohol</li> <li>Animal products - commercial</li> <li>Coffee</li> <li>Deep fried food</li> <li>High-fructose corn syrup</li> <li>Hydrogenated oils</li> <li>Margarine</li> <li>Mayonnaise</li> <li>Processed polyunsaturated oils (they come in glass jars and are already oxidized)</li> <li>Refined flour</li> <li>Refined grains (i.e. white rice)</li> <li>Shortening</li> <li>Sweeteners - artificial</li> <li>Sweeteners - whole: honey, maple syrup, raw dehydrated cane juice, agave</li> <li>White sugar</li> </ul> <p><b>Allergens</b></p> <ul style="list-style-type: none"> <li>Corn</li> <li>Dairy</li> <li>Eggs</li> <li>Gluten</li> <li>Peanuts</li> <li>Soy</li> <li>Your personal allergens</li> </ul>



## Digestion Enhancing Eating Strategies

It's common that before you eat, your attention may be more focused on taste than digestion; however, with a few simple tips and an intention to appreciate your food, you can maximize the absorption of the vitamins and minerals available in your blood-sugar friendly meals.



The more your body can *easily* digest your food, the more nutrition and healing potential you'll enjoy.

### Turn off the TV and news radio.

Put on your favorite soothing music if you' like to make it a really special experience.

### Create a relaxing environment for mealtime.

It's ideal to set your plate on a table in the kitchen or dining room or in a beautiful place outdoors. Since that may not be practical during the work week, do your best to create a relaxing environment, even if you're at your desk. Consider bringing something of beauty into your workspace to enhance your dining experience. I have a shelf on top of my desk hutch that contains trinkets that I find soothing to look at. I have a few hanging trinkets that remind me of my "mini-vacation" place, the beach.

### Breathe and appreciate.

Before you dig into the food on your plate, take a long, slow, deep breath and let it out slowly and completely. Look at the food on your plate and really appreciate the magic that lies within. The beautiful array of colors and textures will enter your body and become part of you. Allow the experience in with reverence and awe. Eat slowly, and chew each bite completely, allowing the flavors to burst on your tongue and nourish your taste buds as well as the rest of you.

### Stop eating when you feel comfortably full, even if your plate is not empty.

If your plate is empty and you're still hungry, have a second helping of salad or vegetables.



## Digestion Enhancing Supplement Strategies

### Use slippery elm to enhance digestion.

- Slippery elm acts like a bandage as it coats and soothes the inflamed tissues of the digestive tract.
- It is recommended for people suffering from colitis, constipation, Crohn's disease, cystitis, diarrhea, diverticulitis, GERD, and hemorrhoids.
- Slippery elm contains antioxidants which help relieve inflammatory bowel conditions.
- Slippery elm stimulates nerve endings in the digestive tract, increasing mucus production that protects against ulcers and excess acid.
- Slippery elm contains many nutrients, including calcium, iron, magnesium, potassium, selenium, zinc, beta-carotene, and vitamins B complex and C.
- Slippery elm can be taken as a tea or as a thin gruel.
- **Put 1 teaspoon of slippery elm in 1 cup of warm water and drink 15 minutes before each meal.**

### Use bitters to enhance digestion.

- Bitters are a combination of bitter-tasting herbs – such as dandelion, gentian, fennel, ginger, turmeric, and slippery elm – which enhance digestion and balances your appetite.
- Bitters can be used in place of antacids, because it helps the body to produce its own digestive acids, so that it soothes gas and bloating and relieves upset stomach and nausea. This also helps your body to absorb the nutrients from the food.
- Bitters stimulate the liver to produce bile, which helps in the digestion of fat, as well as fat-soluble vitamins A, D, and E.
- Bitters also stimulate the stomach to produce hydrochloric acid and the digestive enzyme pepsin, which helps break down large protein molecules for easier digestion and absorption. This way it can relieve occasional heartburn.
- Bitters curb sugar cravings and helps maintain healthy blood sugar levels by stimulating the secretion of insulin.
- **Digestive bitters tonics are usually taken by placing several drops in a small amount of water, and then they are slowly sipped 10 to 15 minutes before the meal. Swish the bitters solution in your mouth for a minute or two, then swallow. This will activate the digestive process.**



### **Use digestive enzymes to enhance digestion.**

- Digestive enzymes are produced in the salivary glands, stomach, pancreas, and the small intestine, but it is the digestive enzymes from the pancreas that primarily help break down the carbohydrates, fats, and proteins we eat into smaller units so that our body can absorb the maximum amount of their nutrients.
- There are three categories of digestive enzymes – lipase to break down the fat; amylase to help with carbohydrates; and protease to work on the protein.
- Insufficient digestive enzymes can lead to bloating, gas, heartburn, fatigue, constipation, and possibly Irritable Bowel Syndrome (IBS) and other inflammatory bowel diseases.
- Digestion upsets occur more frequently as we age because the amount of enzymes we have in our body declines.
- Including plenty of raw, organic foods in your daily diet will support the enzyme function in your body because the enzymes are alive in them to work with your body's digestive enzymes.
- **Digestive enzymes supplementation is available tablets, capsules, powders, and liquids. They are generally taken with each meal.**



## Getting Started: The First Two Days

The first few days of following the *Sweet Spot* menu plans are “experimental”, so you’ll notice a difference in *Menu 1* and *Menu 2* compared to the remaining 30 days. The first two days provide the opportunity for you to learn about your body and begin the retraining process by eating satisfying, low-glycemic meals. Your program goal will be to space your meals 5 - 6 hours apart, so **consciously and gently** experiment with this spacing and see how your body reacts.

Like anything else, it works best to train, not just dive right in. Just as you wouldn’t begin a new exercise program with long distances and heavy weights, the same is true for retraining your eating and timing habits.

The instructions below, in a more basic format, will be repeated in *Menu 1* and *Menu 2* and will include specific recipes. The instructions directly below are simply here to give you more details about how to begin.

### **\*Sweet Spot Members:**

- Begin following the menu plans after you have been comfortably following the strategies and using the suggested supplements in the Foundations Module and Module 1.
- You will also find additional strategies for keeping your energy as high as possible via the suggested lifestyle strategies in the areas of diet and nutrition, fitness, attitude and stress, sleep, and timing.



## Day 1: Breakfast

Here's where tracking is going to come in handy. Everyone is different in the amount they can consume in the morning. The goal is to be able to finish breakfast and not be hungry for 5 or 6 hours.

- Make a **quart of the Energy Drink, Gut Rejuvenator A.M. Starter**, but start off drinking only 8 ounces (unless you're used to drinking more) and set the rest aside for later.
- Follow the *Gut Rejuvenator A.M. Starter* with **16 ounces of green juice, green water, or a green powder drink**. You can add spices, herbs, or essential oils for flavoring. As you do this more and more you'll start to have your favorite combinations.
- Next have your **green smoothie**. Make at least 32 ounces. Drink 16 ounces to start, more if you have room. Save the rest for later if you can't finish it. Add 2 tablespoons chia seed or 1/2 - 1 cup *Chia Gel* to the smoothie.
- Drink as much water, *Gut Rejuvenator A.M. Starter*, or flavored water as you'd like between breakfast and lunch.
- Track how long it takes until you first feel hungry and note it on your chart.
- As soon as you start to feel hungry, drink water, *Gut Rejuvenator* or flavored water.
- Track how long it takes until you are very hungry and ready to eat.
- It's important to wait until you are really hungry, but don't wait too long. Until you retrain your system, it's very important to avoid allowing your blood sugar to get too low.
- Once you get to the point of being quite hungry, eat, even if there hasn't been 4 - 6 hours of space between your meals. This is a training ground, not a race course. We need to retrain your body to space meals.
  - If it's midway between breakfast and lunch, i.e. 2 - 3 hours or less after breakfast, enjoy a "snack" to tide you over. See *Snack Attack Strategies* for details.
  - If it's closer to lunch time, i.e. more than 3 hours after you finished breakfast, go ahead and eat lunch.





## Day 1: Lunch

Follow the *Menu 1* lunch suggestions on the planner. Feel free to substitute for ingredients you don't like or don't tolerate well, as long as they are similar. For example, if you don't have or don't care for spinach, substitute another leafy green you do like. Don't, however, substitute carrot for spinach.

You can also add any of the dehydrated foods from the recipe collection to any of the breakfast or dinner meals. If you feel you need fish or meat to avoid cravings or feeling weak or irritable, you may add 1 - 3 ounces to lunch and/or dinner, at least at the beginning. You'll probably find that as you get more balanced you'll need meat less. Guidelines for including meat are included in the *General Menu Plan Guidelines*.

- If you were unable to finish your **breakfast smoothie**, start with that for lunch. Drink it while you prepare the rest of the meal.
- Eat your lunch slowly. Remember to use *Digestion Enhancing Eating Strategies*.
- **Stop eating when you feel comfortably full**, even if your plate is not empty. If your plate is empty and you're still hungry, have a second helping of salad or vegetables and eat until comfortably full.
- **Note your degree of fullness** on your chart with 10 being "Thanksgiving Day stuffed" and 1 being "starving".
- **Drink as much water, Gut Rejuvenator A.M. Starter or flavored water** as you'd like between lunch and dinner.
- Track how long it takes until you first feel hungry and note it on your chart.
- **As soon as you start to feel hungry**, drink water, *Gut Rejuvenator* or flavored water.
- Track how long it takes until you are very hungry and ready to eat.
- It's important to wait until you are really hungry, but don't wait too long. Until you retrain your system, it's very **important to avoid allowing your blood sugar to get too low**.
- Once you get to the point of being quite hungry, **eat**, even if there hasn't been 4 - 6 hours of space between your meals.
  - If it's midway between lunch and dinner, i.e. 2 - 3 hours or less after lunch, enjoy a "snack" to tide you over. See *Snack Attack Strategies*.
  - If it's closer to dinner time, i.e. more than 3 hours after you finished breakfast, go ahead and eat dinner.



## Day 1: Dinner

Follow the *Menu 1* dinner suggestions. Feel free to substitute for ingredients you don't like or don't tolerate well, as long as they are similar.

- If you were unable to finish your **breakfast smoothie**, start with that for dinner. Drink it while you prepare the rest of the meal.
- **Eat your dinner slowly**, following the *Digestion Enhancing Eating Strategies*.
- Stop eating when you feel comfortably full, even if your plate is not empty. If your plate is empty and you're still hungry, have a second helping of salad or vegetables and eat until comfortably full. Once your system resets and you can comfortably go longer between meals, I'll advise you to eat until "almost full," but that's a more advanced step.
- **Note your degree of fullness** on your chart with 10 being "Thanksgiving Day stuffed" and 1 being "starving".
- If you get tend to get hungry between dinner and bedtime, **track how long it takes until you first feel hungry** and note it on your chart.
- Drink as much water, *Gut Rejuvenator*, or flavored water as you'd like between dinner and bedtime, especially if you start to feel hungry.
- Do your best to refrain from eating before bed. The goal is to leave a space of at least 3 hours or more between dinner and bedtime. If you're so hungry that you can't fall asleep easily, nibble on some celery or cucumber slices. Drink green juice or green powder in water, a chia beverage with just chia and essential oils and stevia to flavor, or a protein powder drink. Use the *Snack Attack Strategies*, but choose the lightest snack you can and go to sleep.



## Day 2: Breakfast

Follow the *Menu 2* breakfast guidelines. The *Menu 2* breakfast is almost the same as *Menu 1* **with a big exception**: You get to eat a breakfast entrée and determine how much food you can comfortably consume for breakfast to help you make it all the way to lunch without crashing.

- Make a **quart of *Gut Rejuvenator A.M. Starter***, but start off drinking only 8 ounces (unless you're used to drinking more) and set the rest aside for later.
- Follow the *Gut Rejuvenator* with **16 ounces of green juice, green water, or a green powder drink**. You can add spices, herbs or essential oils for flavoring. As you do this more and more you'll start to have your favorite combinations.
- Next have your **green smoothie**. Make at least 32 ounces. Drink 16 ounces to start, more if you have room. Save the rest for later if you can't finish it. Have a bowl of *Blueberry Chia Breakfast Porridge*. Eat it slowly. You can eat the porridge while you sip on your smoothie.
- Drink as much water, *Gut Rejuvenator*, or flavored water as you'd like between breakfast and lunch.
- Track how long it takes until you first feel hungry and note it on your chart.
- As soon as you start to feel hungry, drink water, *Gut Rejuvenator*, or flavored water.
- Track how long until you are very hungry and ready to eat.
- It's important to wait until you are really hungry, but don't wait too long. Until you retrain your system, it's very important to avoid allowing your blood sugar to get too low.
- Once you get to the point of being quite hungry, eat, even if there hasn't been 4 - 6 hours of space between your meals. This is a training ground, not a race course. We need to retrain your body to space meals.
  - If it's midway between breakfast and lunch, i.e. 2 - 3 hours or less after breakfast, enjoy a "snack" to tide you over.
  - If it's closer to lunch time, i.e. more than 3 hours after you finished breakfast, go ahead and eat lunch.



## Day 2: Lunch and Dinner

For lunch and dinner the instructions are the same as Day 1, the difference being that you can use the suggested recipes from *Menu 2*. Keep the following reminders in mind:

- Eat until comfortably full.
- Again, track how long until you are very hungry and ready to eat.
- If you need to eat between lunch and dinner, extend the time by 15 minutes longer than the day before to retrain your body to space meals.



## Optional Cleanse Day Instructions

Periodically, it's a great idea to give your body a rest from its normal work...if you feel up to it. If not, there are always future opportunities. An optional cleanse gives both your insulin receptors and your digestion a day of rest. In fact, all your organs work less. Even *you* will work less as there will be very little food preparation and clean-up.

Feel free to do a cleanse whenever it best suits your schedule: **once a week throughout the 30-day healing period would be very beneficial.** Want to go for more than one day? As long as you feel good, do it!

Depending upon your prior eating habits and current health, things may be too delicate initially for you to try and keep up with a cleanse. That's okay and you can let the option go. If following a cleanse is too stressful on your system or for your schedule, choose from any of the other daily menu plans and repeat that day or make your own meal plan using the *General Menu Plan Guidelines*, *Menu Template* documents, or the *Grab and Go Time Saving Meal Planning Ideas*.

### Steps for Cleansing:

1. Pick a day in your week that best suits time off from eating and preparing meals.
2. Chart your glucose at the beginning (at the very minimum) of your chosen cleanse day.
3. Start off the same as every other day with your *Jumpstart Your Day Energy Drink*, followed by as much green or clear liquid as you'd like. You can choose from any of the *Sweet Spot Solution Recipe Collection* beverages except those containing fruit.
4. Continue to chart your glucose as often as you'd like throughout the day. If this is too much, just chart the beginning and the end of the day.
5. Don't worry about meal spacing as your glycemic load will be low and you'll be drinking only high green beverages with some additional chia or nut/seed milk.
6. Drink as often as you need to keep your energy level up. I've listed your beverage options below. The top four will be the most deeply cleansing. The addition of protein powder, chia seeds, and nut milk will slow the cleanse and make you more comfortable.
7. Be kind to yourself and follow your body's lead about what to choose.



## Cleanse Day Beverage Options:

- **Flavored Water:** water with essential oils, lemon juice, or ginger juice added (*Gut Rejuvenator A.M. Starter* is one example of this).
- **Fresh Green Juice:** made from leafy greens and watery vegetables like celery, cucumber, zucchini and cabbage. No carrot, beet, or fruit to be added (except lemon juice). See the *Sweet Spot Solution Recipe Collection* for ideas.
- **Green Drinks:** made from powdered greens and water.
- **Blended Green Smoothies / Soups:** made with no added fat or fruit. See *Blended Green Drinks without Fruit* chapter in the *Sweet Spot Solution Recipe Collection* and *Soups* chapters for ideas. Or make up your own. Blend green veggies with a big blender full of water and add seasonings or other vegetables.
- **Chia Powdered Green Juice:** powdered green drinks or blended green drinks with or without protein powder.
- **Protein Powdered Green Juice:** powdered green drinks or blended green drinks with or without chia seed.
- **Chia Energy Drinks:** made from recipes in the *Sweet Spot Solution Recipe Collection*.
- **Nut or Seed Milk:** made preferably using green juice, green powder drink, or blended greens as a base. Recipes are in the *Sweet Spot Solution Recipe Collection*.

You can mix and match these beverage options throughout the day.

## Additional Tips to Enhance Your Cleanse:

- Keep yourself hydrated.
- Drink water in between green beverages.
- Be sure to get some exercise.
- Before each drink, do your breathing and appreciation routine\*.

### \*Sweet Spot Members:

- Please see the *Transforming Stress System* for additional strategies.





## Optional “Fruit Fast” Instructions

Just for the record, I am not opposed to eating fruit, nor am I a proponent of a low-carb diet as a permanent way of life.

The goal of the *Sweet Spot Program* is to reset metabolic imbalances that have resulted in belly fat, brain fog, burnout fatigue, and blood sugar fluctuations. Getting these metabolic imbalances corrected will also protect you from the deadly trio: heart attack, cancer, and diabetes.

What I’ve observed in carefully studying member comments, blood sugar charts, and questions on the *Sweet Spot* calls and forum is this:

- It’s hard to predict with any degree of certainty how YOU will react to a particular food when it comes to measuring blood sugar.
- Some of the foods I anticipated being “safe” foods with respect to keeping insulin levels low enough to quickly repair your insulin resistant cell receptors are not at all safe for some of us. In fact, for some, even blueberries (with their low glycemic index AND special chemical constituents that improve insulin resistance) raise glucose levels to dangerously high levels.
- Stress, sleep, and quantity of food, in addition to combinations and timing have an effect on glucose levels which makes it challenging to predict which fruits and concentrated carbohydrate foods are actually safe for YOU right now.

The best results are achieved with the *Sweet Spot* program when you **keep your glucose level below 110 for three weeks in a row**. Even more rapid results can be achieved by keeping levels below 100.

If you test and can find a set of foods, including fruit, that keep your glucose in this ball park, there’s no need to further restrict your diet by eliminating all fruit. If, however, you don’t plan to test or are unable to keep your glucose below 110 while eating fruit, consider doing a 3 - 5 day “fruit fast”.



During your “fruit fast” you may continue to eat according to the menu plans, mixing and matching to your heart’s content. The only exception is you’ll **eliminate all fruit, coconut water, cooked carrots, and beets** (in addition to the other “foods to avoid” restrictions the *Sweet Spot* program suggests).

Eat as many non-starchy vegetables as you can; as many non-sweet fruits as you’d like (tomatoes, cucumbers, zucchini, summer squash, and peppers); as much chia as is comfortable; and as many nuts, seeds, and avocados as you need to stay satiated between meals.

Stop eating food 3 hours or more before bedtime, but aside from that exception, don’t be too concerned with timing rules.

### “Fruit Fast” Breakfast:

In fact, for these 3 – 5 days, don’t eat breakfast (other than drinking your *Gut Rejuvenator A.M. Starter* when you first get up) until you feel really hungry. If you do feel really hungry first thing in the morning, that’s great. If not, and you don’t get hungry until noon, follow your appetite.

Drink as much vegetable juice as you’d like and add a tablespoon or two of chia to slow the absorption and hold you longer.

### “Fruit Fast” Lunch:

At lunch, fill up on veggies and dip, salad, or steamed vegetables with a tasty sauce.

### “Fruit Fast” Dinner:

For dinner, be sure to have a vegetable soup, salad, and any entrée or dehydrated food that you’d like.

You also have the option of choosing a low-glycemic dessert during your fruit fast to help get you through. Any choice from the *Desserts* chapter of the *Sweet Spot Solution Recipe Collection* **except** the blueberry ice cream and fruit smoothie popsicles will be appropriate.

Choosing to do a fruit fast should be very effective at keeping glucose levels down.



## Special Considerations

If you've been experiencing any light headedness or dizziness between meals, be sure to eat more frequently during the "fruit fast". Just be sure that your food choices are low-glycemic, vegetable-based, and chia seed rich.

Pick any three consecutive days and follow the menu plan choosing the NF options for breakfast.

### **Sweet Spot Members:**

- If you have any questions, bring them up in the private *Sweet Spot Facebook Group* or on a live support call.



## Beginning of the Week Time-Saving Prep Steps

If one of your obstacles is the feeling that you “don’t have time,” here are ideas that will help save you time and make your meal preparations efficient.

- Juice a dozen lemons and/or limes at the beginning of the week. Date the mix, so you’ll know how fresh it is. Many of the *Sweet Spot* recipes use lemon or lime, and it can be time consuming to juice them fresh before each meal. If you’re concerned about nutrient loss from squeezing them in advance, you can juice them and store in ice cube trays. You can also use these lemon/lime ice cubes to flavor your drinks. Measure as you fill the trays and it becomes really easy to add specific quantities of lemon juice to a recipe.
- If you have inflammation and like ginger, juice a bunch of ginger at the beginning of the week. If you don’t have a juicer, ginger can be blended and strained to remove the stringy pulp. Ginger is an awesome anti-inflammatory. It can be added to juices, smoothies, water, and chia beverages to enhance the flavor and the therapeutic effect. Store the ginger juice in a jar in your refrigerator or fill ice cube trays to keep it fresh longer.
- Make *Chia Gel* ahead of time. Soak 1 cup chia in 5 cups water. Or use a 32 ounce mason jar and add 3/4 cup chia and fill to the brim. Shake well and place in the refrigerator.
- Soak any nuts or seeds needed for recipes every three days. Make enough cheeses, dips, and spreads for three days.
- Cut a variety of vegetables into sticks suitable for dipping. Just about all firm vegetables can be pre-cut and can last 3 or more days in the refrigerator. Avoid pre-cutting cucumber as they can get slimy. Store in Ziplock bags for ready access.
- If you have a dehydrator, choose a few dehydrated breads and crackers to make and have on hand.
- Stock your refrigerator with lots of produce. Choose things you like. Keep on hand the veggies that make good sandwiches and wraps. These include collard greens, romaine lettuce, cucumbers, jicama, red and orange bell peppers, cabbage, tomatoes and nori sheets. See *Grab ‘n Go Time Saving Meal Planning Ideas* for details about how to make sandwiches and wraps.



## Grab and Go Time Saving Meal Planning Ideas

Making nutritious meals doesn't have to consume all your time and energy. Many recipes are quick and easy to make and can be put together in 5 - 10 minutes.

What follows is a set of time saving tips I've learned over the years that will allow you to make a meal in as little as 5 minutes.

All it takes is a little advanced planning and making a few items every 3 - 4 days. You'll find the recipes for the suggestions below in the *Sweet Spot Solution Recipe Collection*.

### Grab and Go Preparation

- 1. Make 1 or 2 dips and/or "cheese" recipes – they last several days.** Be sure to make more dip before you run out. Preparation takes no more than 5 minutes per dip, on average. Dips are very versatile and, in addition to making a terrific meal in and of themselves, can be eaten with a variety of raw vegetable sticks or dehydrated crackers. Dips or "cheese" can be used in wraps, on sandwiches, on salads, and as a sauce for steamed or raw vegetables. They are also good drizzled on top of a soup.

#### **Examples of dips and/or "cheese" you can make in advance are:**

- *Dillicious Dip*
- *Creamy Cheddar Dip*
- *Nacho "Cheese"*
- *Spinach Dip*



**2. Make 1 or 2 spreads.** They will last for 4 days, sometimes longer. Spreads, sometimes called paté, are made with vegetables and nuts or seeds and are similar in texture to sandwich spreads like those made from tuna and salmon. These *Sweet Spot* recipes use no mayonnaise, although we offer a recipe for “*Mayonnaise*” (made with cashews) to enliven the foods.

**Examples of spreads you can make in advance are:**

- *Creamy Pesto*
- *Mock Salmon*
- *“Not” Tuna Salad*
- *“Refried Beans” Spread*

**3. Make a couple of salad dressings and/or sauces.** By having these already made, you can quickly make a delicious meal by tossing with your favorite greens and vegetables, some of which can be purchased pre-washed and cut to save you time.

**Examples of dressings and sauces you can make in advance are:**

- *Creamy Tahini Dressing*
- *Sunflower Italian Dressing*
- *Creamy Garlic Salad Dressing*

**4. Make 1 or 2 soups.** Soups can be made up to 2 or 3 days ahead of time, especially if you include lemon. Each soup recipe can make 2 meals if desired. Some are so good that it’s hard to resist eating the entire batch. Make enough for leftovers to save time.

**Examples of soups you can make in advance are:**

- *Quick Coconut Thai Soup*
- *Mediterranean Vegetable Soup*
- *Tomato Basil Soup*
- *Spicy Lime Green Cilantro Soup*
- *Italian Spinach Soup*





- 5. Make 1 or 2 entrées or vegetable dishes.** Some of the vegetable dishes can be made in advance so you can just grab and go. Most of the recipes make multiple servings. If you're preparing for only one person, cut the recipe in half and make enough for 2 meals. Leftovers can be eaten for lunch or dinner the next day.

**Examples of main dishes you can make in advance are:**

- *“Noodles” with Marinara Sauce*
- *Lasagna Alive*
- *Eggplant Parmigiana*
- *Rawvioli*
- *Broccoli with ‘Cheese’*

- 6. If you have a dehydrator, choose a selection of recipes to make.** These can be used as wraps and crusts in assembling a variety of meals.

**Examples of dehydrated comfort foods you can make in advance are:**

**Crackers and Chips**

- *Chia Crisps*
- *Hot Pepper Chips*
- *Tostada / Taco / Enchiladas Shells*
- *Flax Crisps or Tortillas*

**Bread and Burgers**

- *Onion Bread*
- *Sweet and Savory Veggie Nut Burgers*
- *Veggie Crêpes*

**Veggie Crisps**

- *Crispy Onions*
- *Krunchy Kale Krisps*



**7. Make desserts for sweet cravings and “Snack Attacks.”** When temptation arises, it’s a lot easier to resist when you have something handy to eat that’s healthy and will keep you in balance. Keep these in your freezer and carry those that withstand warm temperatures like the *Carob Brownies* and *Orange Chocolate Mint Candies*.

**Examples of desserts you can make in advance are:**

- *Carob Mint Candy: Low-Glycemic*
- *Green Sorbet or Popsicle*
- *Carob Brownies: Low-Glycemic*
- *Mint Chocolates: Low-Glycemic*
- *Orange Chocolate Mint Candies: Low-Glycemic*
- *Macadamia Coconut Candies: Low-Glycemic*

## Grab and Go in Action

When you have a stocked refrigerator and pantry, it’s easy to make quick and delicious healthy meals on the run.

**Here’s how:**

Open the refrigerator at lunch time and take a look around. Which vegetable appeals most as the outer wrapping? Bell pepper? Jicama? Collard?

I must admit, I usually choose those requiring the least amount of work like red bell pepper and collard greens. Those are wash and go. Jicama takes a little longer to peel and slice, but it can be prepared as part of your *Beginning of the Week Time-Saving Prep Steps*.



## Grab and Go Step-by-Step

### Quick and Portable Meal: Sandwich and Wrap Alternatives

1. Choose a vegetable or a dehydrated crust, bread, or cracker to use as your base.
2. Choose a spread.
3. Choose vegetables and sprouts to add green nutrition.
4. Choose a dip to add to the top.
5. Wash and cut vegetables if necessary.
  - Red bell peppers are cut lengthwise down the middle.
  - Jicama is peeled and cut into 1/8 – 1/4 inch thick rounds.
  - Romaine lettuce and collard leaves are simply rinsed.
6. Lay vegetable on a plate.
7. Start with a layer of greens - either baby greens or large leaf greens that have been cut into bite-sized pieces and wilted with a salt massage are recommended.
8. Add a layer of spread (optional).
9. Spoon on sauerkraut if desired.
10. Add sauce or dip.
11. Top with sprouts and any other chopped or grated vegetables.
12. Wrap if need be.
13. Eat and enjoy. It's like eating a salad in a wrap.

I've actually made salad then realized I'd rather eat with my hands and took the entire salad and wrapped it in a nori sheet or collard green leaf. In this way, you can take a salad wrapped in a leaf to a ball game, meeting, or to your desk to eat (although this is not ideal, sometimes it's necessary).

This entire process takes about 5 minutes, including clean up. There's very little clean up, save for the spoons and knives used in preparation. The meal is filling, delicious, and very nutritious.



### **Grab and Go Dip Meals**

1. Select a variety of vegetable sticks and stiff romaine hearts alone or with some dehydrated chips.
2. Grab a pre-made dip or two. Spreads can also be used as dips.
3. Eat and enjoy.

### **Soup and Salad on the Go**

1. Pour pre-made soup into bowl. You may heat it briefly on the stove first if desired.
2. Put a few handfuls of pre-washed salad mix, baby spinach, and baby arugula in a bowl with a handful of each of a few types of sprouts. Add a few sunflower seeds, pumpkin seeds, or hemp seeds, and top with pre-made dressing. Add other veggies as time allows.

### **Main Meal in a Hurry**

1. If you've pre-made your main dish, or if you have leftovers from a previous meal, simply place on a plate and eat.
2. If the dish requires heat, put it on the stove inside a steamer basket for a few minutes to take the chill off, or put it in dehydrator for a few minute on high.

Using the *Grab and Go* method you can make meals as simple or as elaborate as you'd like.

There's a lot of variety possible and a lot of possible usage for leftover. Leftover sauces from one meal can turn into a topping for a "sandwich." Veggies and dips make great portable lunches, as do sandwiches.

You can bring along the components in small containers and assemble at work or even in your car if you're travelling as a passenger. Salads can be pre-made and stored in the refrigerator or carried to work by keeping dressing separate to add right before eating.



## Taste Balancing Tips

You always have the options of adapting or creating your own recipes based on the guidelines you'll find in this program. To assist you with your creations, follow the taste balancing tips below.

### The 5 Primary Tastes:

There are 5 primary tastes that our tongues perceive:

- Sweet
- Salty
- Sour
- Bitter
- Pungent

Although there are thousands of different tastes that we perceive in fresh, whole foods, when we balance the five major ones, the food is so delicious that everyone says, "Wow!"

If a food contains a balance of all 5 tastes, it is pleasing to the tongue. If it does not, the food is generally perceived as "okay", good, or pleasant, but not as *amazing* as when the tastes are balanced. I have been using this strategy in creating and modifying recipes with great success. When you learn to balance the five tastes, you will make delicious food.

### A Balance of Tastes and Emotions:

While you are learning to balance the five tastes, you can refer to a list of foods for each of the five taste groups. The *Taste Balancing Flavor Chart* that follows lists some of the major foods in each category. When we take into consideration the Chinese medicine associations of each flavor with emotions, we realize that balancing the tastes in a food brings us pleasure not only from a pure sensory perspective, but also from an emotional one as well.

When we feed our physical, emotional, and spiritual bodies with comforting food, we achieve balance that transcends the taste buds alone.



### **Example of Taste Balancing:**

The best way to demonstrate how to use the taste balancing principles is to present a real life example. My example is based on an experience I had one afternoon when I decided to make myself a green smoothie. The example uses fruits that we are currently excluding for the *Sweet Spot* program, but you'll get the idea.

I had read that mango and kale made a good smoothie, so I put two mangoes and a whole bunch of kale in the blender and turned it on. The thick green concoction wasn't bad, but it tasted to me to be too bitter and too sweet at the same time.

It was definitely palatable, and I could have easily consumed it, but I decided instead to experiment with the 5 tastes. I added half a bag of frozen strawberries to tone down the sweetness of the mangoes. It was better, but not quite there.

I then added the rest of the bag, and a 1/4 cup of fresh squeezed lime juice for a bit of sour. It was starting to taste even better. Now I had sweet from the mangoes and strawberries, bitter from the kale, sour from the lime, and a little bit more sour from the strawberries.

Next, I needed to balance for saltiness. I added two stalks of celery to the blender and tasted again. It was getting there, but needed a bit more salt. I added another stalk of celery, making three stalks in all.

The last taste to balance was pungent, also known as spicy. I sliced a 1 1/2 inch diameter piece of ginger about 1/8 inch thick and added it, along with about 1 teaspoon of dried mint.

It was delicious! I named the final recipe ***Green Mango Delight***.



### The Taste Balancing Guide:

I recommend that you experiment in your own kitchen with these principles. Whenever you are trying to perfect a dish, ask yourself the following questions:

1. Is it sweet enough?
2. Is it salty enough?
3. Is it sour enough?
4. Is it bitter enough?
5. Is it spicy (flavorful, pungent) enough?

For each question that evokes a negative response, reflect upon what ingredient can be added that is consistent with the theme of the recipe that can provide the missing flavor. Consult the chart below. With practice, you will be making foods that cause everyone who tries it to exclaim, "Wow"!

### Taste Balancing Flavor Chart **Note:** Also Exclude “Foods to Avoid”

Sweet	Salty	Sour	Bitter	Pungent
Fresh, frozen, or dried fruit	Celtic sea salt	Lemon	Green leafy vegetables	Ginger
Red bell pepper	Olives	Lime	Green herbs	Mint
Carrots	Miso	Grapefruit	Cacao	All hot spices: cayenne, etc.
Tomatoes	Sea veggies, especially dulse	Apple cider vinegar		Indian spices: cumin, turmeric, coriander
Concentrated sweeteners: agave, yacon, stevia	Celery	Orange		Fresh or dried herbs
Beets	Sauerkraut			Jalapeno peppers
Sweet spices: cinnamon, cardamom				
Coconut water				



# Sprouting & Wheatgrass Guide

## 8 Tips to Growing Healthy, Long-Lasting Sprouts

1. **Seeds:** Choose organic seeds. Store dormant seeds in clear glass jars (frozen, refrigerated, or at room temperature). Soaking seeds ends their dormancy stage and begins a new life. It turns a dormant seed into a nutritional powerhouse.
2. **Water:** Use chlorine-free pure water. Rule of thumb for figuring out your water to seed ratio: 3 - 4 times water to seeds. Given proper moisture, the seeds will germinate.
3. **Rinsing:** Rinse well by swirling the jar. The key here is to keep sprouting seeds moist. Rinse 2 - 3 times daily depending on how warm it is in your area.
4. **Drain:** It is essential to drain seeds thoroughly after rinsing. Sitting in a puddle is the most common cause of “crop failure”.
5. **Air Circulation:** Be sure the spouts don’t completely cover the opening of the mesh so they can “breathe” while growing; otherwise, they may suffocate. Also don’t put them in a closed cabinet.
6. **Hull:** Place sprouts in bowl with water, remove hulls then “green” your leafy sprouts by placing in indirect sunlight in a windowsill.
7. **Cleanliness:** Your sprouting meshes, jars, etc., should be sterile. Wash in between uses with lemon juice, vinegar, or non-chlorine bleach.
8. **Storage:** Properly stored, fresh sprouts will keep for up to 6 weeks in your refrigerator. Never refrigerate wet sprouts.

### The Extras that Make a Difference:

- Talk to your sprouts, sing to them, or play classical music and be sure to give them lots of LOVE!
- Remind yourself often: “Eat More Sprouts! Grow More Often!”
- Be sure to use the hulling process on store bought sprouts to increase their vitality and extend their shelf life.





## Sprouting Chart

Seed, Nut or Grain	Dry Amount	Soaking Time	Sprouting Time	Sprouted Yield
<b>Alfalfa Seeds</b> <i>(requires soil or sprouting pad)</i>	1/4 Cup	5 Hours	4-5 Days - on the last day place in direct sunlight to allow the sprouts to "green."	5 Cups
<b>Almonds</b>	1 Cup	8-10 Hours	Do not sprout, only soak	2 Cups
<b>Barley</b>	1 Cup	6 Hours	12-24 Hours	2 Cups
<b>Lentils</b>	1/2 Cup	8 Hours or Overnight	2-3 Days	3 Cups
<b>Garbanzo Beans</b>	1 Cup	12 Hours or Overnight	1-2 Days	3 Cups
<b>Mung Beans</b>	1/2 Cup	8 Hours or Overnight	3 Days	3 Cups
<b>Pumpkin Seeds</b>	1 Cup	6 Hours	1 Day	2 Cups
<b>Quinoa</b>	1 Cup	3 Hours	1-2 Days	3 Cups
<b>Sesame Seeds (Hulled Only)</b>	1 Cup	4 Hours	1 Day	1 Cup
<b>Spelt</b>	1 Cup	6 Hours	1-2 Days	3 Cups
<b>Sunflower Seeds</b>	1 Cup	6 Hours	1 Day	2 Cups
<b>Wheat Berries, Hard or Soft</b>	1 Cup	8 Hours or Overnight	2 Days	3 Cups

*These are only a few of the more common products to sprout. Be adventurous and sprout something different too. That's part of the beauty of eating living foods - there's life in it all, you just have to find the ones that suit you best.*



## How to Grow Green Leafy Living Sprouts

### Ingredients:

- 2 tablespoons alfalfa seeds
- 2 tablespoons clover seeds
- 2 tablespoons fenugreek seeds
- 2 tablespoons radish seeds
- (or a mixture)

### Directions:

1. Soak the seeds overnight (6 - 8 hours) in a quart size glass jar, using a mesh cover and a rubber band. After the initial 6 hours, drain, and rinse well.
2. Sprout for 5 - 6 days, rinsing and draining twice a day. In hotter climates rinse and drain 3 - 4 times per day.
3. Two days prior to harvesting, place the sprouts in a large bowl of water to loosen the empty hulls. Drain off the hulls and water placing the hulled sprouts back in the jar and reattach the screen.
4. Green the sprouts by placing them near a window so they receive indirect sunlight.
5. Continue to rinse and drain the sprouts twice a day. Be sure to leave inverted so they drain well.
6. To harvest: When the sprouts are dry, store them in a glass jar in the refrigerator, rinsing and draining them every couple of days as needed to extend their life.
7. To extend shelf life and to green store-bought sprouts, do step 3 - 6.



## Benefits of Wheatgrass Juice

Excerpts from *The Wheatgrass Book* by Ann Wigmore

You can use wheatgrass juice to:

- Increase red blood-cell count and lower blood pressure.
- Powerfully detoxify, and to protect your liver and blood. It cleanses the blood, organs, and gastrointestinal tract of debris. Wheatgrass juice also neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.
- Stimulate metabolism and the body's enzyme systems by enriching the blood.
- Reduce blood pressure by dilating the blood pathways throughout the body.
- Stimulate the thyroid gland.
- Restore alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood.
- Relieve many internal pains. Wheatgrass juice has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.
- Powerfully fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents.
- Absorb many beneficial enzymes.
- Reverse damage from inside the lower bowel when used as a rectal implant. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.
- Help eliminate itching almost immediately when applied externally to the skin.
- Soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.
- Soothe and heal cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.

*(continued...)*



(...continued)

- Help as a sleep aide. Place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful, negative ions to help you sleep more soundly.
- Sweeten your breath and firm up and tighten your gums. Just gargle with the juice.
- Offer the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.
- Turn gray hair to its natural color again and greatly increase energy levels when consumed daily.
- Lessen the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
- Restore fertility and promote youthfulness.
- Double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen in his book, ***Health Magic Through Chlorophyll from Living Plant Life***, mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath.



## Hot to Grow Wheatgrass

### Ingredients:

- 1 1/4 cups hard red winter wheat berries

### Directions:

1. Soak the winter wheat berries overnight 8 - 12 hours. After the initial soak, rinse and drain well.
2. Sprout the wheat berries for 1 - 2 days, rinsing and draining two or three times per day (rinse more frequently in warmer climates). The tails on the sprouts should be about 1/4 inch long when they are ready for planting.
3. Spread approximately 5 cups of potting soil evenly in an 11 by 17 inch tray. Distribute the sprouted wheat evenly over the soil, half an inch from the edges. Water the trays generously with 2 to 3 cups of water.
4. Place another tray on top, and put the planted wheat berries aside for 2 - 3 days. When the grass has pushed up the covering tray, remove it.
5. Place the grass in indirect sunlight and water it twice daily.
6. Begin harvesting your grass after 6 - 8 days when the grass has grown to about 6 inches and the blades begin to split at the bottom.

**Personal Note:** You can also purchase wheatgrass flats from your local health food store or contact a local juicing company to find out who they buy their grass from.



## Breakfast Planning Guidelines

The typical American/continental breakfast of juice, coffee, and toast with or without cereal is a blood sugar disaster. Even switching to fresh squeezed fruit juice, gluten-free toast, and multigrain cereal will create surges of insulin and disrupt hormones for the rest of the day.

Many insulin resistance menu plans recommend a high protein breakfast, which generally means bacon and eggs, steak and yogurt, or cottage cheese. This high protein breakfast is likely to keep blood sugar steady, but it's a disaster for both the immune system and cardiovascular system, and it's extremely deficient in micro-nutrients and antioxidants.

The *Sweet Spot* menus provide a breakfast that's both loaded with micro-nutrients and antioxidants plus they are low in carbohydrates and high enough in protein to leave you satiated and balanced all day. Use the following guidelines to help personalize the breakfast choices you'll find in the menus.

### **\*Sweet Spot Members:**

- This is a good time to take your first dose of Magnesium and Chromium. Save DHA for a meal with fat in it. For supplement amounts, please refer to the membership website.



**Start your day with:**

**Gut Rejuvenator A.M. Starter**

Drink between 8 – 32 ounces. Mix 32 ounces of pure water with 2 tablespoons lemon juice, 2-3 drops lemon essential oil, 2-3 drops peppermint essential oil and any other oils you'd like. Drink as much as you can and save the rest to sip throughout the morning.

**Followed by, within an hour of getting up, one or more of the following:**

**Green Protein Shake**

Use between 15 and 25 grams of raw organic protein powder (hemp, sprouted brown rice, pea, or a combination) plus 1 - 2 servings green powder mixed in 16 – 32 ounces of water.

**Fresh Green Juice**

Make and drink a fresh juice, but choose a “no fruit” recipe or exclude the fruit from a recipe (remember that lemon or lime are allowed exceptions). You can add a scoop or two of protein powder or ground chia seeds if desired, for extra staying power and nutrients. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful in maintaining balance.

**Smoothie or Blended Green Drink with Low-Glycemic or No Fruit**

Select a smoothie with low-glycemic fruits, as per the “allowed list,” or a blended green drink without fruit.

Add mint, lemon, orange or any other essential oil to any of the green beverage options if desired. [Slim and Sassy Blend](#) is a delicious addition and assists with fat burning and restoring insulin sensitivity.

**Then, choose as many as desired (or use leftovers from previous meals):**

**Chia Porridge**

**Breakfast Entrée**

If you prefer to eat as well as drink for breakfast, choose any of the breakfast entrées listed in the menu guide. It's a good idea to include chia seeds as part of your breakfast every day. It can be as chia porridge, a chia energy drink, or added to any of the green beverages.



## Extras

These can be added as toppings or extras to add calories and to make your meals more filling:

- Soaked and/or sprouted nuts or seeds – nice when ground and sprinkled on chia porridge
- *Cashew Yogurt* or coconut yogurt
- *Granola: Low Glycemic*
- Shredded coconut – nice on chia porridge

For special occasions and weekends when you may have more time for breakfast preparation, enjoy the vegetable *Breakfast Quiche*, *Spanish “Omelet”*, or any other more elaborate, low-glycemic breakfast.

Steamed or sautéed vegetables, salad, or any lunch or dinner menu item can also be enjoyed at breakfast.





## Lunch Planning Guidelines

Most people are used to having lunches that are comprised of a sandwich, salad, and a side of munchies. Here are some fantastic living food lunch options for you to choose from. Use the following guidelines to help personalize the lunch choices you'll find in the menus.

**Choose as many of the first three options as needed to satisfy your hunger and appetite. If needed, add from the other ideas below. You can also use up any leftover dishes from previous days or meals.**

### Veggie Sandwich or Wrap

If you're used to quick lunches you can hold in your hand, sandwiches or wraps are great ways to use veggies to get your crunch and texture fixes.

### Salad with Dressing

Make a tossed green salad with your choice of vegetables and a fresh or leftover dressing. Use a variety of greens such as spinach, lettuce (red, green, or romaine), kale (any variety), collard greens, chard, beet tops, bok choy or other Asian greens, endive, chicory, or other leafy greens of your choice. The more variety you include in your greens, the more you'll benefit from a range of helpful and healing minerals.

### Raw Vegetables with Dip or Spread

Feel free to use any leftover dishes that need to be used up.

**Add as needed according to hunger:**

### Vegetable Dish (raw or cooked)

Choose ingredients with a variety of colors and add a fresh or leftover sauce.

### Extras

These can be added as toppings or extras to add calories and to make your meals more filling:

- Raw vegan veggie/nut/seed paté
- Dehydrated carb replacement
- Nuts or seeds



## Dinner Planning Guidelines

All the menu plans will give you the choice of a full dinner/supper including a soup, salad, and entrée or vegetable dish. Use the following guidelines to help personalize the dinner choices you'll find in the menus.

**Choose as many of the first three options as needed to satisfy your hunger and appetite. If needed, add from the other ideas below. You can also use up any leftover dishes from previous days or meals.**

### Blended Soup or Vegetable Rich Soup

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

### Salad with Dressing

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

### Vegetable Dish/Entrée (raw or cooked)

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

### Add as needed according to hunger:

#### Vegetable Dish (raw or cooked)

Choose ingredients with a variety of colors and add a fresh or leftover sauce.

#### Extras

These can be added as toppings or extras to add calories and to make your meals more filling:

- Raw vegan veggie/nut/seed paté
- Dehydrated carb replacement
- Nuts or seeds



## Snack Attack Strategy

It's inevitable. It's bound to happen. You're humming along, getting used to the idea of spacing your meals. Yeah, the science makes sense and you're so ready. And then it hits, about midway through the interval between lunch and dinner and you feel it coming on.

You're thinking about food. You're imagining something you know you shouldn't eat, but the craving is strong. You don't want to give in to it, but you also remember what I said about letting your blood sugar go too low.

This is why I created the snack attack strategy that you're about to learn:

### **Step 1: Tune into the sensation.**

Where is it coming from? Does it start in your stomach? Your throat? Your brain? Is it a physical sensation or emotional?

### **Step 2: Differentiate hunger from thirst.**

If you've determined that what you're experiencing is a physical sensation, it's time to differentiate hunger from thirst. The best way to do that is to take one or two 16 ounce glasses of water and drink them. You can add essential oils, flavor extracts or lemon juice to flavor your water. Drink a big glass of water and wait 30 minutes.

#### **\*Sweet Spot Members:**

- \*If your hunger sensations feel more emotional, refer to the *Emotional Eating* Document in Module 3 of the *Sweet Spot* program.



### Step 3: Satisfy your hunger.

If you're still feeling hungry and the sensation is now stronger, you're really hungry and here are the steps you can take to satisfy your body's need for fuel without stressing your blood sugar handling mechanisms and adding inches to your waistline.

Below is a list of foods you can eat to hold you off until your next meal. They are listed **in order from most to least favorable**.

Often the hunger stems from low nutrition, so the top three items on the list are extremely nutrient dense (16 - 32 ounces is a good serving size).

### Snack Attack Approved Foods, in order of preference:

- *Green Water* (see recipe under **Fresh Green Juice** section)
- **Fresh Green Juice** without any fruit (the allowed exceptions are lemon or lime).
- Water with 1 tablespoon green powder (plain or flavored with any combination of your choice of herbs, spices, flavor extracts, essential oils, and stevia)
- Water with 1 tablespoon green powder and 1 serving protein powder
- *Chia Energy Drink* (see recipe under **Jumpstart Your Day Energy Drinks** section)
- Vegetable sticks by themselves or with a raw food dip (dairy-free, gluten-free, whole food)
- An ounce of raw nuts or seeds
- Snacks that are blood sugar friendly - i.e. raw crackers made from vegetables along with nuts and seeds

#### **\*Sweet Spot Members:**

- Please visit the *Module 2 Nutrition: Deep Dive* page for the “*Green Meals on the Run – Greens, Snacks, and Protein Powder Resources*” document containing links to a list of approved retail products, including snacks.



## Sample Program Schedules

The key to success is personalizing this program to **suit your needs**. Some people prefer a rigid menu guideline; others prefer to pick and choose their meals and approach. Your results and your sense of ease with the approach will suggest what the best choice is for you.

If you are very new to the suggested recipes and/or if your body is experiencing a great deal of detoxification, you may find the optimal schedule is too rigorous.

### **That's okay!**

The goal is not to put your body “through the wringer” and create more stress, but to *optimize your healing*. The ideal pace will be different for everyone. If you're a *Sweet Spot* program member and you're looking to maximize your results, you can benefit from Q&A opportunities on scheduled calls for strategies to minimize detoxification and reactions as we go through the program.

We're aiming for a minimum of 30 days of following a blood sugar balancing diet to help correct your system, but you may benefit from a longer break.

Below are **only two examples** of how you could use the 30 days of daily menu plans throughout the program. There are many options:

- moving or excluding cleanse days
- including more/excluding the fruit fast
- repeating menu plans that you enjoy
- creating your own daily menu plans with the guidelines and recipes

If you know you typically like to do things your own way, a blank monthly schedule has been provided for you to create a personalized plan.



### Sample Sweet Spot Schedule with No Cleanses or Fruit Fasts

Healing Diet	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Preparation</b>	Supplements and greens	Supplements and greens	Supplements and greens	Supplements and greens	Supplements and greens	Supplements and greens	Supplements and greens
<b>Week 1</b>	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5	Menu 6	Menu 7
<b>Week 2</b>	Menu 8	Menu 9	Menu 10	Menu 11	Menu 12	Menu 13	Menu 14
<b>Week 3</b>	Menu 15	Menu 16	Menu 17	Menu 18	Menu 19	Menu 20	Menu 21
<b>Week 4</b>	Menu 22	Menu 23	Menu 24	Menu 25	Menu 26	Menu 27	Menu 28
<b>Transition</b>	Menu 29	Menu 30	Transition	Transition	Transition	Transition	Transition

**Notes:**



## Sample Sweet Spot Schedule with Cleanses and Fruit Fast

Healing Diet	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Preparation</b>	Supplements and greens	Supplements and greens	Supplements and greens	Supplements and greens	Supplements and greens	Supplements and greens	Menu 1
<b>Week 1</b>	Menu 2	Menu 3	Menu 4	Menu 5	Menu 6	Menu 7	<b>Cleanse</b>
<b>Week 2</b>	Menu 8	Menu 9	Menu 10	Menu 11	Menu 12	Menu 13	<b>Cleanse</b>
<b>Week 3</b>	Menu 14	Menu 15	Menu 16	Menu 17	<b>Fruit Fast</b>	<b>Fruit Fast</b>	<b>Fruit Fast</b>
<b>Week 4</b>	Menu 18	Menu 19	Menu 20	Menu 21	Menu 22	Menu 23	<b>Cleanse</b>
<b>Week 5</b>	Menu 24	Menu 25	Menu 26	Menu 27	Menu 28	Menu 29	<b>Cleanse</b>
<b>Transition</b>	Menu 30	Transition	Transition	Transition	Transition	Transition	Transition

**Notes:**



### My Personalized Sweet Spot Schedule

Healing Diet	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preparation							
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Transition							

Notes:

Use the template above if you wish to create your own menu plans. You can plan your schedule completely or plan as you go, but you will have more success if you **stay planned at least 3 – 4 days ahead** to ensure you can shop and have recipes prepared.





# Sweet Spot Menu Plans

## Daily Menu Template

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b></p> <p><b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Smoothie or Blended Green Drink without Fruit</b></p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Chia Porridge</b>  <b>Breakfast Entrée</b></p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b></p> <p><b>Sandwich, Wrap, or Roll</b>  <b>Salad</b> or tossed greens with <b>Dressing</b>  Raw veggies with <b>Dip, Spread, Sauce, or Cheese</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b></p> <p><b>Soup</b>  <b>Salad</b>  <b>Lunch and Dinner Entrée/Vegetable</b></p> <p><b>Cooked option:</b>  <b>Cooked Meal Dinner Entrée/Vegetable</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# My Personalized Sweet Spot Daily Menu

Date \_\_\_\_\_ Day \_\_\_\_\_

<b>Breakfast</b>	<p>Start your day with:</p> <p><b>Energy Drink:</b></p> <p>Followed by, within an hour of getting up, one or more of the following:</p> <p><b>Green Protein Shake / Juice / Smoothie / Blended Green Drink (NF):</b></p> <p>Then, choose as many as desired (or use leftovers from previous meals):</p> <p><b>Chia Porridge / Breakfast Entrée:</b></p>
<b>Lunch</b>	<p>Choose as many as desired (or use leftovers from previous meals):</p> <p><b>Sandwich</b> with tossed greens &amp; <b>Dressing</b> and/or Raw veggies with <b>Dip:</b></p> <p>Extras if needed to fill (any fresh/leftover recipes of your choice):</p> <p><b>Dessert:</b></p>
<b>Dinner</b>	<p>Choose as many as desired (or use leftovers from previous meals):</p> <p><b>Soup</b> and/or <b>Salad</b> and/or <b>Lunch/Dinner Entrée/Vegetable:</b></p> <p>Cooked option:</p> <p>Extras if needed to fill (any fresh/leftover recipes of your choice):</p> <p><b>Dessert:</b></p>

## Menu 1\*

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



<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b></p> <p><b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Blueberry Arugula Smoothie</b> or <b>A Parsley De-Parcher</b> NF      – either with optional 1/2 cup <b>Chia Gel</b></p> <p>*Track hunger this morning – If hunger is intolerable, use <i>Snack Attack Strategy</i> ideas or, if 3 hours have passed since your smoothie, move ahead to lunch.</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Crispy Romaine Boats</b> with <b>Broccoli Hummus</b> or <b>Zucchini Hummus</b>  <b>BIG Salad</b> or tossed greens with <b>Pomegranate Chia Salad Dressing</b>      Raw veggies with <b>Broccoli Hummus</b> or <b>Zucchini Hummus</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>      Vegetable dish (raw or cooked) with a variety of colors and a sauce      Dehydrated crackers, breads, chips or entrées      Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Green Gazpacho</b> with a drizzle of <b>“Mayonnaise”</b> and warmed slightly  <b>Arugula Slaw</b>  <b>“Braised” Garlic Greens</b></p> <p><b>Cooked option:</b>      Steamed vegetables with <b>Nacho “Cheese”</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>      Dehydrated crackers, breads, chips or entrées      Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 2

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Apple Cinnamon Green Smoothie</b> or <b>Cucumber Brassica Green Drink</b> NF  – either with optional 1/2 cup <b>Chia Gel</b></p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberry Chia Porridge</b></p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Tacos</b>  <b>BIG Salad</b> or tossed greens with <b>Creamy Cilantro Lime Dressing</b>  <b>Jicama Pita</b> with <b>Tomato/Tomatillo Salsa, Guacamole,</b> or <b>Sour ‘Cream’</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Orange Arugula Chipotle Bone Boosting Soup</b>  <b>Jerusalem Salad</b>  <b>Hot and Sour Broccoli</b> and/or <b>Stuffed Jalapenos</b> (dehydrated)</p> <p><b>Cooked option:</b>  Steamed vegetables with <b>Broccoli Hummus</b> or <b>Zucchini Hummus</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



## Menu 3

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Spinach Arugula Smoothie</b> or <b>Savory Smoothie</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberries Blood Sugar Buster</b></p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Caprese Salad Bites</b>  <b>BIG Salad</b> or tossed greens with <b>Omega 3 Dream Italian Dressing</b>  Raw veggies with <b>Broccoli Hummus</b> or <b>Zucchini Hummus</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Spicy Lime Green Cilantro Soup</b>  <b>Bas-Avo-Cumber Salad</b>  <b>“Noodles”</b> with <b>Creamy Cilantro Sauce</b></p> <p><b>Cooked option:</b>  <b>Sesame Vegetable Medley</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 4

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.  <b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.  <b>Lemony Mint Energy Drink</b> Version 1, 2 or 3 or <b>Spicy Green Drink</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberry Chia Porridge</b></p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Collard Roll-Up</b> stuffed with <b>Sunny Paté</b> and topped with <b>“Mayonnaise”</b>  <b>BIG Salad</b> or tossed greens with <b>Green Goddess Dressing</b>  Raw veggies with <b>Sunny Paté</b> and/or <b>“Mayonnaise”</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Creamy Curried Broccoli Soup</b>  <b>Sprout Salad</b> with <b>Creamy Cilantro Lime Dressing</b>  <b>Jicama Pita</b></p> <p><b>Cooked option:</b>  <b>Mixed Vegetables with Thai Coconut Sauce</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 5

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Strengthen My Bones Green Smoothie</b> or <b>Spicy Salad Smoothie NF</b></p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Quick and Easy Chia Pudding</b></p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Cauliflower Nori Rolls</b>  <b>BIG Salad</b> or tossed greens with <b>Green Goddess Dressing</b>  Raw veggies with <b>Creamy Nut Cheese</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Curried Red Pepper Soup</b>  <b>Kale Salad</b> with <b>Omega 3 Dream Italian Dressing</b>  <b>Squash Noodles with Pesto Sauce</b></p> <p><b>Cooked option:</b>  <b>Indian Stir Fried Vegetables</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 6

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Happy Hormones Blueberry Pomegranate Green Smoothie</b> or <b>Spicy Tomato Green Energy Sipper</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberries and Cream</b> and/or <b>Spanish "Omelet"</b> (Special Occasion Breakfast)</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Lasagna Roll-Ups with Pesto</b>  <b>BIG Salad</b> or tossed greens with <b>Tangy Pomegranate Dressing</b>  Raw veggies with <b>Creamy Cheddar Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Tomato Basil Soup</b>  <b>Wilted Arugula Spinach Salad</b>  <b>Rawvioli</b></p> <p><b>Cooked option:</b>  <b>Sesame Vegetable Medley</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>





# Menu 7

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Parsley Delight</b> or <b>Simple Sunny Surprise</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberry Chia Porridge</b> or <b>Quick and Easy Chia Breakfast Pudding</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Stuffed Red Bell Pepper</b>  <b>BIG Salad</b> or tossed greens with <b>Hazelnut and Mustard Vinaigrette</b>  Raw veggies with <b>Dillicious Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Southwest Vegetable Soup</b>  <b>Wilted Arugula Spinach Salad</b>  <b>Green Beans Almandine</b></p> <p><b>Cooked option:</b>  <b>Mixed Vegetable with Thai Coconut Sauce</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 8

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Lime Mint Drink</b> or <b>Tomato Pepper Green Drink</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Apple Chia Breakfast Medley</b> or <b>Quick and Easy Chia Breakfast Pudding</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Collard Roll-Ups</b> with <b>Mock Salmon</b>  <b>BIG Salad</b> with <b>Tangy Pomegranate Dressing</b>  Raw veggies with <b>Creamy Nut Cheese</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Italian Spinach Soup</b>  <b>Kale Salad with Kick</b>  <b>Hot and Sour Broccoli</b></p> <p><b>Cooked option:</b>  <b>Green Beans Almandine – Steamed Version</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 9

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Hot and Sour Blueberry Green Smoothie</b> or <b>Spicy Soother</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Quick and Easy Chia Breakfast Pudding</b></p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Cucumber Boats</b> with <b>Dillicious Dip</b>  <b>BIG Salad</b> or tossed greens with <b>Sunflower Italian Dressing</b>  Raw veggies with <b>Creamy Cheddar Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Cilantro Coconut Lime Green Soup</b>  <b>Arame Carrot Salad</b>  <b>Spring Rolls</b></p> <p><b>Cooked option:</b>  Steamed vegetables with <b>Thai Coconut Sauce</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 10

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Parsley Delight</b> or <b>Green Ginger Lemonade</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Fudgy Mint Chia Porridge</b> or <b>Quick and Easy Chia Breakfast Pudding</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Nori Rolls</b> with <b>Pecan Paté</b>  <b>Arame Carrot Salad</b>  Raw veggies with <b>Creamy Cheddar Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Creamy Mexican Soup</b>  <b>Cauliflower Radish Salad</b> on a bed of mixed greens and sprouts  <b>Not Refried Beans</b></p> <p><b>Cooked option:</b>  Steamed or stir-fried veggies with <b>Tahini Coconut Sauce</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 11

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Sunny Delight</b> or <b>Tomato Sauce in a Glass</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Scrambled "No Eggs"</b> NF or <b>Quick and Easy Chia Breakfast Pudding</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Tacos</b>  <b>BIG Salad</b> or tossed greens with <b>Tex-Mex Dressing</b>  <b>Jicama Pita</b> with <b>Tomatillo Salsa</b> and <b>Creamy Nut Cheese</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Broccoli Soup</b>  <b>BIG Salad</b> or tossed greens with <b>Green Thousand Island Dressing</b>  <b>Spring Rolls</b> with <b>Pecan Paté</b></p> <p><b>Cooked option:</b>  Steamed green leafy vegetables with <b>Sunflower Italian Dressing</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 12

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Vanilla Blueberry Green Smoothie</b> or <b>Sweet and Spicy Vegetable Smoothie</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberries and Cream</b> with 1/2 cup <b>Chia Gel</b> or leave out the fruit and add coconut, your favorite spices, and stevia if desired NF.</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Open-Faced Tomato Sandwich</b>  <b>BIG Salad</b> or tossed greens with <b>Tex-Mex Dressing</b>  Raw veggies with <b>Pumpkin Seed Pesto</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Italian Spinach Soup</b>  <b>BIG Salad</b> or tossed greens with <b>Sunflower Italian Dressing</b>  <b>Lasagna Alive</b></p> <p><b>Cooked option:</b>  Steamed vegetables with <b>Creamy Garlic Salad Dressing</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 13

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Coco Blue Green Smoothie</b> or <b>Zuppa Delizioso</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Apple Ginger Breakfast Medley</b> or <b>Quick and Easy Chia Porridge</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Caprese Salad Bites</b>  <b>BIG Salad</b> or tossed greens with <b>Sesame Garlic Dressing</b>  Raw veggies with <b>Garlic Dill Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Curried Red Pepper Soup</b>  <b>Jerusalem Salad</b> or <b>Wilted Arugula Spinach Salad</b>  <b>Savory Stuffing</b></p> <p><b>Cooked option:</b>  <b>Liver Cleansing Burdock Dandelion Sauté</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 14

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Sour and Wild Green Smoothie</b> or <b>A Parsley De-Parcher</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberries and Cream</b> or <b>Quick and Easy Chia Breakfast Pudding</b> (Coconut Flavor) NF  (Add coconut flavor extract, shredded coconut, or <b>Coconut Cream</b> thinned to a milk consistency with water.)</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Jicama Tostada</b>  <b>BIG Salad</b> or tossed greens with <b>Avocado Spinach Dressing</b>  Raw veggies with <b>Tomato/Tomatillo Salsa</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Tomato Basil Soup</b>  <b>Kale Salad with Lime Sesame Marinade</b>  <b>Broccoli with 'Cheese'</b> (Raw Variation)</p> <p><b>Cooked option:</b>  <b>Broccoli with 'Cheese'</b> (Cooked Variation – See <b>Veggies and Sides</b>)</p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>





# Menu 15

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Apple Cinnamon Green Smoothie</b> or <b>Tomato Pepper Green Drink</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Apple Ginger Breakfast Medley</b> or <b>Quick and Easy Chia Breakfast Pudding</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Red Bell Pepper Tacos with Sauerkraut and Sprouts</b>  <b>BIG Salad</b> or tossed greens with <b>Green Goddess Dressing</b>  Raw veggies with <b>Dillicious Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Creamy Vegetable Soup</b>  <b>Salad with Cucumber Dill Dressing</b>  <b>Broccoli with 'Cheese'</b></p> <p><b>Cooked option:</b>  <b>Mixed Vegetables with Creamy Cheddar Sauce</b></p> <p><b>Extras if needed to fill:</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 16

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Blueberry Arugula Smoothie</b> or <b>Clean Out the Fridge Green Drink</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Quick and Easy Chia Breakfast Pudding</b> or <b>Warrior Chia Porridge</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Jicama Tostada</b>  <b>BIG Salad</b> or tossed greens with <b>Hazelnut and Mustard Vinaigrette</b>  Raw veggies with <b>Nacho "Cheese"</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Italian Spinach Soup</b>  <b>BIG Salad</b> or tossed greens with <b>Sesame Garlic Dressing</b>  <b>"Noodles"</b> with <b>Nutrition-Packing Pesto Sauce</b></p> <p><b>Cooked option:</b>  <b>Green Pancakes</b></p> <p><b>Extras if needed to fill:</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 17

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Strengthen My Bones Green Smoothie</b> or <b>Spicy Kale Drink</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Apple Chia Breakfast Medley</b> or <b>Fudgy Mint Chia Porridge</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Portabella Mushroom with Tomato Salsa and Guacamole</b>  <b>BIG Salad</b> or tossed greens with <b>Creamy Cilantro Lime Dressing</b>  Raw veggies with <b>Creamy Nut Cheese</b> with choice of seasoning</p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Cauliflower Soup</b>  <b>Wilted Arugula Spinach Salad</b>  <b>Savory Stuffing</b> with <b>Green Beans Almandine</b></p> <p><b>Cooked option:</b>  <b>Green Beans Almandine – Steamed Version</b></p> <p><b>Extras if needed to fill:</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 18

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Spinach Arugula Smoothie</b> or <b>Tomato Sauce in a Glass</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberry Chia Porridge</b> or <b>Quick and Easy Chia Breakfast Pudding</b> (Orange Flavor) NF  (Add orange essential oil, orange flavor extract, or orange flavored stevia)</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Cucumber Boats</b> with <b>Deep Green Pesto</b>  <b>BIG Salad</b> or tossed greens with <b>Green Thousand Island Dressing</b>  Raw veggies with <b>Zucchini Hummus</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Broccoli Soup</b>  <b>Arame Carrot Salad</b> on a bed of arugula and Romaine lettuce  <b>Cauliflower Nori Rolls</b></p> <p><b>Cooked option:</b>  <b>Mixed Vegetables with Thai Coconut Sauce</b></p> <p><b>Extras if needed to fill:</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 19

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b></p> <p><b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Sour and Wild Green Smoothie</b> or <b>Spicy Salad Smoothie</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Warrior Chia Porridge</b> or <b>Quick and Easy Chia Breakfast Pudding</b> (Chocolate Flavor) NF  (Add chocolate stevia or chocolate flavoring.)</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Pizza: Jicama, Turnip, or Portabella Mushroom</b> and <b>Pizza Toppings</b>  <b>BIG Salad</b> or tossed greens with <b>Creamy Garlic Salad Dressing</b>  Raw veggies with <b>Sour 'Cream' and Onion Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Curried Red Pepper Soup</b>  <b>Kitchen Sink Super Salad</b> with <b>Coconut Lemongrass Dressing</b>  <b>"Braised" Garlic Greens</b></p> <p><b>Cooked option:</b>  <b>Sesame Vegetable Medley</b></p> <p><b>Extras if needed to fill:</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 20

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Happy Hormones Blueberry Pomegranate Green Smoothie</b> or <b>Spicy Soother</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberries Blood Sugar Buster</b> or <b>Warrior Chia Porridge</b> NF cinnamon flavored</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Open-Faced Tomato Sandwich</b>  <b>BIG Salad</b> or tossed greens with <b>Cucumber Dill Salad Dressing</b>  Raw veggies with <b>Creamy Cheddar Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Tomato Basil Soup</b>  <b>Kale Salad with Kick</b>  <b>Rawvioli</b></p> <p><b>Cooked option:</b>  <b>Stir Fried Vegetables</b></p> <p><b>Extras if needed to fill:</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>

# Menu 21



<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b></p> <p><b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Parsley Delight</b> or <b>Sweet and Spicy Vegetable Smoothie</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Fudgy Mint Chia Porridge</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Jicama Sandwich</b>  <b>BIG Salad</b> or tossed greens with <b>Avocado Spinach Dressing</b>  Raw veggies with <b>Cucumber Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Warm and Tangy Soup</b>  <b>Asian Land &amp; Sea Slaw</b>  <b>Sesame Ginger Kelp Noodles</b></p> <p><b>Cooked option:</b>  <b>Sesame Vegetable Medley</b></p> <p><b>Extras if needed to fill:</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 22

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Sunny Delight</b> or <b>Savory Smoothie</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberries and Cream</b> or <b>Quick and Easy Chia Breakfast Pudding</b> (Coconut Flavor) NF          (Add coconut flavor extract, shredded coconut, or <b>Coconut Cream</b> thinned to a milk consistency with water.)</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Collard Roll-Ups</b>  <b>BIG Salad</b> or tossed greens with <b>Tangy Pomegranate Dressing</b>          Raw veggies with <b>Garlic Dill Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>          Vegetable dish (raw or cooked) with a variety of colors and a sauce          Dehydrated crackers, breads, chips or entrées          Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Creamy Curried Broccoli Soup</b>  <b>Sprout Salad</b> with <b>Tex-Mex Dressing</b>  <b>Tacos</b> with <b>Not Refried Beans</b>, <b>Tomato/Tomatillo Salsa</b> and <b>Guacamole</b></p> <p><b>Cooked option:</b>  <b>Creamy Cilantro Mixed Veggies</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>          Dehydrated crackers, breads, chips or entrées          Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>





# Menu 23

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Coco Blue Green Smoothie</b> or <b>Clean Out the Fridge Green Drink</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Apple Ginger Breakfast Medley</b> or <b>Quick and Easy Chia Breakfast Pudding</b> with <b>Brazil Nut Chai</b> milk NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Creamy Cabbage Rolls</b>  <b>BIG Salad</b> or tossed greens with <b>Pomegranate Chia Salad Dressing</b>  Raw veggies with <b>Broccoli Hummus</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Orange Arugula Chipotle Bone Boosting Soup</b>  <b>Sea Palm Salad</b> on a bed of spring mix  <b>Hot and Sour Broccoli</b></p> <p><b>Cooked option:</b>  <b>Creamy Green Soup</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 24

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Tangy Blueberry Mint Green Smoothie</b> or <b>Spicy Green Drink</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Quick and Easy Chia Breakfast Pudding</b> or <b>Warrior Chia Porridge</b> with <b>Pumpkin Seed "Chocolate" Milk</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Nori Rolls (Sushi)</b> Fill with any leftover salad you have.  <b>BIG Salad</b> or tossed greens with <b>Omega 3 Dream Italian Dressing</b>  Raw veggies with <b>Spinach Dip</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Mediterranean Vegetable Soup</b>  <b>Jerusalem Salad</b> on a bed of crispy Romaine  <b>Jicama Pita</b> or <b>Onion Bread</b> with <b>Zucchini Hummus</b> or <b>Broccoli Hummus</b></p> <p><b>Cooked option:</b>  Steamed or sautéed veggies with <b>Tahini Sauce</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 25

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Vanilla Blueberry Green Smoothie</b> or <b>Cucumber Brassica Green Drink</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberry Chia Porridge</b> or <b>Fudgy Mint Chia Porridge</b> with <b>Cashew Milk</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Lasagna Roll-Ups with Pesto Sauce</b>  <b>BIG Salad</b> or tossed greens with <b>Tex-Mex Dressing</b>  Raw veggies with <b>Sunny Paté</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Italian Green Soup</b>  <b>Kale Salad with Lime Sesame Marinade</b>  <b>Lasagna Alive</b></p> <p><b>Cooked option:</b>  <b>Steamed veggies with Creamy Garlic Salad Dressing</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 26

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Spicy Mint Blueberry Spinach Smoothie</b> or <b>Simple Sunny Surprise</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Warrior Chia Porridge</b> or <b>Quick and Easy Chia Breakfast Pudding</b> with “Not Egg” Nog NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Tacos</b>  <b>BIG Salad</b> or tossed greens with <b>Creamy Tahini Dressing</b>  Raw veggies with <b>Mock Salmon</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Cilantro Coconut Lime Green Soup</b>  <b>Land and Sea Slaw</b>  <b>Sesame Ginger Kelp Noodles</b></p> <p><b>Cooked option:</b>  Steamed veggies with <b>Sesame Ginger Kelp Noodles</b> sauce</p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 27

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Sesame Chai Green Smoothie</b> or <b>Sunny Spice</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Blueberries Blood Sugar Buster</b> or <b>Quick and Easy Chia Breakfast Pudding</b> NF with chopped walnuts and cinnamon</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Spring Rolls</b>  <b>BIG Salad</b> or tossed greens with <b>Sunflower Italian Dressing</b>  Raw veggies with <b>“Not” Tuna Salad</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Thai Coconut Curry Soup</b>  <b>Green Slaw with Thai Dressing</b>  Wilted greens with <b>Thai Coconut Sauce</b></p> <p><b>Cooked option:</b>  Sautéed greens with <b>Thai Coconut Sauce</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)</p> <p><b>Dessert</b></p>



# Menu 28

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Coconut Spinach Arugula Smoothie</b> or <b>Green Ginger Lemonade</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Fudgy Mint Chia Porridge</b> or <b>Warrior Chia Porridge</b> NF with chopped pecans and vanilla</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Cucumber Boats</b>  <b>BIG Salad</b> or tossed greens with <b>Italian Dressing</b>  Raw veggies with <b>Creamy Pesto</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Creamy Southwest Cauliflower Soup</b>  <b>Cauliflower Radish Salad</b> on a bed of mixed greens  <b>“Braised” Garlic Greens</b></p> <p><b>Cooked option:</b>  <b>“Braised” Garlic Greens</b> (See <b>Veggies and Sides</b>) but sauté or steam the greens with garlic</p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 29

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Blueberry Orange Mint Green Smoothie</b> or <b>Spicy Tomato Green Energy Sipper</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Apple Ginger Breakfast Medley</b> or <b>Quick and Easy Chia Breakfast Pudding</b> with <b>Pumpkin Seed Mint Milk</b> NF</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Caprese Salad Bites</b>  <b>BIG Salad</b> or tossed greens with <b>Avocado Spinach Dressing</b>  Raw veggies with <b>Creamy Cilantro Pesto</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Italian Immune System Soup</b>  <b>Wakame Cucumber Salad</b> on a bed of crispy lettuce  <b>"Noodles"</b> with <b>Marinara Sauce</b></p> <p><b>Cooked option:</b>  <b>Indian Stir Fried Vegetables</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>



# Menu 30

<b>Breakfast</b>	<p><b>Start your day with:</b>  <b>Gut Rejuvenator A.M. Starter</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b>  <b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Lime Mint Drink</b> or <b>Zuppa Delizioso</b> NF</p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b>  <b>Quick and Easy Chia Breakfast Pudding</b> with optional <b>Coconut Cream</b> and chopped walnuts</p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Stuffed Red Bell Pepper</b>  <b>BIG Salad</b> or tossed greens with <b>Flax Coconut Omega 3 Dream Dressing</b>  Raw veggies with <b>Thai Coconut Sauce</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Vegetable dish (raw or cooked) with a variety of colors and a sauce  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b>  <b>Creamy Mexican Soup</b>  <b>Kale Salad</b> with <b>Tahini Coconut Curry Sauce</b>  <b>Eggplant Parmigiana</b></p> <p><b>Cooked option:</b>  <b>Liver Cleansing Burdock Dandelion Sauté</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b>  Dehydrated crackers, breads, chips or entrées  Lean, organically raised animal protein (no more than 3 oz)  <b>Dessert</b></p>





## About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



**Dr. Ritamarie Loscalzo,**  
**MS, DC, CCN, DACBN**

Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease- disease-focused system into a true health care system where every practitioner is skilled at finding the root cause of health challenges and uses modern science-backed assessments and strategies combined the healing power of food and lifestyle to restore balance.

As the founder of the ***Institute of Nutritional Endocrinology***, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's certified in using and teaching whole fresh foods, plant-focused and keto-friendly as a tool for restoring balance to hormones, nutrients, the immune system and the entire body.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with over 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

**Find all the Resources You Need for Natural Healing  
Based on Cutting-Edge Science**

<http://www.DrRitamarie.com> and <https://www.INEMethod.com>