

# Phase 1 Menu

*\*Please avoid foods that are listed on your food sensitivity sheet if you have any\**

## Example Day

<b>Breakfast</b> <small>(within 1 Hour)</small>	Superfood Recipe or 2-3 Eggs & ½ Avocado
<b>Snack</b>	¾ cup Strawberries
<b>Lunch</b>	CREATE YOUR OWN SALAD
<b>Snack</b>	½ Avocado with Raw Veggies
<b>Dinner</b>	Prime Rib w/ Roasted Broccoli & Roasted Cauliflower
<b>Snack</b>	Handful unsalted nuts

**Aim to be drinking ½ your body weight in ounces of water (i.e. a 200 pound person should be drinking 100 ounces DAILY)**

**Breakfast:** \*\*Eat within 1 Hour of Waking Ex. Superfood Shake Recipe OR 2-3 Eggs & ½ Avocado

Select a Protein

\*\*Aim to consume 1 Meat Protein per day

- Superfood
- Cottage Cheese
- Eggs-Yolk intact (Hard Boiled, Over easy/hard, Sunny side up, poached..)
- Yogurt w/Cultures (Unsweetened-lowest sugar available)
- Beef
- Bison
- Chicken
- Turkey
- Goat
- Lamb
- Duck
- Goose
- Tuna
- Quinoa
- Teff
- Wild Fish (Salmon, Cod, Flounder, Haddock, Halibut, Mahi-Mahi, Catfish, Sea Bass, Swordfish, Trout, Beluga, Whitefish, Yellow Bass)

Select a Healthy Fat

- ½ Avocado
- ¼ cup Sunflower Seeds
- ¼ cup Sesame Seeds
- ¼ cup Pumpkin Seeds
- ¼ cup Pecans
- ¼ cup Almonds
- ¼ cup Walnuts
- ¼ cup Cashews
- ¼ cup Chia Seeds
- 2 TBS Flax Seed

## Mid-Morning Snack:

### Select a Snack

Nuts should be raw & unsalted

\*\*Any nuts EXCEPT No Peanuts or Pistachios

- 1 Green Apple
- ½ Cup Blackberries
- ½ Cup Blueberries
- ¼ Cup Cantaloupe
- ½ Cup Fresh Cranberries (not dried)
- ½ Cup Raspberries
- ¾ Cup Strawberries
- ½ Oz. Almonds
- ½ Oz. Cashews
- ½ Oz. Walnuts
- ½ Oz. Pecans
- ½ Oz. Brazil Nuts
- ½ Oz. Macadamias
- ½ Oz. Hazelnuts
- ½ Oz. Pine Nuts
- ½ Oz. Pumpkin Seeds
- ½ Oz. Sunflower Seeds
- ½ Avocado (can be with raw veggies)
- Unlimited Raw Veggies

## Lunch: CREATE YOUR OWN SALAD (i.e. Romaine, Kale, Spinach, Tomatoes, Cucumbers, Red Cabbage & Chicken)

Select a Protein

- Superfood
- Cottage Cheese
- Eggs-Yolk intact (Hard Boiled, Over easy/hard, Sunny side up, poached..)
- Yogurt w/Cultures (Unsweetened-lowest sugar available)
- Beef
- Bison
- Chicken
- Turkey
- Goat
- Lamb
- Duck
- Goose
- Tuna
- Quinoa
- Teff
- Wild Fish (Salmon, Cod, Flounder, Haddock, Halibut, Mahi-Mahi, Catfish, Sea Bass, Swordfish, Trout, Beluga, Whitefish, Yellow Bass)

Select 2-4 Raw Green Veggies & Make A Large Salad

\*\*Okay to eat UNLIMITED RAW VEGGIES

\*\*Avoid Iceberg Lettuce

- Kale
- Collard Greens
- Mustard Greens
- Turnip Greens
- Spinach
- Watercress
- Arugula
- Romaine Lettuce
- Organic Greens Mix
- Broccoli
- Green Bell Peppers
- Bok Choy
- Brussel Sprouts
- Swiss Chard
- Green Cabbage
- Snow Peas
- Okra
- Asparagus
- Zucchini

Select 2-4 Additional Veggies

\*\*Can be mixed (i.e. 1 cup tomatoes, radishes, cucumbers, red cabbage, bell peppers)

- Tomatoes
- Radishes
- Artichokes
- Colored Bell Peppers
- Red Cabbage
- Carrots
- Cucumbers
- Celery
- Onions
- Cauliflower
- Alfalfa Sprouts
- Bean Sprouts

## Mid-Afternoon Snack:

Fruit Serving or Nut Serving

- 1 Green Apple
- ½ Cup Blackberries
- ½ Cup Blueberries
- ¼ Cup Cantaloupe
- ½ Cup Fresh Cranberries (not dried)
- ½ Cup Raspberries
- ¾ Cup Strawberries
- ½ Oz. Almonds
- ½ Oz. Cashews
- ½ Oz. Walnuts
- ½ Oz. Pecans
- ½ Oz. Brazil Nuts
- ½ Oz. Macadamias
- ½ Oz. Hazelnuts
- ½ Oz. Pine Nuts
- ½ Oz. Pumpkin Seeds
- ½ Oz. Sunflower Seeds
- ½ Avocado (can be with raw veggies)
- Unlimited Raw Veggies

## Dinner: (i.e. Prime Rib with Roasted Broccoli, Roasted Cauliflower & Salad)

Select a Protein

\*\*Try to consume meats that are Organic, Free Range or Wild Game

- Superfood
- Cottage Cheese
- Eggs-Yolk intact (Hard Boiled, Over easy/hard, Sunny side up, poached..)
- Yogurt w/Cultures (Unsweetened-lowest sugar available)
- Beef
- Bison
- Chicken
- Turkey
- Goat
- Lamb
- Duck
- Goose
- Tuna
- Quinoa
- Teff
- Wild Fish (Salmon, Cod, Flounder, Haddock, Halibut, Mahi-Mahi, Catfish, Sea Bass, Swordfish, Trout, Beluga, Whitefish, Yellow Bass)

Select 1-2 **Cooked** Vegetables

\*\*Can Mix Veggies

\*\*Can Add Colored Veggies as well for added flavor (Tomatoes, Colored Bell Peppers, Onions)

- Asparagus
- Broccoli
- Kale
- Spinach
- Green Bell Peppers
- Collard Greens
- Butternut Squash
- Acorn Squash
- Pumpkin
- Organic Greens Mix
- Bok Choy
- Brussel Sprouts
- Swiss Chard
- Green Cabbage
- Mustard Greens
- Beet Greens
- Rutabaga

Select 1 Additional Veggie

\*\*Can be mixed (i.e. tomatoes, radishes, cucumbers, red cabbage, bell peppers or used in salad)

- Tomatoes
- Radishes
- Artichokes
- Colored Bell Peppers
- Red Cabbage
- Carrots
- Eggplant
- Cucumbers
- Celery
- Onions
- Cauliflower
- Bean Sprouts
- Alfalfa Sprouts

Raw Green Veggies

\*\*Okay to mix veggies (Ex. Spinach, broccoli, bell peppers, green onions, tomatoes)

\*\*Avoid Iceberg Lettuce

- Kale
- Collard Greens
- Mustard Greens
- Turnip Greens
- Spinach
- Watercress
- Arugula
- Romaine Lettuce
- Organic Greens Mix
- Broccoli
- Green Bell Peppers
- Bok Choy
- Brussel Sprouts
- Swiss Chard
- Green Cabbage
- Snow Peas
- Okra
- Asparagus
- Zucchini

## Additional Approved Foods

\*\*\*Hibiscus Tea helps with detoxing from sugar/carbs  
(Can also chill and have iced)

- Avocado Oil
- Coconut Oil
- Grapeseed Oil
- Flaxseed Oil
- Olive Oil (Do Not Cook Above 350)
- Sour Cream
- Butter (Free Range/Grass Fed)
- Heavy Cream
- Cream Cheese
- La Croix or Sparkling Water (Can add Stevia)
- Aloe Vera
- Local Raw Honey (small amounts)
- Stevia
- Xylitol
- Apple Cider Vinegar
- Coconut or Liquid Aminos
- Raw Milk
- Unsweetened Almond Milk
- Unsweetened Coconut Milk
- Unsweetened Hemp/Soy Milk
- Capers (without Vinegar)
- Rhubarb
- Hibiscus Tea, Herbal Non-Fruity Teas

## Foods to AVOID

- Hydrogenated Oils
- Pickles
- Green Olives
- Potatoes/Yams
- Beans & Legumes
- Mushrooms
- Cured Meats
- Breaded Meats
- Sausage
- Salami
- Hot Dogs
- Syrup
- Dried Fruit
- Pasta
- Peas
- Corn
- Wheat
- Rice
- Ketchup
- Mustard
- Soy Sauce
- BBQ Sauce
- Yeast Products (Bread, Beer, Pastries, etc.)
- Coffee
- Black Tea
- Sodas or any beverages with additional sugar