

SAMPLE MENUS

SAMPLE BREAKFAST MENUS

Breakfast (option 1)

- 2-3 boiled eggs with ½ grapefruit

Breakfast (option 2)

- ¼ cup walnuts and 8 oz organic unsweetened yogurt (may add xylitol to sweeten)

Breakfast (option 3)

- 1 sliced green apple with 2 tbsp almond butter

Breakfast (option 4)

- Breakfast Sulfur Detox Scramble: 2-3 eggs scrambled with onion and/or garlic and/or broccoli

Breakfast (option 5)

- 2-4 oz Lox on fresh pineapple slices

SAMPLE LUNCH & DINNER MENUS

Lunch or Dinner (option 1)

- Green salad with sprouts and vinaigrette
- Baked cod topped with avocado salsa
Chop: 1 avocado, 1 tomato, ½ c red onion, ½ c capers (drained), ¼ c fresh cilantro, ½ tsp. cumin, 1/8 tsp. cayenne and 2 tablespoons lime juice, ½ c. Quinoa.

Lunch or Dinner (option 2)

- 1 cup black bean soup
- Chopped cabbage salad topped with chicken with rice vinegar (using leftover grilled chicken, toss chicken with shredded cabbage and rice vinegar).

Lunch or Dinner (option 3)

- Organic vegetable broth
- Shrimp and vegetables

Sauté fresh tail-on shrimp and chopped garlic in a non-stick pan with coconut oil, over moderate heat. Roughly chop 10 different vegetables and lightly stir-fry with freshly grated ginger, ½ c buckwheat noodles, lightly drizzle sesame oil.

Lunch or Dinner (option 4)

- Baby greens salad with extra virgin olive oil & vinegar
- Grilled buffalo burger on a portabella mushroom
- Mixed roasted vegetables

Roast combination of cauliflower, broccoli, Brussels sprouts, onions and squash in extra virgin olive oil and herbs to taste (turmeric, basil or rosemary).

Lunch or Dinner (option 5)

- Beet greens with balsamic vinegar & extra virgin olive oil
- Wild salmon
- Steamed beets (20-30 minutes or until soft)

Lunch or Dinner (option 6)

- Mixed greens salad with extra virgin olive oil & vinegar
- Broiled chicken with peppers

Roughly chop; green, yellow & red peppers, onion and mushrooms; toss lightly with extra virgin olive oil & chopped garlic, ½ c. wild brown rice.

Lunch or Dinner (option 7)

- Baby greens with extra virgin olive oil & vinegar
- Grilled beef kabobs (lean, free-range organic beef), Alternate beef with large chunks of: red, yellow & green peppers, red onion & wild mushrooms, rub with garlic, ½ c. Amaranth.

Lunch or Dinner (option 8)

- Baby greens, chopped red cabbage, celery, broccoli with extra virgin olive oil & vinegar
- Baked halibut topped with tomato pesto

Lunch or Dinner (option 9)

- "Beeler's Broth" (1 lb of green beans, 1 lb of zucchini, 1 bunch of parsley, 1 bunch of celery)
Dice, boil until soft, then puree in blender and flavor with lemon juice. It makes a very mild, super-green mixture that alkalizes your system.
- Grilled turkey breast with sage
- Steamed spinach

Lunch or Dinner (option 10)

- Baked sole with lemon
- Baked acorn or butternut squash
- Steamed green & yellow beans, topped with flax oil

Lunch or Dinner (option 11)

- Steamed kale
- Swiss chard & collard greens with garlic topped with flax oil
- Grilled chicken with garlic pesto
Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil with some finely chopped fresh basil or 1/2 tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.
- 1/2 baked yam

Lunch or Dinner (option 12)

- 1 c. hearty vegetable soup
- Grilled halibut
- Steamed artichoke with lemon