## **30-day menu plan featuring alkaline foods with a pH of 7.0 or higher**

This plan includes breakfast, lunch, and dinner daily and avoids grains and corn. Featuring fruits, vegetables, nuts, seeds, and plant-based proteins.

# **Plant-based Menu 🥒**

### Week 1

#### Day 1

* Breakfast: Green smoothie (spinach, cucumber, celery, avocado, lemon, and alkaline water)
* Lunch: Mixed greens salad with arugula, kale, cucumbers, radishes, and a lemon-tahini dressing
* Dinner: Baked zucchini "noodles" with garlic, parsley, and sautéed mushrooms

#### Day 2

* Breakfast: Sliced avocado with cherry tomatoes and fresh basil drizzled with olive oil and lemon
* Lunch: Collard green wraps stuffed with shredded carrots, bell peppers, and sprouts; served with almond butter dipping sauce
* Dinner: Roasted cauliflower steaks with garlic-herb tahini sauce and steamed asparagus

#### Day 3

* Breakfast: Fresh fruit salad (watermelon, cantaloupe, kiwi, and lime juice drizzle)
* Lunch: Cucumber "boats" filled with avocado, red bell peppers, and a sprinkle of sesame seeds
* Dinner: Stir-fry of bok choy, zucchini, and shiitake mushrooms with coconut aminos

#### Day 4

* Breakfast: Smoothie bowl (frozen bananas, avocado, spinach, and fresh berries) topped with chopped almonds and coconut flakes
* Lunch: Steamed artichokes with lemon-garlic dipping sauce and side of sautéed kale
* Dinner: Grilled eggplant slices layered with fresh tomatoes, basil, and cashew cream

#### Day 5

* Breakfast: Coconut yogurt topped with fresh figs, sliced kiwi, and chia seeds
* Lunch: Roasted red pepper soup with a side of fresh cucumber slices
* Dinner: Stuffed bell peppers with diced zucchini, mushrooms, onions, and almond-based "cheese"

#### Day 6

* Breakfast: Green juice (celery, cucumber, spinach, parsley, and lime) and a handful of raw almonds
* Lunch: Spinach salad with avocado, grapefruit, and a lemon-olive oil dressing
* Dinner: Roasted Brussels sprouts and butternut squash with tahini dressing

#### Day 7

* Breakfast: Sliced pears with almond butter and a sprinkle of cinnamon
* Lunch: Marinated mushrooms and zucchini with mixed greens and sprouts
* Dinner: Grilled portobello mushrooms topped with mashed avocado and steamed broccoli

### Week 2

#### Day 8

* Breakfast: Smoothie (spinach, frozen berries, avocado, and coconut water)
* Lunch: Raw zucchini noodles with basil pesto (made with almonds, garlic, and olive oil)
* Dinner: Roasted asparagus and radishes with a side of sautéed Swiss chard

#### Day 9

* Breakfast: Fresh grapefruit with a drizzle of raw honey and chopped almonds
* Lunch: Cucumber and avocado soup garnished with fresh dill
* Dinner: Baked stuffed zucchini with diced vegetables and almond cream

#### Day 10

* Breakfast: Sliced apples with almond butter and cinnamon
* Lunch: Grilled vegetable skewers (bell peppers, zucchini, and mushrooms) with tahini drizzle
* Dinner: Roasted cauliflower soup with sautéed kale on the side

#### Day 11

* Breakfast: Green smoothie (spinach, cucumber, pear, and lime)
* Lunch: Lettuce wraps filled with avocado, sprouts, and shredded carrots
* Dinner: Grilled asparagus with sautéed garlic mushrooms and roasted sweet potatoes

#### Day 12

* Breakfast: Smoothie bowl with frozen bananas, avocado, kiwi, and fresh berries topped with almonds
* Lunch: Kale salad with sliced oranges, cucumber, and lemon vinaigrette
* Dinner: Stuffed bell peppers with zucchini, mushrooms, and diced tomatoes

#### Day 13

* Breakfast: Sliced avocado with lemon and a side of fresh fruit (melon or watermelon)
* Lunch: Steamed broccoli and cauliflower with tahini dressing
* Dinner: Grilled eggplant slices with a side of roasted Brussels sprouts

#### Day 14

* Breakfast: Smoothie (spinach, pineapple, avocado, and coconut water)
* Lunch: Mixed greens salad with shredded carrots, cucumbers, and sprouts
* Dinner: Roasted zucchini with sautéed kale and garlic

### Week 3

Follow the same structure as above but use different combinations of alkaline-friendly vegetables and fruits to add variety (e.g., swap zucchini for asparagus, watermelon for cantaloupe, or avocado for nuts).

### Tips for the 30-Day Plan:

1. Drinks: Stick to green juices, herbal teas, and alkaline water.
2. Snacks: Snack on raw nuts (almonds, chestnuts) or sliced veggies like cucumbers and celery with avocado or almond butter.
3. Dressings/Sauces: Use lemon-tahini, cashew cream, or olive oil with lemon as dressings. Avoid acidic condiments.
4. Cooking Methods: Emphasize raw, steamed, grilled, or roasted options.

This 30-day menu balances nutrient-rich foods while maintaining alkalinity for your body.

# **Plant *AND* Animal Protein Menu 🥦🍗**

30-day menu plan including animal products that are considered the most alkaline or least acid-forming, focusing on balance with other highly alkaline foods. Animal proteins like wild-caught fish, free-range eggs, and pasture-raised poultry are included sparingly, paired with alkaline vegetables and fruits.

### **Week 1**

#### Day 1

* Breakfast: Scrambled eggs (soft-cooked) with sautéed spinach and avocado slices
* Lunch: Grilled chicken breast with arugula, cucumber, and lemon-olive oil dressing
* Dinner: Baked wild-caught salmon with roasted zucchini and steamed asparagus

#### Day 2

* Breakfast: Poached eggs with fresh tomato slices and a handful of almonds
* Lunch: Kale salad with grilled turkey slices, avocado, and tahini dressing
* Dinner: Sautéed shrimp with garlic, lemon, and steamed broccoli

#### Day 3

* Breakfast: Omelet with mushrooms, bell peppers, and parsley
* Lunch: Lettuce wraps filled with diced chicken, shredded carrots, and cucumber
* Dinner: Grilled cod with roasted cauliflower and sautéed Swiss chard

#### Day 4

* Breakfast: Avocado slices with a side of soft-boiled eggs and fresh herbs
* Lunch: Mixed greens salad with grilled salmon, sliced cucumber, and lemon vinaigrette
* Dinner: Baked turkey meatballs with roasted Brussels sprouts and zucchini

#### Day 5

* Breakfast: Fried eggs (in olive oil) with a side of sautéed kale and cherry tomatoes
* Lunch: Grilled chicken breast with asparagus and a cucumber-mint salad
* Dinner: Pan-seared trout with roasted sweet potatoes and garlic spinach

#### Day 6

* Breakfast: Sliced smoked salmon on cucumber rounds with avocado and fresh dill
* Lunch: Roasted turkey breast with sautéed mushrooms and steamed broccoli
* Dinner: Grilled shrimp skewers with zucchini, bell peppers, and a tahini drizzle

#### Day 7

* Breakfast: Hard-boiled eggs with sliced grapefruit and a handful of almonds
* Lunch: Mixed greens salad with turkey slices, avocado, and a lemon-olive oil dressing
* Dinner: Grilled salmon with roasted Brussels sprouts and a side of cauliflower mash

### Week 2

#### Day 8

* Breakfast: Scrambled eggs with sautéed mushrooms and spinach
* Lunch: Lettuce wraps with shredded turkey, sliced cucumbers, and tahini dressing
* Dinner: Baked cod with steamed green beans and roasted sweet potatoes

#### Day 9

* Breakfast: Poached eggs with avocado slices and a side of mixed greens
* Lunch: Grilled chicken breast with arugula, sliced cucumbers, and lemon vinaigrette
* Dinner: Grilled shrimp with sautéed kale and roasted radishes

#### Day 10

* Breakfast: Soft-boiled eggs with fresh tomato slices and sliced avocado
* Lunch: Salad with smoked salmon, arugula, and a lemon-tahini dressing
* Dinner: Roasted turkey breast with steamed broccoli and mashed cauliflower

#### Day 11

* Breakfast: Scrambled eggs with sautéed zucchini and parsley
* Lunch: Grilled chicken with cucumber and spinach salad topped with avocado slices
* Dinner: Pan-seared trout with garlic spinach and roasted Brussels sprouts

#### Day 12

* Breakfast: Omelet with bell peppers, mushrooms, and fresh herbs
* Lunch: Turkey lettuce wraps with shredded carrots, cucumber, and tahini dressing
* Dinner: Grilled salmon with roasted cauliflower and asparagus

#### Day 13

* Breakfast: Fried eggs (in olive oil) with avocado slices and sautéed spinach
* Lunch: Arugula salad with grilled chicken, sliced cucumbers, and lemon dressing
* Dinner: Baked cod with roasted sweet potatoes and steamed kale

#### Day 14

* Breakfast: Hard-boiled eggs with a side of sliced grapefruit and almonds
* Lunch: Mixed greens salad with smoked salmon and avocado
* Dinner: Grilled shrimp skewers with sautéed mushrooms and steamed zucchini

### Week 3

The structure remains the same for Week 3 and Week 4, but you can mix and match these recipes with different animal products:

* Swap chicken for turkey or quail eggs.
* Rotate fish options like salmon, trout, mackerel, or cod.
* Add variations in vegetables: e.g., roasted eggplant, zucchini noodles, or stuffed peppers with turkey.

### Guidelines for Alkaline-Friendly Animal Proteins

1. Eggs: Choose soft-cooked or poached eggs over fried.
2. Poultry: Opt for pasture-raised chicken or turkey; use lean cuts like breast meat.
3. Fish: Wild-caught fish like salmon, cod, trout, and mackerel are less acid-forming. Avoid processed fish.
4. Pairing: Balance animal proteins with high-alkaline vegetables and herbs like spinach, kale, zucchini, and parsley.
5. Cooking Methods: Favor grilling, steaming, or baking. Avoid frying in acidic oils.

This 30-day animal protein alkaline plan ensures a balance of nutrient-dense and pH-balancing meals!

# **Recipes**

### Pick and choose from this extensive daily list of suggestions. Get creative! No need to follow each day by day, just chose items that look yummy and go to town 😜

### Day 1 Recipes

#### Breakfast: Scrambled Eggs with Sautéed Spinach and Avocado

Ingredients:

* 2 large pasture-raised eggs
* 1 tsp olive oil (or coconut oil)
* 1 cup fresh spinach leaves
* ½ avocado, sliced
* Sea salt and black pepper, to taste

Instructions:

1. Heat the olive oil in a nonstick skillet over medium heat.
2. Crack the eggs into a bowl, season with a pinch of sea salt and black pepper, and whisk.
3. Pour the whisked eggs into the skillet, gently stirring with a spatula until they are softly cooked. Remove from the pan.
4. In the same skillet, sauté the spinach until just wilted (about 1–2 minutes).
5. Plate the eggs with the sautéed spinach and avocado slices on the side.

#### Lunch: Grilled Chicken Breast with Arugula, Cucumber, and Lemon-Olive Oil Dressing

Ingredients:

* 1 small pasture-raised chicken breast (4–6 oz)
* 4 cups arugula
* 1 small cucumber, thinly sliced
* 2 tbsp extra virgin olive oil
* 1 tbsp freshly squeezed lemon juice
* 1 tsp fresh parsley, chopped (optional)
* Sea salt and black pepper, to taste

Instructions:

1. Preheat your grill or grill pan over medium-high heat.
2. Season the chicken breast with sea salt and black pepper. Grill for 4–5 minutes on each side, or until the internal temperature reaches 165°F (74°C). Set aside to rest for 5 minutes.
3. In a small bowl, whisk together the olive oil, lemon juice, parsley, and a pinch of salt and pepper.
4. Arrange the arugula and cucumber slices on a plate. Slice the chicken breast and place it over the greens. Drizzle with the dressing.

#### Dinner: Baked Wild-Caught Salmon with Roasted Zucchini and Steamed Asparagus

Ingredients:

* 1 wild-caught salmon fillet (6 oz)
* 1 medium zucchini, sliced into rounds
* 1 cup asparagus spears, trimmed
* 1 tbsp olive oil
* 1 tsp fresh dill (optional)
* ½ lemon (sliced into wedges)
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place the salmon fillet on a parchment-lined baking sheet. Drizzle with ½ tbsp olive oil, sprinkle with sea salt, black pepper, and fresh dill.
3. On the same baking sheet, arrange the zucchini rounds. Drizzle with the remaining olive oil and sprinkle with salt and pepper.
4. Bake for 15–20 minutes, or until the salmon flakes easily with a fork and the zucchini is tender.
5. While the salmon and zucchini bake, steam the asparagus: Bring 1 inch of water to a boil in a saucepan with a steamer basket. Add the asparagus and steam for 3–5 minutes, until bright green and tender.
6. Serve the salmon with the roasted zucchini, steamed asparagus, and lemon wedges on the side.

### Day 2 Recipes

#### Breakfast: Poached Eggs with Fresh Tomato Slices and a Handful of Almonds

Ingredients:

* 2 large pasture-raised eggs
* 1 medium ripe tomato, sliced
* 10–12 raw almonds
* Sea salt and black pepper, to taste

Instructions:

1. Bring a small pot of water to a gentle simmer. Add 1 tsp of white vinegar (optional, helps eggs hold their shape).
2. Crack each egg into a small bowl. Gently slide the eggs into the simmering water. Cook for 3–4 minutes, until whites are set but yolks are runny. Remove with a slotted spoon.
3. Plate the poached eggs with sliced tomatoes, sprinkle with sea salt and black pepper, and serve alongside the almonds.

#### Lunch: Kale Salad with Grilled Turkey Slices, Avocado, and Tahini Dressing

Ingredients:

* 4 cups kale, stems removed, and leaves torn into pieces
* 1 small avocado, sliced
* 4 oz grilled turkey breast, thinly sliced
* 2 tbsp tahini
* 1 tbsp lemon juice
* 1 tbsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. Massage the kale: Add 1 tsp olive oil and a pinch of salt to the kale leaves and gently massage with your hands for 2–3 minutes until softened.
2. In a small bowl, whisk together tahini, lemon juice, olive oil, and a splash of water until creamy. Season with salt and pepper.
3. Arrange the kale on a plate, top with avocado slices and turkey, and drizzle with the tahini dressing.

#### Dinner: Sautéed Shrimp with Garlic, Lemon, and Steamed Broccoli

Ingredients:

* 6 oz wild-caught shrimp, peeled and deveined
* 1 tbsp olive oil
* 2 garlic cloves, minced
* Juice of ½ lemon
* 1 cup broccoli florets
* Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté until fragrant (about 1 minute).
2. Add the shrimp, season with salt and pepper, and cook for 2–3 minutes on each side, until pink and opaque. Squeeze lemon juice over the shrimp before serving.
3. Steam broccoli in a steamer basket for 4–5 minutes, until tender but crisp. Serve shrimp alongside the broccoli.

### Day 3 Recipes

#### Breakfast: Omelet with Mushrooms, Bell Peppers, and Parsley

Ingredients:

* 2 large pasture-raised eggs
* 1 tsp olive oil or ghee
* ¼ cup mushrooms, thinly sliced
* ¼ cup bell peppers, diced
* 1 tbsp fresh parsley, chopped
* Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add mushrooms and bell peppers, and sauté for 3–4 minutes until softened. Remove from pan.
2. Whisk eggs in a bowl, season with salt and pepper, and pour into the skillet. Cook for 2–3 minutes, or until the eggs begin to set.
3. Add the sautéed vegetables and parsley to one side of the omelet. Fold the other side over and cook for 1 more minute.

#### Lunch: Lettuce Wraps Filled with Diced Chicken, Shredded Carrots, and Cucumber

Ingredients:

* 4–6 large romaine lettuce leaves
* 4 oz cooked, diced chicken breast
* ½ cup shredded carrots
* ½ cucumber, sliced into thin strips
* 2 tbsp tahini or almond butter (optional dipping sauce)

Instructions:

1. Wash and dry the lettuce leaves.
2. Fill each leaf with diced chicken, shredded carrots, and cucumber slices.
3. Serve with a side of tahini or almond butter for dipping.

#### Dinner: Grilled Cod with Roasted Cauliflower and Sautéed Swiss Chard

Ingredients:

* 6 oz wild-caught cod fillet
* 1 cup cauliflower florets
* 1 cup Swiss chard, chopped
* 1 tbsp olive oil, divided
* Juice of ½ lemon
* 1 garlic clove, minced
* Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Toss cauliflower florets with ½ tbsp olive oil, salt, and pepper, and spread them on a baking sheet. Roast for 20 minutes, flipping halfway.
2. Season the cod with salt, pepper, and lemon juice. Grill on a stovetop grill pan or outdoor grill for 3–4 minutes per side, until opaque and flaky.
3. Heat the remaining ½ tbsp olive oil in a skillet, sauté garlic until fragrant, then add Swiss chard. Cook for 2–3 minutes until wilted. Serve the cod with cauliflower and Swiss chard.

### Day 4 Recipes

#### Breakfast: Avocado Slices with Lemon and a Side of Fresh Fruit

Ingredients:

* ½ avocado, sliced
* 1 small lemon wedge
* 1 cup fresh fruit (e.g., cantaloupe, watermelon, or berries)

Instructions:

1. Plate the avocado slices and drizzle with fresh lemon juice.
2. Serve with a side of fresh fruit for a refreshing, light breakfast.

#### Lunch: Mixed Greens Salad with Grilled Salmon, Sliced Cucumber, and Lemon Vinaigrette

Ingredients:

* 4 cups mixed greens (e.g., spinach, arugula, kale)
* 4 oz wild-caught salmon fillet
* 1 small cucumber, sliced
* 1 tbsp olive oil
* Juice of ½ lemon
* Sea salt and black pepper, to taste

Instructions:

1. Grill the salmon for 3–4 minutes per side, until cooked through. Let rest, then flake into large pieces.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper for the vinaigrette.
3. Toss the mixed greens and cucumber with the vinaigrette, then top with the salmon pieces.

#### Dinner: Baked Turkey Meatballs with Roasted Brussels Sprouts and Zucchini

Ingredients:

* 8 oz ground turkey (pasture-raised)
* 1 garlic clove, minced
* 1 tbsp fresh parsley, chopped
* 1 tbsp olive oil
* 1 cup Brussels sprouts, halved
* 1 medium zucchini, sliced into rounds
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C). In a bowl, mix ground turkey, garlic, parsley, salt, and pepper. Form into small meatballs (about 1 inch).
2. Place meatballs on a baking sheet and bake for 20–25 minutes, until cooked through.
3. Toss Brussels sprouts and zucchini with olive oil, salt, and pepper. Roast on a separate sheet for 20 minutes, flipping halfway.
4. Serve meatballs with the roasted vegetables.

### Day 5 Recipes

#### Breakfast: Fried Eggs (in Olive Oil) with Sautéed Kale and Cherry Tomatoes

Ingredients:

* 2 large pasture-raised eggs
* 1 tbsp olive oil
* 1 cup kale, chopped
* ½ cup cherry tomatoes, halved
* Sea salt and black pepper, to taste

Instructions:

1. Heat ½ tbsp olive oil in a skillet over medium heat. Add the kale and sauté for 2–3 minutes until wilted. Add cherry tomatoes and cook for an additional 1–2 minutes. Remove and set aside.
2. In the same skillet, heat the remaining olive oil. Crack the eggs into the pan and fry until whites are set but yolks are still runny (or to your preference).
3. Plate the eggs with the sautéed kale and tomatoes. Season with salt and pepper.

#### Lunch: Grilled Chicken Breast with Asparagus and Cucumber-Mint Salad

Ingredients:

* 1 small chicken breast (4–6 oz)
* 1 cup asparagus spears, trimmed
* 1 small cucumber, diced
* 1 tbsp fresh mint, chopped
* 1 tbsp olive oil
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Season the chicken breast with salt and pepper. Grill for 4–5 minutes per side until cooked through. Let rest before slicing.
2. Steam or grill the asparagus for 3–4 minutes until tender but crisp.
3. Toss the cucumber with mint, olive oil, and lemon juice to make the salad.
4. Serve the chicken with the asparagus and cucumber salad on the side.

#### Dinner: Pan-Seared Trout with Roasted Sweet Potatoes and Garlic Spinach

Ingredients:

* 1 trout fillet (6 oz)
* 1 small sweet potato, diced into 1-inch cubes
* 2 cups spinach leaves
* 1 garlic clove, minced
* 1 tbsp olive oil, divided
* Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Toss the sweet potatoes with ½ tbsp olive oil, salt, and pepper. Roast for 20 minutes, flipping halfway through.
2. Heat ½ tbsp olive oil in a skillet over medium heat. Sear the trout fillet for 3–4 minutes per side, or until cooked through. Remove and set aside.
3. In the same skillet, add garlic and sauté for 1 minute. Add spinach and cook until wilted (about 2 minutes).
4. Serve the trout with the roasted sweet potatoes and garlic spinach.

### Day 6 Recipes

#### Breakfast: Sliced Smoked Salmon on Cucumber Rounds with Avocado and Fresh Dill

Ingredients:

* 3 oz smoked wild-caught salmon
* 1 medium cucumber, sliced into rounds
* ½ avocado, mashed
* 1 tsp fresh dill, chopped
* Sea salt and black pepper, to taste

Instructions:

1. Spread mashed avocado onto each cucumber slice.
2. Top with a small piece of smoked salmon and a sprinkle of fresh dill.
3. Season lightly with salt and pepper. Serve immediately.

#### Lunch: Roasted Turkey Breast with Sautéed Mushrooms and Steamed Broccoli

Ingredients:

* 1 small turkey breast (4–6 oz)
* 1 cup broccoli florets
* 1 cup mushrooms, sliced
* 1 tbsp olive oil, divided
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C). Season the turkey breast with salt and pepper. Roast for 25–30 minutes, or until cooked through (internal temp 165°F).
2. Steam broccoli in a steamer basket for 4–5 minutes.
3. Heat ½ tbsp olive oil in a skillet over medium heat. Sauté mushrooms with a pinch of salt and pepper until golden brown (5–6 minutes).
4. Serve the turkey with broccoli and sautéed mushrooms.

#### Dinner: Grilled Shrimp Skewers with Zucchini, Bell Peppers, and Tahini Drizzle

Ingredients:

* 6 oz shrimp, peeled and deveined
* 1 medium zucchini, sliced
* 1 small red bell pepper, diced
* 1 tbsp olive oil
* 2 tbsp tahini
* 1 tbsp lemon juice
* 1 tsp garlic powder
* Sea salt and black pepper, to taste

Instructions:

1. Preheat grill or grill pan to medium-high heat.
2. Thread shrimp, zucchini slices, and bell pepper pieces onto skewers. Brush with olive oil and season with garlic powder, salt, and pepper.
3. Grill for 2–3 minutes per side, until shrimp are opaque and vegetables are tender.
4. In a small bowl, mix tahini, lemon juice, and a splash of water until smooth. Drizzle over the skewers before serving.

### Day 7 Recipes

#### Breakfast: Hard-Boiled Eggs with Sliced Grapefruit and Almonds

Ingredients:

* 2 large pasture-raised eggs
* ½ grapefruit, sliced
* 10 raw almonds

Instructions:

1. Place eggs in a small pot of cold water. Bring to a boil, then reduce heat and simmer for 9–10 minutes. Remove eggs, cool, and peel.
2. Serve eggs alongside sliced grapefruit and almonds.

#### Lunch: Mixed Greens Salad with Turkey Slices, Avocado, and Lemon-Olive Oil Dressing

Ingredients:

* 4 cups mixed greens (e.g., spinach, arugula, kale)
* 4 oz turkey breast, thinly sliced
* ½ avocado, diced
* 1 tbsp olive oil
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Toss mixed greens with olive oil, lemon juice, salt, and pepper.
2. Top with turkey slices and avocado. Serve immediately.

#### Dinner: Grilled Salmon with Roasted Brussels Sprouts and Cauliflower Mash

Ingredients:

* 6 oz wild-caught salmon fillet
* 1 cup Brussels sprouts, halved
* 1 small head of cauliflower, chopped
* 1 tbsp olive oil, divided
* 1 tbsp unsweetened almond milk
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss Brussels sprouts with ½ tbsp olive oil, salt, and pepper. Roast for 20 minutes, flipping halfway.
2. Steam cauliflower until tender (10 minutes). Blend in a food processor with almond milk, ½ tbsp olive oil, salt, and pepper until smooth.
3. Grill salmon for 3–4 minutes per side, until cooked through. Serve with Brussels sprouts and cauliflower mash.

### Day 8 Recipes

#### Breakfast: Scrambled Eggs with Sautéed Mushrooms and Spinach

Ingredients:

* 2 large pasture-raised eggs
* 1 tsp olive oil
* ¼ cup mushrooms, sliced
* 1 cup fresh spinach
* Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add mushrooms and sauté for 3–4 minutes until golden. Add spinach and cook until wilted (about 2 minutes). Remove from pan.
2. In a bowl, whisk the eggs and season with salt and pepper.
3. Pour eggs into the skillet and cook, stirring gently, until soft and fluffy. Serve with the mushrooms and spinach.

#### Lunch: Lettuce Wraps with Shredded Turkey, Cucumber, and Tahini Dressing

Ingredients:

* 4–6 large romaine lettuce leaves
* 4 oz turkey breast, shredded or thinly sliced
* ½ cucumber, thinly sliced
* 2 tbsp tahini
* 1 tbsp lemon juice
* 1 tsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. In a small bowl, whisk together tahini, lemon juice, olive oil, and a pinch of salt and pepper to make the dressing.
2. Fill each lettuce leaf with shredded turkey and cucumber slices.
3. Drizzle the tahini dressing over the wraps and serve.

#### Dinner: Baked Cod with Steamed Green Beans and Roasted Sweet Potatoes

Ingredients:

* 6 oz wild-caught cod fillet
* 1 cup green beans, trimmed
* 1 small sweet potato, diced into cubes
* 1 tbsp olive oil, divided
* Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Season the cod with salt and pepper, and drizzle with ½ tbsp olive oil. Bake for 12–15 minutes, or until it flakes easily with a fork.
2. Toss sweet potato cubes with ½ tbsp olive oil, salt, and pepper. Roast in the oven alongside the cod for 20 minutes, flipping halfway.
3. Steam green beans for 3–4 minutes until tender but crisp.
4. Serve the cod with the green beans and roasted sweet potatoes.

### Day 9 Recipes

#### Breakfast: Poached Eggs with Avocado Slices and a Side of Mixed Greens

Ingredients:

* 2 large pasture-raised eggs
* ½ avocado, sliced
* 2 cups mixed greens (e.g., arugula, spinach)
* 1 tbsp olive oil
* Juice of ½ lemon
* Sea salt and black pepper, to taste

Instructions:

1. Poach the eggs: Bring a small pot of water to a gentle simmer and add 1 tsp white vinegar. Crack each egg into a small bowl, then gently slide into the water. Cook for 3–4 minutes and remove with a slotted spoon.
2. Toss mixed greens with olive oil, lemon juice, and a pinch of salt and pepper.
3. Plate the poached eggs with avocado slices and mixed greens.

#### Lunch: Grilled Chicken Breast with Arugula, Cucumber, and Lemon Vinaigrette

Ingredients:

* 1 small chicken breast (4–6 oz)
* 4 cups arugula
* 1 small cucumber, sliced
* 1 tbsp olive oil
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Grill the chicken breast for 4–5 minutes per side until fully cooked. Let rest for 5 minutes, then slice.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper for the vinaigrette.
3. Toss the arugula and cucumber with the dressing. Top with the sliced chicken.

#### Dinner: Grilled Shrimp with Sautéed Kale and Roasted Radishes

Ingredients:

* 6 oz shrimp, peeled and deveined
* 1 tbsp olive oil, divided
* 1 cup kale, chopped
* 1 cup radishes, halved
* Juice of ½ lemon
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss radishes with ½ tbsp olive oil, salt, and pepper. Roast for 20 minutes, flipping halfway.
2. Heat ½ tbsp olive oil in a skillet over medium heat. Add shrimp, season with salt and pepper, and cook for 2–3 minutes per side. Remove and drizzle with lemon juice.
3. In the same skillet, sauté kale for 2–3 minutes until wilted. Serve shrimp with sautéed kale and roasted radishes.

### Day 10 Recipes

#### Breakfast: Soft-Boiled Eggs with Fresh Tomato Slices and Sliced Avocado

Ingredients:

* 2 large pasture-raised eggs
* 1 medium tomato, sliced
* ½ avocado, sliced
* Sea salt and black pepper, to taste

Instructions:

1. Place eggs in a pot of cold water. Bring to a boil, then reduce heat and simmer for 6 minutes. Remove and peel carefully.
2. Plate the soft-boiled eggs with tomato slices and avocado. Sprinkle with salt and pepper.

#### Lunch: Salad with Smoked Salmon, Arugula, and Lemon-Tahini Dressing

Ingredients:

* 3 oz smoked wild-caught salmon
* 4 cups arugula
* ½ cucumber, sliced
* 1 tbsp tahini
* 1 tbsp lemon juice
* 1 tbsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. In a small bowl, whisk together tahini, lemon juice, olive oil, salt, and pepper.
2. Toss arugula and cucumber with the dressing.
3. Top the salad with smoked salmon and serve.

#### Dinner: Roasted Turkey Breast with Steamed Broccoli and Mashed Cauliflower

Ingredients:

* 1 small turkey breast (4–6 oz)
* 1 cup broccoli florets
* 1 small head of cauliflower, chopped
* 1 tbsp olive oil, divided
* 2 tbsp unsweetened almond milk
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C). Season turkey breast with salt and pepper. Roast for 25–30 minutes until fully cooked.
2. Steam cauliflower for 10 minutes until tender. Blend in a food processor with almond milk, ½ tbsp olive oil, salt, and pepper until smooth.
3. Steam broccoli for 4–5 minutes. Serve the turkey with mashed cauliflower and broccoli.

### Day 11 Recipes

#### Breakfast: Omelet with Bell Peppers, Mushrooms, and Fresh Herbs

Ingredients:

* 2 large pasture-raised eggs
* 1 tsp olive oil
* ¼ cup bell peppers, diced
* ¼ cup mushrooms, sliced
* 1 tbsp fresh parsley, chopped
* Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add bell peppers and mushrooms, and sauté for 3–4 minutes until softened. Remove from pan.
2. Whisk eggs with salt and pepper in a bowl, then pour into the skillet. Cook for 2–3 minutes until eggs are mostly set.
3. Add sautéed vegetables and parsley to one side of the omelet, then fold the other side over. Cook for 1 more minute and serve.

#### Lunch: Turkey Lettuce Wraps with Shredded Carrots, Cucumber, and Tahini Dressing

Ingredients:

* 4 large romaine lettuce leaves
* 4 oz roasted turkey breast, shredded
* ½ cup shredded carrots
* ½ cucumber, julienned
* 2 tbsp tahini
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Wash and pat dry lettuce leaves.
2. In a small bowl, mix tahini, lemon juice, salt, and pepper to make the dressing.
3. Fill each lettuce leaf with turkey, carrots, and cucumber. Drizzle with the tahini dressing before serving.

#### Dinner: Grilled Salmon with Roasted Cauliflower and Sautéed Garlic Spinach

Ingredients:

* 6 oz wild-caught salmon fillet
* 1 cup cauliflower florets
* 1 tbsp olive oil, divided
* 2 cups spinach
* 1 garlic clove, minced
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss cauliflower with ½ tbsp olive oil, salt, and pepper. Roast for 20 minutes, flipping halfway.
2. Heat a grill pan over medium heat. Season salmon with salt and pepper, and grill for 3–4 minutes per side, until cooked through.
3. Heat the remaining ½ tbsp olive oil in a skillet. Add garlic and sauté until fragrant, then add spinach and cook until wilted (about 2 minutes).
4. Serve salmon with roasted cauliflower and sautéed spinach.

### Day 12 Recipes

#### Breakfast: Smoothie Bowl with Frozen Bananas, Avocado, Kiwi, and Fresh Berries

Ingredients:

* 1 frozen banana
* ½ avocado
* 1 kiwi, peeled and sliced
* ½ cup fresh berries (blueberries, raspberries, or strawberries)
* ½ cup unsweetened almond milk

Instructions:

1. Blend the frozen banana, avocado, and almond milk in a blender until smooth.
2. Pour into a bowl and top with kiwi slices and fresh berries.

#### Lunch: Kale Salad with Orange Slices, Cucumber, and Lemon Vinaigrette

Ingredients:

* 4 cups kale, chopped and massaged
* 1 orange, peeled and segmented
* ½ cucumber, sliced
* 1 tbsp olive oil
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Massage the kale with a pinch of salt and 1 tsp olive oil until softened.
2. Add orange slices and cucumber.
3. Drizzle with the remaining olive oil and lemon juice. Toss to combine.

#### Dinner: Stuffed Bell Peppers with Zucchini, Mushrooms, and Diced Tomatoes

Ingredients:

* 2 large bell peppers, halved and seeded
* 1 cup zucchini, diced
* ½ cup mushrooms, diced
* ½ cup canned diced tomatoes (no added salt)
* 1 tbsp olive oil
* 1 tsp garlic powder
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Add zucchini and mushrooms, and sauté for 5 minutes. Stir in diced tomatoes, garlic powder, salt, and pepper. Cook for another 3 minutes.
3. Stuff each bell pepper half with the vegetable mixture. Place on a baking sheet and bake for 20–25 minutes, until peppers are tender.

### Day 13 Recipes

#### Breakfast: Sliced Avocado with Lemon and a Side of Fresh Melon

Ingredients:

* ½ avocado, sliced
* Juice of ½ lemon
* 1 cup fresh melon (cantaloupe or honeydew)

Instructions:

1. Plate avocado slices and drizzle with lemon juice.
2. Serve with a side of fresh melon.

#### Lunch: Steamed Broccoli and Cauliflower with Tahini Dressing

Ingredients:

* 1 cup broccoli florets
* 1 cup cauliflower florets
* 2 tbsp tahini
* 1 tbsp lemon juice
* 1 tsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. Steam broccoli and cauliflower for 4–5 minutes until tender.
2. In a small bowl, mix tahini, lemon juice, olive oil, salt, and pepper.
3. Drizzle the dressing over the steamed vegetables and serve.

#### Dinner: Grilled Eggplant Slices with Roasted Brussels Sprouts

Ingredients:

* 1 medium eggplant, sliced into rounds
* 1 cup Brussels sprouts, halved
* 1 tbsp olive oil, divided
* 1 tsp garlic powder
* Sea salt and black pepper, to taste

Instructions:

1. Preheat grill or grill pan over medium heat.
2. Brush eggplant slices with ½ tbsp olive oil, season with salt and garlic powder, and grill for 3–4 minutes per side.
3. Toss Brussels sprouts with the remaining olive oil, salt, and pepper. Roast at 400°F (200°C) for 20 minutes, flipping halfway.
4. Serve grilled eggplant with roasted Brussels sprouts.

### Day 14 Recipes

#### Breakfast: Smoothie (Spinach, Pineapple, Avocado, and Coconut Water)

Ingredients:

* 1 cup spinach
* ½ cup fresh pineapple chunks
* ½ avocado
* 1 cup coconut water

Instructions:

1. Blend all ingredients in a blender until smooth. Serve immediately.

#### Lunch: Mixed Greens Salad with Shredded Carrots, Cucumber, and Lemon-Olive Oil Dressing

Ingredients:

* 4 cups mixed greens (e.g., arugula, spinach)
* ½ cup shredded carrots
* ½ cucumber, sliced
* 1 tbsp olive oil
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Toss mixed greens, carrots, and cucumber in a large bowl.
2. Drizzle with olive oil and lemon juice. Season with salt and pepper before serving.

#### Dinner: Roasted Zucchini with Sautéed Kale and Garlic

Ingredients:

* 1 medium zucchini, sliced
* 1 cup kale, chopped
* 1 garlic clove, minced
* 1 tbsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss zucchini slices with ½ tbsp olive oil, salt, and pepper. Roast for 20 minutes, flipping halfway.
2. Heat the remaining olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute. Add kale and cook until wilted (about 2–3 minutes).
3. Serve roasted zucchini with sautéed kale.

### Day 15 Recipes

#### Breakfast: Herb Omelet with Avocado and Fresh Dill

Ingredients:

* 2 large pasture-raised eggs
* 1 tsp olive oil
* 1 tbsp fresh dill, chopped
* 1 tbsp fresh parsley, chopped
* ½ avocado, sliced
* Sea salt and black pepper, to taste

Instructions:

1. Whisk eggs with dill, parsley, salt, and pepper.
2. Heat olive oil in a skillet over medium heat. Add the egg mixture and cook until set. Fold the omelet in half.
3. Serve with sliced avocado on the side.

#### Lunch: Zucchini Noodles with Basil Almond Pesto

Ingredients:

* 1 medium zucchini, spiralized
* ½ cup fresh basil leaves
* 2 tbsp almonds (soaked for 1 hour)
* 2 tbsp olive oil
* 1 garlic clove
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Blend basil, almonds, olive oil, garlic, lemon juice, salt, and pepper in a food processor until smooth.
2. Toss zucchini noodles with the pesto until well coated. Serve immediately.

#### Dinner: Roasted Eggplant with Tahini-Yogurt Sauce and Pomegranate Seeds

Ingredients:

* 1 medium eggplant, sliced lengthwise
* 1 tbsp olive oil
* 2 tbsp tahini
* 2 tbsp unsweetened yogurt (e.g., coconut or almond-based)
* 1 tbsp lemon juice
* 2 tbsp pomegranate seeds
* 1 tsp fresh parsley, chopped
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Brush eggplant slices with olive oil, season with salt, and roast for 20 minutes.
2. Mix tahini, yogurt, and lemon juice to make the sauce.
3. Drizzle the sauce over the roasted eggplant and garnish with pomegranate seeds and parsley.

### Day 16 Recipes

#### Breakfast: Coconut Yogurt Bowl with Fresh Berries and Chia Seeds

Ingredients:

* 1 cup unsweetened coconut yogurt
* ½ cup fresh berries (e.g., blueberries, raspberries)
* 1 tbsp chia seeds
* 1 tsp raw honey (optional)

Instructions:

1. Scoop coconut yogurt into a bowl.
2. Top with fresh berries and chia seeds. Drizzle with honey if desired.

#### Lunch: Grilled Turkey Salad with Grapefruit and Avocado

Ingredients:

* 4 oz turkey breast, grilled and sliced
* 4 cups mixed greens (e.g., arugula, spinach)
* ½ grapefruit, segmented
* ½ avocado, sliced
* 1 tbsp olive oil
* 1 tbsp balsamic vinegar
* Sea salt and black pepper, to taste

Instructions:

1. Toss mixed greens with olive oil, balsamic vinegar, salt, and pepper.
2. Add turkey slices, grapefruit, and avocado. Serve immediately.

#### Dinner: Lemon Garlic Shrimp with Roasted Brussels Sprouts and Carrot Puree

Ingredients:

* 6 oz wild-caught shrimp, peeled and deveined
* 1 tbsp olive oil
* Juice of ½ lemon
* 1 garlic clove, minced
* 1 cup Brussels sprouts, halved
* 2 medium carrots, peeled and chopped
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss Brussels sprouts with ½ tbsp olive oil, salt, and pepper. Roast for 20 minutes.
2. Steam carrots until tender, then blend with ½ tbsp olive oil, salt, and pepper until smooth.
3. Heat olive oil in a skillet over medium heat. Add garlic and shrimp, cooking for 2–3 minutes per side. Finish with lemon juice.
4. Serve shrimp with Brussels sprouts and carrot puree.

### Day 17 Recipes

#### Breakfast: Sweet Potato Toast with Avocado and Arugula

Ingredients:

* 1 small sweet potato, sliced lengthwise into ½-inch slices
* ½ avocado, mashed
* 1 handful arugula
* Sea salt and black pepper, to taste

Instructions:

1. Toast sweet potato slices in a toaster or oven at 400°F (200°C) until tender and slightly crispy (about 10 minutes).
2. Spread mashed avocado on the sweet potato slices, top with arugula, and season with salt and pepper.

#### Lunch: Roasted Vegetable Bowl with Almond Butter Sauce

Ingredients:

* 1 cup broccoli florets
* 1 medium zucchini, sliced
* 1 small red bell pepper, sliced
* 1 tbsp olive oil
* 2 tbsp almond butter
* 1 tbsp lemon juice
* 1 tsp coconut aminos
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss broccoli, zucchini, and bell pepper with olive oil, salt, and pepper. Roast for 20 minutes.
2. Mix almond butter, lemon juice, coconut aminos, and a splash of water to make the sauce.
3. Serve roasted vegetables drizzled with the almond butter sauce.

#### Dinner: Grilled Trout with Cucumber-Dill Salad

Ingredients:

* 6 oz trout fillet
* 1 tbsp olive oil
* 1 cup cucumber, thinly sliced
* 1 tbsp fresh dill, chopped
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Preheat grill or grill pan. Brush trout with olive oil, season with salt and pepper, and grill for 3–4 minutes per side.
2. Toss cucumber with dill, lemon juice, salt, and pepper.
3. Serve grilled trout with cucumber-dill salad on the side.

### Day 18 Recipes

#### Breakfast: Smoothie with Spinach, Pear, Ginger, and Almond Milk

Ingredients:

* 1 cup spinach
* 1 ripe pear, sliced
* ½-inch piece of fresh ginger
* 1 cup unsweetened almond milk

Instructions:

1. Blend all ingredients until smooth. Serve immediately.

#### Lunch: Warm Kale and Sweet Potato Salad with Walnuts

Ingredients:

* 2 cups kale, chopped
* ½ medium sweet potato, roasted and diced
* 2 tbsp walnuts, chopped
* 1 tbsp olive oil
* 1 tbsp balsamic vinegar
* Sea salt and black pepper, to taste

Instructions:

1. Massage kale with olive oil and a pinch of salt.
2. Toss with roasted sweet potato and walnuts. Drizzle with balsamic vinegar and serve warm.

#### Dinner: Herb-Crusted Salmon with Sautéed Swiss Chard

Ingredients:

* 6 oz wild-caught salmon fillet
* 1 tbsp olive oil, divided
* 1 tbsp fresh parsley, chopped
* 1 tbsp fresh thyme, chopped
* 2 cups Swiss chard, chopped
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Brush salmon with ½ tbsp olive oil and press the herbs onto the top. Bake for 12–15 minutes, until cooked through.
2. Heat the remaining olive oil in a skillet. Sauté Swiss chard with salt and pepper for 3–4 minutes until wilted.
3. Serve salmon with the sautéed Swiss chard.

### Day 19 Recipes

#### Breakfast: Baked Avocado with Eggs and Fresh Herbs

Ingredients:

* 1 avocado, halved and pitted
* 2 small pasture-raised eggs
* 1 tsp olive oil
* 1 tbsp fresh parsley, chopped
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C). Scoop out a small amount of avocado to make room for the egg.
2. Crack one egg into each avocado half, season with salt and pepper, and place in a baking dish.
3. Bake for 12–15 minutes, until the eggs are set to your liking. Garnish with parsley and serve.

#### Lunch: Grilled Chicken and Roasted Beet Salad with Citrus Dressing

Ingredients:

* 4 oz grilled chicken breast, sliced
* 2 medium beets, roasted, peeled, and diced
* 4 cups mixed greens (e.g., arugula, spinach)
* 1 orange, juiced
* 1 tbsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. Toss mixed greens with roasted beets and grilled chicken slices.
2. In a small bowl, whisk together orange juice, olive oil, salt, and pepper. Drizzle over the salad and serve.

#### Dinner: Pan-Seared Scallops with Sautéed Zucchini and Asparagus

Ingredients:

* 6 large sea scallops
* 1 tbsp olive oil
* 1 cup zucchini, sliced
* 1 cup asparagus spears, trimmed
* Juice of ½ lemon
* Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a skillet over medium-high heat. Pat scallops dry, season with salt and pepper, and sear for 2–3 minutes per side until golden. Remove and set aside.
2. In the same skillet, sauté zucchini and asparagus for 5 minutes until tender.
3. Serve scallops with vegetables, drizzled with lemon juice.

### Day 20 Recipes

#### Breakfast: Green Smoothie with Spinach, Kiwi, Lime, and pineapple juice

Ingredients:

* 1 cup spinach
* 1 kiwi, peeled and sliced
* Juice of 1 lime
* 1 cup pineapple juice

Instructions:

1. Blend all ingredients until smooth. Serve chilled.

#### Lunch: Turkey and Cucumber Collard Wraps

Ingredients:

* 4 large collard green leaves, washed and stems removed
* 4 oz roasted turkey, sliced
* ½ cucumber, julienned
* 1 tbsp hummus
* Sea salt and black pepper, to taste

Instructions:

1. Spread a small amount of hummus on each collard leaf.
2. Add turkey and cucumber, season lightly, and wrap tightly. Secure with a toothpick if needed.

#### Dinner: Grilled Salmon with Roasted Fennel and Carrots

Ingredients:

* 6 oz wild-caught salmon fillet
* 1 cup fennel, sliced
* 1 cup carrots, sliced into sticks
* 1 tbsp olive oil, divided
* 1 tsp fresh dill (optional)
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss fennel and carrots with ½ tbsp olive oil, salt, and pepper. Roast for 20 minutes, flipping halfway.
2. Season salmon with salt and pepper. Grill for 4–5 minutes per side, or until cooked through.
3. Serve salmon with roasted fennel and carrots, garnished with dill.

### Day 21 Recipes

#### Breakfast: Sweet Potato Hash with Spinach and Poached Eggs

Ingredients:

* 1 small sweet potato, diced
* 1 tsp olive oil
* 1 cup spinach
* 2 pasture-raised eggs
* Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add sweet potato and cook until tender and slightly crispy (about 10 minutes).
2. Add spinach and cook until wilted. Season with salt and pepper.
3. Poach eggs as described earlier and serve them over the hash.

#### Lunch: Arugula Salad with Grilled Shrimp, Mango, and Avocado

Ingredients:

* 4 cups arugula
* 6 oz wild-caught shrimp, peeled and deveined
* ½ avocado, sliced
* ½ cup fresh mango, diced
* 1 tbsp olive oil
* Juice of ½ lime
* Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a skillet and sauté shrimp until pink (2–3 minutes per side). Season with salt and pepper.
2. Toss arugula with lime juice, mango, and avocado. Top with shrimp and serve.

#### Dinner: Roasted Cauliflower Steaks with Almond Pesto and Steamed Broccoli

Ingredients:

* 2 thick cauliflower slices (“steaks”)
* 1 cup broccoli florets
* 2 tbsp almond pesto (see Day 15 recipe)
* 1 tbsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Brush cauliflower steaks with olive oil, season with salt and pepper, and roast for 25 minutes, flipping halfway.
2. Steam broccoli for 4–5 minutes until tender.
3. Serve cauliflower steaks drizzled with almond pesto and broccoli on the side.

### Day 22 Recipes

#### Breakfast: Avocado and Tomato Slices with Olive Tapenade

Ingredients:

* ½ avocado, sliced
* 1 medium tomato, sliced
* 2 tbsp olive tapenade (store-bought or homemade)
* 1 tsp fresh parsley, chopped

Instructions:

1. Arrange avocado and tomato slices on a plate.
2. Spoon olive tapenade over the slices and sprinkle with parsley.
3. Serve immediately.

#### Lunch: Grilled Chicken Salad with Fresh Berries and Toasted Almonds

Ingredients:

* 4 oz grilled chicken breast, sliced
* 4 cups mixed greens (e.g., arugula, spinach)
* ½ cup mixed fresh berries (e.g., blueberries, raspberries)
* 2 tbsp sliced almonds, toasted
* 1 tbsp olive oil
* 1 tbsp balsamic vinegar
* Sea salt and black pepper, to taste

Instructions:

1. Toss mixed greens with olive oil, balsamic vinegar, salt, and pepper.
2. Add grilled chicken, fresh berries, and toasted almonds. Serve immediately.

#### Dinner: Seared Halibut with Sautéed Spinach and Lemon-Caper Sauce

Ingredients:

* 6 oz halibut fillet
* 1 tbsp olive oil
* 1 cup spinach
* 1 tbsp capers
* Juice of ½ lemon
* Sea salt and black pepper, to taste

Instructions:

1. Heat ½ tbsp olive oil in a skillet over medium-high heat. Sear halibut for 3–4 minutes per side, until golden and cooked through. Set aside.
2. In the same skillet, sauté spinach until wilted (2–3 minutes). Remove spinach and set aside.
3. Add remaining olive oil, capers, and lemon juice to the skillet. Simmer for 1 minute, then drizzle the sauce over the halibut. Serve with spinach.

### Day 23 Recipes

#### Breakfast: Chia Pudding with Almond Milk, Fresh Berries, and Coconut Flakes

Ingredients:

* ¼ cup chia seeds
* 1 cup unsweetened almond milk
* ½ cup fresh berries (e.g., strawberries, raspberries)
* 1 tbsp unsweetened coconut flakes

Instructions:

1. In a bowl, combine chia seeds and almond milk. Stir well, cover, and refrigerate for at least 4 hours or overnight.
2. Top with fresh berries and coconut flakes before serving.

#### Lunch: Stuffed Bell Peppers with Zucchini and Mushrooms

Ingredients:

* 2 large bell peppers, halved and seeded
* 1 cup zucchini, diced
* ½ cup mushrooms, diced
* ½ cup canned diced tomatoes (no added salt)
* 1 tbsp olive oil
* 1 tsp garlic powder
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Sauté zucchini and mushrooms for 5 minutes. Stir in diced tomatoes, garlic powder, salt, and pepper.
3. Stuff each bell pepper half with the vegetable mixture. Place on a baking sheet and bake for 20–25 minutes, until peppers are tender.

#### Dinner: Herb-Rubbed Turkey Meatballs with Spaghetti Squash

Ingredients:

* 8 oz ground turkey
* 1 tsp garlic powder
* 1 tsp dried oregano
* ½ tsp thyme
* 1 small spaghetti squash
* 1 tbsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Slice spaghetti squash in half, remove seeds, drizzle with olive oil, and bake face-down for 40 minutes.
2. In a bowl, mix ground turkey with garlic powder, oregano, thyme, salt, and pepper. Roll into small meatballs.
3. Bake meatballs on a parchment-lined tray for 20 minutes, flipping halfway.
4. Scrape spaghetti squash strands with a fork and serve with meatballs.

### Day 24 Recipes

#### Breakfast: Zucchini and Herb Frittata

Ingredients:

* 2 large pasture-raised eggs
* ¼ cup zucchini, shredded
* 1 tbsp fresh parsley, chopped
* 1 tbsp olive oil
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, whisk eggs with parsley, salt, and pepper. Stir in shredded zucchini.
3. Heat olive oil in an oven-safe skillet over medium heat. Pour in the egg mixture and cook for 3 minutes.
4. Transfer skillet to the oven and bake for 5–7 minutes, until eggs are set.

#### Lunch: Shrimp and Avocado Lettuce Wraps with Mango Salsa

Ingredients:

* 6 oz wild-caught shrimp, peeled and deveined
* 4 large lettuce leaves (e.g., romaine)
* ½ avocado, diced
* ½ cup fresh mango, diced
* 1 tbsp lime juice
* 1 tbsp olive oil

Instructions:

1. Heat olive oil in a skillet over medium heat. Sauté shrimp for 2–3 minutes per side until pink.
2. In a bowl, combine mango, lime juice, and avocado to make the salsa.
3. Place shrimp in lettuce leaves and top with mango salsa.

#### Dinner: Grilled Eggplant Stacks with Cashew Ricotta and Roasted Vegetables

Ingredients:

* 1 medium eggplant, sliced into rounds
* 1 cup zucchini, diced
* 1 cup cherry tomatoes
* ½ cup raw cashews (soaked overnight)
* 1 tbsp lemon juice
* 1 tbsp olive oil

Instructions:

1. Preheat oven to 400°F (200°C). Toss zucchini and cherry tomatoes with olive oil and roast for 20 minutes.
2. Blend soaked cashews with lemon juice, a splash of water, and salt to make ricotta.
3. Grill eggplant slices for 3 minutes per side. Layer eggplant, cashew ricotta, and roasted vegetables to make stacks.

Day 25 Recipes

#### Breakfast: Avocado Smoothie with Spinach and Mango

Ingredients:

* ½ avocado
* 1 cup spinach
* ½ cup frozen mango chunks
* 1 cup unsweetened almond milk
* Juice of ½ lime

Instructions:

1. Blend all ingredients until smooth. Adjust thickness by adding more almond milk if needed.
2. Serve immediately.

#### Lunch: Grilled Turkey with Beet and Arugula Salad

Ingredients:

* 4 oz grilled turkey breast, sliced
* 2 medium beets, roasted, peeled, and diced
* 4 cups arugula
* 2 tbsp toasted walnuts
* 1 tbsp olive oil
* 1 tbsp balsamic vinegar
* Sea salt and black pepper, to taste

Instructions:

1. Toss arugula with roasted beets, turkey slices, and walnuts.
2. In a small bowl, whisk olive oil, balsamic vinegar, salt, and pepper. Drizzle over the salad before serving.

#### Dinner: Seared Tuna with Cauliflower Mash and Steamed Broccoli

Ingredients:

* 6 oz ahi tuna steak
* 1 tbsp olive oil, divided
* 1 small head of cauliflower, chopped
* 1 cup broccoli florets
* 2 tbsp unsweetened almond milk
* Sea salt and black pepper, to taste

Instructions:

1. Steam cauliflower for 10 minutes until tender. Blend in a food processor with almond milk, ½ tbsp olive oil, salt, and pepper until smooth.
2. Steam broccoli for 4–5 minutes until tender.
3. Heat the remaining olive oil in a skillet over medium-high heat. Sear tuna for 2–3 minutes per side (medium-rare). Serve with cauliflower mash and broccoli.

### Day 26 Recipes

#### Breakfast: Sweet Potato Breakfast Bowl with Sautéed Greens and Poached Eggs

Ingredients:

* 1 small sweet potato, peeled and diced
* 1 tsp olive oil
* 1 cup spinach or kale
* 2 pasture-raised eggs
* Sea salt and black pepper, to taste

Instructions:

1. Roast sweet potato cubes at 400°F (200°C) for 20 minutes, flipping halfway through.
2. Heat olive oil in a skillet over medium heat. Sauté greens until wilted (2–3 minutes).
3. Poach eggs in simmering water with a splash of vinegar for 3–4 minutes.
4. Assemble the bowl: sweet potatoes, sautéed greens, and poached eggs.

#### Lunch: Stuffed Zucchini Boats with Spinach and Garlic

Ingredients:

* 2 medium zucchini, halved and scooped out
* 1 cup spinach, chopped
* 1 garlic clove, minced
* 1 tbsp olive oil
* 1 tbsp almond flour (optional for topping)
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 375°F (190°C). Brush zucchini halves with ½ tbsp olive oil, season, and bake for 10 minutes.
2. Heat remaining olive oil in a skillet. Sauté garlic and spinach until wilted.
3. Stuff zucchini with the spinach mixture. Sprinkle with almond flour and bake for another 10 minutes.

#### Dinner: Herb-Crusted Cod with Roasted Carrots and Parsnips

Ingredients:

* 6 oz cod fillet
* 1 tsp fresh thyme, chopped
* 1 tsp parsley, chopped
* 1 tbsp olive oil, divided
* 1 cup carrots, sliced
* 1 cup parsnips, sliced
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss carrots and parsnips with ½ tbsp olive oil, salt, and pepper. Roast for 25 minutes.
2. Season cod with salt and pepper. Press thyme and parsley onto the fillet.
3. Heat ½ tbsp olive oil in a skillet over medium heat. Sear cod for 3 minutes per side. Serve with roasted vegetables.

### Day 27 Recipes

#### Breakfast: Almond Butter Apple Slices with Cinnamon

Ingredients:

* 1 medium apple, sliced
* 2 tbsp almond butter
* ½ tsp cinnamon

Instructions:

1. Arrange apple slices on a plate.
2. Drizzle or spread almond butter over the slices. Sprinkle with cinnamon.

#### Lunch: Grilled Chicken and Mango Salad

Ingredients:

* 4 oz grilled chicken breast, sliced
* 4 cups mixed greens
* ½ cup fresh mango, diced
* 1 tbsp olive oil
* 1 tbsp lime juice
* Sea salt and black pepper, to taste

Instructions:

1. Toss mixed greens with olive oil, lime juice, salt, and pepper.
2. Add grilled chicken and mango. Serve immediately.

#### Dinner: Chicken Skewers with Bell Peppers and Almond Pesto

Ingredients:

* 4 oz chicken breast, diced
* 1 cup bell peppers, diced
* 1 tbsp olive oil
* 2 tbsp almond pesto (see Day 15 recipe)
* Sea salt and black pepper, to taste

Instructions:

1. Preheat grill or grill pan. Thread chicken and bell peppers onto skewers.
2. Brush with olive oil, season, and grill for 3–4 minutes per side.
3. Serve with almond pesto drizzled on top.

### Day 28 Recipes

#### Breakfast: Zucchini Fritters with Avocado

Ingredients:

* 1 medium zucchini, shredded
* 1 egg
* 1 tbsp almond flour
* 1 tsp olive oil
* ½ avocado, sliced

Instructions:

1. Combine shredded zucchini, egg, almond flour, salt, and pepper in a bowl.
2. Heat olive oil in a skillet over medium heat. Drop spoonfuls of the mixture into the pan and flatten. Cook 3–4 minutes per side until golden.
3. Serve with avocado slices.

#### Lunch: Grilled Salmon with Roasted Asparagus and Lemon-Tahini Sauce

Ingredients:

* 6 oz wild-caught salmon fillet
* 1 cup asparagus spears, trimmed
* 1 tbsp olive oil
* 1 tbsp tahini
* 1 tbsp lemon juice
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss asparagus with olive oil, salt, and pepper. Roast for 10 minutes.
2. Grill salmon for 3–4 minutes per side.
3. Mix tahini and lemon juice for the sauce. Drizzle over salmon and asparagus.

### Day 29 Recipes

#### Breakfast: Spinach and Mushroom Scramble

Ingredients:

* 2 large eggs
* ½ cup spinach, chopped
* ¼ cup mushrooms, diced
* 1 tsp olive oil

Instructions:

1. Heat olive oil in a skillet over medium heat. Sauté mushrooms and spinach for 2 minutes.
2. Whisk eggs and pour into the pan. Cook, stirring, until eggs are set. Serve immediately.

#### Lunch: Warm Kale Salad with Roasted Sweet Potatoes and Walnuts

Ingredients:

* 2 cups kale, chopped
* 1 small sweet potato, roasted and diced
* 2 tbsp walnuts, chopped
* 1 tbsp olive oil
* 1 tsp balsamic vinegar
* Sea salt and black pepper, to taste

Instructions:

1. Massage kale with olive oil and a pinch of salt until softened.
2. Add roasted sweet potatoes and walnuts. Drizzle with balsamic vinegar before serving.

#### Dinner: Herb-Crusted Salmon with Sautéed Swiss Chard

Ingredients:

* 6 oz wild-caught salmon fillet
* 1 tbsp olive oil, divided
* 1 tbsp fresh parsley, chopped
* 2 cups Swiss chard, chopped
* Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F (200°C). Brush salmon with ½ tbsp olive oil and press parsley onto the top. Bake for 12–15 minutes.
2. Heat remaining olive oil in a skillet. Sauté Swiss chard for 3–4 minutes. Serve alongside the salmon.

### **Day 30 Recipes**

### **Breakfast: Baked Avocado Boats with Quail Eggs and Microgreens**

**Ingredients:**

* 1 large avocado, halved and pitted
* 2 quail eggs (or 1 small chicken egg)
* 1 tbsp sun-dried tomatoes, finely chopped
* 1 tbsp microgreens (e.g., radish, broccoli, or arugula)
* 1 tsp olive oil
* Sea salt and black pepper, to taste

**Instructions:**

1. Preheat oven to 375°F (190°C).
2. Scoop out a small portion of the avocado to make room for the egg. Place avocado halves in a small baking dish to keep them upright.
3. Crack a quail egg into each avocado half. Sprinkle with salt, pepper, and chopped sun-dried tomatoes.
4. Bake for 12–15 minutes, or until the eggs are set.
5. Top with microgreens and drizzle with olive oil before serving.

#### **Lunch: Grilled Mahi-Mahi Tacos in Collard Wraps with Pineapple Salsa**

**Ingredients:**

* 6 oz mahi-mahi fillet (or any firm white fish)
* 4 large collard green leaves, washed and stems trimmed
* ½ cup fresh pineapple, diced
* 2 tbsp red onion, finely diced
* 1 tbsp cilantro, chopped
* 1 tsp jalapeño, finely diced (optional)
* 1 tbsp lime juice
* 1 tsp smoked paprika
* 1 tsp garlic powder
* 1 tbsp olive oil
* Sea salt and black pepper, to taste

**Instructions:**

1. In a small bowl, mix smoked paprika, garlic powder, salt, and pepper. Rub this spice blend onto the mahi-mahi fillet.
2. Heat olive oil in a skillet or grill pan over medium-high heat. Grill the fish for 3–4 minutes per side until cooked through. Set aside.
3. In another bowl, combine pineapple, red onion, cilantro, jalapeño (if using), lime juice, and a pinch of salt to make the salsa.
4. Use the collard greens as wraps. Fill each leaf with grilled fish and a generous spoonful of pineapple salsa. Roll tightly and serve.

#### **Dinner: Herb-Stuffed Trout with Sautéed Baby Bok Choy and Shiitake Mushrooms**

**Ingredients:**

* 1 whole trout, cleaned and gutted
* 1 tbsp olive oil, divided
* 2 garlic cloves, minced
* 1 tbsp fresh dill, chopped
* 1 tbsp fresh parsley, chopped
* 1 lemon slice
* 2 cups baby bok choy, halved
* ½ cup shiitake mushrooms, sliced
* 1 tbsp coconut aminos (or low-sodium tamari)
* Sea salt and black pepper, to taste

**Instructions:**

1. Preheat oven to 400°F (200°C). Rub the trout inside and out with ½ tbsp olive oil. Stuff the cavity with garlic, dill, parsley, and a lemon slice. Season with salt and pepper.
2. Wrap the stuffed trout in parchment paper or foil and bake for 20–25 minutes, until the fish flakes easily with a fork.
3. While the trout bakes, heat the remaining ½ tbsp olive oil in a skillet over medium heat. Sauté the bok choy and mushrooms for 5–6 minutes. Add coconut aminos and cook for another 1–2 minutes, stirring to combine.
4. Serve the baked trout with the sautéed bok choy and mushrooms on the side.