# **30-day menu plan featuring Fat Burning Foods**

Fat-burning foods help the body metabolize stored fat, boost calorie expenditure, and support healthy hormonal balance. They work through the following mechanisms:

* **Thermogenesis**: Foods that increase heat production in the body, burning calories.
* **Metabolic Boost**: Certain compounds increase the rate at which the body burns fat.
* **Hormonal Support**: Foods that regulate hormones such as insulin and leptin, reducing fat storage.
* **Satiety**: High-fiber and protein-rich foods keep you full, reducing overall calorie intake.
* **Gut Health**: Foods rich in prebiotics, probiotics, and fiber promote a healthy gut microbiome, which is linked to better fat metabolism.

## Comprehensive List of Fat-Burning Foods 🥑

#### **Fruits**

1. **Grapefruit**: Contains naringenin, a flavonoid that improves insulin sensitivity and helps the body use fat for energy.
2. **Blueberries**: Rich in anthocyanins, which reduce fat storage and improve glucose metabolism.
3. **Raspberries**: Contain raspberry ketones, compounds linked to increased fat breakdown.
4. **Green Apples**: High in fiber and pectin, which aid digestion and reduce appetite.
5. **Avocado**: Packed with monounsaturated fats and L-carnitine, which promote fat burning.
6. **Papaya**: Contains papain, an enzyme that aids protein digestion and reduces bloating.
7. **Lemons and Limes**: Rich in vitamin C, which boosts metabolism and aids detoxification.
8. **Oranges**: Low-calorie and packed with vitamin C, aiding fat metabolism.
9. **Kiwi**: High in fiber and vitamin C, promoting digestion and metabolic activity.
10. **Pomegranate**: Contains polyphenols that improve fat metabolism and reduce inflammation.

#### **Vegetables**

1. **Broccoli**: Rich in calcium and vitamin C, which together enhance fat burning.
2. **Cauliflower**: High in fiber and glucosinolates, which support liver detoxification and fat metabolism.
3. **Spinach**: Contains thylakoids that reduce hunger and increase satiety.
4. **Kale**: High in fiber, antioxidants, and calcium, which aid fat burning.
5. **Brussels Sprouts**: Contain compounds that regulate blood sugar and fat storage.
6. **Asparagus**: A natural diuretic that reduces water retention and contains prebiotics for gut health.
7. **Bell Peppers**: High in capsaicin, which boosts thermogenesis and fat oxidation.
8. **Celery**: Very low-calorie and helps create a calorie deficit.
9. **Cucumbers**: Hydrating and low-calorie, aiding in appetite control.
10. **Zucchini**: Rich in water and fiber, promoting satiety and digestion.
11. **Greens**: Romaine and butter lettuce, collards, swiss chard
12. **Leeks**: Have Quercetin and Kaempferol.These flavonoids have been shown to increase thermogenesis (calorie burning) and fat oxidation, making them helpful for mobilizing stored fat.

#### **Whole Grains (Gluten-Free Options Included)**

1. **Quinoa**: A complete protein with all nine essential amino acids, aiding muscle building and fat burning.
2. **Amaranth**: High in protein and lysine, which helps burn fat and build muscle.
3. **Steel-Cut Oats**: Slow-digesting carbohydrates that stabilize blood sugar levels.
4. **Millet**: Low glycemic index and rich in magnesium, which improves fat metabolism.
5. **Buckwheat**: Gluten-free and rich in rutin, a compound that aids fat metabolism.
6. **Brown Rice**: High in fiber and selenium, promoting fat oxidation.
7. **Wild Rice**: Low-calorie and rich in protein and antioxidants.
8. **Barley**: Contains beta-glucans, which improve satiety and reduce fat absorption.
9. **Farro**: High in protein and fiber, aiding digestion and fat loss.

#### **Legumes**

1. **Lentils**: High in protein and resistant starch, which promotes fat oxidation.
2. **Chickpeas**: Rich in fiber and protein, reducing hunger and fat accumulation.
3. **Black Beans**: Contain anthocyanins and resistant starch that aid fat burning.
4. **Kidney Beans**: High in fiber and protein, improving satiety.
5. **Green Peas**: Rich in protein and iron, boosting metabolic efficiency.
6. **Edamame**: A complete protein with compounds that regulate fat storage.

#### **Healthy Fats**

1. **Avocados**: High in monounsaturated fats, which increase fat burning and satiety.
2. **Extra Virgin Olive Oil**: Contains oleic acid, which stimulates fat metabolism.
3. **Coconut Oil**: Rich in medium-chain triglycerides (MCTs), which are burned quickly for energy.
4. **Flaxseeds**: High in omega-3 fatty acids, reducing inflammation and promoting fat metabolism.
5. **Chia Seeds**: Expand in the stomach, promoting satiety and reducing calorie intake.
6. **Hemp Seeds**: Rich in protein and omega-3s, supporting fat loss and muscle building.
7. **Walnuts**: High in omega-3s and polyunsaturated fats, which improve fat metabolism.
8. **Pumpkin Seeds**: Contain zinc and magnesium, aiding metabolic efficiency.

#### **Herbs and Spices**

1. **Cayenne Pepper**: Contains capsaicin, which boosts metabolism and fat oxidation.
2. **Turmeric**: Contains curcumin, an anti-inflammatory compound that reduces fat storage.
3. **Cinnamon**: Regulates blood sugar and improves insulin sensitivity.
4. **Ginger**: Improves digestion and stimulates fat burning.
5. **Garlic**: Contains allicin, which supports fat metabolism and reduces inflammation.
6. **Parsley**: Acts as a natural diuretic, reducing bloating.
7. **Cilantro**: Supports detoxification, aiding fat metabolism.

#### **Fermented Foods**

1. **Sauerkraut**: High in probiotics that improve gut health and fat metabolism.
2. **Kimchi**: Contains capsaicin and probiotics that boost fat burning.
3. **Kombucha**: A fermented tea rich in probiotics and acetic acid, promoting fat loss.
4. **Miso Paste**: Contains probiotics that improve digestion and reduce inflammation.
5. **Kefir**: Rich in probiotics and protein, aiding satiety and fat burning.
6. **Tempeh**: A fermented soy product rich in protein and probiotics.
7. **Pickles**: Low-calorie and rich in probiotics when naturally fermented.
8. **Fermented Beets**: Improve nitric oxide levels, supporting fat-burning workouts.
9. **Fermented Carrots**: Probiotic-rich and low-calorie, aiding digestion.
10. **Natto**: Contains nattokinase and probiotics that support metabolism and cardiovascular health.
11. **Fermented Coconut Water**: Naturally fermented, hydrating, and full of gut-friendly bacteria.

#### **Drinks**

1. **Green Tea**: Contains catechins that enhance fat oxidation.
2. **Matcha Tea**: A concentrated form of green tea with high catechin content.
3. **Oolong Tea**: Improves metabolism and fat breakdown.
4. **Black Coffee**: Stimulates metabolism and fat oxidation.
5. **Infused Water**: Hydrating and low-calorie, supporting digestion and detoxification.

### **Brands to Buy (Organic, Non-GMO, Sustainable)**

1. **Eden Foods**: Organic miso paste, tamari soy sauce.
2. **Wildbrine**: Raw sauerkraut, kimchi, and salsas.
3. **Saverne**: Organic sauerkraut.
4. **Woodstock Foods**: Organic pickles and sauerkraut.
5. **Bragg**: Apple cider vinegar with the "mother."
6. **MOMO Kombucha**: Organic kombucha.
7. **Bio&Me**: Organic kefir drinks.
8. **Mitoku**: Non-GMO miso paste.
9. **Wildwood**: Organic tofu.
10. **Farmhouse Culture**: Organic kraut and fermented vegetables.

### **Fermented Foods (Gut Health Boosters)**

1. **Sauerkraut** – Organic, raw, and unpasteurized varieties to preserve probiotics.
2. **Kimchi** – Organic, made with non-GMO vegetables like Napa cabbage and radish.
3. **Kombucha** – Low-sugar, organic, and naturally brewed varieties.
4. **Miso Paste** – Organic, non-GMO soy-based miso (or chickpea miso for soy-free options).
5. **Kefir** – Dairy or coconut-based, organic, unsweetened options.
6. **Tempeh** – Fermented organic, non-GMO soy or alternative grains like chickpeas or lentils.
7. **Pickles** – Organic cucumbers fermented in brine (not vinegar) to retain probiotics.
8. **Fermented Beets** – Organic, naturally fermented beets without added sugars.
9. **Fermented Carrots** – Organic, raw carrot sticks fermented in brine for a crunchy probiotic snack.
10. **Fermented Garlic** – Whole organic garlic cloves fermented to enhance flavor and probiotic content.
11. **Fermented Onions** – Organic red or white onions fermented in brine.
12. **Fermented Green Beans** – Organic green beans pickled and fermented.
13. **Natto** – Organic, fermented non-GMO soybeans, rich in vitamin K2.
14. **Lacto-Fermented Jalapeños** – Organic jalapeños fermented for a spicy probiotic kick.
15. **Fermented Hot Sauce** – Organic hot sauces made with fermented chili peppers.
16. **Fermented Cabbage Juice** – Probiotic-rich drink made from organic fermented cabbage.
17. **Fermented Coconut Water** – Naturally fermented, organic coconut water.
18. **Fermented Apples** – Organic apples sliced and fermented in a brine for a tangy snack.
19. **Fermented Cashew Cheese** – Organic, dairy-free, made by fermenting cashews with probiotics.
20. **Fermented Almond Cheese** – Organic, non-dairy, almond-based cheese rich in probiotics.
21. **Rejuvelac** – A probiotic drink made by fermenting organic grains like quinoa or wheat berries.
22. **Fermented Salsa** – Organic tomatoes, onions, and peppers fermented for a probiotic-rich condiment.
23. **Fermented Tomato Paste** – Organic, probiotic-enriched tomato paste for sauces or spreads.
24. **Fermented Pineapple** – Organic pineapple fermented with water and spices for a tropical probiotic snack.
25. **Fermented Cabbage Rolls** – Organic fermented cabbage leaves stuffed with veggies or grains.

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# **Recipes 🥗🥫**

### **Day 1**

#### **Breakfast: Bosc Pear & Blueberry Overnight Chia Pudding**

**Ingredients**:

* 3 tablespoons chia seeds
* 1 cup unsweetened kefir
* 1 medium bosc pear, diced
* 1/2 cup fresh blueberries
* 1/2 teaspoon cinnamon
* 1 teaspoon honey (optional)

**Instructions**:

1. In a bowl or jar, mix chia seeds and kefir. Stir well to prevent clumping.
2. Cover and refrigerate overnight (or at least 4 hours) until it thickens.
3. In the morning, top with diced green apple, fresh blueberries, and a sprinkle of cinnamon. Drizzle with honey if desired.

#### **Lunch: Quinoa & Kale Salad with Lemon-Tahini Dressing**

**Ingredients**:

* 1 cup cooked quinoa (1/2 cup dry)
* 2 cups kale, chopped
* 1/2 cucumber, diced
* 1/2 cup pomegranate seeds
* 2 tablespoons extra virgin olive oil
* 1 tablespoon tahini
* 1 lemon, juiced
* 1/2 teaspoon garlic powder
* Salt and pepper to taste

**Instructions**:

1. Massage the chopped kale with 1 tablespoon olive oil and a pinch of salt for about 2 minutes until softened.
2. In a small bowl, whisk together tahini, lemon juice, remaining olive oil, garlic powder, salt, and pepper to make the dressing.
3. In a large bowl, combine cooked quinoa, massaged kale, cucumber, and pomegranate seeds.
4. Drizzle with the dressing and toss to coat. Serve immediately.

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#### **Dinner: Grilled Tempeh with Roasted Brussels Sprouts & Papaya Salsa**

**Ingredients**:

* 1 block tempeh (about 8 oz), sliced into 1/4-inch thick pieces
* 1 tablespoon olive oil
* 1/2 teaspoon turmeric
* 1/2 teaspoon paprika
* 1/2 teaspoon garlic powder
* 2 cups Brussels sprouts, halved
* 1 tablespoon coconut oil
* 1 cup diced papaya
* 1/4 cup red onion, finely chopped
* 1 tablespoon lime juice
* 1/4 cup fresh cilantro, chopped
* Salt and pepper to taste

**Instructions**:

1. Preheat the oven to 400°F (200°C). Toss Brussels sprouts with coconut oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes, stirring halfway through, until browned.
2. While the Brussels sprouts roast, marinate the tempeh in a mixture of olive oil, turmeric, paprika, garlic powder, salt, and pepper. Let it sit for 10 minutes.
3. Heat a grill pan or skillet over medium heat. Cook the tempeh for 3-4 minutes on each side until golden brown.
4. For the papaya salsa, combine diced papaya, red onion, lime juice, cilantro, and a pinch of salt in a bowl. Mix well.
5. Serve the grilled tempeh with roasted Brussels sprouts and papaya salsa on the side.

### **Day 2 Recipes**

#### **Breakfast: Matcha Oatmeal with Raspberries**

**Ingredients**:

* 1/2 cup steel-cut oats
* 1 cup water or unsweetened almond milk
* 1/2 teaspoon matcha powder
* 1 teaspoon honey or maple syrup (optional)
* 1/2 cup fresh raspberries
* 1 tablespoon hemp seeds

**Instructions**:

1. Cook the oats in water or almond milk over medium heat for 10-15 minutes, stirring occasionally, until soft.
2. Stir in the matcha powder and honey (if using).
3. Serve topped with fresh raspberries and hemp seeds.

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#### **Lunch: Spinach & Avocado Soup with Buckwheat Croutons**

**Ingredients**:

* 2 cups spinach leaves
* 1 ripe avocado
* 2 cups vegetable broth
* 1 clove garlic
* 1 tablespoon lemon juice
* Salt and pepper to taste
* 1/4 cup cooked buckwheat groats (to make croutons)
* 1 teaspoon olive oil

**Instructions**:

1. Blend spinach, avocado, vegetable broth, garlic, lemon juice, salt, and pepper in a blender until smooth. Adjust consistency with water if needed.
2. Heat the soup gently on the stovetop over low heat (do not boil).
3. For the croutons, toss cooked buckwheat with olive oil, salt, and pepper, and toast in a skillet over medium heat until crispy.
4. Serve the soup topped with buckwheat croutons.

#### **Dinner: Wild Rice & Black Bean Stuffed Bell Peppers**

**Ingredients**:

* 4 large bell peppers (any color)
* 1 cup cooked wild rice (1/2 cup dry)
* 1 cup cooked black beans
* 1/2 cup diced tomatoes
* 1/2 teaspoon cumin
* 1/4 teaspoon cayenne pepper
* 2 tablespoons chopped cilantro
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Cut the tops off the bell peppers and remove seeds.
2. In a bowl, mix wild rice, black beans, diced tomatoes, cumin, cayenne, cilantro, olive oil, salt, and pepper.
3. Stuff the mixture into the bell peppers and place them in a baking dish. Add 1/4 cup water to the dish.
4. Cover with foil and bake for 25-30 minutes, then uncover and bake for another 10 minutes.
5. Serve hot.

### **Day 3 Recipes**

#### **Breakfast: Citrus & Kiwi Salad**

**Ingredients**:

* 1 orange, peeled and sliced
* 1/2 grapefruit, peeled and segmented
* 1 kiwi, peeled and sliced
* 1 teaspoon honey
* 1/2 teaspoon grated ginger

**Instructions**:

1. Arrange orange, grapefruit, and kiwi slices on a plate.
2. Drizzle with honey and sprinkle with grated ginger.
3. Serve immediately.

#### **Lunch: Lentil & Asparagus Stir-Fry**

**Ingredients**:

* 1 cup cooked lentils (1/2 cup dry)
* 1 bunch asparagus, trimmed and cut into 2-inch pieces
* 1 clove garlic, minced
* 1/2 teaspoon cayenne pepper
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté until fragrant.
2. Add asparagus and cook for 5-7 minutes until tender-crisp.
3. Stir in cooked lentils, cayenne pepper, salt, and pepper. Cook for another 2-3 minutes until heated through.
4. Serve hot.

#### **Dinner: Grilled Salmon with Fermented Beets & Millet Pilaf**

**Ingredients**:

* 2 salmon fillets (about 4 oz each)
* 1 tablespoon olive oil
* 1 teaspoon turmeric
* 1/2 teaspoon paprika
* 1/2 cup millet, cooked
* 1/2 cup fermented beets
* Salt and pepper to taste

**Instructions**:

1. Preheat a grill or grill pan over medium-high heat. Rub salmon with olive oil, turmeric, paprika, salt, and pepper.
2. Grill salmon for 4-5 minutes per side until cooked through.
3. Serve salmon with cooked millet and a side of fermented beets.

### **Day 4 Recipes**

#### **Breakfast: Pomegranate & Coconut Yogurt Parfait**

**Ingredients**:

* 1 cup coconut-based yogurt
* 1/2 cup pomegranate seeds
* 2 tablespoons crushed walnuts
* 1 teaspoon honey (optional)

**Instructions**:

1. Layer coconut yogurt, pomegranate seeds, and crushed walnuts in a glass or bowl.
2. Drizzle with honey if desired.
3. Serve chilled.

#### **Lunch: Zucchini Noodles with Avocado Pesto**

**Ingredients**:

* 2 medium zucchinis, spiralized
* 1 ripe avocado
* 1/2 cup fresh basil leaves
* 1 clove garlic
* 1 tablespoon lemon juice
* 2 tablespoons olive oil
* Salt and pepper to taste

**Instructions**:

1. Blend avocado, basil, garlic, lemon juice, olive oil, salt, and pepper until smooth.
2. Toss zucchini noodles with avocado pesto until well-coated.
3. Serve immediately.

#### **Dinner: Cauliflower Rice with Chickpeas & Turmeric**

**Ingredients**:

* 2 cups cauliflower rice (store-bought or made from fresh cauliflower)
* 1 cup cooked chickpeas
* 1 teaspoon turmeric
* 1 tablespoon olive oil
* 1/2 teaspoon garlic powder
* Salt and pepper to taste
* Fresh parsley for garnish

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add cauliflower rice and cook for 3-5 minutes.
2. Stir in chickpeas, turmeric, garlic powder, salt, and pepper. Cook for another 5 minutes until heated through.
3. Garnish with fresh parsley and serve.

### **Day 5 Recipes**

#### **Breakfast: Lemon-Kiwi Smoothie Bowl**

**Ingredients**:

* 1 kiwi, peeled and sliced
* 1/2 lemon, juiced
* 1/2 cup unsweetened kefir
* 1/2 cup spinach
* 1 tablespoon flaxseeds
* 1/2 cup ice cubes
* 1 teaspoon honey (optional)

**Instructions**:

1. Blend kiwi, lemon juice, kefir, spinach, flaxseeds, and ice cubes until smooth.
2. Pour into a bowl and top with additional kiwi slices or flaxseeds for garnish.
3. Serve immediately.

#### **Lunch: Kale & Broccoli Salad with Ginger Dressing**

**Ingredients**:

* 2 cups kale, chopped
* 1 cup broccoli florets, steamed and cooled
* 1/4 cup pomegranate seeds
* 1 tablespoon olive oil
* 1 teaspoon grated ginger
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Massage kale with olive oil and a pinch of salt for about 2 minutes to soften.
2. Combine kale, broccoli, and pomegranate seeds in a bowl.
3. Whisk together grated ginger, lemon juice, salt, and pepper for the dressing. Pour over the salad and toss.
4. Serve chilled or at room temperature.

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#### **Dinner: Edamame & Farro Stir-Fry with Garlic**

**Ingredients**:

* 1 cup cooked farro (1/2 cup dry)
* 1 cup shelled edamame
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1/2 teaspoon cayenne pepper
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté until fragrant.
2. Add cooked farro and edamame, stir to combine, and cook for 3-5 minutes.
3. Sprinkle with cayenne pepper, salt, and pepper. Toss well and serve hot.

### **Day 6 Recipes**

#### **Breakfast: Papaya & Coconut Chia Pudding**

**Ingredients**:

* 3 tablespoons chia seeds
* 1 cup coconut milk
* 1/2 cup diced papaya
* 1 tablespoon shredded coconut
* 1 teaspoon honey (optional)

**Instructions**:

1. Combine chia seeds and coconut milk in a jar or bowl. Stir well and refrigerate overnight (or at least 4 hours).
2. In the morning, top with diced papaya and shredded coconut.
3. Drizzle with honey if desired and serve.

#### **Lunch: Amaranth Tabouli with Parsley & Cucumber**

**Ingredients**:

* 1 cup cooked amaranth (1/2 cup dry)
* 1/2 cup chopped parsley
* 1/2 cucumber, diced
* 1/4 cup diced tomatoes
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Combine cooked amaranth, parsley, cucumber, and tomatoes in a bowl.
2. Drizzle with olive oil and lemon juice, then season with salt and pepper.
3. Toss well and serve immediately.

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#### **Dinner: Kimchi Fried Brown Rice**

**Ingredients**:

* 1 cup cooked brown rice (1/2 cup dry)
* 1/2 cup kimchi, chopped
* 1/4 cup green peas
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 teaspoon tamari (optional)

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté until fragrant.
2. Add brown rice, kimchi, and green peas. Stir-fry for 5-7 minutes.
3. Drizzle with tamari (if desired) and serve hot.

### **Day 7 Recipes**

#### **Breakfast: Avocado & Pumpkin Seed Toast**

**Ingredients**:

* 1 slice gluten-free bread (or your preferred bread)
* 1/2 avocado, mashed
* 1 tablespoon pumpkin seeds
* 1/4 teaspoon cayenne pepper
* Salt to taste

**Instructions**:

1. Toast the bread until golden brown.
2. Spread mashed avocado over the toast and sprinkle with pumpkin seeds, cayenne pepper, and salt.
3. Serve immediately.

#### **Lunch: Wildbrine Sauerkraut & Lentil Buddha Bowl**

**Ingredients**:

* 1 cup cooked lentils (1/2 cup dry)
* 1/2 cup roasted asparagus
* 1/4 cup Wildbrine sauerkraut
* 1 cup cooked quinoa (1/2 cup dry)
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. In a bowl, arrange lentils, roasted asparagus, sauerkraut, and quinoa.
2. Drizzle with olive oil, sprinkle with salt and pepper, and toss lightly.
3. Serve immediately.

#### **Dinner: Grilled Zucchini Boats with Black Beans & Salsa**

**Ingredients**:

* 2 medium zucchinis, halved lengthwise
* 1/2 cup cooked black beans
* 1/4 cup fermented salsa
* 1 tablespoon olive oil
* 1/4 teaspoon paprika
* Salt and pepper to taste

**Instructions**:

1. Preheat a grill or grill pan over medium heat.
2. Brush zucchini halves with olive oil, sprinkle with paprika, salt, and pepper, and grill for 3-4 minutes per side until tender.
3. Fill each zucchini half with black beans and top with fermented salsa.
4. Serve hot.

### **Day 8 Recipes**

#### **Breakfast: Orange & Cinnamon Steel-Cut Oats**

**Ingredients**:

* 1/4 cup steel-cut oats
* 1 cup water or unsweetened almond milk
* 1/2 orange, peeled and diced
* 1/4 teaspoon cinnamon
* 1 teaspoon honey (optional)

**Instructions**:

1. Cook oats in water or almond milk over medium heat for 10-12 minutes.
2. Stir in diced orange and cinnamon.
3. Serve warm and drizzle with honey if desired.

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#### **Lunch: Spinach & Green Pea Soup**

**Ingredients**:

* 2 cups spinach leaves
* 1/2 cup green peas (fresh or frozen)
* 2 cups vegetable broth
* 1 garlic clove
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a saucepan, add garlic, and sauté until fragrant.
2. Add spinach, green peas, and vegetable broth. Simmer for 5 minutes.
3. Blend the mixture until smooth and season with salt and pepper.
4. Serve warm.

#### **Dinner: Cauliflower & Kale Stir-Fry with Garlic**

**Ingredients**:

* 2 cups cauliflower florets
* 2 cups kale, chopped
* 1 clove garlic, minced
* 1 tablespoon coconut oil
* 1/4 teaspoon turmeric
* Salt and pepper to taste

**Instructions**:

1. Heat coconut oil in a skillet. Add garlic and sauté until golden.
2. Add cauliflower and turmeric, cooking for 5 minutes.
3. Add kale and cook until wilted.
4. Season with salt and pepper and serve warm.

### **Day 9 Recipes**

#### **Breakfast: Papaya & Coconut Smoothie**

**Ingredients**:

* 1/2 cup diced papaya
* 1/2 cup coconut milk
* 1/4 cup kefir
* 1 tablespoon flaxseeds
* 1/2 cup ice cubes

**Instructions**:

1. Blend all ingredients until smooth.
2. Serve immediately.

#### **Lunch: Avocado & Cucumber Salad**

**Ingredients**:

* 1 avocado, diced
* 1/2 cucumber, sliced
* 1 tablespoon lemon juice
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Combine avocado and cucumber in a bowl.
2. Drizzle with lemon juice and olive oil.
3. Toss gently and season with salt and pepper.

#### **Dinner: Edamame & Roasted Bell Peppers**

**Ingredients**:

* 1 cup shelled edamame (fresh or frozen)
* 2 bell peppers, sliced
* 1 tablespoon olive oil
* 1/4 teaspoon paprika
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss bell peppers with olive oil, paprika, salt, and pepper.
2. Roast for 15-20 minutes until tender.
3. Steam or boil edamame until tender.
4. Serve together as a warm dish or salad.

### **Day 10 Recipes**

#### **Breakfast: Kiwi & Ginger Smoothie**

**Ingredients**:

* 2 kiwis, peeled and sliced
* 1/2 teaspoon grated ginger
* 1/2 cup spinach
* 1/2 cup unsweetened kefir
* 1/4 cup water

**Instructions**:

1. Blend all ingredients until smooth.
2. Serve immediately.

#### **Lunch: Roasted Cauliflower & Brussels Sprouts**

**Ingredients**:

* 1 cup cauliflower florets
* 1 cup Brussels sprouts, halved
* 1 tablespoon olive oil
* 1/4 teaspoon turmeric
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss vegetables with olive oil, turmeric, salt, and pepper.
2. Spread on a baking sheet and roast for 20-25 minutes until golden.
3. Serve warm.

#### **Dinner: Zucchini Noodles with Garlic & Cilantro**

**Ingredients**:

* 2 medium zucchinis, spiralized
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 tablespoon chopped cilantro
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add garlic and sauté until fragrant.
2. Add zucchini noodles and cook for 2-3 minutes until tender.
3. Toss with cilantro, salt, and pepper. Serve warm.

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### **Day 11 Recipes**

#### **Breakfast: Lemon-Celery Detox Juice**

**Ingredients**:

* 2 celery stalks
* 1/2 lemon, juiced
* 1/4 cup cucumber slices
* 1/2 cup water

**Instructions**:

1. Blend all ingredients until smooth.
2. Strain if desired and serve immediately.

#### **Lunch: Kale & Fermented Beets Salad**

**Ingredients**:

* 2 cups kale, chopped
* 1/2 cup fermented beets
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Massage kale with olive oil and a pinch of salt for 2 minutes.
2. Add fermented beets and drizzle with lemon juice.
3. Toss and serve chilled.

#### **Dinner: Miso Soup with Spinach & Broccoli**

**Ingredients**:

* 2 cups vegetable broth
* 1 tablespoon miso paste
* 1/2 cup broccoli florets
* 1 cup spinach leaves
* 1 clove garlic, minced

**Instructions**:

1. Heat broth in a pot over medium heat. Add garlic and broccoli, and cook for 5 minutes.
2. Stir in miso paste and spinach. Cook for 2 more minutes.
3. Serve hot.

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### **Day 12 Recipes**

#### **Breakfast: Turmeric & Pumpkin Seed Smoothie**

**Ingredients**:

* 1/2 cup coconut milk
* 1/2 teaspoon turmeric
* 1 tablespoon pumpkin seeds
* 1/2 cup ice cubes

**Instructions**:

1. Blend all ingredients until smooth.
2. Serve immediately.

#### **Lunch: Roasted Asparagus & Garlic**

**Ingredients**:

* 1 bunch asparagus, trimmed
* 1 tablespoon olive oil
* 1 clove garlic, minced
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss asparagus with olive oil, garlic, salt, and pepper.
2. Roast for 15-20 minutes until tender.
3. Serve warm.

#### **Dinner: Black Bean & Vegetable Skillet**

**Ingredients**:

* 1 cup cooked black beans
* 1/2 cup diced zucchini
* 1/2 cup diced bell peppers
* 1 tablespoon olive oil
* 1/4 teaspoon cumin
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add zucchini and bell peppers, and sauté for 5-7 minutes.
2. Stir in black beans, cumin, salt, and pepper. Cook for another 3 minutes.
3. Serve hot.

### **Day 13 Recipes**

#### **Breakfast: Grapefruit & Ginger Infused Water with Chia Muffin**

**Ingredients** *(for the drink)*:

* 1/2 grapefruit, sliced
* 1/2 teaspoon grated ginger
* 2 cups water

**Instructions** *(for the drink)*:

1. Add grapefruit slices and grated ginger to a large jar of water.
2. Refrigerate for at least 2 hours for the flavors to infuse. Serve chilled.

**Chia Muffin (Optional)** *(makes 6 muffins)*:

* 1/2 cup almond flour
* 1/4 cup chia seeds
* 1/2 teaspoon baking powder
* 1/2 teaspoon cinnamon
* 2 eggs
* 2 tablespoons honey
* 1/4 cup unsweetened almond milk

**Instructions**:

1. Preheat oven to 350°F (175°C).
2. Mix all dry ingredients in a bowl. In another bowl, whisk eggs, honey, and almond milk. Combine both mixtures.
3. Divide the batter into a muffin tin and bake for 20-25 minutes.

#### **Lunch: Kale & Avocado Salad with Walnuts**

**Ingredients**:

* 2 cups kale, chopped
* 1/2 avocado, diced
* 1/4 cup walnuts, chopped
* 1 tablespoon lemon juice
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Massage kale with olive oil and a pinch of salt for 2 minutes.
2. Add avocado and walnuts.
3. Drizzle with lemon juice, toss, and season with salt and pepper.

#### 

#### **Dinner: Roasted Zucchini & Brussels Sprouts with Garlic**

**Ingredients**:

* 1 medium zucchini, sliced
* 1 cup Brussels sprouts, halved
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C).
2. Toss zucchini and Brussels sprouts with olive oil, garlic, salt, and pepper.
3. Roast for 20-25 minutes until tender and golden. Serve warm.

### **Day 14 Recipes**

#### **Breakfast: Matcha & Blueberry Chia Parfait**

**Ingredients**:

* 3 tablespoons chia seeds
* 1 cup unsweetened almond milk
* 1/2 teaspoon matcha powder
* 1/2 cup fresh blueberries
* 1 tablespoon crushed walnuts

**Instructions**:

1. Mix chia seeds, almond milk, and matcha powder in a jar or bowl. Refrigerate overnight (or at least 4 hours).
2. In the morning, layer the chia pudding with fresh blueberries and crushed walnuts. Serve chilled.

#### **Lunch: Roasted Cauliflower with Cilantro & Lime**

**Ingredients**:

* 2 cups cauliflower florets
* 1 tablespoon olive oil
* 1/4 teaspoon turmeric
* 1 tablespoon chopped fresh cilantro
* 1 tablespoon lime juice
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower with olive oil, turmeric, salt, and pepper. Roast for 20-25 minutes.
3. Remove from oven and toss with cilantro and lime juice. Serve warm.

#### **Dinner: Zucchini "Pasta" with Avocado & Garlic Sauce**

**Ingredients**:

* 2 medium zucchinis, spiralized
* 1 ripe avocado
* 1 clove garlic, minced
* 1 tablespoon lemon juice
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Blend avocado, garlic, lemon juice, olive oil, salt, and pepper until smooth to make the sauce.
2. Toss zucchini noodles with the sauce until coated.
3. Serve immediately.

### **Day 15**

#### **Breakfast: Grapefruit & Avocado Salad**

**Ingredients**:

* 1/2 grapefruit, peeled and segmented
* 1/2 avocado, sliced
* 1 tablespoon hemp seeds
* 1 teaspoon honey (optional)

**Instructions**:

1. Arrange grapefruit and avocado slices on a plate.
2. Sprinkle with hemp seeds and drizzle with honey if desired.
3. Serve fresh.

#### **Lunch: Roasted Bell Pepper & Lentil Salad**

**Ingredients**:

* 1 cup cooked lentils (1/2 cup dry)
* 1 roasted red bell pepper, sliced
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Combine lentils and roasted bell pepper in a bowl.
2. Drizzle with olive oil and lemon juice. Toss and season with salt and pepper.
3. Serve warm or chilled.

#### **Dinner: Spinach & Edamame Stir-Fry**

**Ingredients**:

* 2 cups spinach leaves
* 1 cup shelled edamame
* 1 clove garlic, minced
* 1 tablespoon coconut oil
* Salt and pepper to taste

**Instructions**:

1. Heat coconut oil in a skillet. Add garlic and sauté until fragrant.
2. Add spinach and edamame, cooking until spinach wilts.
3. Season with salt and pepper and serve immediately.

### **Day 16**

#### **Breakfast: Orange & Pomegranate Bowl**

**Ingredients**:

* 1 orange, peeled and segmented
* 1/4 cup pomegranate seeds
* 1 tablespoon flaxseeds
* 1 teaspoon honey (optional)

**Instructions**:

1. Combine orange segments, pomegranate seeds, and flaxseeds in a bowl.
2. Drizzle with honey if desired and serve fresh.

#### **Lunch: Zucchini Noodles with Cilantro Lime Dressing**

**Ingredients**:

* 2 medium zucchinis, spiralized
* 1 tablespoon olive oil
* 1 tablespoon lime juice
* 2 tablespoons chopped cilantro
* Salt and pepper to taste

**Instructions**:

1. Toss zucchini noodles with olive oil, lime juice, cilantro, salt, and pepper.
2. Serve immediately as a light and refreshing lunch.

#### **Dinner: Cauliflower & Chickpea Curry**

**Ingredients**:

* 2 cups cauliflower florets
* 1 cup cooked chickpeas
* 1/2 cup coconut milk
* 1 teaspoon turmeric
* 1/2 teaspoon cumin
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add cauliflower and cook for 5 minutes.
2. Stir in chickpeas, turmeric, cumin, and coconut milk. Simmer for 10 minutes.
3. Season with salt and pepper and serve warm.

### **Day 17**

#### **Breakfast: Kiwi & Coconut Chia Pudding**

**Ingredients**:

* 3 tablespoons chia seeds
* 1 cup coconut milk
* 1 kiwi, sliced
* 1 teaspoon honey (optional)

**Instructions**:

1. Mix chia seeds and coconut milk in a bowl or jar. Refrigerate overnight.
2. Top with kiwi slices and drizzle with honey if desired. Serve chilled.

#### **Lunch: Broccoli & Avocado Salad with Pumpkin Seeds**

**Ingredients**:

* 1 cup steamed broccoli florets
* 1/2 avocado, diced
* 1 tablespoon pumpkin seeds
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Combine broccoli, avocado, and pumpkin seeds in a bowl.
2. Drizzle with olive oil and lemon juice. Toss gently and season with salt and pepper.

#### **Dinner: Grilled Asparagus with Edamame & Garlic**

**Ingredients**:

* 1 bunch asparagus, trimmed
* 1 cup shelled edamame
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Toss asparagus with olive oil, garlic, salt, and pepper. Grill or roast at 400°F (200°C) for 10-12 minutes.
2. Steam or boil edamame until tender.
3. Serve asparagus with edamame on the side.

### **Day 18**

#### **Breakfast: Lemon-Celery Detox Juice**

**Ingredients**:

* 2 celery stalks
* 1/2 lemon, juiced
* 1/4 cucumber, sliced
* 1/2 cup water

**Instructions**:

1. Blend all ingredients until smooth. Strain if desired.
2. Serve fresh.

#### **Lunch: Roasted Brussels Sprouts & Cauliflower with Garlic**

**Ingredients**:

* 1 cup Brussels sprouts, halved
* 1 cup cauliflower florets
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss vegetables with olive oil, garlic, salt, and pepper.
2. Roast for 20-25 minutes until golden. Serve warm.

#### **Dinner: Black Bean & Spinach Skillet**

**Ingredients**:

* 1 cup cooked black beans
* 2 cups spinach leaves
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add garlic and sauté until fragrant.
2. Add black beans and spinach. Cook until spinach wilts.
3. Season with salt and pepper and serve.

### **Day 19**

#### **Breakfast: Grapefruit & Ginger Salad**

**Ingredients**:

* 1/2 grapefruit, peeled and segmented
* 1/2 teaspoon grated ginger
* 1 tablespoon hemp seeds

**Instructions**:

1. Arrange grapefruit segments on a plate.
2. Sprinkle with ginger and hemp seeds.
3. Serve fresh.

#### **Lunch: Zucchini & Avocado Salad**

**Ingredients**:

* 1 medium zucchini, spiralized or sliced
* 1/2 avocado, diced
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Combine zucchini and avocado in a bowl.
2. Drizzle with olive oil and lemon juice. Toss gently and season with salt and pepper.

#### **Dinner: Cauliflower Rice with Garlic & Turmeric**

**Ingredients**:

* 2 cups cauliflower rice (store-bought or fresh)
* 1 clove garlic, minced
* 1 teaspoon turmeric
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add garlic and sauté until fragrant.
2. Add cauliflower rice and turmeric. Cook for 5-7 minutes until tender.
3. Season with salt and pepper and serve.

### **Day 20**

#### **Breakfast: Rainbow Chard & Green Apple Smoothie**

**Ingredients**:

* 1 cup rainbow chard leaves (stems removed)
* 1/2 green apple, chopped
* 1/2 lemon, juiced
* 1/2 cup unsweetened kefir
* 1 tablespoon flaxseeds
* 1/4 cup water

**Instructions**:

1. Blend all ingredients until smooth.
2. Serve fresh.

#### **Lunch: Butter Lettuce & Pomegranate Salad**

**Ingredients**:

* 2 cups butter lettuce leaves
* 1/4 cup pomegranate seeds
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Toss butter lettuce and pomegranate seeds with olive oil and lemon juice.
2. Season with salt and pepper and serve immediately.

#### **Dinner: Leek & Cauliflower Soup**

**Ingredients**:

* 1 medium leek, sliced (white and light green parts)
* 2 cups cauliflower florets
* 2 cups vegetable broth
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a pot. Add garlic and leeks, cooking until softened.
2. Add cauliflower and vegetable broth. Simmer for 10-15 minutes.
3. Blend until smooth, season with salt and pepper, and serve warm.

### **Day 21**

#### **Breakfast: Romaine Lettuce Wraps with Avocado & Pomegranate**

**Ingredients**:

* 2 romaine lettuce leaves
* 1/2 avocado, sliced
* 2 tablespoons pomegranate seeds

**Instructions**:

1. Place avocado slices and pomegranate seeds on the romaine leaves.
2. Fold the leaves into wraps and serve.

#### **Lunch: Grilled Pomfu Salad with Butter Lettuce**

**Ingredients**:

* 1 block pomfu (pumpkin seed tofu)
* 2 cups butter lettuce leaves
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Slice pomfu into thin strips and grill or pan-fry for 3-5 minutes per side until golden.
2. Toss butter lettuce with olive oil, lemon juice, salt, and pepper.
3. Top the salad with grilled pomfu and serve.

#### **Dinner: Collard Greens & Edamame Stir-Fry**

**Ingredients**:

* 2 cups collard greens, chopped
* 1 cup shelled edamame
* 1 clove garlic, minced
* 1 tablespoon coconut oil
* 1/4 teaspoon cayenne pepper
* Salt and pepper to taste

**Instructions**:

1. Heat coconut oil in a skillet. Add garlic and sauté until fragrant.
2. Add collard greens and edamame, cooking until greens are tender.
3. Season with cayenne, salt, and pepper. Serve warm.

### **Day 22**

#### **Breakfast: Leek & Spinach Scramble**

**Ingredients**:

* 1 medium leek, sliced (white and light green parts)
* 2 cups spinach leaves
* 2 eggs (or your preferred substitute)
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add leeks and cook until softened.
2. Add spinach and cook until wilted.
3. Whisk eggs, pour into the skillet, and scramble until cooked through.
4. Season with salt and pepper and serve.

#### **Lunch: Rainbow Chard & Lentil Wraps**

**Ingredients**:

* 2 large rainbow chard leaves (stems removed)
* 1 cup cooked lentils
* 1/2 avocado, sliced
* 1 tablespoon lemon juice

**Instructions**:

1. Place lentils and avocado slices in the center of each chard leaf.
2. Drizzle with lemon juice, roll into wraps, and serve.

#### **Dinner: Butter Lettuce Salad with Grilled Leeks & Pumpkin Seeds**

**Ingredients**:

* 2 cups butter lettuce leaves
* 1 medium leek, sliced into rounds
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* 1 tablespoon pumpkin seeds
* Salt and pepper to taste

**Instructions**:

1. Brush leeks with olive oil and grill or roast at 400°F (200°C) for 8-10 minutes.
2. Toss butter lettuce with lemon juice, grilled leeks, and pumpkin seeds.
3. Season with salt and pepper and serve.

### **Day 23**

#### **Breakfast: Romaine Lettuce Smoothie with Kiwi**

**Ingredients**:

* 1 cup romaine lettuce, chopped
* 1 kiwi, peeled and sliced
* 1/2 lemon, juiced
* 1/2 cup water
* 1 tablespoon flaxseeds

**Instructions**:

1. Blend all ingredients until smooth.
2. Serve fresh.

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#### **Lunch: Grilled Pomfu Collard Green Wraps**

**Ingredients**:

* 1 block pomfu (pumpkin seed tofu)
* 2 large collard green leaves (stems removed)
* 1/4 cup pomegranate seeds
* 1 tablespoon olive oil

**Instructions**:

1. Slice pomfu into strips and grill or pan-fry for 3-5 minutes per side.
2. Place grilled pomfu and pomegranate seeds in the center of the collard leaves.
3. Roll into wraps and serve.

#### **Dinner: Roasted Leek & Cauliflower Bowl**

**Ingredients**:

* 1 medium leek, sliced
* 1 cup cauliflower florets
* 1 tablespoon olive oil
* 1/4 teaspoon turmeric
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss leeks and cauliflower with olive oil, turmeric, salt, and pepper.
2. Roast for 20-25 minutes until tender.
3. Serve warm.

### **Day 24**

#### **Breakfast: Grapefruit & Pomegranate Salad**

**Ingredients**:

* 1/2 grapefruit, peeled and segmented
* 1/4 cup pomegranate seeds
* 1 tablespoon hemp seeds

**Instructions**:

1. Combine grapefruit segments, pomegranate seeds, and hemp seeds in a bowl.
2. Serve fresh.

#### 

#### **Lunch: Butter Lettuce & Edamame Salad**

**Ingredients**:

* 2 cups butter lettuce leaves
* 1 cup shelled edamame
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Toss butter lettuce and edamame with olive oil and lemon juice.
2. Season with salt and pepper and serve immediately.

#### **Dinner: Roasted Leek & Brussels Sprouts with Turmeric**

**Ingredients**:

* 1 medium leek, sliced
* 1 cup Brussels sprouts, halved
* 1 tablespoon olive oil
* 1/2 teaspoon turmeric
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss leeks and Brussels sprouts with olive oil, turmeric, salt, and pepper.
2. Roast for 20-25 minutes until golden and tender.
3. Serve warm.

### **Day 25**

#### **Breakfast: Romaine Lettuce & Kiwi Smoothie**

**Ingredients**:

* 1 cup romaine lettuce, chopped
* 1 kiwi, peeled and sliced
* 1/2 lemon, juiced
* 1/2 cup water
* 1 tablespoon chia seeds

**Instructions**:

1. Blend all ingredients until smooth.
2. Serve immediately.

#### **Lunch: Collard Green Wraps with Pomfu & Pomegranate**

**Ingredients**:

* 2 large collard green leaves (stems removed)
* 1 block pomfu (pumpkin seed tofu), grilled or pan-fried
* 1/4 cup pomegranate seeds

**Instructions**:

1. Slice grilled pomfu into strips.
2. Place pomfu strips and pomegranate seeds in the center of each collard leaf.
3. Roll into wraps and serve.

#### **Dinner: Cauliflower & Rainbow Chard Stir-Fry**

**Ingredients**:

* 2 cups cauliflower florets
* 1 cup rainbow chard leaves, chopped (stems removed)
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add garlic and sauté until fragrant.
2. Add cauliflower and cook for 5 minutes.
3. Stir in rainbow chard and cook until wilted.
4. Season with salt and pepper and serve.

### **Day 26**

#### **Breakfast: Citrus & Kiwi Salad**

**Ingredients**:

* 1 orange, peeled and segmented
* 1 kiwi, sliced
* 1 tablespoon hemp seeds

**Instructions**:

1. Combine orange segments, kiwi slices, and hemp seeds in a bowl.
2. Serve fresh.

#### 

#### **Lunch: Butter Lettuce & Leek Salad with walnuts**

**Ingredients**:

* 2 cups butter lettuce leaves
* 1 medium leek, thinly sliced (white and light green parts)
* 1 handful walnuts
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Toss butter lettuce, walnuts, and sliced leeks with olive oil and lemon juice.
2. Season with salt and pepper and serve.

#### **Dinner: Grilled Pomfu & Collard Greens**

**Ingredients**:

* 1 block pomfu (pumpkin seed tofu), sliced and grilled
* 2 cups collard greens, chopped
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add garlic and sauté until fragrant.
2. Add collard greens and cook until tender.
3. Serve greens with grilled pomfu on the side.

### **Day 27**

#### **Breakfast: Papaya & Coconut Chia Pudding**

**Ingredients**:

* 3 tablespoons chia seeds
* 1 cup coconut milk
* 1/2 cup diced papaya
* 1 tablespoon shredded coconut

**Instructions**:

1. Mix chia seeds and coconut milk in a bowl or jar. Refrigerate overnight.
2. In the morning, top with papaya and shredded coconut. Serve chilled.

#### **Lunch: Romaine Lettuce Salad with Edamame & Pumpkin Seeds**

**Ingredients**:

* 2 cups romaine lettuce leaves, chopped
* 1 cup shelled edamame
* 1 tablespoon pumpkin seeds
* 1 tablespoon olive oil
* 1 tablespoon lemon juice

**Instructions**:

1. Toss romaine lettuce, edamame, and pumpkin seeds with olive oil and lemon juice.
2. Serve immediately.

#### **Dinner: Roasted Cauliflower & Leeks with Garlic**

**Ingredients**:

* 1 cup cauliflower florets
* 1 medium leek, sliced
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss cauliflower, leeks, and garlic with olive oil, salt, and pepper.
2. Roast for 20-25 minutes until tender and golden.
3. Serve warm.

### **Day 28**

#### **Breakfast: Kiwi & Pomegranate Bowl**

**Ingredients**:

* 1 kiwi, peeled and sliced
* 1/4 cup pomegranate seeds
* 1 tablespoon chia seeds

**Instructions**:

1. Arrange kiwi slices and pomegranate seeds in a bowl.
2. Sprinkle with chia seeds and serve fresh.

#### 

#### **Lunch: Grilled Pomfu & Butter Lettuce Wraps**

**Ingredients**:

* 1 block pomfu (pumpkin seed tofu), sliced and grilled
* 4 large butter lettuce leaves
* 1 tablespoon olive oil
* 1/4 cup pomegranate seeds

**Instructions**:

1. Grill or pan-fry pomfu slices in olive oil until golden brown.
2. Place pomfu slices and pomegranate seeds in the center of each butter lettuce leaf.
3. Fold into wraps and serve.

#### **Dinner: Rainbow Chard & Cauliflower Stir-Fry**

**Ingredients**:

* 2 cups cauliflower florets
* 2 cups rainbow chard leaves, chopped
* 1 clove garlic, minced
* 1 tablespoon coconut oil
* Salt and pepper to taste

**Instructions**:

1. Heat coconut oil in a skillet. Add garlic and sauté until fragrant.
2. Add cauliflower and cook for 5 minutes.
3. Stir in rainbow chard and cook until wilted.
4. Season with salt and pepper and serve.

### **Day 29**

#### **Breakfast: Citrus & Chia Parfait**

**Ingredients**:

* 1 orange, peeled and segmented
* 1/2 cup unsweetened coconut yogurt
* 1 tablespoon chia seeds

**Instructions**:

1. Layer coconut yogurt, orange segments, and chia seeds in a glass or bowl.
2. Serve chilled.

#### 

#### **Lunch: Collard Greens Salad with Leeks & Pumpkin Seeds**

**Ingredients**:

* 2 cups collard greens, chopped
* 1 medium leek, thinly sliced (white and light green parts)
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* 1 tablespoon pumpkin seeds
* Salt and pepper to taste

**Instructions**:

1. Toss collard greens and sliced leeks with olive oil and lemon juice.
2. Sprinkle with pumpkin seeds, season with salt and pepper, and serve.

#### **Dinner: Roasted Leeks & Edamame**

**Ingredients**:

* 2 medium leeks, sliced into rounds
* 1 cup shelled edamame
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss leeks with olive oil, salt, and pepper.
2. Roast for 15-20 minutes until tender and golden.
3. Steam or boil edamame until tender. Serve leeks with edamame on the side.

### **Day 30**

#### **Breakfast: Papaya & Lemon Smoothie**

**Ingredients**:

* 1/2 cup diced papaya
* 1/2 lemon, juiced
* 1/2 cup unsweetened coconut milk
* 1 tablespoon flaxseeds
* 1/4 cup water

**Instructions**:

1. Blend all ingredients until smooth.
2. Serve fresh.

#### **Lunch: Butter Lettuce & Edamame Salad with Citrus Dressing**

**Ingredients**:

* 2 cups butter lettuce leaves
* 1 cup shelled edamame
* 1 tablespoon olive oil
* 1 tablespoon orange juice
* Salt and pepper to taste

**Instructions**:

1. Toss butter lettuce and edamame with olive oil and orange juice.
2. Season with salt and pepper and serve immediately.

#### **Dinner: Grilled Pomfu & Leek Stir-Fry**

**Ingredients**:

* 1 block pomfu (pumpkin seed tofu), sliced and grilled
* 2 medium leeks, sliced (white and light green parts)
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet. Add garlic and leeks, and sauté until leeks are tender.
2. Add grilled pomfu slices to the skillet and cook for 2-3 minutes.
3. Season with salt and pepper and serve warm.