



Metabolic Code®

# DIET & NUTRITION

LOOK GOOD, FEEL BETTER

## Phase 1

STARCH, WHEAT, SOY, PEANUT, AND COW'S  
MILK ELIMINATION



1500 Calorie Meal Plans  
**WARM LUNCHES**

Healthy, delicious recipes created for  
the Metabolic Code® Diet Plan

1 container MCD-approved vegan vanilla protein powder	
7-14 packets or servings Generation UCAN SuperStarch	
<i>Produce: To help avoid produce spoilage, you may want to purchase produce twice during the week. We made a few notes of items needed later in the week.</i>	
<b>Fruits:</b>	
4 clementines	
2 small organic apples	
1/2 cup fresh (or frozen) organic strawberries	
1 cup fresh (or frozen) organic raspberries	
1/3 cup fresh (or frozen) organic blueberries	
1 1/2 cups fresh pineapple, or 1 cup canned	
½ small mango (or ¾ cup frozen chunks)	
1 medium banana	
1 large organic pear	
<i>Lettuce: You can purchase 1-2 types of dark, leafy greens and/or spinach twice a week for salads to limit spoilage. They are all healthy!</i>	
<b>Vegetables:</b>	
3 cups zucchini	
1 ½ cups broccoli slaw	
2 cups acorn squash	
1 spaghetti squash (4 cups cooked)	
5 cups cauliflower florets	
2 cups organic cucumber	
8 cups organic baby carrots	
1 large organic red pepper	
5 cups organic cherry tomatoes	
1 medium organic tomato	
1-2 bunches (about 22 spears) asparagus	
2 ½ cups organic broccoli	
1-2 avocados	
Fresh thyme, a few sprigs	
1 medium, 1 small sweet onions	
2 cloves garlic	
2 ½ cups mushrooms	

1 cup parsnips	
2 cups organic celery	
3 cups organic romaine lettuce	
3 cups organic green/red leaf lettuce	
8 ½ cups organic baby spinach	
5 cups organic spring mix salad	
Refrigerated:	
1 small container guacamole	
1 small container hummus	
1 1/2 cup salsa	
1 half gallon unsweetened plain almond milk	
1 half gallon unsweetened vanilla almond milk	
1 bag Daiya dairy-free cheddar shreds	
6 organic eggs	
Organic butter	
Refrigerated Meats:	
3 oz. nitrate-free turkey bacon	
5 oz. turkey burger	
10 oz. pork tenderloin	
2 oz. uncured premium ham (cooked)	
15 oz. grass fed ground beef	
10 oz. wild caught salmon	
10 oz. organic prairie ground turkey	
5 oz. organic Prairie center cut boneless pork chops	
½ link organic fire roasted red pepper sausage	
5 oz. boneless, skinless, organic chicken breast	
Frozen Foods:	
2 cups organic California frozen vegetables	
3/4 cup frozen mango chunks (or ½ small mango, fresh)	
1 cup frozen (or fresh) raspberries	
½ cup organic frozen (or fresh) strawberries	
1/3 cup organic frozen (or fresh) blueberries	
8 oz. fully cooked chicken breast frozen strips	

<b>Nuts:</b> (Buy any quantity you want. You will need them each week.)	
1 bag almonds, sliced almonds, pistachios, walnuts	
1 bag flaxseeds, (or chia seeds), sunflower seeds	
1 jar almond butter, cashew butter	
<b>General Grocery:</b>	
1 cup tomato soup	
1- 16 oz. jar salsa verde	
1 cup V-8 juice	
2 tsp. taco seasoning (or chili powder, cumin, dash salt and pepper, no MSG)	
Unsweetened cocoa powder	
Ground cinnamon	
Chili powder	
Cumin	
Honey	
Blueberry Pecan + Fiber Kind Bar	
Balsamic vinegar	
Olive oil cooking spray	
Organic extra virgin olive oil	
Organic olive oil mayonnaise	
Newman's Own Organic Lite Balsamic Dressing	
½ cup butter beans	
1 cup Great Northern beans	
1 cup chili beans with sauce	
2 cups canned diced chili-style tomatoes	
½ cup Amy's Organic Black Bean Chili	
1 cup Organic Curried Red Lentil Soup by Pacific Foods	
2 cups low sodium chicken broth	
½ oz. Rhythm Superfoods Bombay Curry or Zesty Nacho (dairy-free) kale chips	

1500 Calorie

Phase 1

Warm Lunches

L.O. = Left Over	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
<b>Monday</b>	Turkey Bacon and Clementines	Banana Slices and Cashew Butter	Turkey Burger with Avocado, Tomato Soup, and Spinach Salad with Sliced Almonds and Balsamic Vinaigrette	Cucumber and Zucchini Spears with Balsamic Dressing	Crock Pot Salsa Pulled Pork, Butter Beans with Butter and California Vegetable Medley
<b>Tuesday</b>	Mango and Flax Protein Shake	Apple Slices with Almond Butter	Crock Pot Salsa Pulled Pork (L.O.), and Broccoli Slaw with Sunflower Seeds	Baby Carrots Dipped in Guacamole	Quick White Chicken Chili, Acorn Squash, and Steamed Asparagus, Broccoli, and Mushrooms
<b>Wednesday</b>	Denver Omelet with California Style Veggies, Ham, and Pear Slices	Pineapple and Walnuts	Quick White Chicken Chili (L.O.), and Garden Salad with Balsamic Dressing	V-8 Juice with Sunflower Seeds	Spicy Taco Salad with Avocado and Dairy Free Cheddar Cheese
<b>Thursday</b>	Chocolate Raspberry Flax Protein Shake	Blueberry Pecan + Fiber Kind Bar	Spicy Beef Lettuce Wraps with Avocado, and Black Bean Chili	Zucchini Spears and Cauliflower Dipped in Balsamic Dressing with Sunflower Seeds	Salmon Florentine, Steamed Baby Carrots, and Spring Mix Salad with Cherry Tomatoes, Cucumbers, and Balsamic Vinaigrette
<b>Friday</b>	Asparagus and Ham Egg Scramble with Pineapple	Pear Slices and Pistachios	Grilled Salmon Salad with Spinach, Cherry Tomatoes, and Avocado	Celery with Almond Butter	Turkey Chili with Beans and DF Cheddar Cheese over Spaghetti Squash, and Spinach Salad with Cherry Tomatoes, Mushrooms, and Vinaigrette
<b>Saturday</b>	Strawberry, Blueberry, and Chia Seed Protein Shake	Clementines and Cashews	Turkey Chili with Beans over Spaghetti Squash (L.O.), and Garden Salad with Balsamic Vinaigrette	Kale Chips with Pistachios	Honey-Dijon Pork Chops, Mashed Garlic Cauliflower, and Sautéed Carrots and Asparagus
<b>Sunday</b>	Spinach and Mushroom Egg Scramble with Fire-Roasted Red Pepper Sausage and Dairy Free Cheddar Cheese, and Banana Slices	Apple with Cinnamon and Walnuts	Lean Hamburger on Lettuce Leaf with Tomato, Curried Red Lentil Soup, and Mashed Garlic Cauliflower (L.O.)	Baby Carrots and Cashew Butter	Baked Herb Chicken with Roasted Vegetables

MONDAY

**Breakfast:**

Turkey Bacon with Clementines

**Ingredients:**

3 slices turkey bacon

2 clementines

**Directions:**

Prepare bacon according to package directions. Enjoy with clementines

**A.M. Snack:**

Banana Slices and Cashew Butter

½ medium banana

1 tbsp. cashew butter

Peel and slice banana, and dip into cashew butter.

**Lunch:**

Turkey Burger with Avocado, Tomato Soup, and Spinach Salad with Sliced Almonds and Balsamic Vinaigrette

**Turkey Burger with Avocado and Tomato Soup****Ingredients:**

5 oz. turkey burger

2 tbsp. avocado

1 organic lettuce leaf

1 slice organic tomato

**Directions:**

Cook turkey burger in a skillet until cooked through. Place on lettuce leaf, and top with tomato and avocado.

**Serve with:** 1/2 cup tomato soup**Spinach Salad with Sliced Almonds and Balsamic Vinaigrette****Ingredients:**

2 cups organic baby spinach

1 cup halved organic cherry tomatoes

1/2 cup chopped organic broccoli

6 pieces chopped organic baby carrots

½ cup sliced organic cucumber

½ oz. (1/8 cup) sliced almonds

1 tbsp. organic extra virgin olive oil

1 tbsp. organic balsamic vinegar

**Directions:**

Wash veggies, arrange in serving bowl, top with sliced almonds, and drizzle with oil and vinegar.

MONDAY

**P.M. Snack:**

Cucumber and Zucchini Spears with Balsamic Dressing

**Ingredients:**

1 cup organic cucumber  
 1 cup zucchini spears  
 2 tbsp. Newman's Own organic light balsamic dressing

**Directions:**

Dip veggies in dressing and enjoy.

**Dinner:**

Crock Pot Salsa Pulled Pork, Butter Beans with Butter, and California Vegetable Medley

**Crock Pot Salsa Pulled Pork\*****Ingredients:**

5 oz. pork tenderloin  
 2 oz. jarred salsa verde

**Directions:**

Add the pork and salsa verde to a slow cooker, and cook for 8 hours on low heat. Shred the meat with a fork and serve.

**\*TIME- SAVING TIP:**

Double the recipe to provide left overs for your lunch tomorrow.

**Butter Beans with Butter****Ingredients:**

½ cup butter beans  
 1 tsp. organic butter

**Directions:**

Heat drained and rinsed beans, add butter, and season to taste.

**California Vegetable Medley****Ingredients:**

2 cups organic California frozen vegetables\*

**Directions:**

Steam vegetables in a pan with a little water to desired tenderness, drain, season to taste, and serve.

**TIME- SAVING TIP:**

Cook an extra cup for Wednesday's breakfast.

TUESDAY

**Breakfast:****Mango and Flax Protein Shake****Ingredients:**

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla protein powder
- ½ cup frozen mango chunks (or ½ small mango, fresh)
- 1 tbsp. ground flaxseeds

**Directions:**

Add ingredients and ice, if desired, to blender and blend to desired consistency. Enjoy!

**A.M. Snack:****Apple Slices with Almond Butter****Ingredients:**

- 1 small organic apple
- 1 tbsp. almond butter

Dip sliced apple slices in almond butter and enjoy.

**Lunch:****Crock Pot Salsa Pulled Pork (L.O.), and Broccoli Slaw with Sunflower Seeds****Crock Pot Salsa Pulled Pork**

Enjoy the same portion size of pulled pork from last night's dinner.

**Broccoli Slaw with Sunflower Seeds****Ingredients:**

- 1 ½ cups broccoli slaw
- 1 tbsp. organic sunflower seeds
- 2 tsp. organic extra virgin olive oil
- 1 tbsp. organic cider vinegar
- Stevia, optional (for a little sweetness)

**Directions:**

Mix oil and vinegar in a serving bowl, then add broccoli slaw and seeds, and toss. Sprinkle with pepper and/or stevia to taste, as desired.





TUESDAY

**P.M. Snack:****Baby Carrots Dipped in Guacamole****Ingredients:**

1-2 cups organic baby carrots  
2 tbsp. guacamole

**Directions:**

Dip carrots in guacamole and enjoy.

**Acorn Squash\*****Ingredients:**

1 cup acorn squash  
1 tsp. organic butter  
Salt and pepper

**Directions:**

Cut squash in half long-wise, scoop out seeds, and place cut side up on a cooking sheet with a rim. Add butter, salt, and pepper, and bake in the oven at 400 degrees F for about 1 hour, or until tender. When done, scoop out squash and place your serving size on a serving plate. Top with butter, salt, and pepper.

**TIME - SAVING TIP:** For quicker cooking time, place squash, cut side down on a microwave safe plate. Microwave on high for 5 minutes, then check to see if squash is softened and cooked through. Heat a few more minutes, if necessary. When done, scoop out squash and place your serving size on a serving plate. Top with butter, salt, and pepper.

**\* TIME - SAVING TIP:** Double recipe to provide left-overs for lunch tomorrow.

**Dinner:****Quick White Chicken Chili, Acorn Squash, and Steamed Asparagus, Broccoli, and Mushrooms****Quick White Chicken Chili\*****Ingredients:**

4 oz. fully cooked chicken breast frozen strips  
1 tsp. extra virgin olive oil      ½ cup Great Northern beans, drained  
1 cup low sodium chicken broth      ½ tsp. ground cumin  
1/3 cup salsa verde      2 tbsp. avocado, cubed

**Directions:**

Heat skillet over medium heat. Place chicken on skillet and heat until thawed. Then pull chicken into shreds or chop. Meanwhile, heat sauce pan over medium heat, and add oil. Add chicken to pan, along with the rest of ingredients, except for avocado, a little water, if desired, and stir. Increase heat to medium high, and heat to boiling. Then cover, reduce heat to medium-low, and simmer for about 10 minutes. Top with avocado and enjoy!

**\* TIME - SAVING TIP:** Double recipe to provide left-overs for lunch tomorrow.

**Steamed Asparagus, Broccoli, and Mushrooms**

1-2 sprays of olive oil spray oil  
8 spears organic asparagus  
2 cups chopped organic broccoli  
1 cup sliced mushrooms

Wash veggies. Break off light colored ends of asparagus. Heat large pan over medium heat, and spray with olive oil spray. When heated, add veggies and stir frequently until asparagus and broccoli are tender and bright green. Remove from heat and serve.

**TIME - SAVING TIP:**

You can substitute the fresh veggies with a frozen vegetable blend and either follow the same directions for cooking on the stove top, or microwave with a little water in a microwave-safe dish until tender and the colors are bright. Season to taste and serve.

WEDNESDAY



## Breakfast:

Denver Omelet with California Style Veggies, Ham, and Pear Slices

### Ingredients:

2 organic eggs  
1/2 cup (or less) unsweetened original almond milk  
1 oz. uncured ham, cooked  
1 cup cooked California style veggies (from Monday night's dinner)  
1 tsp. organic butter

### Directions:

Heat skillet on medium heat. Scramble eggs with milk in medium bowl. Add diced ham and veggies, stir, and season to taste. Add butter to skillet, pour in egg mixture and cook. As the bottom gets cooked, lift edges for liquid egg mixture to run over and onto the bottom to cook. Fold omelet in half and finish cooking on both sides. Place on a serving plate and enjoy.

**Serve with:** 1/2 large organic pear, sliced



## A.M. Snack:

Pineapple and Walnuts

3/4 cup fresh pineapple, or 1/2 cup canned  
1/2 oz. (1/8 cup) walnuts

Enjoy pineapple with walnuts.



## Lunch:

Quick White Chicken Chili (L.O.), Acorn Squash, and Garden Salad with Balsamic Dressing

### Quick White Chicken Chili

Enjoy the same portion size of chili with acorn squash from last night's dinner.

### Garden Salad with Balsamic Dressing

#### Ingredients:

3 cups organic bagged spring mix  
1 cup organic sliced red pepper  
10 large organic baby carrots, sliced  
1/2 cup halved organic cherry tomatoes  
2 tbsp. Newman's Own lite organic balsamic dressing

#### Directions:

Add salad mix to serving bowl, top with veggies, and drizzle with dressing.

#### TIME-SAVING TIP:

To save time chopping veggies, you can purchase a bag of prepared salad greens with mixed veggies included. Enjoy 3-4 cups of salad.





WEDNESDAY

**P.M. Snack:****V-8 Juice with Sunflower Seeds**

1 cup V-8 juice

½ oz. (1/8 cup) sunflower seeds

Enjoy your vegetable juice with sunflower seeds.

**Dinner:****Spicy Taco Salad with Avocado and Dairy Free Cheddar Cheese****Ingredients:**

5 oz. grass fed ground beef\*

1 cup salsa, divided

1 tsp. taco seasoning (chili powder, cumin, dash salt and pepper, no MSG)

3 cups organic chopped green leaf lettuce

1 oz. (¼ cup) Daiya dairy free cheddar shreds

4 tbsp. avocado

**Directions:**

In a skillet over medium heat, brown ground beef until cooked through. Add ½ cup salsa and taco seasoning, mix, and heat. Meanwhile, on a serving plate or large bowl, add lettuce. When meat is done, spoon it on top of lettuce, and top with cheese, avocado, and the remaining salsa.

**\* TIME - SAVING TIP:** Cook an extra 5 oz. of beef with an extra ½ cup salsa and taco seasoning for tomorrow's lunch, Spicy Beef Lettuce Wraps.



THURSDAY

**Breakfast:**

Chocolate Raspberry Flax Protein Shake

**Ingredients:**

1 cup unsweetened vanilla almond milk  
1 serving MCD-approved vanilla protein powder  
1 tbsp. unsweetened cocoa powder  
1 cup frozen or fresh raspberries  
1 tbsp. ground flaxseeds

**Directions:**

Place all ingredients into blender, with ice, if desired, and blend until desired consistency.

**A.M. Snack:**

Blueberry Pecan + Fiber Kind Bar

**Lunch:**

Spicy Beef Lettuce Wraps with Avocado (L.O.), and Black Bean Chili

**Spicy Beef Lettuce Wraps with Avocado****Ingredients:**

4 oz. cooked grass fed ground beef (left-over from last night's dinner)  
with salsa and taco seasoning  
5 organic green lettuce leaves  
1/2 cup salsa  
4 tbsp. avocado, diced

**Directions:**

Re-heat leftover meat mixture. On a serving plate, lay out washed lettuce leaves. When meat is heated, spoon some onto each leaf, and top with salsa and avocado. Enjoy.

**Serve with:**

1/2 cup Amy's Organic Black Bean Chili

Heat and enjoy.

## THURSDAY

**P.M. Snack:**

Zucchini Spears and Cauliflower Dipped in Balsamic Dressing with Sunflower Seeds

**Ingredients:**

2 cups zucchini spears (raw or lightly steamed)  
1 cup cauliflower  
2 tbsp. Newman's Own Lite Organic Balsamic Dressing  
½ oz. (1/8 cup) sunflower seeds

**Directions:**

Dip veggies in dressing, and enjoy with sunflower seeds.

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**Spring Mix Salad with Cherry Tomatoes, Cucumbers, and Balsamic Vinaigrette**

**Ingredients:**

2 cups organic spring mix salad  
½ cup halved organic cherry tomatoes  
½ cup peeled and chopped organic cucumber  
2 tsp. extra virgin olive oil  
1 tbsp. balsamic vinegar

**Directions:**

Wash lettuce and vegetables and arrange in serving bowl.  
Top with oil and vinegar.

**Dinner:**

Salmon Florentine, Steamed Baby Carrots, and Spring Mix Salad with Cherry Tomatoes, Cucumbers, and Balsamic Vinaigrette

**Salmon Florentine****Ingredients:**

5 oz. wild caught salmon\*  
1-2 sprays cooking oil  
1 tsp. extra virgin olive oil  
½ tsp. garlic, minced  
½ cup mushrooms, sliced  
1 ½ cup organic spinach

**Directions:**

Season salmon to taste. Spray salmon with cooking spray and grill or bake until fish flakes easily with a fork--about 10 to 20 minutes. Meanwhile, heat oil in skillet over medium heat and sauté garlic, mushrooms, and spinach. Serve vegetables on top of salmon.

*\* TIME - SAVING TIP : Cook an extra 5 oz. salmon for tomorrow's lunch salad: "Grilled Salmon Salad with Spinach, Cherry Tomatoes, and Avocado."*

**Steamed Baby Carrots**

12 organic baby carrots

Steam carrots in a pan on the stove with a little water. When tender, place in a serving bowl. Season to taste.

*TIME - SAVING TIP : Place carrots in a microwaveable bowl with a little water and heat in the microwave for a few minutes until tender.*

FRIDAY

**Breakfast:****Asparagus and Ham Egg Scramble with Pineapple****Ingredients:**

2 large organic eggs  
1/2 cup unsweetened almond milk  
4 chopped spears organic asparagus  
1 oz. diced uncured premium ham (cooked)  
1-2 spray(s) olive oil spray oil

**Directions:**

Heat skillet over medium heat. Crack eggs into mixing bowl and scramble with milk. Add chopped asparagus, diced ham, and seasonings to taste. When skillet is hot, spray with oil. Pour egg mixture into skillet, and cook, flipping until done. Serve and enjoy.

**Serve with:** 3/4 cup fresh pineapple, or 1/2 cup canned

**A.M. Snack:****Pear Slices and Pistachios**

1/2 large organic pear  
1/2 oz. (1/8 cup) pistachio nuts

**Lunch:****Grilled Salmon Salad with Spinach, Cherry Tomatoes, and Avocado****Ingredients:**

2 cups organic baby spinach  
1 cup halved organic cherry tomatoes  
4 oz. grilled wild caught salmon (left-over from dinner)  
2 tbsp. avocado, cubed  
2 tsp. organic extra virgin olive oil  
1 tbsp. organic balsamic vinegar

**Directions:**

Re-heat salmon, if desired. Place spinach and tomatoes in a serving bowl. Top with salmon and avocado, and drizzle with oil and vinegar.

**P.M. Snack:****Celery with Almond Butter****Ingredients:**

20 - 4" strips organic celery  
1 tbsp. almond butter

**Directions:**

Dip celery in almond butter and enjoy.

FRIDAY



## Dinner:

Turkey Chili with Beans and DF Cheddar Cheese over Spaghetti Squash, and Spinach Salad with Cherry Tomatoes, Mushrooms, and Balsamic Vinaigrette

### Turkey Chili with Beans and DF Cheddar Cheese\*

#### Ingredients:

1 tsp. organic extra virgin olive oil  
 5 oz. organic prairie ground turkey  
 1/2 cup chili beans with sauce  
 1 cup canned diced chili-style tomatoes  
 Dash chili powder, if desired  
 1 oz. (1/4 cup) Daiya dairy and casein-free cheddar shreds

#### Directions:

Heat a medium saucepan over medium-high heat. Add oil, then turkey and cook through. Add a little water if necessary, to avoid turkey sticking to pan. Add beans and tomatoes, and seasonings, if desired. Reduce heat to a simmer, stirring occasionally, until chili is heated thoroughly. Serve over spaghetti squash, and top with cheese.

**\*TIME- SAVING TIP:** Double the recipe to provide for your lunch tomorrow.

### Spaghetti Squash\*

This squash looks like spaghetti noodles when baked and “flaked” with a fork and tastes great with chili, so it is a perfect alternative to pasta.

2 cups spaghetti squash

Preheat the oven to 375°F. Wash and cut spaghetti squash in half lengthwise and scoop out seeds. Place squash halves, cut side down, on a roasting pan, and bake for about 45 to 50 minutes, or until the squash is tender. Remove from oven and with a fork, scrape the flesh to loosen the spaghetti-like strands and place them on a serving plate.

**TIME- SAVING TIP:** For faster cooking time, place one half of the squash in a microwave safe dish, cut side up, put a half cup of water in it, and then place the other half on top so it looks whole again. Microwave for 10 minutes, or until tender. Let stand a few minutes before serving. Drain remaining water and serve as directed above.

**\*TIME- SAVING TIP:** Double the recipe to provide for your lunch tomorrow.



### Spinach Salad with Cherry Tomatoes, Mushrooms, and Balsamic Vinaigrette

2 cups chopped baby organic spinach  
 1/2 cup halved organic cherry tomatoes  
 1/2 cup chopped organic mushrooms  
 2 tsp. extra virgin olive oil  
 1 tbsp. balsamic vinegar

Wash vegetables, arrange in serving bowl, and drizzle oil and vinegar.

SATURDAY

**Breakfast:****Strawberry, Blueberry, and Chia Seed Protein Shake****Ingredients:**

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla protein powder
- ½ cup organic frozen (or fresh) strawberries
- 1/3 cup organic frozen (or fresh) blueberries
- 1 tbsp. ground chia seeds

**Directions:**

Place all ingredients into blender, with ice, if desired, and blend until desired consistency.

**A.M. Snack:****Clementines and Cashews****Ingredients:**

- 2 small clementines
- ½ oz. (1/8 cup) cashews

Enjoy!

**Lunch:****Turkey Chili with Beans over Spaghetti Squash (L.O.) and Garden Salad with Balsamic Vinaigrette****Turkey Chili with Beans over Spaghetti Squash**

Enjoy the same recommended amount of chili from last night's dinner over 2 cups of cooked left-over spaghetti squash.

**Garden Salad with Balsamic Vinaigrette****Ingredients:**

- 2 cups organic bagged romaine lettuce
- ½ cup organic sliced red pepper
- ¼ cup chopped onion
- ½ cup halved organic cherry tomatoes
- 2 tsp. organic extra virgin olive oil
- 1 tbsp. organic balsamic vinegar

**Directions:**

Toss washed veggies in a serving bowl, and drizzle with oil and vinegar.



SATURDAY



## P.M. Snack:

### Kale Chips with Pistachios

½ oz. Rhythm Superfoods Bombay Curry or Zesty Nacho

(dairy-free) kale chips

½ oz. (1/8 cup) pistachios

Enjoy kale chips with pistachios.

### Sautéed Carrots and Asparagus

#### Ingredients:

10 spears organic asparagus

1 tsp. organic butter

1 cup organic baby carrots

#### Directions:

Wash veggies. Break off light colored ends of asparagus. Heat large skillet over medium heat. Add butter, and when melted, add veggies. Cover and allow to cook. Veggies are done when asparagus is bright green and carrots are tender. Season to taste and serve.



## Dinner:

Honey-Dijon Pork Chops, Mashed Garlic Cauliflower, and Sautéed Asparagus and Carrots

### Honey-Dijon Pork Chops

#### Ingredients:

5 oz. organic Prairie center cut boneless pork chops

1 tsp. Dijon mustard

½ tsp. honey

1 tsp. organic extra virgin olive oil

#### Directions:

Rub pork chop with oil, Dijon mustard, and honey. Grill or roast to desired doneness.

### Mashed Garlic Cauliflower\*

#### Ingredients:

4 cups cauliflower florets

1 tsp. organic butter

Dash garlic powder

Salt and pepper

#### Directions:

Fill a large pot with salted water, and bring to a boil. Add cauliflower and cook until very tender or about 10 minutes. Keeping about 1/4 cup of the cooking water, drain cauliflower and move it to a food processor. (If you do not have a food processor, you can use a potato masher.) Add butter, cooking water, and garlic powder in small amounts, and puree until smooth. Season with salt and pepper and serve.

**\*TIME - SAVING TIP:** Double this recipe to provide a serving with your lunch tomorrow.

SUNDAY



## Breakfast:

Spinach and Mushroom Egg Scramble with Fire-Roasted Red Pepper Sausage and Dairy Free Cheddar Cheese, and Banana Slices

### Ingredients:

- ½ link organic fire roasted red pepper sausage
- 2 organic eggs
- ¼ cup unsweetened almond milk
- 1-2 sprays cooking oil
- 1 cup organic baby spinach
- 1 cup mushrooms, sliced
- 1 oz. (1/4 cup) Daiya dairy and casein-free cheddar cheese shreds



### Directions:

Heat skillet on medium heat and cook sausage. Scramble eggs with milk in a medium bowl and season to taste. Remove sausage from pan when done, and spray with cooking oil. Sauté mushrooms until tender. Add eggs and spinach, cook, and stir until set. Sprinkle on cheese and allow to melt. Season to taste and serve.

**Serve with:** ½ medium (about 7" long) banana



## A.M. Snack:

Apple with Cinnamon and Walnuts

- 1 small organic apple
- 1 tsp. ground cinnamon
- 8 walnut halves

Wash and slice apple. Sprinkle with cinnamon and enjoy with walnuts.



## Lunch:

Lean Hamburger on Lettuce Leaf with Tomato, Curried Red Lentil Soup, and Mashed Garlic Cauliflower (L.O.)

### Lean Hamburger on Lettuce Leaf with Tomato

### Ingredients:

- 5 oz. grass fed ground beef
- 2 organic romaine lettuce leaves
- 2 tsp. organic olive oil mayonnaise
- ½ medium sliced organic tomato

### Directions:

Cook burger to desired doneness. Place lettuce leaves on serving plate. Top with burger, mayonnaise, and tomato.

### Serve with:

- 1 cup Organic Curried Red Lentil Soup by Pacific Foods, heated
- 1 serving mashed garlic cauliflower (from last night's dinner)



## P.M. Snack:

Baby Carrots and Cashew Butter

- 1 cup organic baby carrots
- 1 tbsp. cashew butter

Dip carrots in cashew butter and enjoy.

SUNDAY



## Dinner:

### Baked Herb Chicken with Roasted Vegetables

For a one “pot” dinner, you can add the vegetables into the same baking dish with the chicken. This will make a delicious “comfort food” meal. Just add some water or broth to cover the bottom of the baking dish, drizzle with oil, and add seasonings.

#### Baked Herb Chicken

##### *Ingredients:*

5 oz. boneless, skinless, organic chicken breast  
1 tsp. extra virgin olive oil  
Salt and pepper  
Fresh thyme, a few sprigs

##### *Directions:*

Preheat oven to 365 degrees F. Brush chicken breast with oil, and add salt and pepper on all sides, and place in an oven-safe dish. Place a few sprigs of thyme on top of chicken, and put in the oven and bake for about 20 min. Chicken is done when there are no signs of pink or translucent flesh when you cut through the middle, or when the internal temperature is at least 165 degrees F.

#### Roasted Vegetables

##### *Ingredients:*

2 cups organic carrots, peeled and cut in 1 inch pieces  
1 cup parsnips, peeled and cut in 1 inch pieces  
1 medium onion, cut in wedges  
5 cloves garlic, peeled  
2 tsp. extra virgin olive oil  
Fresh thyme, a few sprigs  
Salt and pepper  
1-2 sprays cooking oil

##### *Directions:*

Preheat oven to 365 degrees F. In a mixing bowl, toss veggies with oil, thyme, salt, and pepper. Spray a rimmed baking sheet with cooking spray, add veggies (spread out, so not touching each other), and place in the oven for about 30 minutes, or until veggies are tender and a little browned, or desired texture.





Metabolic Code®

**DIET & NUTRITION**

LOOK GOOD, FEEL BETTER

[metaboliccode.com](http://metaboliccode.com)

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