



Metabolic Code®

DIET&NUTRITION

LOOK GOOD, FEEL BETTER

Phase 1

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

1500 Calorie Meal Plans
WEEK SIX



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

Shopping List

	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>	
Fruits:	
	1 kiwi fruit
	1/2 cups organic strawberries
	17 small organic grapes
	2 cups organic blueberries
	1 extra small and 1 medium banana
	2 cups organic blackberries
	½ cup organic raspberries
	2 medium organic peaches
	1 large organic pear
	lime juice
<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>	
Vegetables:	
	1 cup acorn squash
	1 spaghetti squash
	1 tbsp. fresh or dried cilantro
	4 medium cucumbers
	4 cups organic baby carrots
	5 small carrots
	1 large organic red pepper
	2 large organic green peppers
	4 cups organic cherry tomatoes
	3 medium organic tomatoes
	6 cups asparagus
	2 ½ cups or ready-to-go bag of organic broccoli
	1 avocado
	1 medium sweet onion
	1 medium red onion
	3 stalks green onion
	Bulb of fresh garlic

4 cups organic celery	
3 cups mushrooms	
4 cups cauliflower	
4 cups broccoli raab	
1 cup organic green beans	
4 cups organic kale	
1 cup broccoli sprouts	
1 small piece of fresh ginger root	
2 large collard leaves	
5 cups bagged organic salad mix	
2 cups organic romaine salad with veggies	
3 cups organic green leaf lettuce	
2 cups organic red leaf lettuce	
8 cups organic baby spinach	
Refrigerated:	
1 small container guacamole	
1 small container hummus	
1 half gallon unsweetened plain coconut almond milk	
1 half gallon unsweetened vanilla almond milk	
1 bag Daiya dairy-free cheddar shreds	
1 bag Daiya dairy-free mozzarella shreds	
3 organic eggs	
Organic butter	
Refrigerated Meats:	
4 oz. nitrate-free turkey bacon	
5 oz. wild caught salmon	
5 oz. wild caught shrimp	
5 oz. organic boneless New York strip steak	
4 oz. premium nitrate-free deli chicken	
9 oz. oven roasted premium deli turkey	
1 oz. premium deli ham	
5 oz. organic chicken breast, boneless, skinless	
5 oz. ground turkey	
1 oz. organic turkey sausage	
4 oz. ground Italian sausage	
7 oz. uncured ham	

Nuts: (Buy any quantity you want. You will need them each week.)	
1 bag almonds, sliced almonds, walnuts, pistachios, cashews, pecans, 1/8 cup Blue Diamond Bold Jalapeno Smokehouse almonds	
1 bag flaxseeds, chia seeds, sunflower seeds, pumpkin seeds	
1 jar almond butter, cashew butter	
General Grocery:	
Red pepper flakes, garlic powder, thyme, oregano, paprika	
Unsweetened cocoa powder	
1 small bag cacao nibs	
Balsamic vinegar	
Organic extra virgin olive oil, Refined safflower oil, Grapeseed oil	
Olive oil cooking spray	
Dijon mustard	
Organic olive oil mayonnaise	
Newman's Own Organic Lite Balsamic Dressing	
Newman's Own mesquite with lime marinade	
Coconut Secret Raw Coconut Aminos soy-free teriyaki seasoning sauce	
Dill relish (1 serving)	
Sliced banana peppers (1 serving, in a jar or fresh)	
1 tbsp. dried cranberries	
1 cup marinara sauce, 1 tbsp. tomato paste, 1/8 cup tomato sauce	
2/3 cup black bean dip	
½ cup seasoned black beans	
1 cup Great Northern beans	
4 oz. wild caught light or albacore tuna fish (canned in water)	
8 oz. organic canned chicken	
2 cups plus 2 fl. oz. low sodium chicken broth	

L.O. = Left-Over	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Monday	Chocolate Strawberry Banana “Neapolitan” Protein Shake	Almonds and Blueberries	Chef Salad with Turkey, Ham, Hard-Boiled Egg, and Dairy- Free Cheddar Cheese	Sweet Red Pepper Strips with Hummus	Avocado Cilantro Shrimp Salad with Sunflower Seeds, and Steamed Asparagus and Carrots
Tuesday	Hard Boiled Egg, Turkey Bacon, and Blueberries	Cashews and Kiwi	Deli Chicken Lettuce Roll-Ups with Guacamole, and Toss Salad with Sliced Almonds and Balsamic Vinaigrette	Cucumber Slices Dipped in Black Bean Dip	Marinara with Turkey and Mushrooms over Spaghetti Squash
Wednesday	Raspberry Coconut Avocado Protein Shake with Chia Seeds	Grapes and Pistachios	Tuna Salad over a Bed of Lettuce with Tomatoes, and Celery Strips	Baby Carrots and Cashew Butter	Baked Ham, Kale, Bean, and Bacon Soup and Spinach Salad with Veggies and Balsamic Vinaigrette
Thursday	Ham Breakfast Sauté with Onion and Green Pepper, and Dairy-Free Cheddar Cheese, and Pear	Peach Slices and Pecans	Deli Turkey Breast with Dijon Mustard, Kale, Bean, and Bacon Soup (L.O.), and Carrot Sticks	Celery with Almond Butter	Teriyaki Wild-Caught Salmon, and Sautéed Asparagus, Broccoli, and Mushrooms
Friday	Peach and Chia Seed Protein Shake	Pear and Pumpkin Seeds	Chicken Salad with Jalapeno Almonds, Celery, Green Onion, and Dried Cranberries on a Bed of Lettuce, and Cucumber Slices	Carrots with Hummus	Pizza Stuffed Bell Pepper with Dairy Free Cheese, and Toss Salad with Balsamic Vinaigrette
Saturday	Egg and Turkey Sausage Scramble with Asparagus, Broccoli, and Mushrooms, and Blackberries	Banana Slices and Cashew Butter	Spinach Salad with Deli Turkey, Cranberries, Pecans, and Balsamic Vinaigrette	Cherry Tomatoes and Cucumber with Balsamic Dressing	Mesquite-Lime Marinated Strip Steak, Seasoned Black Beans, Mashed Garlic Cauliflower, and Steamed Green Beans
Sunday	Blueberry Banana Flax Protein Shake	Blackberries with Almonds	Chicken, Sprouts, and Veggie Collard Leaf Wraps with Avocado Lime Dipping Sauce, and Sunflower Seeds	Carrots with Black Bean Dip	Ginger-Garlic Chicken with Broccoli Raab, and Acorn Squash

MONDAY



Breakfast:

Chocolate Strawberry Banana “Neapolitan” Protein Shake

This recipe includes cacao nibs, which are crushed cacao beans. They are nature’s unsweetened “chocolate chip” and a great source of antioxidants. You can add them as they are and enjoy chewing on them, or if you want a smoother shake, you can grind them into a powder in a coffee grinder.

Ingredients:

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1 tbsp. unsweetened cocoa powder
- 1/2 extra small banana (frozen to make thicker)
- 1/2 cup organic strawberries, fresh or frozen
- 1 tbsp. ground chia seeds
- 1 tbsp. cacao nibs, optional

Directions:

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



A.M. Snack:

Almonds and Blueberries

- 1/2 oz. (1/8 cup) almonds
- 3/4 cup organic blueberries



Lunch:

Chef Salad with Turkey, Ham, Hard-Boiled Egg, and Dairy-Free Cheddar Cheese

Ingredients:

- 3 cups organic salad mix
- 1/2 cup organic tomato, chopped
- 1/4 cup organic carrot, grated
- 1/3 cup cucumber, sliced
- 2 oz. premium deli turkey
- 1 oz. premium deli ham
- 1 hard-boiled egg
- 1 oz. (1/4 cup) Daiya dairy-free cheddar shreds
- 1 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar

Directions:

Place lettuce and vegetables in a serving dish. Arrange meat, eggs, and cheese on top of lettuce. Drizzle with oil and vinegar.



MONDAY

**P.M. Snack:****Sweet Red Pepper Strips with Hummus**

1 cup organic red pepper, sliced

1/3 cup hummus

Dip red pepper strips in hummus and enjoy.

Steamed Asparagus and Carrots**Ingredients:**

10 spears organic asparagus

1 cup organic baby carrots

Directions:

Wash veggies. Break off light colored ends of asparagus. Heat large non-stick skillet over medium heat. Add a little water to cover the bottom, and add veggies when hot. Cover and allow to cook. Veggies are cooked when asparagus is bright green and veggies are tender. Season to taste and serve.

**Dinner:****Avocado Cilantro Shrimp Salad with Sunflower Seeds, and Steamed Asparagus and Carrots****Avocado Cilantro Shrimp Salad with Sunflower Seeds****Ingredients:**

1 tsp. extra virgin olive oil

5 oz. shrimp, raw

1 tbsp. fresh or dried cilantro

¼ cup avocado, sliced

¼ cup organic tomato, diced

2 tbsp. sweet onion, diced

1 tbsp. fresh lime juice

Dash salt and pepper

3 cups organic baby spinach

½ oz. (1/8 cup) sunflower seeds

Directions:

Heat skillet over medium heat until hot. Add oil, spread around skillet, add shrimp, and sauté with cilantro (dried is fine too) until shrimp turns pink. Turn off heat and set aside. In a bowl, gently stir together avocado slices, tomato, onion, and shrimp. Season with lime juice, salt, and pepper, and stir again. Add spinach to plate, top with shrimp and vegetable mixture, and either sprinkle with sunflower seeds or enjoy on the side.



TUESDAY

**Breakfast:**

Hard Boiled Egg, Turkey Bacon, and Blueberries

1 organic hard-boiled egg

2 slices turkey bacon, cooked according to package directions

3/4 cup organic blueberries

Enjoy your healthy breakfast!

**A.M. Snack:**

Cashews and Kiwi

1/2 oz. (1/8 cup) cashews

1 kiwi fruit

Enjoy your delicious snack!

**Lunch:**

Deli Chicken Lettuce Roll-Ups with Guacamole, and Toss Salad with Sliced Almonds and Balsamic Vinaigrette

Deli Chicken Lettuce Roll-Ups with Guacamole**Ingredients:**

3 outer leaves, organic green leaf lettuce

4 oz. premium, nitrate-free chicken breast deli meat

3 slices organic tomato

2 tbsp. guacamole

Directions:

Place lettuce leaves on a plate, add chicken and a tomato slice to each leaf, spread each with guacamole, roll up, and enjoy.

Toss Salad with Sliced Almonds and Balsamic Vinaigrette**Ingredients:**

2 cups bagged organic romaine salad with veggies included

1/2 cup organic cherry tomato halves

1/2 oz. (1/8 cup) sliced almonds

1 tbsp. extra virgin olive oil

1 tbsp. balsamic vinegar

Directions:

Arrange lettuce and tomatoes, sprinkle with almonds, and drizzle with oil and vinegar.

TUESDAY

**P.M. Snack:****Cucumber Slices Dipped in Black Bean Dip**

1 medium cucumber, peeled

1/3 cup black bean dip by Guiltless Gourmet

Slice cucumber and dip in bean dip.

**Dinner:****Marinara with Turkey and Mushrooms over Spaghetti Squash**

Spaghetti squash provides spaghetti-like noodles when baked and “flaked” with a fork. It tastes great with this sauce, so it is a delicious and healthy alternative to pasta.

Spaghetti squash, whole

2 tsp. refined safflower oil, divided

1 cup mushrooms, sliced

5 oz. ground lean turkey

1 cup organic marinara sauce

Seasonings, as desired (Italian seasoning blends, garlic powder, salt and pepper, oregano, etc.)

Spaghetti Squash

Preheat oven to 375°F. Wash and cut spaghetti squash in half lengthwise and scoop out and discard seeds. Add water to a rimmed roasting pan until the bottom is covered. Place squash halves, cut side down, on the pan, and bake for about 45 to 50 minutes, or until the squash is tender.

**Meat Sauce**

Heat a large skillet over medium heat. When hot, add 1 tsp. oil and mushrooms, and sauté a few minutes until tender. Remove from skillet and set aside. Add 1 tsp. oil to skillet, then turkey, and cook, stirring often, until browned throughout. Add marinara sauce and cooked mushrooms, stir, season as desired, reduce heat a little, and heat until sauce is hot throughout.

When the squash is done, remove from oven and with a fork, scrape the flesh to loosen the spaghetti-like strands, and place 2 cups of squash on a serving plate. Then, top with meat sauce and enjoy!



Breakfast:

Raspberry Coconut Avocado Protein Shake with Chia Seeds

Ingredients:

1 cup unsweetened coconut milk
1/2 cup organic raspberries
2 tbsp. organic avocado
1 serving MCD-approved vanilla vegan protein powder
1/2 packet stevia natural sweetener, if desired
1 tbsp. ground Chia seeds

Directions:

Mix all ingredients in blender, with ice, if desired, and blend to desired consistency.



A.M. Snack:

Grapes and Pistachios

17 small organic grapes
1/2 oz. (1/8 cup) pistachios



Lunch:

Tuna Salad over a Bed of Lettuce with Tomatoes, and Celery Strips

Ingredients:

4 oz. wild-caught light or albacore tuna, canned in water, drained
1 tbsp. olive oil mayonnaise
1 tsp. dill relish
2 cups chopped organic leaf lettuce or bagged salad of your choice
1 medium organic tomato, sliced

Directions:

Mix tuna, mayo, and relish in a bowl. In a serving bowl, add lettuce and tomato, and top with tuna salad.

Serve with: 7 - 4" strips of organic celery



WEDNESDAY

**P.M. Snack:****Baby Carrots and Cashew Butter**

2 cups organic baby carrots

1 tbsp. cashew butter

Dip carrots in cashew butter and enjoy.

**Spinach Salad with Veggies 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
 1/2 cup sliced organic cucumber
 1 tbsp. organic extra virgin olive oil
 1 tbsp. organic balsamic vinegar

Directions:

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

**Dinner:****Baked Ham, Kale, Bean, and Bacon Soup, and Spinach Salad with Veggies and Balsamic Vinaigrette****Baked Ham**

3 oz. uncured lean ham, slice or steak

Bake or heat ham and serve.

TIME-SAVING TIP:

Make an extra 4 oz. for tomorrow's breakfast.

Kale, Bean, and Bacon Soup**Ingredients:**

2 tbsp. onion, diced
 1/2 clove garlic, minced
 1 slice turkey bacon, cooked and crumbled
 1 tsp. grapeseed oil
 1/8 tsp. Hungarian paprika (or regular paprika)
 1 organic small carrot, diced
 1 cup organic broth
 1/2 cup great northern beans, rinsed and drained
 2 cups organic kale
 Sea salt, to taste

Directions:

Heat pan over medium heat and add oil, onion, and garlic. Sauté until veggies are translucent, then stir in bacon and paprika. Add carrots, broth, and beans. Cook until carrots are done (about 20 min) then add kale and salt to taste.

TIME-SAVING TIP:

Make an extra serving for a quick "warm up" lunch tomorrow.

THURSDAY

**Breakfast:**

Ham Breakfast Sauté with Onion and Green Pepper, and Dairy-Free Cheddar Cheese, and Pear

Ingredients:

2 tsp. extra virgin olive oil
1/2 cup onion, diced
1 cup organic green bell pepper, diced
4 oz. baked ham, diced
1/4 cup Daiya dairy and casein-free cheddar cheese shreds

Directions:

Heat skillet over medium heat. When hot, spray with cooking spray. Add veggies to pan and sauté until tender. Add ham and cheese and heat until cheese is melted, stirring frequently. Remove from pan and serve.

Serve with: 1/2 large organic pear

**A.M. Snack:**

Peach Slices and Pecans

1 medium organic peach, sliced
1/2 oz. (1/8 cup) pecans

**Lunch:**

Deli Turkey Breast with Dijon Mustard, and Kale, Bean, and Bacon Soup (LO)

Deli Turkey Breast with Dijon Mustard

3 oz. premium nitrate-free deli turkey
1 tbsp. Dijon mustard

Roll up turkey and dip in mustard.

Kale, Bean, and Bacon Soup (LO)

Heat up a serving of the soup you made for dinner last night.

THURSDAY



P.M. Snack:

Celery with Almond Butter

2 cups organic celery

1 tbsp. almond butter

Dip celery in almond butter and enjoy.

Sautéed Asparagus, Broccoli, and Mushrooms

Ingredients:

1 tbsp. organic extra virgin olive oil

2 cups organic asparagus

2 cups chopped organic broccoli

1 cup sliced mushrooms

Directions:

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

TIME-SAVING TIP:

Double veggies for Saturday's breakfast, Egg and Turkey Sausage Scramble with Asparagus, Broccoli, and Mushrooms, and Blackberries.



Dinner:

Teriyaki Wild-Caught Salmon, and Sautéed Asparagus, Broccoli, and Mushrooms

Teriyaki Wild-Caught Salmon

Ingredients:

2 tbsp. Coconut Secret, Raw Coconut Aminos Teriyaki Soy Free

Seasoning Sauce

5 oz. wild caught salmon, raw

Directions:

Place salmon in sealable storage bag along with teriyaki marinade. Place in refrigerator for 10 minutes. Remove salmon from bag and place in baking dish. Pour marinade over top. Bake at 350 for 10 to 20 minutes until fish flakes easily with a fork. Remove pan from oven and place fish on serving plate.



FRIDAY



Breakfast:

Peach and Chia Seed Protein Shake

Ingredients:

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vegan vanilla protein powder
- 1 medium sliced organic peach
- 1 tbsp. ground chia seeds

Directions:

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



A.M. Snack:

Pear and Pumpkin Seeds

- 1/2 large sliced organic pear
- 1/2 oz. (1/8 cup) organic pumpkin seeds

Enjoy your snack.



Lunch:

Chicken Salad with Jalapeno Almonds, Celery, Green Onion, and Dried Cranberries on a Bed of Lettuce, and Cucumber Slices

Ingredients:

- 4 oz. canned organic chicken
- 1 tbsp. organic olive oil mayonnaise
- 1/2 oz. (1/8 cup) chopped Blue Diamond Bold Jalapeno Smokehouse almonds
- 1/4 cup chopped organic celery
- 2 chopped stalks organic green onion
- 1/2 tbsp. sweetened dried cranberries
- 2 cups shredded organic red leaf lettuce

Directions:

Mix all ingredients together and serve over a bed of lettuce.

Serve with: 1 medium cucumber, sliced and seasoned as desired



P.M. Snack:

Carrots with Hummus

- 1 cup organic carrots (sticks or baby carrots)
- 1/3 cup organic hummus

Dip carrots in hummus dip and enjoy.



Dinner:

Pizza Stuffed Bell Pepper with Dairy Free Cheese, and Toss Salad with Balsamic Vinaigrette

Pizza Stuffed Bell Pepper with Dairy Free Cheese

Ingredients:

1 organic bell pepper, top removed and seeded (dice the top and use in the filling)
 2 tsp. grapeseed oil
 1/8 red onion, diced
 1/2 clove garlic, minced
 4 oz. organic ground Italian sausage
 1 mushroom, diced
 1 tbsp. tomato paste
 1/8 cup tomato sauce
 1/4 tsp crushed red peppers
 A dash of oregano, thyme, salt, and black pepper
 1 oz. (1/4 cup) Daiya dairy-free mozzarella shreds

Directions:

Bring a pot of water to a boil. Cook pepper in boiling water for 5 minutes, then drain and set aside.

Heat oil in a pan over medium heat. When oil is hot, add onions and cook for a few minutes until translucent, stirring often. Add garlic and cook for about a minute, stirring continually. Add sausage, peppers, and mushrooms to pan, and cook for about 10 minutes until meat is browned.

Heat oven to 400 F. Drain meat mixture, add to a bowl and mix in tomato paste and sauce and all seasonings. Stir well, add to the bell pepper, and place it upright in a small glass baking dish. Bake for 30 minutes, then add cheese and bake for another 10 or so minutes until pepper is tender and filling is heated.

Toss Salad with Balsamic Vinaigrette

Ingredients:

2 cups bagged organic romaine salad with veggies included
 1/2 cup organic cherry tomato halves
 1 tbsp. extra virgin olive oil
 1 tbsp. balsamic vinegar

Directions:

Arrange lettuce and tomatoes, and drizzle with oil and vinegar.





Breakfast:

Egg and Turkey Sausage Scramble with Asparagus, Broccoli, and Mushrooms, and Blackberries

Ingredients:

1-2 sprays of olive oil spray
1 oz. organic turkey sausage
2 organic eggs
1 ½ cups Asparagus, Broccoli, and Mushrooms (LO)*
1 oz. (1/4 cup) Daiya DF cheddar shreds

Directions:

Heat a skillet, spray with cooking spray, and cook turkey sausage according to package directions, breaking it up into crumbles. Add eggs and left over veggies to heated skillet and mix until eggs are just about set, then add cheese and mix in. When cheese has melted, remove from heat and serve.

*If you do not have left-overs, sauté 1 cup asparagus, 1 cup broccoli, and ½ cup mushrooms in a pan with cooking spray over medium heat.

Serve with: 1 cup organic blackberries



A.M. Snack:

Banana Slices and Cashew Butter

1/2 medium (about 7" long) banana
1 tbsp. cashew butter

Peel banana, cut into slices, and dip into cashew butter.



Lunch:

Spinach Salad with Deli Turkey, Cranberries, Pecans, and Balsamic Vinaigrette

Ingredients:

3 cups organic baby spinach
1 cup organic cherry tomatoes, halved
2 slices red onion
4 oz. oven roasted premium deli turkey
½ oz. (1/8 cup) chopped pecans
½ tbsp. dried cranberries
1 tbsp. extra virgin olive oil
1 tbsp. balsamic vinegar
Place spinach in serving bowl. Top with veggies, chopped turkey, pecans, and cranberries. Drizzle oil and vinegar over salad.

Directions:

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

SATURDAY



P.M. Snack:

Cherry Tomatoes and Cucumber with Balsamic Dressing

- 1 cup organic cherry tomatoes
- 1 cup sliced organic cucumber
- 2 tbsp. Newman's Own organic lite balsamic dressing

Dip veggies in dressing, and enjoy.

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.



Dinner:

Mesquite-Lime Marinated Strip Steak, Seasoned Black Beans, Mashed Garlic Cauliflower, and Steamed Green Beans

Mesquite-Lime Marinated Strip Steak

Ingredients:

- 2 tbsp. Newman's Own mesquite with lime marinade
- 1 tsp. extra virgin olive oil
- 5 oz. organic boneless New York strip steak

Directions:

Mix marinade and oil, and marinate steak for 20 to 30 minutes. Grill or roast to desired doneness.

Seasoned Black Beans

- 1/2 cup organic seasoned black beans

Heat drained and rinsed beans.

Steamed Green Beans

- 1 cup organic snap green beans

Heat a little water in a small pan. When hot, add green beans and cook until bright green and tender. Drain, season to taste, and serve.

SUNDAY



Breakfast:

Blueberry Banana Flax Protein Shake

Ingredients:

- 1 cup unsweetened almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1/3 cup unsweetened organic blueberries
- 1/3 medium (7" long) banana
- 1 tbsp. organic ground flaxseeds

Directions:

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



A.M. Snack:

Blackberries with Almonds

- 1 cup organic blackberries
- 1/2 oz. (1/8 cup) almonds

Enjoy your healthy snack!



Lunch:

Chicken, Sprouts, and Veggie Collard Leaf Wraps with Avocado Lime Dipping Sauce

Large collard leaves make a delicious, naturally gluten free wrap that is full of healthy nutrients and fiber. You can fill them with your favorite veggies, meats, hummus, sauces, and more. They are very versatile. Here's a recipe to get you started...

Sauce:

- | | |
|-------------------------------|---------------------------------|
| 2 tbsp. avocado | 1/2 clove garlic |
| 1-2 tsp. lime juice | 1 tbsp. onion |
| 1 tsp. vinegar | Salt and black pepper, to taste |
| 2 tsp. extra virgin olive oil | |

Place all ingredients in a food processor and blend until smooth.

Wrap:

- 2 large organic collard leaves
- 1 cup broccoli or alfalfa sprouts
- 1 cup organic red pepper, sliced
- 1/2 small organic cucumber, sliced
- 5-10 banana pepper slices (from a jar or fresh), optional
- 4 oz. organic cooked chicken breast (left-over, or heated up pre-cooked frozen chicken or canned), shredded

Wash leaves, place them on a large cutting surface, and cut out the thick stem, leaving a number of inches uncut at the top of the leaf. Then turn over, face down and overlap the cut part of the leaves to close the gap. Spread a thin layer of the sauce onto the top half of the leaf, leaving a couple inches plain around the edges. You may want to reserve some sauce to use as a dip for your wrap. Next, add half of each of the wrap ingredients to each leaf on top of the sauce. Then, starting at the top, roll the wrap like a burrito, tucking in the sides as you roll. Slice it in half, dip in remaining sauce, and enjoy!

SUNDAY



P.M. Snack:

Carrots with Black Bean Dip

- 1 cup organic baby carrots
- 1/3 cup black bean dip

Dip carrots in bean dip 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.



Dinner:

Ginger-Garlic Chicken with Broccoli Raab, and Acorn Squash

Ginger-Garlic Chicken with Broccoli Raab

Ingredients:

- 5 oz. organic boneless, skinless, chicken breast
- 2 tsp. extra virgin olive oil
- 4 cups chopped organic broccoli raab
- 1 medium chopped organic green onion
- 1/2 tsp. minced organic garlic
- 1/2 tsp. grated ginger root
- 1 tsp. lime juice
- 2 fl. oz. organic free range chicken broth

Directions:

Cut chicken into bite-sized strips and set aside. Heat skillet over medium heat, add oil, and sauté chicken until thoroughly cooked. Remove from pan and keep warm. Add broccoli raab, onions, garlic, and ginger root to pan and sauté until crisp-tender. Add chicken, lime juice, and chicken broth and cook for a few more minutes and serve.





Metabolic Code®

DIET & NUTRITION

LOOK GOOD, FEEL BETTER

metaboliccode.com

Metabolic Code® Diet Disclaimer: Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.

Copyright© 2014-2020 Integrative Health Resources, LLC and James B. LaValle. All rights reserved.

No part of this material may be used or reproduced in any manner whatsoever, stored in a retrieval system, or transmitted in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author.