



Metabolic Code®

# DIET&NUTRITION

LOOK GOOD, FEEL BETTER

## Phase 1

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



1500 Calorie Meal Plans  
**WEEK FOUR**

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>	
<b>Fruits:</b>	
1 1/4 cup organic blueberries	
1 extra small & 1 medium banana	
2 cups organic blackberries	
1 small organic nectarine	
1 large organic pear	
1 medium organic peach (or frozen slices)	
¾ cup fresh or frozen pineapple, or ½ cup canned	
<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>	
5 cups cauliflower florets	
3 large organic cucumbers	
6 cups organic baby carrots	
1 large organic red pepper	
1 ½ medium organic green peppers	
6 cups organic cherry tomatoes	
2 medium organic tomatoes	
1 bunch asparagus	
1 cup organic broccoli or ready-to-go bag	
1 avocado	
2 large sweet onions	
1 small red onion	
5 cloves garlic	
2 ¼ cups organic celery	
1 cup mushrooms	
1 cup shredded cabbage	
1 cup parsnips	
1-2 stalks green onion, chopped (optional)	
1-2 tbsp. fresh cilantro, chopped (optional)	
Fresh thyme, a few sprigs	

3 cups bagged organic salad	
7 cups organic romaine lettuce	
6 cups organic green/red leaf lettuce	
7 cups organic baby spinach	
2 cups bagged salad mix with veggies	
Refrigerated:	
1 half gallon unsweetened plain almond milk	
1 half gallon unsweetened vanilla almond milk	
1 cup unsweetened coconut milk	
1 bag Daiya dairy-free cheddar shreds	
5 organic eggs	
Organic butter	
1 small container hummus	
1 small container guacamole	
2 cups salsa	
1 tbsp. fresh orange juice (optional)	
Refrigerated Meats:	
3 oz. nitrate-free turkey bacon	
4 oz. premium nitrate-free deli chicken	
5 oz. organic prairie center cut boneless pork chops	
1 oz. Canadian bacon	
15 oz. grass fed ground beef	
5 oz. cod	
½ link fire-roasted red pepper sausage by Applegate Farms	
5 oz. shrimp, raw	
4 oz. oven roasted premium deli turkey	
9 oz. organic chicken breast, boneless, skinless	
5 oz. grass fed sirloin steak	
4 oz. uncured lean fresh ham (3 oz. precooked)	
Frozen Foods:	
¼ cup pineapple chunks	
¼ cup frozen mango	
2 cups organic frozen Chinese vegetable	
2 cups frozen green beans	

<b>Nuts:</b> (Buy any quantity you want. You will need them each week.)	
1 bag almonds, pecans, pistachios, walnuts	
1 bag flaxseeds and/or chia seeds, sunflower seeds	
1 jar almond butter, cashew butter	
<b>General Grocery:</b>	
4 oz. canned wild-caught albacore tuna, in water	
4 oz. canned wild-caught salmon	
Garlic powder	
2 tsp. taco seasoning (or chili powder, cumin, dash salt and pepper, no MSG)	
Stevia, optional	
Pumpkin spice	
Chili powder	
Cayenne pepper	
Dried dill weed	
Honey	
Blueberry Pecan + Fiber Kind Bar	
Balsamic vinegar	
1 tsp. sesame seed kernels	
Coconut Secret, Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce	
Dijon mustard	
1/3 cup canned pumpkin, plain	
2 olives	
Olive oil cooking spray	
1 tbsp. peanut oil	
Organic extra virgin olive oil	
Organic olive oil mayonnaise	
Newman's Own Organic Lite Balsamic Dressing	
½ cup seasoned black beans	
½ cup black beans (or just use the seasoned black beans)	
½ cup Great Northern beans	
½ cup garbanzo beans	
1 cup Organic Curried Red Lentil Soup by Pacific Foods	
Spreadable apricot jam	

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
<b>Monday</b>	Blueberry Banana Flax Protein Shake	Pear Slices and Pistachios	Deli Chicken Lettuce Roll-Ups with Guacamole, and Spinach Salad with Sliced Almonds and Balsamic Vinaigrette	Sweet Red Pepper Strips with Hummus	Honey-Dijon Pork Chops, Mashed Garlic Cauliflower, and Steamed Asparagus and Carrots
<b>Tuesday</b>	Turkey Bacon BLT Lettuce Roll Ups, and Orange Slices	Blueberries and Walnuts	Salmon Salad with Spinach and Cherry Tomatoes, and Cucumber Slices	Zucchini Spears and Cauliflower Dipped in Balsamic Dressing with Sunflower Seeds	Spicy Taco Salad with Black Beans, Avocado, and Dairy Free Cheddar Cheese
<b>Wednesday</b>	Mango, Pineapple, Coconut, and Flax Protein Shake	Nectarine Slices with Pecans	Spicy Beef Lettuce Wraps with Avocado, and Asparagus and Zucchini with Hummus	Cashews and Carrots	Shrimp Stir Fry with Sesame Seeds, and Mixed Veggie Salad with Balsamic Dressing
<b>Thursday</b>	Dairy Free Cheddar Cheese Egg Scramble with Canadian Bacon, and Pear	Pineapple with Sliced Almonds	Lean Hamburger on Lettuce Leaf with Tomato, and a Garden Salad with Sunflower Seeds and Balsamic Dressing	Cucumber Slices Dipped in Guacamole	Fish Lettuce Tacos with Guacamole, and Seasoned Black Beans
<b>Friday</b>	Pumpkin Spice Flax Protein Shake	Blueberry Pecan + Fiber Kind Bar	Deli Turkey Breast Lettuce Roll-Ups with Tomato and Mayo, and Spinach Salad with Garbanzo Beans and Balsamic	Celery with Almond Butter	Baked Herb Chicken with Roasted Vegetables
<b>Saturday</b>	Spinach and Mushroom Egg Scramble with Fire-Roasted Red Pepper Sausage, and Blackberries	Banana Slices and Cashew Butter	Grilled Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette	Cherry Tomatoes and Cucumber with Walnuts	Steak Fajitas with Sautéed Bell Pepper and Onions, Guacamole, and Dairy Free Cheddar Cheese
<b>Sunday</b>	Peach and Flax Protein Shake	Blackberries and Almonds	Tuna Salad with Dill, and Curried Red Lentil Soup	Baby Carrots and Pistachios	Baked Ham, Sautéed Green Beans, and Spring Mix Salad with Hard-Boiled Egg and Balsamic Vinaigrette

MONDAY



## Breakfast:

### Blueberry Banana Flax Protein Shake

#### Ingredients:

- 1 cup unsweetened plain almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1/3 cup 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.



## A.M. Snack:

### Pear Slices and Pistachios

- ½ large organic pear
- ½ oz. (1/8 cup) pistachio nuts



## Lunch:

### Deli Chicken Lettuce Roll-Ups with Guacamole, and Spinach 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.

#### 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:

### Sweet Red Pepper Strips with Hummus

#### Ingredients:

1 cup organic red pepper, sliced  
1/3 cup hummus

#### Directions:

Dip red pepper strips in hummus 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:

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

#### Honey-Dijon Pork Chops

#### Ingredients:

1 tsp. organic extra virgin olive oil  
5 oz. organic prairie center cut boneless pork chops  
1 tsp. Dijon mustard  
½ tsp. honey

#### Directions:

Heat a skillet over medium heat. When hot, add oil, then pork chop, and cook for about 3 minutes per side. Meanwhile, mix mustard and honey together in a little bowl. When cooked through and meat is no longer pink inside, remove from heat, top with honey mustard, and serve.

#### 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.

TUESDAY

**Breakfast:**

Turkey Bacon BLT Lettuce Roll Ups, and Orange Slices

**Ingredients:**

3 slices turkey bacon  
 3 outer leaves, organic green leaf lettuce  
 3 medium slices organic tomato  
 1 tsp. olive oil mayonnaise

**Directions:**

Cook turkey bacon according to package directions. Lay out lettuce leaves, then add bacon, tomato, and 1/3 tsp. mayo to each leaf, and roll up.

**Serve with:** 1 small orange, sliced

**A.M. Snack:**

Blueberries and Walnuts

**Ingredients:**

¾ cup organic blueberries  
 ½ oz. (1/8 cup) walnuts

Enjoy!

**Lunch:**

Salmon Salad with Spinach and Cherry Tomatoes, and Cucumber Slices

**Ingredients:**

2 cups organic baby spinach  
 1 cup halved organic cherry tomatoes  
 4 oz. canned wild-caught salmon  
 2 tsp. organic extra virgin olive oil  
 1 tbsp. organic balsamic vinegar

**Directions:**

Place spinach and tomatoes in a serving bowl. Top with salmon and drizzle with oil and vinegar.

**Serve with:** 1 large sliced organic cucumber, season to taste



TUESDAY

**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.

**Dinner:**

Spicy Taco Salad with Black Beans, Avocado, and Dairy Free Cheddar Cheese

**Ingredients:**

5 oz. grass fed ground beef\*  
 1 cup salsa, divided  
 1 tsp. taco seasoning (or chili powder, cumin, dash salt and pepper, no MSG)  
 3 cups organic chopped green leaf lettuce  
 ½ cup black beans (plain or seasoned)  
 1 oz. (¼ cup) Daiya dairy free cheddar shreds  
 4 tbsp. avocado

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 black beans, cheese, avocado, and the remaining salsa.

**\*TIME-SAVING TIP:**

Cook an extra 5 oz. of beef with an extra ½ cup salsa for tomorrow's lunch, Spicy Beef Lettuce Wraps.

WEDNESDAY

**Breakfast:**

Mango, Pineapple, Coconut, and Flax Protein Shake

**Ingredients:**

1 cup unsweetened coconut milk  
 1 serving MCD-approved vanilla vegan protein powder  
 ¼ cup pineapple chunks  
 ¼ cup frozen mango  
 1 tbsp. ground flaxseeds

**Directions:**

Pour all ingredients into blender, with ice, if desired, and blend to desired consistency.

**TIME-SAVING TIP:**

To simplify your shake, if desired, you may choose to add just ONE kind of fruit. Just choose your fruit and use the following serving size guide: 1/2 small OR 1/2 cup cubed mango; OR 3/4 fresh or frozen pineapple.

**A.M. Snack:**

Nectarine Slices with Pecans

1 small organic nectarine  
 ½ oz. (1/8 cup) pecans

**Lunch:**

Spicy Beef Lettuce Wraps with Avocado, and Asparagus and Zucchini with Hummus

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

5 oz. grass fed ground beef, raw\*  
 1/2 cup salsa, divided  
 1 tsp. taco seasoning (no MSG)  
 4 large organic lettuce leaves  
 4 tbsp. avocado, cubed

**Directions:**

Heat a skillet over medium heat, brown ground beef until cooked through. Add salsa and taco seasoning, mix, and heat. Divide ground beef by four, place in the lettuce leaves, top with avocado, and roll up.

**\*TIME-SAVING TIP:**

If you had "Spicy Taco Salad with Black Beans" last night and made extra meat for lunch today, just heat and divide ground beef by four, place in the lettuce leaves, top with avocado, and roll up.

**Asparagus and Zucchini with Hummus****Ingredients:**

5 spears asparagus  
 1 small zucchini, speared  
 1/3 cup hummus

**Directions:**

Dip washed veggies in hummus and enjoy.



WEDNESDAY

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

2 cups organic baby carrots  
1 tbsp. cashew butter

**Directions:**

Dip carrots in cashew butter and enjoy.

**Mixed Veggie Salad with Balsamic Dressing****Ingredients:**

2 cups bagged salad mix with veggies  
2 tbsp. Newman's Own lite organic balsamic dressing

**Directions:**

Add washed salad to serving bowl and drizzle with dressing.

**Dinner:****Shrimp Stir Fry with Sesame Seeds, and Mixed Veggie Salad with Balsamic Dressing****Shrimp Stir Fry with Sesame Seeds****Ingredients:**

1 tsp. sesame seed kernels  
1 tbsp. peanut oil  
2 cups organic frozen Chinese vegetables (no edamame until Phase 2)  
5 oz. shrimp, raw  
1 tbsp. Coconut Secret, Raw Coconut Aminos Teriyaki seasoning sauce  
1 tbsp. fresh orange juice (optional)  
1-2 stalks green onion, chopped (optional)  
1-2 tbsp. fresh cilantro, chopped (optional)

Optional seasonings: minced garlic and ginger and red pepper flakes

**Directions:**

Toast sesame seeds in skillet over medium-high heat, stirring constantly until fragrant. Remove from pan and set aside. Add oil to pan. Add vegetables to skillet and stir-fry until tender, but not completely done. Add a little water as needed to avoid the veggies sticking to the pan. Add shrimp, and stir fry with vegetables until cooked through. Add coconut aminos sauce, and if desired, orange juice, salt, and pepper to taste. Add other optional seasonings, if desired. Cook for 1-2 more minutes. Sprinkle with chopped green onion and cilantro (if desired, for a flavorful and healthy detoxing addition), and sesame seeds, and serve.



THURSDAY



## Breakfast:

Dairy Free Cheddar Cheese Egg Scramble with Canadian Bacon, and Pear

### Ingredients:

- 1 oz. Canadian bacon
- 2 sprays olive oil cooking spray
- 2 large organic eggs
- 1/4 cup unsweetened almond milk
- 1 oz. (1/4 cup) Daiya dairy and casein-free cheddar cheese

Heat Canadian bacon on both sides in a skillet over medium heat with a little water for a few minutes, until hot. Remove from pan and cover with a paper towel to keep warm. Meanwhile, in a mixing bowl, add eggs, milk, and desired seasonings, and scramble. Pour egg mixture into skillet and cook, stirring frequently, until just before eggs are set. Add cheese and mix in, allowing it to melt. Enjoy eggs with bacon.

### TIME-SAVING TIP:

Heat Canadian bacon in the microwave for about 20 seconds, or until hot. Spray a medium size microwave safe bowl. Add egg, milk, and desired seasonings, and scramble. Add cheese and stir. Place a paper towel over bowl, and microwave eggs for 1 minute. Then check to see if it needs a little more time to cook through. Serve with bacon.

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



## A.M. Snack:

Pineapple with Sliced Almonds

- 3/4 cup fresh or frozen pineapple, or 1/2 cup canned
- 1/2 oz. (1/8 cup) sliced almonds

Top pineapple with sliced almonds, and enjoy.



## Lunch:

Lean Hamburger on Lettuce Leaf with Tomato, and a Garden Salad with Sunflower Seeds and Balsamic Dressing

### Lean Hamburger on Lettuce Leaf with Tomato

### Ingredients:

- 5 oz. grass fed ground beef
- 3 organic romaine lettuce leaves
- 2 tsp. organic olive oil mayonnaise
- 1/2 medium sliced organic tomato

### Directions:

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

### Garden Salad with Sunflower Seeds and Balsamic Dressing

### Ingredients:

- 2 cups organic romaine
- 1/2 cup organic cherry tomatoes
- 2 medium slices red onion, chopped
- 1 cup organic red pepper, chopped
- 1/2 oz. (1/8 cup) sunflower seeds
- 2 tbsp. Newman's Own organic lite balsamic dressing

### Directions:

Add lettuce to serving bowl, top with veggies and seeds, and drizzle with dressing.

### TIME-SAVING TIP:

To save time chopping veggies, you could purchase a bag of prepared salad greens with pre-chopped mixed veggies included. Be sure to eat a serving size of 3-4 cups.

THURSDAY

**P.M. Snack:****Cucumber Slices Dipped in Guacamole****Ingredients:**

2 cups organic cucumber

2 tbsp. guacamole

**Directions:**

Dip cucumber slices in guacamole and enjoy.

**Dinner:****Fish Lettuce Tacos with Guacamole, and Seasoned Black Beans****Ingredients:**

5 oz. cod

1-2 dashes each: sea salt and black pepper

1 tsp. organic extra virgin olive oil

3 outer leaves, organic red leaf lettuce

½ cup salsa

2 tbsp. guacamole

1 cup shredded cabbage

lime wedge, optional

**Directions:**

Rub cod with sea salt and pepper. Heat oil in pan over medium heat. Cook cod on both sides and remove from pan when the fish flakes easily with a fork. Wash red leaf lettuce leaves and pat dry. Place 1/3 cod in each leaf. Add salsa, guacamole, and cabbage to each leaf, roll up into a taco, and enjoy.

**Serve with:** ½ cup organic seasoned black beans, heated

FRIDAY



## Breakfast:

### Pumpkin Spice Flax Protein Shake

#### Ingredients:

1 cup unsweetened vanilla almond milk  
 1 serving MCD-approved vanilla vegan protein powder  
 1 extra small or ½ medium banana  
 1/3 cup canned pumpkin, plain  
 1 tsp. pumpkin spice  
 1 tbsp. ground flaxseed  
 1-2 cups ice  
 Stevia, if desired

#### Directions:

Place all ingredients in a blender and blend until desired consistency. (Tip: For a thicker shake, peel and freeze banana ahead of time.)



## A.M. Snack:

### Blueberry Pecan + Fiber Kind Bar



## Lunch:

### Deli Turkey Breast Lettuce Roll-Ups with Tomato and Mayo, and Spinach Salad with Garbanzo Beans and Balsamic Dressing

#### Deli Turkey Breast Lettuce Roll-Ups with Tomato and Mayo

#### Ingredients:

4 outer leaves, organic green leaf lettuce  
 4 oz. premium deli turkey breast  
 4 slices organic tomato  
 2 tsp. olive oil mayonnaise

#### Directions:

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

#### Spinach Salad with Garbanzo Beans and Balsamic Dressing

#### 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 cup garbanzo beans  
 2 tbsp. Newman's Own lite organic balsamic dressing

#### Directions:

Add washed spinach and veggies to serving bowl, top with beans, and drizzle with dressing.



## P.M. Snack:

### Celery with Almond Butter

#### Ingredients:

2 cups organic celery  
1 tbsp. almond butter

#### Directions:

Dip celery in almond butter and enjoy.

## 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  
A few sprigs of fresh thyme  
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.



## 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.

#### \*TIME-SAVING TIP:

Bake an extra 5 oz. chicken breast for tomorrow's lunch: “Grilled Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette.”





SATURDAY



## Breakfast:

Spinach and Mushroom Egg Scramble with Fire-Roasted Red Pepper Sausage, and Blackberries

### Ingredients:

½ link organic fire roasted red pepper sausage by Applegate Farms  
2 organic eggs  
¼ cup unsweetened almond milk  
1-2 sprays cooking oil  
1 cup organic baby spinach  
1 cup mushrooms, sliced

### 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. Season to taste and serve.

**Serve with:** 1 cup organic blackberries



## A.M. Snack:

Banana Slices and Cashew Butter

1 extra small banana, sliced  
1 tbsp. cashew butter

Dip banana slices in cashew butter and enjoy.



## Lunch:

Grilled Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette

### Ingredients:

2 cups organic romaine or other dark-leaf lettuce  
4 oz. organic boneless, skinless, chicken breast, cooked  
½ cup canned organic white beans  
½ organic sliced organic green pepper  
½ cup halved organic cherry tomatoes  
2 sliced olives  
1 tbsp. extra virgin olive oil  
1 tbsp. balsamic vinegar

### Directions:

Use cooked chicken, OR season 5 oz. raw chicken to taste, grill or roast until thoroughly cooked. Arrange lettuce in serving bowl. Slice veggies, layer chicken, beans, peppers, tomatoes, and olives. Top with oil and vinegar.







### P.M. Snack:

#### Cherry Tomatoes and Cucumber with Walnuts

1 cup organic cherry tomatoes

1 cup sliced organic cucumber

½ oz. (1/8 cup) walnuts

Slice and season veggies to taste, and enjoy with walnuts.



### Dinner:

#### Steak Fajitas with Sautéed Bell Pepper and Onions, Guacamole, and Dairy Free Cheddar Cheese

##### *Ingredients:*

1/3 tsp. chili powder

Dash cayenne pepper (optional, for spice)

Sea salt

Black pepper

5 oz. grass fed sirloin steak

2 tsp. extra virgin olive oil

1 medium organic bell pepper, cut into strips

1 cup onion, sliced

2 tbsp. guacamole

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

##### *Directions:*

In a small bowl, stir together seasonings, sprinkle over the steak. Heat a large skillet over medium heat. Add the 1 tsp. oil and the steak, tent with foil and cook for 4 minutes on each side; transfer to a cutting board, tent with foil and let rest 5 minutes before thinly slicing.

In the same skillet, add remaining oil, bell peppers, and onion. Season with salt and pepper. Cook, stirring, over medium heat until crisp-tender (about 5 minutes). Add the sliced steak to vegetables and serve with guacamole and cheese.



SUNDAY

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

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1 medium organic peach, frozen preferred
- 1 tbsp. ground flaxseeds

**Directions:**

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

**A.M. Snack:****Blackberries and Almonds****Ingredients:**

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

**Lunch:****Tuna Salad with Dill, and Curried Red Lentil Soup****Ingredients:**

- 4 oz. canned albacore tuna, in water, drained
- 1/4 cup chopped organic celery
- 1 tbsp. organic olive oil mayonnaise
- 1/4 tsp. dried dill weed
- 2 cups organic romaine lettuce

**Directions:**

In a small bowl, combine tuna, celery, mayonnaise, and dill. Season to taste with salt and pepper. Place lettuce on serving dish and top with tuna salad.

**Serve with:** 1 cup Organic Curried Red Lentil Soup by Pacific Foods, heated

**P.M. Snack:****Baby Carrots and Pistachios**

- 2 cups organic baby carrots
- 1/2 oz. (1/8 cup) pistachio nuts

SUNDAY



## Dinner:

Baked Ham, Sautéed Green Beans, and Spring Mix Salad with Hard-Boiled Egg and Balsamic Vinaigrette

### Baked Ham

#### Ingredients:

4 oz. uncured lean fresh ham (3 oz. precooked)  
1-2 sprays cooking oil

#### Directions:

Grill or bake ham to your desired doneness and serve.



### Sautéed Green Beans

#### Ingredients:

Olive oil cooking spray  
2 cups frozen green beans

#### Directions:

Heat a skillet over medium heat, then spray with cooking spray. Add green beans and sauté, stirring often. Add a little water to avoid sticking. Season to taste.

### Spring Mix Salad with Hard-Boiled Egg and Balsamic Vinaigrette

#### Ingredients:

2 cups organic spring mix  
1 cup organic cherry tomatoes, halved  
1 hard-boiled organic egg, diced  
¼ cup sliced organic red onion  
1 tbsp. extra virgin olive oil  
1 tbsp. balsamic vinegar

#### Directions:

Place washed spring mix in serving bowl. Add tomatoes, egg, and red onion. Drizzle with oil and vinegar.



Metabolic Code®

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