



Metabolic Code®

# DIET & NUTRITION

LOOK GOOD, FEEL BETTER

## Phase 1

CARB-MODIFIED, WHEAT/GLUTEN, SOY,  
PEANUT, AND COW'S MILK ELIMINATION

## 1500 Calorie Meal Plans **WEEK ONE**



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

# Welcome to the Metabolic Code® Program!

## -Assessment - Personalized Nutritional Recommendations - Diet-

Before we dive into the diet information, let's begin with a brief program overview to get the "Big Picture" of your journey to optimal health...

### Assessment & Personalized Nutritional Recommendations

The Metabolic Code program is not just a diet, but a personalized nutritional program designed to assess and support metabolism. An important component to our program is the Metabolic Code Assessment that targets your individual metabolic imbalances with nutritional solutions. Your recommendations are generated from your answers to a questionnaire designed to identify imbalances in areas of health that can significantly impact your metabolism.

Once the questionnaire is completed, your Metabolic Code Report is where you'll see what imbalances you have or not, with in-depth information about each and the nutritional ways to address them. Imbalances are grouped into Triads, or groupings of 3 important organs/organ systems in your body. The groupings show the inter-relationship of various body systems and how these relationships can have a significant impact on your metabolic health. The triangles below show our representation of the 5 different Triads.

Triad 1 includes Adrenal, Thyroid, and Pancreas, and it focuses on the relationship between cortisol (adrenal), insulin (pancreas), and thyroid hormone (thyroid). **Triad 1: Pancreas** discusses imbalances in the ability to process glucose and burn it for energy. Insulin resistance is a very common condition in which the body needs to make increased amounts of insulin after eating, and it reduces the ability to burn fat for energy throughout the day. **Triad 1: Adrenal** evaluates stress responses that increase cortisol, which can have a significant impact on metabolism as well, affecting sleep, hunger and cravings, and thyroid hormone activity.

What about the microbiome and gut health? This is **Triad 2: Gut-Immune-Brain**. Our past use of certain medications and other factors can have dramatic effects, and can lead to an activation of the immune system in the gut, which can make us become very inflamed, and can even affect our brain with poor mood, memory, and ability to think clearly. After taking the Metabolic Code Health Assessment Questionnaire, you will receive nutritional supplement recommendations that can help rebalance areas of your metabolic function.



# The Metabolic Code Diet

Food choices also have powerful effects on your metabolism - both positive and negative. **The goal of the Metabolic Code Diet component is to help you discover the effects of foods on your body, and the impact they are having on your health and weight.** How many high glycemic load foods do you typically eat? This impacts Triad 1– Pancreas function. What about food allergens? Could you be reactive, but you just don't realize it? This impacts Triad 2- Gut/Immune/Brain.

**Our #1 goal is to lower the glycemic load of your diet.** Glycemic load is how much concentrated carbohydrate a meal contains from starchy and sweet foods. A low glycemic load diet is the most powerful way to make sure your meals will not block fat burning by causing prolonged elevations in insulin after you eat, which in turn also reduces inflammation. The most effective way to do this is to remove high glycemic refined sugars and flours (white flour buns or bread, for example), and replace them with lower glycemic, high antioxidant vegetables, fruits, and beans. To start, we also limit starchy foods like rice and potatoes. Later in Phase 2, we walk you through the process of slowly increasing your intake of starches, until you reach a level that is optimal for you.



**The #2 goal of this diet is to help you discover if food allergies or sensitivities are affecting you.** Food sensitivities are when the immune cells in the gut react to food allergens, by releasing chemicals called cytokines, which are a source of internal inflammation. These immune reactions can in turn affect everything from your moods, to sleep quality, to aches and pain, to irritable bowel symptoms, AND can affect ability to lose weight. The best way to find out if allergenic foods like wheat/gluten, cow's milk, soy, or peanuts are affecting you is to completely remove them from your diet for a period of anywhere from a few weeks to months (depending on how you feel being off them), and then reintroduce the foods later, while carefully watching for any affects from them. This process is called an elimination diet, and it's why our menus are free of several highly allergenic foods to start. Try not to underestimate the importance of this step. People are frequently surprised by how their bodies react to these food allergens when they are eaten again.

In addition to reducing high glycemic foods and food allergen intake, the Metabolic Code Diet also shows you how to improve the overall quality of foods eaten by choosing whole, unprocessed foods as often as possible.

**Phase 1 is a time of quick weight loss due to the low glycemic load foods and the removal of the most potent allergenic foods.** Phase 1 menus optimize your vegetable intake and include some fruit for increased intake of anti-inflammatory antioxidants and other nutrients. The proteins are all high quality, and along with the healthy added fats you see in the recipes, will help reduce appetite. All of these factors combine to make the Metabolic Code Diet an ultimate anti-inflammatory eating program.

**NOTE:** 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. See last page for full disclaimer.

## Metabolic Code Diet: 3 Phases Overview

Think of this diet as a system of elimination, with a process of reintroduction for Food Discovery that produces a tailor-made diet that works for you - one that your body will thank you for. Our goal is for you to have a whole new understanding of foods, and even learn why some diets you have done worked better than others or why none have worked long term.

### Phase 1: Food Allergen & Starch Elimination

As you discover the effects of an anti-inflammatory, low glycemic load and low allergen diet, the rewards can be many - weight loss, better energy and stamina, clearer thinking, improved sleep quality, and fewer aches and pains.

### Phase 2: Discover & Rebuild

Phase 2 food trials are explained in depth in our Phase 2 Guide. Based on factors like how much weight you are losing and feelings of hunger, the first thing you will assess after approximately 2 weeks on Phase 1 is your starch intake. Then the Phase 2 guide walks you through reintroducing food allergens, one by one, to help you discover which foods your body tolerates and those it doesn't.

### Phase 3: Maintain

You will learn how to maintain your weight loss and health benefits by following your new eating plan for life. This diet guide provides key tips and tricks for how to work in treats while adhering to daily total carb serving tolerance, as well as how and when you can include allergenic foods according to your personal level of tolerance.



*Here's to your successful discovery of how to  
eat for better health, for better weight  
...forever!*

*-Your Metabolic Code Team*

## This Guide Contains Many Helpful Tools:

-**A Day at a Glance** provides a graphic view of this diet with helpful info

-**Weekly Menu** with your week's meals and snacks

-**Recipes** with time-saving tips

-**Shopping Lists** for your convenience

-**Food and Exercise Journals** to log your intake, exercise, hunger, etc.

-**Food Tips** to assist you in making healthy food choices

-**Diet Charts** to help you understand what types and amounts of food you should be eating at each meal or snack. This will help you make appropriate substitutions, when necessary. Ultimately, the Metabolic Code Diet guidelines help you learn a healthier baseline diet.

### Gas Solution

When eating an introductory very low starch diet, the intake of non-starchy vegetables and high fiber beans, can be crucial for helping to keep you full and satisfied. If you suffer from uncomfortable gas when eating certain vegetables and beans, we recommend taking Beano, a natural enzyme supplement that helps your body digest complex carbohydrates and therefore avoid gas formation. When taken with your meal, Beano allows you to enjoy these healthy foods comfortably. Please see package directions for recommended dosage and usage.



### TIP: Fruits and Veggies

Fruits and vegetables spoil quickly. While it's ideal to eat a variety of produce for varied color and nutrition, to reduce spoilage, feel free to substitute the fruits or veggies you have on hand into our recipes until they are used up.

### TIP: Vary your nuts and seeds

It is important to rotate the types of nuts and seeds you eat. Eating the same nuts or seeds every day over time increases your chance of developing allergies to those foods.



### TIP: Make healthy deli meat choices

Be especially careful to look for gluten free deli meats. Ideally, they would also be nitrate-free. Some brands to look for include: Boar's Head, Dietz & Watson, Applegate, and others.



## A Day at a Glance- A Sample of an 1500 Calorie Day

The 1500 calorie meal plans were designed to provide 11 oz. of protein per day. A 3 oz. piece of animal protein is about the size of a deck of cards. To ensure enough protein, eat at least 3 oz. of animal protein per meal. The protein recommendations below may be adjusted between the meals to provide at least 11 oz. of protein per day.

**Breakfast:** Protein shake—at least 15–21 g protein from vegan protein powder (ideally, organic and sweetened with stevia or other natural sweeteners—no aspartame or sucralose), 1 fruit, chia/flax seeds, optional nut butter, and unsweetened milk options, such as almond or coconut milk, etc. You can add dark leafy greens like spinach or kale to increase non-starchy veggie intake.

**OR** 1–2 eggs and 1–2 strips of turkey bacon, non-starchy veggies, and 1 fruit.

**Note:** The regular MC Diet includes eggs, another allergenic food. We are more prone to becoming reactive to foods we eat a lot of, especially when they are a highly allergenic food. If your regular diet prior to this included a lot of eggs, it's probably a good idea to eliminate eggs as well, using our Egg Free Version of the Metabolic Code Diet.



OR



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**A.M. Snack:** 1 fruit with 1 nut/seed/nut butter serving. (2 servings of nuts/seeds allowed per day; 1/2 oz. (1/8 cup) = 1 serving.) Snacks are optional—however, not eating a healthy snack if you are hungry can be “death” to a diet if you allow your hunger to build, because you will be more apt to overeat later and/or make poor food choices.



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**Lunch:** Salads or non-starchy vegetables with 4 oz. protein. Leftovers from dinner make a great, quick lunch. If you choose to eat out, select a salad with no croutons or cheese and a protein source such as a grilled tuna steak or chicken breast. For soups, avoid those prepared with cream, cheese, noodles, pasta (minestrone), and thickened with wheat flour (always ask to make sure).



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**P.M. Snack:** Non-starchy veggies with either 1 serving of hummus (shown), bean dip, guacamole (2 tbsp.), nuts/seeds/nut butter, or salad dressing. Hummus or bean dip provides your 1 bean serving per day (1/2 cup beans; 1/3 cup hummus = 1 serving).



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**Dinner:** 4 oz. protein choice with cooked vegetables and/or a salad. You may choose to have your bean serving of the day at dinner. Beans can be added to a salad, included in a dish like chili, or eaten as a side dish (shown), etc. If you are still hungry at the end of a meal, you may enjoy more non-starchy veggies and/or protein to feel satisfied.



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## Fruit Water - Your Hydration Solution!

### Not a fan of water? No problem!

Water is essential to our health and wellness, but it doesn't have to be boring getting your recommended amount. Try this: Simply add water to a pitcher, some sliced fruit, and refrigerate. The fruit in the water gives it a refreshing, wonderful flavor, without added sugar, color, or artificial flavors or sweeteners. You can even refill the pitcher with water, using the same fruit for a number of times.

For great tasting water that is super simple, just add lemon, lime, pineapple, watermelon, raspberries, strawberries, or any fruit of your choice. You can also get a creative by adding different fruit combinations like orange-strawberry, and raspberry-lime. Toss in fresh herbs like a sprig of mint, rosemary, basil, sage, or lavender to add a new twist of flavor. Try blackberry-sage, watermelon-mint, or whatever combination you can think of. Have fun and enjoy drinking your delicious water each day!

*As a life-long "disliker of water," keeping a pitcher of water with sliced strawberries and oranges in the refrigerator has enabled me to enjoy the healthy benefits of water in a delicious way.*

*I'm so grateful for this tasty idea!*

-Nancy L.

## Organic Food Choices



While we don't specify "organic" for every ingredient of every food or recipe, we suggest using organic foods as often as possible due to the fact that some chemical residues in foods can contribute to metabolic disruptions like insulin resistance or thyroid hormone disruption. Using organic foods as often as possible lowers the toxic burden of the body, and frees up the body's detoxification pathways to work on other toxins which you are exposed to from the environment.

This can be crucial to helping avoid weight loss plateaus. It has been demonstrated that one reason people may hit weight loss plateaus is because when fat tissue is burned and broken down, toxins which often store in our fat cells, are released. Once released, they can re-affect insulin receptors and/or thyroid hormones slowing weight loss. By eating organic foods and a diet very rich in fruits and vegetables, you can help the body get rid of stored toxins and get weight loss moving again.

While we know that this is the ideal, we also know that many people do not have organic foods available in their area or if they do they can't always afford them if the cost is higher. Our goal is just to make sure you are aware of the ideal and do the best you can! If you have never tried organic produce before, we think you may be pleasantly surprised; without the chemical residues organic produce tastes much better.

### "The Dirty Dozen"

The Environmental Working Group, tests produce each year to determine how fruits and vegetables rank in regards to pesticide residue. They provide a list called "The Dirty Dozen", which includes the top 12 contaminated fruits and vegetables, and the "Clean 15," which are the least contaminated. You can find the lists here: <http://www.ewg.org/foodnews/summary.php>

## Healthy Fats

In recent years, we have learned that when following a lower carbohydrate diet, higher intake of fats (in the 30-40% of calories range) can be healthy AS LONG AS the type of fats you eat are healthy. By healthy we mean fats that help us achieve a better omega 6 to omega 3 ratio, while taking great care to avoid partially hydrogenated oils because they contain trans fats. Americans tend to eat diets very high in processed omega 6 oils and do not get enough omega 3 fats, which promotes inflammation in the body.

Olive oil contains omega 9 monounsaturated fats, and studies have shown when we replace high omega 6 oils like corn and soybean oil with olive oil, it improves cholesterol profiles.

The other consideration for healthy fats is knowing appropriate uses for cooking. When fats and oils are heated above the temperatures they can tolerate, it creates peroxide-free radicals and other toxic compounds, which are harmful to health. Use the chart below to guide your choices.

LOW OR NO HEAT	LOW/MEDIUM HEAT	MEDIUM HEAT	MEDIUM/HIGH HEAT	HIGH
> 225° F to 249° F (> 107° C to 120° C)	> 250° F to 324° F (> 121° C to 161° C)	> 325° F to 374° F (> 162° C to 189° C)	> 375° F to 449° F (> 190° C to 231° C)	> 450° F to 650° F (> 232° C to 343° C)
Used to drizzle over already cooked foods, added to protein shakes or for salad dressings.	Good for lower heat slow-cooking, for examples, use for stews, stocks, and reductions.	Simmer or reduction, can be used to cook food all the way through or to finish cooking foods started in high heat	Pan frying. Provides sear and the lower heat finish-cooks the product.	Sautes, grilling, and pan roasting. Provides a sear and lower level heat finish-cooks the product.
Oil Smoke Points:  <b>Unrefined Canola Oil</b> (226° F / 107° C)  <b>Pumpkin Seed Oil</b> (250° F / 121° C)  <b>Do Not Heat:</b> <b>Flax Seed Oil</b> <b>High Quality Omega 3-6-9 Oil Blends</b>	Oil Smoke Points:  <b>Virgin Coconut Oil</b> (280° F / 138° C)  <b>Organic Butter</b> (250° - 300° F, 121° - 149° C)	Oil Smoke Points:  <b>Coconut Oil</b> (350° F / 177° C)  <b>Hemp Seed Oil</b> (330° F / 165° C)  <b>Extra Virgin Olive Oil</b> (375° F / 191° C)	Oil Smoke Points:  <b>Refined Sesame Seed Oil</b> (445° F / 229° C)  <b>Grape Seed Oil</b> (428° F / 220° C)  <b>Refined Canola Oil</b> (400° F / 204° C) <b>Ghee (Clarified Butter)</b> (400° F – 500° F) (204° C – 260° C)  <b>Macadamia Nut Oil</b> (390° F / 199° C)  <b>Refined Walnut Oil</b> (400° F / 204° C)	Oil Smoke Points:  <b>High Oleic Canola Oil</b> (475° F / 246° C)  <b>Extra Light Olive Oil</b> (468° F / 242° C)  <b>Refined Avocado Oil</b> (520° F / 271° C)  <b>Refined Safflower Oil</b> (510° F / 265° C)



NOTE: If you notice smoke from oil when heating it, turn down the heat to avoid unhealthy chemical changes.

### Canola and Grapeseed Oil

Canola oil and grapeseed oil are rather controversial oils, and there is a lot of misinformation about them. Both of these oils can be healthy when processed correctly. To read more about these oils, click on this link:

<http://www.centrafoods.com/blog/organic-canola-oil-isnt-that-an-oxymoron-nope-it-exists>

### Coconut Oil

Coconut oil is considered a healthy saturated fat, because it has antioxidant properties which help maintain good intestinal and immune health. In addition it has medium chain triglycerides (MCTs), which are a source of quick energy for the body. However, as a saturated fat coconut oil can raise cholesterol, especially with higher intakes. People who have ApoE3/4 gene snps need to limit their intake of Coconut Oil. If you use it, make sure to choose a high quality organic product, such as Spectrum brand.



## How To Get The Best Results

As you begin to do the Metabolic Code Diet Phase 1 eating, use the following pointers to make following our diet more practical and easy.

**Meal Plans-** Our primary goal for providing weekly meal plans is to provide a ton of different food ideas and recipes that are tasty, while also being low glycemic and low allergen. You can choose to follow the meal plans as laid out, if you find that to be most helpful, or you can modify the meal plan to fit your food preferences or to simplify things a bit. Here are some examples:

**1. Customize your breakfasts** - Some people like having protein shakes on weekdays and save cooking egg breakfasts for the weekends. That is fine. Also, instead of eating a completely different protein shake every day, as they are shown on the menu, you can buy the ingredients for one or two of the recipes and have those until you use up the ingredients. The next time you shop, get ingredients for 2 new protein shake recipes you'd like to try.

**2. Shopping with a plan** - Look at the weekly meal plan and check off recipes that you want to try. Then go to your shopping list and check the ingredients you need for them.

**3. Substituting** - Since most of our lunches and dinners center around eating a salad, a cooked vegetable and/or some type of protein, stock up on plenty of vegetables, salad greens, and a variety of proteins that you know you like. Using these along with a good salad dressing and some key seasonings, you may eat a different protein or vegetable or different ingredients in your salad than shown on the meal plan, but you will still get results on the diet, because you will be eating according to our basic meal pattern as shown on the Day At a Glance chart in this guide. You just need to know how to substitute foods properly.

**4. Make Substitutions using foods within the same category – proteins for proteins, vegetables for vegetables, etc.** For example, if a recipe includes beef as the protein, you can easily swap it out for chicken, turkey, fish, or even bison or venison.

Likewise, any vegetable can be swapped for another, and the same for fruits, etc. Use the Serving Size Guide food lists on page 46 to make sure you are substituting like for like. Try to have as much variety as possible, not only to prevent boredom, but because different foods provide different vitamins, minerals, and phytonutrients.

**5. Make extra** – When you cook a dinner entrée, you can make enough to have leftovers, which you can use for lunch the next day. In this case you would not be following the meal plan exactly, and it's not necessary, because you are eating the right types of foods

**Carb control** is achieved in this diet by using low glycemic, nutrient dense non-starchy vegetables and salads as a mainstay in your meals. While many diets completely eliminate all high glycemic carbs, even healthy ones like beans and fruit, these diets often have significant side effects, like severe constipation. For this reason, the Metabolic Code Phase 1 Diet includes fruit and beans, in controlled amounts. While the serving size amounts must be followed closely for the best results with weight loss and blood sugar, being able to have some of them, along with high fiber flax and chia seeds, will help avoid the damaging side effects on gut health and is much healthier for you overall.

**Calorie Intake-** The portions used in our meal plans give a frame of reference on portion sizes and calorie intake. However, closely controlling calories is not the primary goal of this diet. We are more concerned that you eat the right kinds of foods (low glycemic, low allergen). In fact, most people will get results even if they eat more of the low glycemic foods, especially non-starchy vegetables which are nearly calorie free, but provide lots of nutrients, phytonutrients, and alkalinizing minerals, so eat as many as you want. Even eating a little more calorie-containing proteins and healthy fats, is usually well-tolerated because these foods have little to no impact on glucose and insulin and therefore will not stop weight loss in most people, and eating a little more can have the benefit of helping to control hunger. So use the portions in our meal plans as rough guides, but know what you can eat more of (non-starchy vegetables, proteins, fats) and what you need to control more closely (higher glycemic starches and fruit.)

	Breakfast	A.M. Snack*	Lunch	P.M. Snack*	Dinner
<b>Monday</b>	Raspberry Coconut Avocado Protein Shake with Chia Seeds	Almonds and Blueberries	Deli Turkey Breast with Dijon Mustard, and Garden Salad with Sunflower Seeds and Balsamic Vinaigrette	Baby Carrots Dipped in Guacamole	Szechuan Beef Stir Fry with Red Beans
<b>Tuesday</b>	Chocolate, Banana, and Flaxseed Protein Shake	Nectarine Slices with Pecans	Lean Hamburger on Lettuce Leaf with Tomato, and a Garden Salad with Balsamic Dressing	Cherry Tomatoes and Cucumber with Balsamic Dressing and Sunflower Seeds	Fish Lettuce Tacos with Guacamole, and Seasoned Black Beans
<b>Wednesday</b>	Hard Boiled Egg, Turkey Bacon, and Blueberries	Banana Slices and Cashew Butter	Deli Turkey Breast Lettuce Roll-Ups with Guacamole, and Spinach Salad with Sliced Almonds and Balsamic Vinaigrette	Carrots and Sweet Red Pepper Strips with Hummus	Chicken Breast with Marinara and Dairy-free Mozzarella, with Italian Blend Vegetables
<b>Thursday</b>	Mango, Pineapple, Coconut, and Flax Protein Shake	Strawberries and Pistachios	Grilled Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette	V-8 Juice with Sunflower Seeds	Teriyaki Wild-Caught Salmon, and Sautéed Asparagus, Broccoli, and Mushrooms
<b>Friday</b>	Dairy Free Cheddar Cheese Egg Scramble with Canadian Bacon, and Strawberries	Blueberry Pecan +Fiber Kind™ Bar	Salmon Salad with Spinach, Cherry Tomatoes, and Sunflower Seeds, and Cucumber Slices	Asparagus with Hummus	Honey-Dijon Pork Chops with Steamed Baby Carrots, and Fresh Vegetable Salad with Vinaigrette
<b>Saturday</b>	Mango and Flax Protein Shake	Apples with Cinnamon and Walnuts	Turkey Burger with Avocado, and Salad with Balsamic Vinaigrette	Kale Chips with Pistachios	Turkey Chili with Beans and Dairy-free Cheddar Cheese over Spaghetti Squash
<b>Sunday</b>	Asparagus and Ham Egg Scramble with Pear	Blackberries and Almonds	Tuna Salad Over a Bed of Lettuce with Tomatoes, and Beets	Baby Carrots with Cashew Butter	Sirloin Fajitas with Black Beans

**\*SNACK NOTE:** If you prefer not to snack between meals, snacks can be added onto meals for a bigger lunch and dinner. For example, eat your morning fruit and nuts with your lunch, or use the afternoon snack as an appetizer that you munch on while you are preparing dinner, or if eating out, you can order hummus with a vegetable tray as an appetizer before dinner.

## Shopping List

1 container MCD-approved vegan vanilla protein powder
<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 small organic apple
1 organic pear (Sunday)
1 pint organic strawberries
1 pint organic blueberries
1 ripe banana
1 small container organic raspberries
1 small container organic blackberries (Saturday)
1 organic nectarine
<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>
2 large organic cucumbers
3-16 oz. bags (9 cups) organic baby carrots
2 large organic red peppers
2 large organic green peppers
4 ½ cups organic cherry tomatoes
3 medium organic tomatoes
20 spears asparagus (Thursday)
3 ½ cups or ready-to-go bag of broccoli (Thursday)
1 spaghetti squash
2 avocados
1 small onion
1 small cabbage
1 clove garlic
1 small container of mushrooms (Thursday)
2 cups bagged organic salad
5 cups organic romaine lettuce
9 cups organic red leaf lettuce
4 cups organic baby spinach

<b>Refrigerated:</b>
1 small container guacamole
1 small container hummus
1- half gallon unsweetened vanilla almond milk
1- half gallon unsweetened coconut milk
1 bag Daiya dairy-free mozzarella shreds
1 bag Daiya dairy-free cheddar shreds
1 dozen organic eggs
<b>Refrigerated Meats:</b>
1 oz. Canadian bacon
1 package nitrate-free turkey bacon
10 oz. organic chicken
5 oz. cod
5 oz. grass fed ground beef
5 oz. grass fed beef sirloin tri-tip
5 oz. grass fed beef sirloin steak
5 oz. wild caught salmon
8 oz. organic, nitrate-free turkey breast deli meat
1 oz. Boar's Head smoked Virginia ham
5 oz. organic prairie center cut boneless pork chops
5 oz. turkey burger
5 oz. organic ground turkey
<b>Frozen Foods:</b>
1 bag frozen pineapple chunks
1 bag frozen mango chunks
1 bag frozen organic (i.e. Cascadian Farm) Chinese style stir-fry vegetables
1 bag Italian blend frozen vegetables (no beans)
<b>Nuts:</b> (Buy any quantity you want. You will need them each week.)
1 bag Walnuts, Almonds, Sliced Almonds, Pistachios, Cashews, Pecans
1 bag Flaxseeds, Chia seeds, Sunflower Seeds
1 jar Almond butter, Cashew butter

<b>General Grocery:</b>
Unsweetened cocoa powder
Honey
Ground cinnamon
Chili powder
Red pepper flakes, dried
Stevia, optional
1 bar 85% dark cacao
1 Blueberry Pecan +Fiber Kind™ Bar
1 jar olives
Organic extra virgin olive oil
Refined safflower oil
Balsamic vinegar
Apple cider vinegar
Dijon mustard
Dill relish
Organic olive oil mayonnaise
Newman's Own Organic Lite Balsamic Dressing
Coconut Secret, Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce
8 oz. V-8 juice
1 jar salsa
1 small jar organic marinara sauce
1 bag Rhythm Superfoods kale chips
1 can seasoned black beans
1 can white beans
1 can red beans
1 can chili beans with sauce
1 cup canned diced chili-style tomatoes
1 can beets
4 oz. wild-caught light or albacore tuna fish canned in water
4 oz. canned wild-caught salmon

MONDAY

**Breakfast:**

Raspberry Coconut Avocado Protein Shake  
with Chia Seeds

- 1 cup unsweetened coconut milk
- ½ cup organic raspberries
- 2 tbsp. organic avocado
- 1 serving MCD-approved vanilla vegan protein powder
- ½ packet stevia natural sweetener, if desired
- 1 tbsp. chia seeds (milled or whole)

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

**A.M. Snack:**

Almonds and Blueberries

- ½ oz. (⅓ cup) almonds
- ¾ cup organic blueberries

**Lunch:**

Deli Turkey Breast with Dijon Mustard, and Garden Salad  
with Sunflower Seeds and Balsamic Vinaigrette

**Deli Turkey Breast with Dijon Mustard**

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

Roll up turkey and dip in mustard.

**Garden Salad with Sunflower Seeds  
and Balsamic Vinaigrette**

- 2 cups organic bagged romaine lettuce
- ½ cup organic sliced red pepper
- ¼ cup chopped organic onion
- ½ cup halved organic cherry tomatoes
- ½ oz. (⅓ cup) sunflower seeds
- 2 tsp. organic extra virgin olive oil
- 1 tbsp. organic balsamic vinegar

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

**TIME-SAVING TIP:**

No time to prepare a salad, before you go to work? Salads from fast food or sit-down restaurants can work by making the following adjustments. Look for salads with at least 4 oz. lean meat, like chicken or turkey, and lots of greens and veggies. Ask them to hold the cheese or croutons. If they forget, pick them off! Use low carb oil and vinegar dressing, like balsamic vinaigrette. Avoid creamy dressings like Ranch and sweet high carb dressings like 1000 Island.



MONDAY

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

1-2 cups organic baby carrots

2 tbsp. guacamole

Dip carrots in guacamole and enjoy.

**Dinner:****Szechuan Beef Stir Fry with Red Beans**

5 oz. grass fed beef sirloin steak

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

1/4 tsp. red pepper flakes, or to taste

2 tsp. refined safflower oil

3 cups Cascadian Farm frozen organic Chinese style stir-fry vegetables

1/2 cup canned organic red beans, heated

Cut meat against the grain into thin strips. Place meat, coconut aminos, and hot pepper flakes in seal-able storage bag and marinate for 20 minutes. Heat wok or pan over medium-high heat; add safflower oil. Remove beef from marinade, reserving marinade, and stir-fry beef to desired doneness. Remove from pan and set aside. Add vegetables and stir-fry until tender. Add beef and marinade back into pan and heat through. Season to taste with salt and pepper. Serve over heated red beans. Also delicious wrapped in a lettuce leaf.

**TIME-SAVING TIP:**

If you don't have time to marinate the meat, just cook the meat and add the sauce to the veggies and meat for the last few minutes of cooking to flavor it.

TUESDAY

**Breakfast:****Chocolate, Banana, and Flaxseed Protein Shake**

- 1 cup unsweetened almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1 tbsp. unsweetened cocoa powder
- ½ medium (about 7" long) banana
- 1 tbsp. ground flaxseeds

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

**A.M. Snack:****Nectarine Slices with Pecans**

- 1 small organic nectarine
- ½ oz. (⅓ cup) pecans

**Lunch:****Lean Hamburger on Lettuce Leaf with Tomato, and a Garden Salad Balsamic Dressing****Lean Hamburger on Lettuce Leaf with Tomato**

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

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 Balsamic Dressing**

- 2 cups bagged organic salad mix
- 1 cup chopped organic red pepper
- 10 chopped organic baby carrots
- 2 tbsp. Newman's Own organic lite balsamic dressing

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

**TIME-SAVING TIP:**

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

TUESDAY

**P.M. Snack:**

Cherry Tomatoes and Cucumber with  
Balsamic Dressing and Sunflower Seeds

- 1 cup organic cherry tomatoes
- 1 cup sliced organic cucumber
- 2 tbsp. Newman's Own organic lite balsamic dressing
- 2 tbsp. (½ oz.) sunflower seeds

Dip veggies in dressing, and enjoy with sunflower seeds.

**Dinner:**

Fish Lettuce Tacos with Guacamole and Seasoned Black Beans

- 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
- ½ cup organic seasoned black beans, heated

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 ⅓ cod in each leaf. Add salsa, guacamole, and cabbage to each leaf, roll up into a taco, and enjoy with black beans.



WEDNESDAY

**Breakfast:**

Hard Boiled Egg, Turkey Bacon, and Blueberries

- 1 organic hard boiled egg
- 2 slices turkey bacon, cooked according to package directions
- $\frac{3}{4}$  cup organic blueberries

**A.M. Snack:**

Banana Slices and Cashew Butter

- $\frac{1}{2}$  medium (about 7" long) banana
- 1 tbsp. cashew butter

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

**Lunch:**

Deli Turkey Breast Lettuce Roll-Ups with Guacamole, and Spinach Salad with Sliced Almonds and Balsamic Vinaigrette

**Deli Turkey Breast Lettuce Roll-Ups with Guacamole**

- 3 outer leaves, organic green leaf lettuce
- 4 oz. organic, nitrate-free turkey breast deli meat
- 3 slices organic tomato
- 2 tbsp. guacamole

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

**Spinach Salad with Sliced Almonds and Balsamic Vinaigrette**

- 2 cups organic baby spinach
- 1 cup halved organic cherry tomatoes
- $\frac{1}{2}$  cup chopped organic broccoli
- 6 pieces chopped organic baby carrots
- $\frac{1}{2}$  cup sliced organic cucumber
- $\frac{1}{2}$  oz. ( $\frac{1}{8}$  cup) sliced almonds
- 1 tbsp. organic balsamic vinegar
- 1 tbsp. organic extra virgin olive oil

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



WEDNESDAY

**P.M. Snack:**

Carrots and Sweet Red Pepper Strips  
with Hummus

1 cup organic baby carrots  
2 cups sliced sweet red pepper  
½ cup hummus

Dip veggies in hummus and enjoy.

**Dinner:**

Chicken Breast with Marinara and Dairy-Free  
Mozzarella Cheese, with Italian Blend Vegetables

2 tsp. organic extra virgin olive oil  
5 oz. organic skinless, boneless chicken breast \*  
½ cup organic marinara sauce  
2 cups Italian blend frozen vegetables (no beans)  
1 oz. (¼ cup) Daiya dairy-free mozzarella shreds

Heat pan over medium heat. When hot, add oil and then the chicken. Cook for about 4-5 minutes on each side. Add marinara sauce and simmer for 5-10 min. until sauce is hot and chicken is cooked through. (Chicken is done when meat is white all the way through and not pink). Meanwhile, steam vegetables in the microwave according to package directions. Check chicken for doneness by cutting through the thickest part and making sure it is all white and not pink. Add cheese to chicken and allow to melt. Season vegetables to taste and serve with chicken and marinara sauce.

**\* TIME- SAVING TIP:**

Cook an extra 5 oz. of chicken for tomorrow's lunch salad.

THURSDAY

**Breakfast:****Mango, Pineapple, Coconut, and Flax Protein Shake**

- 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

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

**Serve with:** ½ oz. (⅛ cup) almonds

**TIME-SAVING TIP:**

To simplify your shake, if desired, you may choose to add just ONE kind of fruit. Choose your fruit and use the following serving size guide: ½ small OR ½ cup cubed mango; OR ¾ fresh or frozen pineapple.

**A.M. Snack:****Strawberries and Pistachios**

- 1 ¼ cup organic slices strawberries
- ½ oz. (⅛ cup) pistachios

**Lunch:****Grilled Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette**

- 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 green pepper
- ½ cup halved organic cherry tomatoes
- 2 sliced olives
- 1 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar

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.

THURSDAY

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

1 cup V-8 juice

½ oz. (⅛ cup) sunflower seeds

**Dinner:****Teriyaki Wild-Caught Salmon, and Sautéed Asparagus, Broccoli, and Mushrooms****Teriyaki Wild-Caught Salmon**

2 tbsp. Coconut Secret, Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce  
5 oz. wild caught salmon, raw\*

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 degrees for 10 to 20 minutes until fish flakes easily with a fork. Remove pan from oven and place fish on serving plate.

**\*TIME - SAVING TIP:**

To save time, you can cook an extra 5 oz. salmon (with or without the teriyaki sauce) for tomorrow's salmon salad lunch.

**Sautéed Asparagus, Broccoli, and Mushrooms**

1 tbsp. organic extra virgin olive oil  
2 cups 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 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:**

For the "Sautéed Asparagus, Broccoli, and Mushrooms," you can substitute a frozen vegetable blend for the fresh veggies 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. Then drizzle with olive oil and season to taste.

FRIDAY



## Breakfast:

Dairy-Free Cheddar Cheese Egg Scramble with Canadian Bacon, and Strawberries

1 oz. Canadian bacon	2 sprays olive oil cooking spray
2 large organic eggs	¼ cup unsweetened almond milk
1 oz. (¼ cup) Daiya dairy and casein-free cheddar cheese	1 ¼ cup organic strawberries

Heat Canadian bacon on both sides in a skillet over medium heat with a little water for a few minutes, or until hot. Remove bacon 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. Meanwhile, spray a medium size microwave safe bowl. Add egg, milk, and desired seasonings, and scramble. Add cheese and stir into mixture. When bacon is done, set aside, keeping warm. 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.



## A.M. Snack:

"Blueberry Pecan +Fiber KIND™ Bar"

This bar can be found at local grocery stores in the health food section and online.



## Lunch:

Salmon Salad with Spinach, Cherry Tomatoes, and Sunflower Seeds, and Cucumber Slices

2 cups organic baby spinach  
1 cup halved organic cherry tomatoes  
4 oz. canned wild-caught salmon  
½ oz. (⅓ cup) sunflower seeds  
2 tsp. organic extra virgin olive oil  
1 tbsp. organic balsamic vinegar  
1 large sliced organic cucumber

Place spinach and tomatoes in a serving bowl. Top with salmon and sunflower seeds, and drizzle with oil and vinegar. Serve with cucumber slices topped with your favorite seasoning, if desired.



## P.M. Snack:

Asparagus with Hummus

8 medium spears asparagus  
⅓ cup hummus

Wash asparagus spears and cut off any yellow blunt ends. Dip in hummus, and enjoy. It's surprisingly delicious!





## Dinner:

### Honey-Dijon Pork Chops with Steamed Baby Carrots, and Fresh Vegetable Salad with Vinaigrette

#### Honey-Dijon Pork Chops

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

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 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 microwavable bowl with a little water and heat in the microwave for a few minutes until tender.

#### Fresh Vegetable Salad with Vinaigrette

3 cups chopped organic leaf lettuce  
 ⅓ medium peeled and sliced organic cucumber  
 ⅓ cup halved organic cherry tomatoes  
 ⅓ medium chopped organic green pepper  
 1 tbsp. organic extra virgin olive oil  
 1 tbsp. organic balsamic vinegar

Combine cut up vegetables in serving bowl. Toss with olive oil and vinegar. Season to taste and serve.



SATURDAY

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

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1/2 cup frozen (preferred) or 1/2 small mango
- 1 tbsp. ground flaxseeds

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

**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:****Turkey Burger with Avocado, and Salad with Balsamic Vinaigrette****Turkey Burger with Avocado**

- 5 oz. turkey burger
- 2 tbsp. avocado
- 1 organic lettuce leaf
- 1 slice organic tomato

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

**Salad with Balsamic Vinaigrette**

- 2 cups organic lettuce leaves
- 1 cup chopped organic carrots
- 1 cup organic broccoli florets
- 1 tbsp. organic olive oil
- 1 tbsp. organic balsamic vinegar

Toss veggies in a bowl and drizzle with oil and vinegar. Season to taste.

**P.M. Snack:****Kale Chips with Pistachios**

- 1/2 oz. Rhythm Superfoods kale chips
- 1/2 oz. (1/8 cup) pistachios



## Dinner:

### Turkey Chili with Beans and Dairy-Free Cheddar Cheese over Spaghetti Squash

#### Turkey Chili with Beans and Dairy-Free Cheddar Cheese

2 tsp. organic extra virgin olive oil  
 5 oz. organic prairie ground turkey  
 ½ cup chili beans with sauce  
 1 cup canned diced chili-style tomatoes  
 Dash chili powder, if desired  
 1 oz. (¼ cup) Daiya dairy and casein-free cheddar shreds

Heat a medium saucepan over medium 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.

#### 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.



SUNDAY

**Breakfast:****Asparagus and Ham Egg Scramble with Pear**

- 2 large organic eggs
- ¼ cup unsweetened almond milk
- 4 chopped spears organic asparagus
- 1 oz. diced Boar's Head smoked Virginia ham
- 1-2 sprays olive oil cooking spray

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 spray. Pour egg mixture into skillet, and cook, flipping until done. Serve and enjoy.

**Serve with:** ½ large sliced organic pear

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

- 1 cup organic blackberries
- ½ oz. (⅓ cup) almonds

**Lunch:****Tuna Salad on a Bed of Lettuce with Tomato, and Beets**

- 4 oz. wild caught light or albacore tuna fish 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 sliced organic tomato
- 1 cup canned beets

Mix tuna, mayo, and relish in a bowl. In a serving bowl, add lettuce and tomato, and top with tuna salad. Enjoy with beets, cold or heated.

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

- 2 cups organic baby carrots
- 1 tbsp. cashew butter

Dip carrots in cashew butter.



Slice sirloin into thin strips. Heat pan or wok to medium high and add 1 tsp. oil. Stir fry garlic, onion, and green pepper until almost done. Move veggies from pan to a bowl and cover to keep warm. Add remaining 1 tsp. oil to skillet and add meat. Stir fry until meat is brown and add garlic salt to taste. Add veggies back into pan with meat and stir fry for another minute. Set aside. Mash avocado with salsa and spread on each lettuce leaf. Top with heated black beans, meat and vegetable mixture, and chopped tomatoes. Roll into fajitas.



NOTES:

[illegible]



Metabolic Code®

**DIET & NUTRITION**

LOOK GOOD, FEEL BETTER

# WEEK ONE | COMPLETE

Congratulations! You have completed Phase 1, Week 1 of the Metabolic Code Diet program.

Let's begin Week 2 of Phase 1 of the Metabolic Code Diet program where we continue to eliminate starch, wheat/gluten, cow's milk dairy, soy, and peanuts from your diet.



Metabolic Code®

# DIET & NUTRITION

LOOK GOOD, FEEL BETTER

## Phase 1

CARB-MODIFIED, WHEAT/GLUTEN, SOY,  
PEANUT, AND COW'S MILK ELIMINATION



## 1500 Calorie Meal Plans **WEEK TWO**

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

# Welcome to Metabolic Code® Diet

## 1500 Calorie Menus – Phase 1, Week 2

Week 2 is a continuation of the low glycemic load and allergen free eating. The low glycemic load allows reduced insulin and more rapid weight loss. The low allergen intake allows your body to reduce any ramped up immune activity it may have been having in response to wheat, gluten or casein proteins.

Do your best to remain allergen free for at least one more week. In Phase 2 you will be introducing starchy foods. After that, we will walk you through your food allergen trials to see whether food sensitivities are playing a role in your health and how you feel. These food reintroductions will begin your journey of discovering if there have been any foods de-railing your health.

The meal pattern is the same with high protein breakfast, and protein, salad and vegetable-based lunches and dinners, with snacks of fruit and nuts, or veggies with hummus, for example, in between. After one week, we hope you are starting to adjust to the new eating pattern and foods. For most people the lack of food allergens will start to improve energy dramatically. The meals with snacks in between will help keep hunger at bay. However, if you are hungry, you can also sip on soup broths between meals, if desired. On the next page are ideas for how to make great tasting soup broths or how to work with organic soup broths from the store.

### Hunger Busters

#### 1. Foods already in the meal plan:

- Daiya dairy-free cheese shreds
- Nuts and seeds
- Beans



These foods are incorporated into our meal plans to help control hunger and make your meals more satisfying. They have a high nutrient level, but their portion sizes need to be limited as directed within the meal plans due to their calorie and/or carb content. A little goes a long way to help hunger.

**2. Protein and Non-Starchy Vegetables** - If you are still hungry after meals, you may have seconds of these.

**3. Soup Broths**- are a great nourishing food you can have any time. They help with hunger as well. There are recipes on the following page.

## Fast Easy Broths

Use any organic soup broth purchased from the store and cook with any chopped leftover vegetables, chopped onions, garlic or leeks, and fresh chopped parsley. Heat and eat as desired.

## Homemade Beef Broth

1 package beef soup bones (approx. 4 or 5 cut up pieces)	Other vegetables/herbs you like Sea salt to taste
1 leek	1 tbsp. vinegar
1 turnip	8 -12 cups water
1 celery stalk	

Saute bones in a little bit of oil or 1/2 cup of previous batch broth. Chop up vegetables and add to bones. Pour vinegar onto bone marrows. This softens the marrow and allows it to disintegrate into the broth. Add water and sea salt.

Simmer on medium for a half hour, then on low for three hours. Stir occasionally and check to see that marrow is leaving bones.

After cooked, remove bones from soup. You can puree the soup with vegetables in a blender or strain soup for a broth. The soup will have more nutritional value if you eat it with the vegetables.

Let sit in refrigerator over night and skim off fat, if desired.

You can follow this same recipe using chicken instead of beef bones.

Use a cut up chicken and simmer for 1 ½ hours until chicken is tender. Remove chicken pieces from broth and remove skin. Pull meat from bones and add back to soup if desired.

Another option is to use the chicken bones from a roaster chicken you have already eaten the meat from. Use the leftover chicken carcass to make your soup.

## Easy Oriental Broth

1 cup organic chicken broth (homemade or from store)  
1 tsp dry sherry  
2 thin slices of ginger root

Combine chicken broth, sherry, ginger root, and simmer one minute. Remove ginger root and pour broth into a soup bowl. If you do not have fresh ginger, you can simmer the broth with the sherry on high heat for one minute, then season with ginger powder to taste. For flare, you can garnish the soup with a paper thin lemon slice placed on 1 spinach leaf or with 1 very thin carrot slice curled into a circle - float garnish in center of soup.

## Homemade Vegetable Broth

6 cups filtered water  
1 large potato, chopped into ½" pieces (optional)  
1 cup carrots, sliced  
1 cup celery, sliced  
1 cup other vegetables (anything you have on hand ie spinach, cabbage, broccoli, green beans, and cauliflower)  
2 cloves garlic, chopped 1 teaspoon basil 1 teaspoon black pepper  
1 teaspoon parsley  
1/2 teaspoon sea salt

Put all vegetables into an 8-quart pot, add water, cover, and slowly cook for 30 minutes. Strain for clear broth, puree with vegetables, or eat as is with vegetables. To reduce the carbs in this recipe, use only ½ of a potato or eliminate the potato.



## Soup Broths

Soups broths are great to have on hand. When following a low carb diet they make a great "anytime" food. Have a cupful for an energy lift when you are tired or to help fill you up when you are hungry. Broths are alkalinizing for the body and those made with bones are a good source of calcium.

## CHOCOLATE A SWEET EVENING TREAT!



Finally, in week 2 you can add an evening snack of 1 square of dark chocolate with a cup of tea in the evening. Dark chocolate can help satisfy a sweet tooth while providing nutrients and antioxidants. Make sure the chocolate is 73% cocoa or higher, otherwise it will contain too much sugar, and make sure it contains no milk chocolate, which contains cow's milk!



	Breakfast	A.M. Snack*	Lunch	P.M. Snack*	Dinner
<b>Monday</b>	Blueberry Banana Flax Protein Shake	Trail Mix	Arugula Salad with Smoked Turkey, Roasted Red Peppers, Cannellini Beans, Dairy-Free Mozzarella, and Balsamic Vinaigrette	Carrot Sticks with Balsamic Dressing and Sunflower Seeds	Teriyaki Chicken Stir Fry with Sesame Seeds
<b>Tuesday</b>	Egg Omelet with Dairy-Free Cheese and Fire-Roasted Red Pepper Sausage, and Blackberries	Orange Slices and Brazil Nuts	Spring Mix Salad with Grilled Chicken and Sliced Almonds, and Baby Carrots	Cucumber Slices Dipped in Guacamole	Pan Seared Sea Scallops with Turkey Bacon and Spinach, and Butter Beans with Butter
<b>Wednesday</b>	Banana Berry Flax Protein Shake	Blueberries and Walnuts	Spinach Salad with Salmon, and Curried Red Lentil Soup	Celery with Almond Butter	Baked Ham, California Style Veggies, and Spring Mix Salad with Hard-Boiled Egg and Balsamic Vinaigrette
<b>Thursday</b>	Denver Omelet with California Style Veggies, Ham, and Dairy-Free Cheddar Cheese, and Blackberries	Almonds and Raisins	Deli Chicken Breast with Dijon Mustard, Two-Bean Salad, and Cauliflower Florets	Carrot Sticks with Guacamole and Sunflower Seeds	Ginger-Garlic Chicken with Broccoli Raab
<b>Friday</b>	Strawberry Banana Flax Protein Shake	Warm Pear with Cinnamon and Walnuts	Tuna and Egg Salad with Dill, and Red Pepper and Cucumber Slices	Kale Chips and Pistachios	Salmon Baked with Asparagus, Carrots, Zucchini, and Sweet Onion, and Seasoned Black Beans
<b>Saturday</b>	Spinach and Egg Scramble with Fire-Roasted Red Pepper Sausage, and Pineapple	Strawberries and Cashews	Deli Turkey and Avocado Salad with Balsamic Vinaigrette	Baby Carrots and Celery with Roasted Red Pepper Hummus	Garlic and Herb Roast Beef, with Zucchini, Carrot, and Mushroom Sauté with Sliced Almonds
<b>Sunday</b>	Spiced Apple and Chia Seed Protein Shake	Pineapple with Sliced Almonds	Chicken Salad with Jalapeño Almonds, Celery, Green Onion, and Dried Cranberries on a Bed of Lettuce, and Cucumber Slices	Carrots with Guacamole	Grilled Lemon Pepper Halibut with Squash and White Beans, and Steamed Green Beans

**\*SNACK NOTE:** If you prefer not to snack between meals, snacks can be added onto meals for a bigger lunch and dinner. For example, eat your morning fruit and nuts with your lunch, or use the afternoon snack as an appetizer that you munch on while you are preparing dinner, or if eating out, you can order hummus with a vegetable tray as an appetizer before dinner.

## Shopping List

1 container MCD-approved vanilla vegan protein powder
<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 cup organic blueberries
2 cups organic strawberries
2 cups organic blackberries
1 orange
2 ripe bananas
1 small container organic raspberries, OR frozen
1 large organic pear
1 ½ cup pineapple, OR frozen chunks
<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>
4 cups organic broccoli raab
1 small bunch organic green onion
1 cup organic snap green beans
½ tsp. fresh ginger root
Lime juice (fresh or bottled)
3 medium organic cucumbers
6 ½ cups organic carrots
4 cups organic baby carrots
4 ½ cups organic celery
2 large organic red pepper
1 small organic green pepper
2 medium organic zucchini
4 ½ cups organic cherry tomatoes
1 small avocado
8 spears asparagus
1 bunch or ready-to-go bag of broccoli (1 cup)
1 cup cauliflower

Garlic cloves
1 tsp. fresh organic basil leaves, (or dried)
1 sweet onion
1 red onion
1 cup mushrooms
4 cups organic romaine lettuce
3 cups organic arugula
4 cups organic spring mix
2 cups organic red leaf lettuce
8 cups organic spinach (regular or baby)
<b>Refrigerated:</b>
1 dozen organic eggs
1 container guacamole
Hummus (regular or red pepper)
<b>Refrigerated Meats:</b>
4 oz. organic smoked turkey by Applegate Farms
14 oz. organic boneless, skinless chicken breast
1 link organic fire roasted red pepper sausage by Applegate Farms
4 oz. sea scallops
1 slice uncured turkey bacon
6 oz. uncured lean fresh ham
4 oz. premium nitrate-free deli chicken
5 oz. wild-caught salmon
4 oz. premium deli turkey
5 oz. sliced organic or grass fed roast beef
5 oz. halibut
<b>Frozen Foods:</b>
1 bag frozen organic raspberries (IF not getting fresh)
1 bag frozen pineapple (IF not getting fresh)
1 bag frozen Chinese stir fry vegetables
3 cups organic frozen California style vegetables

**Nuts:** (Buy any quantity you want. You will need them each week.)

1 bag Walnuts, Almonds, Sliced Almonds, Pistachios, Cashews, Pecans
1 bag Flaxseeds, Chia seeds, Sunflower Seeds
1 jar Almond butter

## General Grocery:

Trail mix (¼ cup)
3 oz. canned albacore tuna, in water
4 oz. canned wild-caught salmon
4 oz. canned organic chicken
Organic raisins
½ tbsp. sweetened dried cranberries
1 small jar unsweetened organic applesauce
1 jar organic roasted red peppers
1 can green beans
1 can organic kidney beans
1 can organic white beans (cannellini)
1 can seasoned black beans
1 can organic butter beans
1 box curried red lentil soup by Pacific Natural Foods
2 fl. oz. organic free range chicken broth
½ oz. Rhythm Superfoods Bombay Curry or
Zesty Nacho (it's dairy-free) kale chips
Simply Organic garlic & herb seasoning
1 bar 85% dark cacao
Stevia, optional
Olive oil spray oil
Organic extra virgin olive oil
Refined safflower oil
Balsamic vinegar
Apple cider vinegar
Coconut Secret, Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce
Olive oil mayonnaise
Dijon mustard
Newman's Own Organic Lite Balsamic Dressing
Parchment paper

MONDAY

**Breakfast:****Blueberry Banana Flax Protein Shake**

- 1 cup unsweetened almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- ⅓ cup unsweetened organic blueberries
- ⅓ medium (7" long) banana
- 1 tbsp. organic ground flaxseeds

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

**A.M. Snack:****Trail Mix**

- ¼ cup trail mix

**Lunch:****Arugula Salad with Smoked Turkey, Roasted Red Peppers, Cannellini Beans, Dairy-Free Mozzarella, and Balsamic Vinaigrette**

- 3 cups chopped organic baby arugula
- 1 cup organic cucumber, sliced
- 4 oz. organic smoked turkey by Applegate Farms
- 8 pieces thinly sliced organic roasted red peppers
- ½ cup organic white beans (cannellini)
- ¼ cup Daiya dairy-free mozzarella shreds
- 2 tsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar

Place arugula and cucumber in serving bowl. Top with turkey, roasted red peppers, beans, cheese, oil, and vinegar.

**P.M. Snack:****Carrot Sticks with Balsamic Dressing and Sunflower Seeds**

- 2 cups organic carrot sticks
- ½ oz. (⅓ cup) sunflower seeds
- 2 tbsp. Newman's Own organic lite balsamic dressing

Dip carrots in dressing and enjoy with sunflower seeds.

# MONDAY



**\*\*Stir fry an extra 5 oz. chicken breast (without sauce) for tomorrow's lunch.**

[illegible]

TUESDAY

**Breakfast:**

Egg Omelet with Dairy-Free Cheese and Fire-Roasted Red Pepper Sausage, and Blackberries

2 organic eggs  
 1/4 cup unsweetened almond milk  
 1/2 link organic fire roasted red pepper sausage by Applegate Farms  
 1-2 sprays of olive oil spray oil  
 1 oz. (1/4 cup) Daiya dairy-free cheddar cheese shreds

Heat skillet on medium heat. Scramble eggs with milk in a medium bowl and set aside. Add diced sausage to pan, brown, and heat through. Spray pan with oil spray, add eggs, and stir. Just before eggs are set, add cheese. When eggs are done and cheese is melted, place on serving plate and enjoy.

**Serve with:** 1 cup organic blackberries

**A.M. Snack:**

Orange Slices and Brazil Nuts

1 sliced orange (about 3" diameter)  
 1/2 oz. (1/8 cup) Brazil nuts

**Lunch:**

Spring Mix Salad with Grilled Chicken and Sliced Almonds, and Baby Carrots

2 cups organic spring mix  
 1 cup organic cherry tomatoes, sliced  
 4 oz. organic boneless, skinless, chicken breast, cooked and sliced  
 1/2 oz. (1/8 cup) sliced almonds  
 2 tbsp. Newman's Own organic lite balsamic dressing

Arrange vegetables in serving bowl, and top with chicken, almonds, and dressing.

**Serve with:** 1 cup organic baby carrots



TUESDAY

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

2 cups organic cucumber

4 tbsp. guacamole

Dip cucumber slices in guacamole and enjoy.

**Dinner:****Pan Seared Sea Scallops with Turkey Bacon and Spinach, and Butter Beans with Butter****Pan Seared Sea Scallops with Turkey Bacon & Spinach**

4 oz. sea scallops

1 slice uncured turkey bacon

½ tsp. Simply Organic  
garlic & herb seasoning

¼ tsp. lemon pepper

2 tsp. organic extra virgin olive oil

4 cups organic fresh spinach

1 tsp. organic balsamic vinegar

1 dash sea salt

Thaw scallops, if frozen. Rinse scallops; pat dry. Coat scallops in seasoning. In a large skillet cook scallops in hot oil over medium heat about 6 minutes or until browned and opaque, turning once. Remove scallops. Fry bacon until crispy.

Add spinach to skillet; sprinkle with water. Cook, covered, and over medium-high heat about 2 minutes or until spinach is wilted. Add vinegar; toss to coat evenly. Return scallops to skillet; heat through. Sprinkle with turkey bacon.

**Butter Beans with Butter**

½ cup organic butter beans

1 tsp. organic butter

Sea salt

Pepper

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

WEDNESDAY

**Breakfast:****Banana Berry Flax Protein Breakfast Shake**

1 cup unsweetened coconut milk  
 1 serving MCD-approved vanilla vegan protein powder  
 ½ medium (7" long) banana  
 ¼ cup frozen organic raspberries  
 1 tbsp. organic ground flaxseeds

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

**A.M. Snack:****Blueberries and Walnuts**

¾ cup organic blueberries  
 ½ oz. (⅓ cup) walnuts

**Lunch:****Spinach Salad with Salmon, and Curried Red Lentil Soup****Spinach Salad with Salmon**

3 cups organic baby spinach  
 1 cup organic cherry tomatoes  
 ½ cup sliced organic mushrooms  
 4 oz. canned wild-caught salmon  
 1 tbsp. organic extra virgin olive oil  
 1 tbsp. organic balsamic vinegar

Place washed spinach and vegetables in a serving bowl. Top with salmon. Drizzle olive oil and vinegar over salad.

**Curried Red Lentil Soup****Heat and Serve:**

1 cup curried red lentil soup by Pacific Natural Foods

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

2 cups organic celery  
 1 tbsp. almond butter

Dip celery in almond butter and enjoy.

WEDNESDAY



## Dinner:

Baked Ham, California Style Veggies, and Spring Mix Salad with Hard-Boiled Egg, and Balsamic Vinaigrette

### Baked Ham

4 oz. uncured lean ham slice or steak

Grill or heat ham and serve.

#### TIME- SAVING TIP:

Reserve an extra 2 oz. ham for tomorrow's breakfast.

### California Style Veggies

1 cup organic frozen California style vegetables

Steam according to package directions.

#### TIME- SAVING TIP:

Cook an extra cup of these vegetables to use in tomorrow's veggie omelet.

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

2 cups organic spring mix

1 cup halved organic cherry tomatoes

1 diced hard boiled organic egg

¼ cup sliced organic red onion

1 tbsp. extra virgin olive oil

1 tbsp. balsamic vinegar

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

THURSDAY



## Breakfast:

Denver Omelet with California Style Veggies, Ham, and Dairy-Free Cheddar Cheese, and Blackberries

- 2 organic eggs
- ¼ cup unsweetened original almond milk
- 1 oz. organic uncured lean ham, slice or steak
- 1 cup cooked California style veggies  
- (from last night's dinner)
- 1 tsp. organic butter
- 1 oz. (¼ cup) Daiya dairy and casein-free cheddar cheese shreds

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. Add cheese, fold omelet in half and finish cooking on both sides. Place on a serving plate and serve.

**Serve with:** 1 cup organic blackberries



## A.M. Snack:

Almonds and Raisins

- ½ oz. (⅛ cup) almonds
- 2 tbsp. organic raisins



## Lunch:

Deli Chicken Breast with Dijon Mustard, Two-Bean Salad, and Cauliflower Florets and Cherry Tomatoes

### Deli Chicken Breast with Dijon Mustard

- 4 oz. premium nitrate-free deli chicken
- 1 tbsp. Dijon mustard

Roll up chicken and dip in mustard.

### Two-Bean Salad

- 2 tsp. organic extra virgin olive oil
- 1 tbsp. organic cider vinegar
- ¼ packet stevia (natural sweetener), or 3-4 drops liquid stevia
- 1 dash sea salt
- 1 dash coarse black pepper
- 1 cup organic green beans
- ½ cup kidney beans
- ¼ cup organic chopped green pepper
- ¼ cup organic chopped onion

Mix oil, vinegar, stevia, salt, and pepper in a mixing bowl. Drain and rinse beans, then add them and the vegetables to the dressing bowl, and stir together. Chill if desired, and serve.

### Serve with:

- 1 cup cauliflower, cut up
- 1 cup cherry tomatoes

THURSDAY

**P.M. Snack:****Carrot Sticks with Guacamole and Sunflower Seeds**

2 cups organic carrot sticks

2 tbsp. guacamole

½ oz. (⅓ cup) sunflower seeds

Dip carrots in guacamole and enjoy with sunflower seeds.

**Dinner:****Ginger-Garlic Chicken with Broccoli Raab**

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

½ tsp. minced organic garlic

½ tsp. grated ginger root

1 tsp. lime juice

2 fl. oz. organic free range chicken broth

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.





FRIDAY

**Breakfast:****Strawberry Banana Flax Protein Shake**

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- ½ cup organic strawberries
- ¼ medium banana
- 1 tbsp. ground flaxseeds

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

**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 cup strawberries; OR ½ medium banana.

**A.M. Snack:****Warm Pear with Cinnamon and Walnuts**

- ½ large organic pear, sliced
- ½ tsp. ground cinnamon
- ½ oz. (⅓ cup) chopped walnuts

Poach pear over a low heat with a small amount of water until tender. Add cinnamon to taste. Top with walnuts.

**Lunch:****Tuna and Egg Salad with Dill, and Red Pepper and Cucumber Slices****Tuna and Egg Salad with Dill**

- 3 oz. canned albacore tuna, in water, drained
- 1 organic hard boiled egg, chopped
- ¼ cup chopped organic celery
- 1 tbsp. organic olive oil mayonnaise
- ¼ tsp. dried dill weed
- 2 cups organic romaine lettuce

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

**Serve with:**

- 1 cup organic red pepper slices
- 1 cup cucumber slices

**P.M. Snack:****Kale Chips and Pistachios**

- ½ oz. Rhythm Superfoods Bombay Curry or Zesty Nacho (it's dairy-free) kale chips
- ½ oz. (⅓ cup) pistachios



## Dinner:

### Salmon Baked with Asparagus, Carrots, Zucchini, and Sweet Onion, and Seasoned Black Beans

#### Salmon Baked with Asparagus, Carrots, Zucchini, and Sweet Onion

8 spears organic fresh asparagus, cut in half or in thirds  
 1 cup baby carrots  
 1 cup zucchini, sliced  
 1/2 sweet onion, sliced  
 5 oz. wild-caught salmon  
 1 tbsp. refined safflower oil  
 1 dash sea salt  
 1 dash coarse black pepper  
 1 dash ground turmeric  
 1/4 tsp. lemon pepper

Wash veggies and pat dry. Place salmon, skin side down, on one half of parchment paper, then place veggies around salmon. Drizzle with and rub oil into salmon. Sprinkle salmon and veggies with sea salt, coarse pepper, turmeric, and lemon pepper. Add any fresh herbs and/or fresh lemon slices you may have, as desired. Fold other half of parchment paper over salmon and veggies, and roll up the edges tightly to keep in all the flavor and moisture. Place packet on a steel tray or on foil, and grill over medium heat, OR bake in preheated oven at 400 degrees for about 15 min. When done, remove from grill/oven and allow package sit for 5 minutes to continue cooking. (If you don't have parchment paper, you could simply grill or bake the salmon and cook your vegetables separately in a skillet with a little oil and water.)

Then, cut open paper and enjoy... right from the paper with all the juices. Optional: Squeeze fresh lemon juice over fish and vegetables.

#### Seasoned Black Beans

1/2 cup canned seasoned black beans, drained

Heat and serve with salmon.



SATURDAY

**Breakfast:**

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

½ link organic fire roasted red pepper sausage  
 2 organic eggs  
 1 tsp. organic butter  
 ¼ cup diced organic red onion, optional  
 1 cup organic baby spinach

Heat skillet on medium heat and cook sausage. Scramble eggs in a medium bowl and season to taste. Remove sausage from pan when done, and add butter. Sauté onion until tender. Add eggs and spinach and stir until set.

**Serve with:** ¾ cup pineapple

**A.M. Snack:**

Strawberries and Almonds

1 ¼ cup sliced organic strawberries  
 ½ oz. (⅓ cup) almonds

**Lunch:**

Deli Turkey and Avocado Salad with Balsamic Vinaigrette

2 cups organic romaine lettuce, chopped  
 ½ cup organic cherry tomatoes, halved  
 ½ cup organic carrots, grated  
 1 cup organic red pepper, chopped  
 4 oz. premium deli turkey, cut up in squares  
 ⅛ cup avocado, cubed  
 2 tsp. extra virgin olive oil  
 1 tbsp. balsamic vinegar

Place chopped lettuce in serving bowl, add vegetables, top with turkey and avocado, drizzle with oil and vinegar, and serve.

SATURDAY

**P.M. Snack:**

Baby Carrots and Celery with  
Roasted Red Pepper Hummus

- 1 cup organic baby carrots
- 1 cup organic celery strips
- ⅓ cup roasted red pepper hummus

Dip veggies in hummus and enjoy.

**Dinner:**

Garlic and Herb Roast Beef, with Zucchini, Carrot, and  
Mushroom Sauté with Sliced Almonds

**Garlic and Herb Roast Beef**

- 5 oz. sliced organic, or grass fed fresh beef roast, uncooked
- 1 tsp. organic extra virgin olive oil
- ½ tsp. Simply Organic garlic and herb seasoning

Rub meat with olive oil and garlic pepper seasoning and place in a shallow roasting pan. Preheat oven to 350 degrees. Place roast beef in oven and roast until desired doneness (approximately 20-25 min.). Meat is done when the internal temperature of the meat reaches 165 degrees.

**Zucchini, Carrot, and Mushroom Sauté  
with Sliced Almonds**

- 1 tsp. organic extra virgin olive oil
- 1 medium sliced organic zucchini squash
- 1 cup sliced organic carrots
- ½ cup sliced organic mushrooms
- ½ tsp. minced organic garlic
- ½ tsp. dried oregano
- ½ oz. (⅓ cup) sliced almonds

Heat pan over medium heat and add oil. Add zucchini and carrots, and sauté until tender. Add mushrooms, garlic, and oregano and cook for 2 more minutes. Serve with roast beef.

SUNDAY

**Breakfast:****Spiced Apple and Chia Seed Protein Shake**

½ cup unsweetened organic applesauce  
 ¼ tsp. ground cinnamon  
 ⅛ tsp. ground ginger  
 1 tbsp. chia seeds (milled or whole)  
 Stevia, to taste  
 1 cup unsweetened coconut milk  
 1 serving MCD-approved vanilla vegan protein powder

Place all ingredients in blender, add ice, if desired, and blend to desired consistency.

**A.M. Snack:****Pineapple with Sliced Almonds**

¾ cup fresh pineapple  
 ½ oz. (⅛ cup) sliced almonds

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

4 oz. canned organic chicken  
 1 tbsp. organic olive oil mayonnaise  
 ½ oz. (⅛ cup) chopped Blue Diamond Bold Jalapeno  
 Smokehouse almonds  
 ¼ cup chopped organic celery  
 2 chopped stalks organic green onion  
 ½ tbsp. sweetened dried cranberries  
 2 cups shredded organic red leaf lettuce

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

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

**TIME-SAVING TIP:**

For a quick lunch tomorrow or the next day, double the recipe and just refrigerate!

**P.M. Snack:****Carrots with Guacamole**

1 cup organic baby carrots  
 2 tbsp. guacamole

Dip carrots in guacamole, and enjoy.



SUNDAY



## Dinner:

### Grilled Lemon Pepper Halibut with Squash and White Beans, and Steamed Green Beans

#### Grilled Lemon Pepper Halibut with Squash and White Beans

5 oz. halibut  
 1 tsp. fresh organic basil leaves  
 ¼ tsp. lemon pepper  
 ½ tsp. sea salt  
 1 medium sliced organic zucchini  
 1 large sliced organic red bell pepper  
 1 cup organic broccoli florets  
 2 tsp. organic extra virgin olive oil  
 ½ cup canned organic white (Cannellini) beans, drained and rinsed

Heat coals or gas grill for direct heat. Place fish on large piece of parchment paper. Sprinkle fish with half of basil, lemon pepper, and sea salt.

Arrange zucchini and bell pepper over fish, and beans around fish. Sprinkle with remaining basil, lemon pepper, and seasoned salt. Drizzle with oil. Fold paper over fish and vegetables so edges meet. Seal edges, making tight upward folds. Allow space on sides for circulation and expansion.

Place packet on a steel tray or on a piece of foil, and grill over medium heat 15 to 20 minutes, or until fish flakes with a fork and vegetables are tender. Place packet on a serving plate. Cut a large X across top of each packet; fold back paper, and enjoy.

#### 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.

#### TIME SAVING TIP:

Place green beans in parchment paper (like you do for the rest of your meal) with seasonings and a spray of olive oil and cook on the grill for about 10-15 min., or until tender.

**MCD Phase 1- 1500 Calorie Meal Chart**

\*Please refer to Serving Size Guide for serving sizes

Meal	Food	Serving(s)
<b>Breakfast</b>	Protein Shake:	
	Fruit	1
	Unsweetened Milk Substitute	1
	Protein powder	3 (1 serving, per nutrition label)
	Flax or chia seeds (ground)	1
	<b>OR</b>	
	Protein	3
	Fat	1
	Unsweetened Milk Substitute	½
	Fruit	1
	Vegetable (optional, in eggs)	1
<b>A.M. Snack</b> (optional)	Fruit	1
	with Nuts or Seeds	1
<b>P.M. Snack</b> (optional)	Vegetable	1-2
	with Hummus or Bean Dip, <b>or</b>	1
	with Guacamole, <b>or</b>	1
	with Nut butter (2 nuts/seeds serv./day), <b>or</b>	1
	with Lite balsamic vinaigrette, <b>and</b>	1
	Nuts/Seeds (2 serv./day)	1
<b>Lunch &amp; Dinner</b>	Protein	4
	Vegetables (salad or cooked)	3-4
	Fat	1-3
	Dairy-free cheese	Up to 1/day, 3 times/week
	Legumes (beans) (1 serv./day)	1
	Nuts/seeds (2 serv./day)	1

## Diet Charts

The week of meal plans and recipes are provided to give you many great food ideas. We have included the following charts to help you understand the structure of the diet and the meal pattern so you can make appropriate food choices when you are eating out or at home when you want to build your own meals.

### Nut Substitutions for Nut Allergies and Diverticulitis

The following alternatives (marked with an "X") can be swapped out for **1 nut/seed serving**.

Nut Allergy	Diverticulitis	Food Alternative
		½ oz. seeds*
X		½ oz. soy nuts*
X	X	1 tbsp. soy butter or seed butters* (sunflower or pumpkin seed)
	X	1 oz. tahini* (made from sesame seeds; can be an allergen)
X		½ cup Enjoy Life™ brand of nut-free snack mixes (count as 1 nut/seed AND 1 fruit)
X	X	1 extra bean/legume (including hummus**)
X	X	1 oz. protein
X	X	½ oz. Trader Joe's Roasted Coconut Chips
X	X	8 - 10 olives
X	X	1 oz. Go Veggie™ dairy-free cheese substitute
X	X	½ single container coconut milk yogurt with 1 tbsp. protein powder (replaces 1 fruit and nut snack)
X	X	1 stick Tom Tom's Turkey sticks

\*If you have a nut allergy, avoid products you are allergic to, and eat other nuts or seeds as your Dr. allows. Make sure those items are processed in a nut free facility.

\*\*Hummus contains tahini, so avoid it if sesame seeds are a problem.

## Phase 1- 1500 Calorie Serving Size Guide

Food	Servings/Day	Serving Size
Protein	11  In general: -3 at breakfast -4 at lunch -4 at dinner	1 oz. poultry, fish, beef, pork (due to shrinkage, cook 5 oz. of raw meat to give 4 oz. cooked)
		1 egg
		1 slice turkey bacon (about 5-7 g protein/slice)
		1/3 serving protein powder (per nutrition label). Use 1 serving (per nutrition label) for 3 breakfast protein servings.

Non-Starchy Veggies	10+	1 cup raw
		1/2 cup cooked
		<b>Includes:</b> artichoke/artichoke hearts, asparagus, bamboo shoots, sprouts (bean, alfalfa, broccoli), beans (green, wax, and Italian), beets, broccoli, Brussels sprouts, cabbage (green, bok choy, and Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, green onions or scallions, greens (collard, kale, mustard, and turnip), hearts of palm, jicama, kohlrabi, leeks, mung bean sprouts, all lettuces/salad greens, mushrooms, okra, onions, pea pods, peppers, radishes, rutabaga, sauerkraut, spinach, squashes, including zucchini, sugar snap peas, Swiss chard, tomato, tomato sauce, tomato/vegetable juice, turnips, water chestnuts.

Fruit	1-2	1/2 medium pear, small mango, papaya
		1/2 large grapefruit, or 3/4 cup canned sections
		1/2 large pear, or 1/2 cup canned
		3/4 cup blueberries
		3/4 cup fresh pineapple, or 1/2 cup canned
		1 cup raspberries, blackberries, melon
		1 1/4 cup strawberries, watermelon
		1 extra small or 1/2 medium banana
		1 small apple, nectarine, orange, kiwi
		1 medium peach, or 1/2 cup canned
		2 small plums, clementines/tangerines
		4 fresh apricots, 1/2 cup canned
		12 fresh cherries
		17 small grapes (or 8 large grapes)

Food	Servings/Day	Serving Size
Nuts/Seeds	2	1/2 oz. (1/8 cup) seeds, nuts (except peanuts) 1 tbsp. nut butter (except peanut butter)
Chia or Flaxseeds	1	1 tbsp. ground/milled
Legumes	1	1/2 cup beans, split peas, lentils
		1/3 cup hummus, bean dip

Non-Dairy Milk Options	1	1 cup unsweetened almond, coconut, cashew, macadamia, flax, or hemp milk. (In case of known allergy or sensitivity to nuts, oat or rice milk may be used.)
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Healthy Fats (5 g fat = 1 fat serv.) (3 tsp. = 1 tbsp.)	up to 6	1 tsp. oil, organic butter, ghee, olive oil, mayonnaise
		2 tbsp. lite balsamic dressing, avocado, guacamole
		Salad dressing guidelines: organic (preferred)*, ≤ 5 g sugar per serving, non-dairy *Choosing organic ensures oils will not contain GMOs.

Non-Dairy Cheese Options	up to 1 oz./day, 3 times/week, if desired	1 oz. (1/4 cup) Daiya dairy-free shreds OR Go Veggie Vegan Cheese Shreds (This is good tossed on salads or melted on cooked vegetables) *Avoid any cheese alternative that contains casein or soy
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Beverages	Unlimited	Water, tea (regular and herbal), coffee, sparkling water, fruit water (see recipe), lemon/lime water, club soda with a splash (up to 1 oz.) of cranberry or other 100% fruit juice.
	Limit to 1 drink, occasionally	Vodka* with club soda (lemon and lime twists are okay), or a glass of wine. *We recommended a non-wheat based vodka during this elimination phase of the MCD. See FAQ's for more information.

**Acceptable Seasonings and Condiments:** Sea salt, pepper, seasonings/herbs, spices, mustard, broth, vinegars, hot sauces, lemon and lime juice, dill pickle (reduced sodium), stevia sweetener, Coconut Secret Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce, olives (green & black)

**Sweet Condiments:** Limit to 1/day: 1 tbsp ketchup or cocktail sauce

## MCD Phase 1- 1500 Calorie "Snapshot"

Meal	Food
Breakfast	Protein Shake - 1 fruit serving, 1 cup unsweetened almond or coconut milk, 1 serving (per nutrition label) protein powder, and 1 tbsp. chia or flax seeds (ground)
	<b>OR</b>
	2 eggs, 1 oz. meat (like ham or turkey bacon), 1 fat, up to ½ cup unsweetened milk substitute, (to use in scrambled eggs), 1 vegetable (optional, in eggs), and 1 fruit
A.M. Snack (optional)	1 serving fruit with 1 serving nuts/seeds
P.M. Snack (optional)	1-2 servings vegetable with ½ cup hummus or bean dip, 2 tbsp. guacamole, 2 tbsp. lite balsamic dressing, <b>AND</b>
	1 serving nuts/seeds (2 servings/day)
Lunch & Dinner	4 oz. protein (due to shrinkage, use 5 oz. of raw meat to give 4 oz. cooked)
	3-4 servings vegetables: salad or cooked vegetable
	1-3 fats
	Up to 1 serving of dairy-free cheese, 3 times per week (1 oz. or ¼ cup) served on veggie
	1 serving of beans per day- on a salad, as a side, or in bean/lentil soup
	1 serving nuts/seeds- on salad or cooked vegetable (2 servings/day)
Time-Saving Sides:	<b>Salads:</b> bagged, baby carrots, veggie trays, pre-cut veggies, side salads from restaurants (avoid Caesar salads because of the cheese)
	<b>Cooked veggies:</b> Frozen bags of veggies steamed with a little water in a pan, and add butter, pre-cut mixed veggies for stir-fry (fresh and frozen products are available)
	<b>Beans:</b> hummus with veggies, canned beans (lima, butter, black, kidney, white, pinto beans) heated with a little butter or oil, organic refried beans heated, bean dip with veggies, canned three-bean salad, and beans tossed on salads (like garbanzo, white, black, kidney, etc.)

## 1200-1300 Calorie Meal Plan Adjustment

The 1500 calorie meal plan can be adjusted down to a 1200 to 1300 calorie diet by **reducing** food servings as noted below.

## Adjustment Guide

<b>1 protein</b> (only use ⅔ serving protein powder in your breakfast protein shake)
<b>2 non-starchy veggies</b>
<b>1 fruit serving</b>
<b>1 fat serving</b>
<b>1/2 oz. nuts</b>

## Food and Exercise Journal



You will need to make copies of this page so you have one per day to record your intake (unless you are using our online portal to log what you've eaten).

**Food:**

**Goal/maximum servings per day**  
**Amount in ( ) = 1 box**

Fill in the boxes with time you ate, and then circle AM or PM.

Non-Starchy Veggies	10+ serv. (1 serv.)	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>		
Protein	11 oz. (1 oz. serv.)	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>		
Fruit	1-2 servings (1 serv.)	<div>AM PM</div>	<div>AM PM</div>										
Nuts/Seeds	1 oz. (½ oz.)	<div>AM PM</div>	<div>AM PM</div>										
Legumes	1 (½ cup)	<div>AM PM</div>											
Non-Cow's Milk	1 (1 cup)	<div>AM PM</div>											
Fat	6 serv. (1 tsp. or 2 tbsp.)	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>						
Dairy-Free Cheese	1 oz. (¼ cup), 3 times/week	<div>AM PM</div>											
Beverages	6-8 8 oz. glasses (1 glass)	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>	<div>AM PM</div>			
Nutritional Supplements		<div>AM</div>	<div>NOON</div>	<div>PM</div>	<div>BEDTIME</div>								
Exercise	Time: <div>AM PM</div>	Type:	Hours of night sleep										

List any foods that you ate that are not on the diet and/or additional amounts food eaten.

Energy Level	0	1	2	3	4	5	0= no energy to 5= lots of energy	comment:
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**Please rank your hunger after:**

Breakfast	0	1	2	3	4	5	0= totally satisfied and 5= feeling starved	comment:
Lunch	0	1	2	3	4	5	0= totally satisfied and 5= feeling starved	comment:
Dinner	0	1	2	3	4	5	0= totally satisfied and 5= feeling starved	comment:
Evening	0	1	2	3	4	5	0= totally satisfied and 5= feeling starved	comment:



# WEEK **TWO** | COMPLETE

**Congratulations! You have completed Phase 1, Week 2** of the Metabolic Code Diet program.

**Next Step:** You can continue with Phase 1, or you may be ready to move to Phase 2. See our Phase 2: Discover and Rebuild guide along with the Phase 2 Quick Guide, or talk with your Practitioner/Coach if you are working with one, to decide what is best for you.





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**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.

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