



Metabolic Code®

DIET & NUTRITION

LOOK GOOD, FEEL BETTER

Phase 1

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



1500 Calorie Meal Plans
WEEK EIGHT

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

Shopping List

	1 container MCD-approved vegan vanilla protein powder
	7-14 packets or servings Generation UCAN SuperStarch
<i>Produce: To help avoid produce spoilage, you may want to purchase produce twice during the week. We made a few notes of items needed later in the week.</i>	
Fruits:	
	1/4 cup pineapple
	2 1/2 cups organic strawberries
	4 clementines
	1 small organic apple
	2 extra small bananas
	1 cup organic blackberries
	1 cup organic raspberries
	2 medium organic peaches
	1/2 large organic pear
	1 lime
<i>Lettuce: You can purchase 1-2 types of dark, leafy greens and/or spinach twice a week for salads to limit spoilage. They are all healthy!</i>	
Vegetables:	
	1 cup acorn squash
	1 spaghetti squash (4 cups)
	1 tsp. fresh (preferred), or dried cilantro
	4 small cucumbers
	3 cups organic baby carrots
	2 cups organic carrots
	4 large organic red peppers
	1 medium organic green pepper
	4 1/2 cups organic cherry tomatoes
	4 medium organic tomatoes
	4 cups Brussel sprouts
	3 cups organic broccoli
	1 avocado
	3 small sweet onions
	1 large red onion
	3 stalks green onion

	2 cloves fresh garlic
	2 1/2 cups organic celery
	1 cup portabella mushrooms
	1 medium, 1 large organic zucchini
	3 cups broccoli slaw
	1 cup snap green beans
	2 cups organic kale
	1 tsp. fresh basil (preferred), or dried
	2 cups bagged organic salad mix
	6 cups organic romaine
	4 cups organic Boston bibb lettuce
	2 cups organic red leaf lettuce, plus 6 large outer leaves
	3 cups organic baby spinach
Refrigerated:	
	1 small container guacamole
	1 half gallon unsweetened plain coconut milk
	1 half gallon unsweetened vanilla almond milk
	1 bag Daiya dairy-free cheddar shreds
	4 organic eggs
	Organic butter
	1/2 cup sauerkraut (non-pasteurized)
Refrigerated Meats:	
	3 oz. Canadian bacon
	3 oz. nitrate-free turkey bacon
	1 oz. uncured ham
	4 oz. wild caught shrimp
	25 oz. organic chicken breast, boneless, skinless
	4 oz. premium nitrate-free deli chicken
	4 oz. nitrate free turkey breast deli meat
	9 oz. ground turkey
	1/2 link fire-roasted red pepper sausage by AppleGate Farms
	5 oz. halibut
	1 oz. organic turkey sausage
	4 oz. spicy sausage
	5 oz. wild caught salmon

Nuts/Seeds:

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

	1 bag sliced almonds, walnuts, pistachios, pecans, 1/8 cup Blue Diamond Bold Jalapeno Smokehouse almonds
	1 bag flaxseeds, sunflower seeds
	1 jar almond butter, cashew butter

General Grocery:

	Red pepper flakes, chili powder, lemon pepper, dill weed,
	Cumin, taco seasoning, optional
	Unsweetened cocoa powder
	1 can coconut milk
	Balsamic vinegar, apple cider vinegar
	Organic extra virgin olive oil, Refined safflower oil. olive oil cooking spray
	Dijon mustard
	Organic olive oil mayonnaise
	Newman's Own Organic Lite Balsamic Dressing
	Annie's Natural Lemon and Chive Dressing
	1 tbsp. spreadable apricot jam
	1/2 tsp. honey
	1 tbsp. Trader Joe's All Natural Barbeque Sauce (or other low sugar sauce without allergens)
	1 cup organic Curried Red Lentil Soup by Pacific Foods, heated
	1/2 tbsp. dried cranberries
	1/2 cup canned chili beans with sauce
	1 cup canned chili style tomatoes
	1/3 cup black bean dip
	1/2 cup seasoned black beans
	1/2 cup white (cannellini) beans
	1/2 cup butter beans
	4 oz. wild caught light or albacore tuna fish (canned in water)
	4 oz. canned chicken
	1/2 oz. Rhythm Superfoods Bombay Curry or Zesty Nacho kale chips

Frozen Foods:

	1/4 cup mango chunks (or fresh)
	2 cups California style vegetables

L.O. = Left-Over	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Monday	Canadian Bacon and Tomato Lettuce Wraps with Strawberries	Pear and Pecans	Deli Turkey Breast Lettuce Roll-Ups with Guacamole, and Spinach Salad with Sliced Almonds and Balsamic Vinaigrette	Cherry Tomatoes and Cucumber with Balsamic Dressing	Grilled Lemon Pepper Halibut with Squash and White Beans, and Steamed Green Beans
Tuesday	Mango, Pineapple, Coconut, and Flax Protein Shake	Strawberries and Pistachios	Tuna Salad with Dill, Curried Red Lentil Soup, and Garden Salad with Sliced Almonds and Balsamic Dressing	Fresh Veggies with Guacamole Dip	Spicy Apricot Glazed Chicken, with Acorn Squash, and California Style Veggies
Wednesday	Denver Omelet with California Style Veggies, Ham, and Dairy-Free Cheddar Cheese, and Blackberries	Clementines and Walnuts	Shrimp Tossed Salad with Avocado and Lemon and Chive Dressing	Kale Chips and Pistachios	Spicy Sausage with Sauerkraut, Butter Beans with Butter, and Tomato and Cucumber Salad
Thursday	Peach and Flax Protein Shake	Apple Slices with Almond Butter	Avocado-Lime Chicken, Veggie, and Black Bean Salad	Tomato and Cucumber Salad	BBQ Chicken, Broccoli Slaw with Sunflower Seeds, and Roasted Brussels Sprouts and Onion
Friday	Turkey Bacon, Zucchini Hash Browns, and Clementines	Raspberries and Walnuts	Deli Chicken Breast with Dijon Mustard, and Roasted Brussel Sprouts and Onion (L.O.)	Celery with Almond Butter	Turkey Chili with Beans and DF Cheddar Cheese over Spaghetti Squash, and Garden Salad with Balsamic Vinaigrette
Saturday	Chocolate Banana Protein Shake with Coconut Milk, Almond Butter, and Spinach	Peach Slices and Pistachios	Turkey Chili with Beans and Spaghetti Squash (L.O.) with Carrots	Broccoli Slaw	Baked Salmon over Warm Portobello and Red Pepper Kale Salad
Sunday	Egg Omelet with Dairy-Free Cheese and Fire-Roasted Red Pepper Sausage, and Blackberries	Banana Slices and Cashew Butter	Chicken Salad with Jalapeno Almonds, Celery, Green Onion, and Dried Cranberries on a Bed of Lettuce, and Cherry Tomatoes and Cucumber with Balsamic Dressing	Carrots with Bean Dip	Roasted Cilantro and Lime Chicken with Roasted Red Pepper and Onions, and Steamed Broccoli

MONDAY



Breakfast:

Canadian Bacon and Tomato Lettuce Wraps with Strawberries

Ingredients:

2 sprays olive oil cooking spray
3 oz. Canadian bacon
3 organic lettuce leaves
1 tsp. olive oil mayonnaise
3 slices organic tomato slices

Directions:

Heat skillet over medium heat until hot. Spray with cooking spray and heat Canadian bacon on both sides for a few minutes until hot. Add to lettuce leaves with divided mayo and tomato. Roll up and enjoy.

Serve with: 1 1/4 cup organic strawberries



A.M. Snack:

Pear and Pecans

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



Lunch:

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

Deli Turkey Breast Lettuce Roll-Ups with Guacamole

Ingredients:

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

Directions:

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 Dressing

Ingredients:

2 cups organic baby spinach
1/2 cup organic cherry tomatoes, halved
1 cup organic baby carrots, chopped
1/4 cup red onion, chopped
1/2 oz. (1/8 cup) sliced almonds
2 tbsp. Newman's Own organic lite balsamic dressing

Directions:

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

MONDAY

**P.M. Snack:****Cherry Tomatoes and Cucumber with Balsamic Dressing**

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

Dip veggies in dressing, and enjoy.

Steamed Green Beans
Ingredients:

- 1 cup snap green beans
- Black pepper, salt, and/or your favorite seasonings

Directions:

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.

**Dinner:****Grilled Lemon Pepper Halibut with Squash and White Beans, and Steamed Green Beans****Grilled Lemon Pepper Halibut with Squash and White Beans****Ingredients:**

- 5 oz. halibut
- 1 tsp. fresh organic basil leaves
- 1/4 tsp. lemon pepper
- 1/2 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
- 1/2 cup canned organic white (Cannellini) beans, drained and rinsed

Directions:

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.

TUESDAY

**Breakfast:**

Mango, Pineapple, Coconut, and Flax Protein Shake

Ingredients:

- 1 cup unsweetened coconut milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1/4 cup pineapple chunks
- 1/4 cup frozen mango
- 1 tbsp. ground flaxseeds

Directions:

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

**A.M. Snack:**

Strawberries and Pistachios

- 1 1/4 cup organic slices strawberries
- 1/2 oz. (1/8 cup) pistachios

**Lunch:**

Tuna Salad with Dill, Curried Red Lentil Soup, and Garden Salad with Sliced Almonds and Balsamic Dressing

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. Place lettuce on serving dish and top with tuna salad.

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

Garden Salad with Sliced Almonds and Balsamic Dressing**Ingredients:**

- 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

Directions:

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

TUESDAY

**P.M. Snack:****Fresh Veggies with Guacamole Dip**

- 1 cup organic carrot strips
- 1 cup organic cherry tomato halves
- 1/2 cup peeled and chopped organic cucumber
- 2 tbsp. guacamole

Dip veggies in guacamole and enjoy.

Acorn Squash**Ingredients:**

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

Directions:

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

**Dinner:****Spicy Apricot Glazed Chicken, with Acorn Squash, and California Style Veggies****Spicy Apricot Glazed Chicken****Ingredients:**

- 1 tbsp. spreadable apricot jam
- 1/2 tsp. red pepper flakes
- 5 oz. organic chicken breast, boneless, skinless
- Salt and pepper
- Olive oil cooking spray

Directions:

Heat broiler, with rack set 4 inches from heat. In a small bowl stir together jam and red pepper flakes. Set glaze aside.

Slice chicken breasts to 1/2 inch, and place on a non-stick baking sheet coated with a cooking spray. Season both sides of chicken with sea salt and pepper. Broil chicken for 5 to 6 minutes. Brush glaze over chicken. Broil until glaze is browned about 5 minutes more. Serve chicken when an instant read thermometer reads 165 degrees F.

TIME- SAVING TIP:

Cook an extra 5 oz. of plain chicken for lunch Thursday.

California Style Veggies

- 1 cup organic frozen California style vegetables
- Seasonings, to taste

Steam according to package directions and season as desired.

WEDNESDAY

**Breakfast:**

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

Ingredients:

2 organic eggs
 1/4 cup unsweetened almond milk, optional
 1 oz. organic uncured ham, cooked
 1 cup cooked California style veggies (from last night's dinner)
 1 tsp. organic butter
 1 oz. (1/4 cup) Daiya dairy and casein-free cheddar cheese shreds

Directions:

Heat skillet on medium heat. Scramble eggs with milk in medium bowl. Add diced ham and veggies, stir, and season to taste. Add butter to skillet, pour in egg mixture and cook. As the bottom gets cooked, lift edges for liquid egg mixture to run over and onto the bottom to cook. 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:**

Clementines and Walnuts

2 clementines
 1/2 oz. (1/8 cup) walnuts

Enjoy your snack.

**Lunch:**

Shrimp Tossed Salad with Avocado and Lemon and Chive Dressing

Ingredients:

1/4 cup (4 tbsp.) avocado
 1 medium organic tomato
 1/4 cup red onion
 4 cups organic Boston bibb lettuce
 4 oz. wild caught shrimp, cooked and chilled
 2 tbsp. Annie's Naturals lemon and chive dressing

Directions:

Cut avocado in cubes, tomatoes in thin wedges and onion in thin slices. Tear lettuce in bite size pieces. Arrange lettuce in a bowl and toss gently with avocado, tomato, and red onion. Add cooked and shelled shrimp, and top dressing.



WEDNESDAY

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

1/2 oz. Rhythm Superfoods Bombay Curry or Zesty Nacho kale chips

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

Enjoy your delicious snack!

Tomato and Cucumber Salad**Ingredients:**

1 beefsteak (or other) organic tomato

1 small cucumber

1 tsp. extra virgin olive oil

1 tsp. organic apple cider vinegar

Fresh ground black pepper and sea salt

Directions:

Wash and slice vegetables. Drizzle with olive oil and vinegar, sprinkle with salt and pepper to taste, stir, and enjoy.

**TIME-SAVING TIP:**

Double recipe for a quick PM Snack tomorrow.

**Dinner:****Spicy Sausage with Sauerkraut, Butter Beans with Butter, and Tomato and Cucumber Salad****Spicy Sausage with Sauerkraut****Ingredients:**

4 oz. spicy sausage

1 tsp. refined safflower oil

1/2 cup sauerkraut (non-pasteurized, from the refrigerated section)

Black pepper, if desired

Directions:

Heat sausage in a pan with oil. When done, place all on a plate and enjoy with sauerkraut. (Do not heat sauerkraut, because the heat will kill the live probiotics that are beneficial to your gut.) Add pepper to sauerkraut, if desired.

Butter Beans with Butter**Ingredients:**

1/2 cup organic butter beans

1 tsp. organic butter

Sea salt

Pepper

Directions:

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

THURSDAY

**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:****Apple Slices with Almond Butter**

- 1 small organic apple
- 1 tbsp. almond butter

Dip sliced apple slices in almond butter and enjoy.

**Lunch:****Avocado-Lime Chicken, Veggie, and Black Bean Salad****Ingredients:**

- 2 cups organic romaine lettuce, chopped
- 1 cup organic cherry tomatoes, halved
- ½ cup organic green peppers, diced
- 1 stalk green onions, chopped
- 4 oz. organic chicken, cooked (left-over or frozen, fully cooked), chopped
- ½ cup seasoned black beans, rinsed and drained

Dressing:

- 2 tbsp. avocado
- 1 tsp. extra virgin olive oil
- 1/2 - 1 tsp. vinegar
- 1 - 2 tsp. lime juice
- 1/2 clove garlic
- Salt and black pepper, if desired

Optional:

A dash of cumin or taco seasoning, for a Mexican flair

Directions:

Place lettuce, veggies, chicken, and beans into a serving bowl. Then add dressing ingredients into a food processor or blender, and puree until smooth. It will be a little thick. Taste the dressing and adjust seasonings to your preference. (Tip: You may find it easier to puree a larger quantity. Therefore, you can double or quadruple the ingredients, then divide the finished dressing into the appropriate portion.) Add dressing to your salad, and enjoy!

THURSDAY

**P.M. Snack:**

Tomato and Cucumber Salad (LO)

*Enjoy a left over serving of this salad from dinner last night.***Roasted Brussels Sprouts and Onion****Ingredients:**

2 cups Brussels sprouts

1 cup sweet onion, sliced

2 tsp. refined safflower oil

Black pepper, sea salt, Montreal Chicken spice mix (McCormick), as desired

Directions:

Heat oven to 450 degrees F. In a mixing bowl, mix all ingredients, then pour them onto a rimmed baking sheet in a single layer. Bake about 20 minutes, or until veggies are tender and lightly browned. Stir 2- 3 times while baking. When done, remove from oven and enjoy!

TIME-SAVING TIP:

Double this recipe for an easy side dish for tomorrow's lunch.

**Dinner:**

BBQ Chicken, Broccoli Slaw with Sunflower Seeds, and Roasted Brussel Sprouts and Onion

BBQ Chicken**Ingredients:**

5 oz. organic chicken breast

1 tbsp. Trader Joe's All Natural Barbeque Sauce, or other low sugar sauce without food allergens

Salt, pepper, and garlic pepper seasoning blend

Directions:

Season the chicken and spread it evenly with the bbq sauce. Bake for 20 minutes at 350 degrees For until done (tender, and not pink in the middle).

Broccoli Slaw with Sunflower Seeds

1 tsp. organic extra virgin olive oil

2 tsp. organic apple cider vinegar

1 1/2 cups organic broccoli slaw

2 tbsp. (1/2 oz.) sunflower seeds

Black pepper, optional

Stevia, optional (for a little sweetness)

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



FRIDAY



Breakfast:

Turkey Bacon, Zucchini Hash Browns, and Clementines

Ingredients:

3 slices nitrate-free turkey bacon
Olive oil cooking spray
2 cups organic zucchini
1/2 - 1 clove garlic
Seasonings of choice (salt, black pepper, season salt, etc.)

Directions:

Cook turkey bacon according to package directions, using 1-2 sprays of oil in the skillet to prevent sticking. When done, place on a serving plate.

Meanwhile, shred the zucchini and mince the garlic, then add to a bowl and stir together. Heat another skillet over medium heat (or wait and use the bacon skillet to add extra flavor). When hot, add 2-3 sprays of oil, then veggies and flatten with a spatula. Cook until the edges have browned and flip over to brown the other side. Spray a little more spray oil if needed to avoid sticking. Season as desired. When both sides are done, enjoy with bacon.

Serve with: 2 clementines



A.M. Snack:

Raspberries and Walnuts

1 cup organic raspberries
1/2 oz. (1/8 cup) walnuts

Enjoy your healthy snack.



Lunch:

Deli Chicken Breast with Dijon Mustard, and Roasted Brussel Sprouts and Onion (L.O.)

Deli Chicken Breast with Dijon Mustard

Ingredients:

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

Directions:

Roll up chicken and dip in mustard.

Roasted Brussel Sprouts and Onion

Enjoy a serving of these veggies from dinner last night.



P.M. Snack:

Celery with Almond Butter

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

Spread almond butter on washed and chopped celery, and enjoy.



Dinner:

Turkey Chili with Beans and DF Cheddar Cheese over Spaghetti Squash, and Garden Salad with Balsamic Vinaigrette

Turkey Chili with Beans and DF Cheddar Cheese

Ingredients:

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

Directions:

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

TIME-SAVING TIP:

Double this recipe for a quick and delicious lunch tomorrow.



Spaghetti Squash

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

2 cups spaghetti squash

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

TIME-SAVING TIP:

Reserve a serving of spaghetti squash for your lunch tomorrow.

Garden Salad with Balsamic Vinaigrette

2 cups chopped romaine lettuce
 1/4 cup diced organic tomatoes
 1/2 cup peeled and chopped organic cucumber
 2 slices organic red onion
 2 tsp. extra virgin olive oil
 1 tbsp. balsamic vinegar

Add washed and chopped vegetables to serving bowl, and drizzle with oil and vinegar.

SATURDAY

**Breakfast:**

Chocolate Banana Protein Shake with Coconut Milk, Almond Butter, and Spinach

Ingredients:

1 cup unsweetened vanilla almond milk
 1 serving MCD-approved vanilla vegan protein powder
 1 tbsp. unsweetened cocoa powder
 1 extra small banana (frozen)
 1 cup organic baby spinach
 2 tbsp. organic canned coconut milk (counts as 1 fat)
 1 tbsp. almond butter
 1 tbsp. ground flaxseeds

Directions:

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

**Lunch:**

Turkey Chili with Beans and Spaghetti Squash (L.O.) with Carrots

Enjoy a serving of left over chili and spaghetti squash from dinner last night (minus the Daiya cheese).

Serve with: 1 cup organic carrots

**A.M. Snack:**

Peach Slices and Pistachios

1 medium organic peach, sliced
 1/2 oz. (1/8 cup) pistachio nuts without shell

Enjoy your delicious nuts and fruit together!



P.M. Snack:

Broccoli Slaw

- 1 tsp. organic extra virgin olive oil
- 2 tsp. organic cider vinegar
- 1 1/2 cups organic broccoli slaw
- Black pepper, optional
- Stevia, optional (for a little sweetness)

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



Dinner:

Baked Salmon over Warm Portobello and Red Pepper Kale Salad

Ingredients:

- 5 oz. wild-caught salmon
- 2 tsp. organic butter, divided
- Salt and pepper, to taste
- 1/4 cup onion, diced
- 1 organic red pepper, diced
- 1 cup small portobello mushrooms, sliced
- 2 cups kale
- 1 tsp. garlic, minced
- 1 tbsp. balsamic vinegar

Salmon

Preheat oven to 425 degrees F. Season salmon with salt and pepper, or your favorite seasonings, as desired, and brush with 1/2 tsp. butter. Add salmon to a baking dish, skin side down, and bake. If the thickest part of the fillet is one inch, start checking for doneness at about 8 minutes. Thicker pieces will take longer. The salmon will be done when it flakes easily with a fork.

Salad

While the salmon bakes, melt 1 tsp. butter in a heated large skillet over medium heat. Add the onions, peppers, and kale, and sauté until tender, stirring often. Add 1/2 tsp. butter and mushrooms, and sauté for several minutes until tender. Add garlic, and balsamic vinegar, and sauté. The kale is done when it is deep green, but not wilted. Remove from heat, season with salt and pepper to taste, and place on a serving plate. Top with salmon and enjoy!

SUNDAY



Breakfast:

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

Ingredients:

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

Directions:

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:

Banana Slices and Cashew Butter

1/2 medium (about 7" long) banana, or 1 extra small
 1 tbsp. cashew butter

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



Lunch:

Chicken Salad with Jalapeno Almonds, Celery, Green Onion, and Dried Cranberries on a Bed of Lettuce, and Cherry Tomatoes and Cucumber with Balsamic Dressing

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

Ingredients:

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

Directions:

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

Cherry Tomatoes and Cucumber with Balsamic Dressing

Ingredients:

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

Directions:

Dip veggies in dressing, and enjoy.

SUNDAY



P.M. Snack:

Carrots with Bean Dip

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

Dip carrots in bean dip and enjoy.

Roasted Red Pepper and Onions

Ingredients:

- 1 large organic red pepper bell, sliced
- 1 small onion, sliced
- 2 tsp. refined safflower oil
- Ground black pepper, sea salt, and garlic powder, as desired

Directions:

Add sliced veggies to a medium mixing bowl and toss with oil and seasonings, as desired. Place on a baking sheet in a single layer. Bake for 45-50 minutes or until veggies are browned and tender.



Dinner:

Roasted Cilantro and Lime Chicken with Roasted Red Pepper and Onions, and Steamed Broccoli

Roasted Cilantro and Lime Chicken

Ingredients:

- Cooking spray
- 5 oz. organic chicken breast, skinless, boneless
- 1 tsp. cilantro, chopped
- 1/4 lime, juiced
- 1/2 tsp. honey
- 1/2 clove garlic, minced
- Dash crushed red pepper flakes (optional)
- Ground black pepper and sea salt

Directions:

Preheat oven to 375 degrees F. Spray glass baking dish with cooking spray. In a small bowl, mix the cilantro, lime juice, honey, garlic, ground black pepper and salt (optional). Pour the mixture evenly over the chicken. Bake chicken for 45-50 minutes or until the chicken is cooked through.

Steamed Broccoli

Ingredients:

- 2 cups organic broccoli, chopped
- Seasonings, to taste

Directions:

Heat a skillet over medium heat, add a little water to cover the bottom, then add broccoli. Cover and steam, stirring often. Broccoli is done when bright green and tender. Serve and add seasonings as desired.



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