

## Sample 7 Day Menu

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
<b>meal 1</b>	Egg white Turkey scramble*	Greek Yogurt and berries	Egg whites with sauteed spinach, tomatoes, mushrooms	Greek yogurt with mixed berries	Fruit and yogurt smoothie	Egg white omelet with asparagus, tomatoes, spinach	Fruit and greek yogurt
<b>snack</b>	apple/pear or apple slaw*	edamame salad*	fresh fruit or apple slaw*	bell peppers	edamame salad	fresh fruit	bell peppers
<b>meal 2</b>	Parsley and Dill Fish fillets* and a salad	Savory spaghetti squash and salad	Veggie burger and salad	Parsley and Dill Fish fillets* and a salad	Savory spaghetti squash and salad	No-Cream Tomato soup and salad	Roasted Veggies
<b>snack</b>	edamame salad* or plain edamame	cucumber salad*	zesty slaw*	edamame salad	cucumber salad	zesty slaw	edamame salad
<b>meal 3</b>	Pumpkin Tofu Soup* and a salad	Roasted veggies*	Baked Eggplant	Asparagus and Mushrooms*	No-Cream Tomato Soup* and salad	Roasted veggies*	Pumpkin Tofu Soup* and a salad

## Sample 7 Day Menu

### Egg White and Turkey scramble

8 egg whites

1lb lean ground turkey or tofu

2C shredded spinach

2 tomatoes, coarsely chopped

1 clove garlic, minced

S/P to taste

Cook ground turkey or tofu in a medium skillet until cooked through and lightly browned. Drain excess juices from pan. Place turkey in a bowl and set aside.

Wipe the pan clean with a paper towel. Scramble the egg whites until dry. Add the eggs to the turkey.

In a small skillet coated with cooking spray, lightly saute tomatoes, spinach and garlic.

The the large skillet combine all ingredients until evenly distributed. Season with the salt and pepper and serve immediately.

Prep Time: 4 minutes

Cook Time: 10 minutes

Yields: 6

Nutrition per serving: Calories: 114 Fat: 1g Protein: 24g Carbs: 2g Sugars: 1g Sodium: 120mg

## Sample 7 Day Menu

### Roasted Veggie Medley

1C cauliflower, chopped

½C parsnips, thinly sliced

½C red bell pepper, cut into strips

½C yellow bell pepper, cut into strips

½C onion, thinly sliced

½C mushrooms, thinly sliced

2T no salt added vegetable broth

Place veggies in a baking dish.

Brush and blend with broth.

Broil for about 10 minutes.

## Sample 7 Day Menu

### Zesty Coleslaw

1C shredded green cabbage

½C shredded red cabbage

½C jicama, peeled and grated

½ small green pepper, coarsely chopped

½ small red pepper, coarsely chopped

½ small onion, coarsely chopped

1 small celery stalk, coarsely chopped

dressing:

½C apple cider vinegar

½t minced garlic

½t Stevia (optional)

½t cayenne (optional)

Combine the cabbage, jicama, peppers, onion, and celery in a large serving bowl.

In another bowl, create the dressing by stirring the vinegar, garlic, and Stevia and cayenne until well blended.

Add the dressing to the vegetable mixture and toss

## Sample 7 Day Menu

### No-Cream Tomato Soup

5lbs fresh tomatoes - use a mixture of Romas, cluster, and heirloom

1T olive oil

½C water

¼C fresh basil leaves

1t organic agave nectar or honey

S/P

Juice of one fresh lemon

Wash tomatoes and remove the green crowns.

Blanch the tomatoes: Bring several cups of water to a boil in a large pot. Place whole tomatoes in boiling water just long enough to split and loosen their outer skin. You may have to do this in batches. Once the skins are loose remove the tomatoes from the boiling water and drop them into a bowl of ice water. This stops the cooking process and accelerates the cooling of the tomatoes. When the tomatoes are cool enough to handle, loosen the skins by hand. Quarter the tomatoes and remove the hard inner core.

In a dutch oven or large stock pot, heat the olive oil over medium high heat. Place all the tomatoes in the pot. Add ½C water. Bring the mixture to a boil and immediately reduce heat. Add fresh basil, cover the pot and simmer 30 minutes or until tomatoes are soft. Stir occasionally. Remove from heat.

Using food mill over the pot, or a hand blender in the pot, or in small batches in a regular blender puree the mixture.

Return to the saucepan, allow to simmer. Stir in agave nectar or honey and lemon juice. Season with S/P to taste. Serve hot.

## Sample 7 Day Menu

### Edamame Salad

10 oz frozen shelled edamame

2 green onions, sliced

1 sheet nori, crumbled

¼C rice wine vinegar

1T olive oil

¼t sea salt

¼t Nanami Toghrashi(asian seasoning blend) - optional

Cook edamame according to package directions; set aside.

In a medium bowl, combine edamame, onions, and nori.

In a small bowl, whisk together vinegar, oil, salt and Nanami Toghrashi. Add to edamame mixture and combine thoroughly. Refrigerate for 2-3 hrs to allow tastes to combine.

## Sample 7 Day Menu

### Apple Slaw

1/3C apple cider vinegar

1T dijon mustard

¼t sea salt

¼t black pepper

1.5 small cabbages (7C shredded)

3 large carrots (1C shredded)

1 Granny Smith apple, unpeeled and cut into strips

1 Braeburn apple, unpeeled and cut into strips

¼C fresh Italian Parsley, chopped

In a medium bowl, whisk together vinegar, mustard, oil, salt, pepper.

In a large salad bowl, combine cabbage, carrots, apples and parsley; toss with dressing to coat. Cover and chill in refrigerator for at least 30 minutes.

## Sample 7 Day Menu

### Warm Asparagus and Mushrooms

1lb asparagus spears, coarsely chopped

1T no salt added veg broth

4C mushrooms, thinly sliced

½C onion, chopped

1T garlic, minced

¼C fresh lemon juice

Prepare the asparagus by discarding the bottom part of the stalk and slicing the rest on a diagonal.

Steam the asparagus for about 5 min, until it is crisp but tender.

Set aside.

Heat the broth, mushrooms, onions, and garlic in a skillet, cooking until soft.

Add the asparagus and drizzle with lemon juice.

Remove from skillet, to a serving platter and allow to cool.



## Sample 7 Day Menu

### Parsley and Dill Fish Fillets

1 lb your choice of Red Snapper, Halibut, Sole, Orange Roughy, Tilapia, etc

½C no salt added veg broth

2T fresh parley, minced

1T shallots, minced

1T fresh dill

¼C fresh lemon juice

Preheat oven to 300 degrees.

Arrange fish in the center of a baking dish, and add the broth, parsley, shallots, and dill.

Place dish in oven and roast until fish is opaque in center, about 15-25 min.

Transfer fish to a serving dish.

Add lemon juice to pan drippings, and then pour over fish.

## Sample 7 Day Menu

### Creamy Pumpkin Tofu Soup

1T olive oil

1C leeks, whites only, thinly sliced and washed well.

4C low sodium chicken or veggie broth

1C fresh pumpkin, peeled, seeded, cut into 1" cubes

2 cloves garlic, crushed

1t fresh grated ginger root

½C silken tofu

sea salt to taste

Add oil to a small nonstick frying pan and saute leeks until softened. In a large saucepan add the broth, leeks, and pumpkin. Bring to boil. Reduce heat and cook for 30 min.

Add garlic, ginger, and tofu. Simmer another 15 min. Using a hand blender, puree soup mixture until uniformly smooth. Add sea salt as desired. Serve hot!

## Sample 7 Day Menu

### Cucumber salad

- 2 seedless cucumbers (1 1/2 to 1 3/4 pounds total)
- 1 teaspoon stevia or 1T agave nectar
- 1/4 cup distilled white vinegar
- 2 teaspoons grainy mustard
- Bibb or Boston lettuce leaves

Cut cucumbers into thin (1/16-inch) rounds with slicer or by hand. Toss with 2 teaspoons salt in a colander, drain 30 minutes. Squeeze excess liquid from cucumbers.

Whisk together sugar, vinegar, and mustard in a large bowl, then stir in cucumbers. Marinate, chilled, at least 2 hours.

Drain cucumbers, reserving marinade, and mound on lettuce.

Add the extra marinade as needed.

## Sample 7 Day Menu

### Savory Spaghetti Squash

- 1 spaghetti squash (about 1 1/2 lb)
- Vegetable-oil cooking spray
- 2 cloves garlic, peeled and minced
- 1 small onion, finely chopped
- 1 tsp olive oil
- 1 can (28 oz) diced plum tomatoes
- 3 tbsp tomato paste
- 1 tsp white wine vinegar
- 1 tsp dried oregano
- 1 tsp dried basil
- fresh basil
- 1/2 tsp red pepper flakes

Preheat oven to 375°F. Halve squash lengthwise and scoop out seeds. Coat a baking sheet with cooking spray; lay halves, flesh side down, on sheet. Bake 35 minutes or until you can easily pierce shell. While squash bakes, sauté garlic and onion in oil over medium heat 5 minutes. Add remaining ingredients except fresh basil and cook, stirring occasionally, for 30 minutes. Lower heat if sauce begins to boil. Remove squash from oven. Scrape crosswise to pull strands from shell. Place in nonmetal serving bowl. Pour sauce over squash and garnish with basil.

## Sample 7 Day Menu

Here are a couple other ideas for you to use:

### **Zucchini with Cherry Tomatoes**

Serves 2

2t olive oil

4C sliced zucchini (about 6 zucchini)

4oz sliced mushrooms

2-3 cloves garlic, minced

8oz cherry tomatoes, halved

S/P to taste

Heat olive oil in a skillet on medium heat. Saute zucchini, mushrooms, and garlic until zucchini are just tender. Add the cherry tomatoes, and salt and pepper to taste. Heat just until the cherry tomatoes are warm, and serve.

### **Pan-Seared Greens**

Serves 2

1 T olive oil

2 cloves garlic, minced

4C of any of the following, chopped:

-Collard greens, Kale, Purple cabbage, Broccoli rabe, Bok Choy, Swiss Chard, Spinach

Heat the oil in a large non-stick skillet until hot. Add the garlic and greens and saute, tossing until wilted. Add little sprinkles of water to keep them from burning, until they are cooked through. Add sea salt to taste if needed.