

Always Hungry?

Supplemental Materials

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PHASE 1 WEEK 1 MENU AT-A-GLANCE*

MONDAY (Day 1)	TUESDAY (Day 2)	WEDNESDAY (Day 3)	THURSDAY (Day 4)	FRIDAY (Day 5)	SATURDAY (Day 6)	SUNDAY (Day 7)
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Huevos Rancheros—fried eggs with <i>Ranchero Sauce</i> and cheese; raspberries and Greek yogurt	<i>Phase 1 Power Shake</i>	<i>Black Bean Tofu Hash</i> with cheese, sour cream, and avocado	Spinach Omelet; fruit and Greek yogurt	Smoked salmon with cheese, sliced cucumbers, tomatoes, and <i>Creamy Dill Sauce</i> ; blueberries	<i>Grain-Free Waffles</i> or <i>Pan-cakes with Fruit Sauce</i> and <i>Whipped Cream</i> ; turkey bacon	<i>Dr. Ludwig's Favorite Frittata</i> ; fruit and yogurt
Prep: Assemble and pack today's snacks and lunch.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks; store leftover Hash for tonight's prep.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks; store leftovers for Day 8 (Monday) Breakfast.	Prep: Assemble and pack today's snacks; store leftover frittata for Day 9 Breakfast.
<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>
<i>Trail Mix</i>	<i>Smoked Salmon Cucumber Rounds</i>	<i>Cold-Cut Lettuce Boats with Lemon Tahini Sauce</i>	Apple with peanut butter	<i>Cold-Cut Lettuce Boats with sauce of your choice</i>	<i>Cheesy Pinto Bean Dip</i>	<i>Trail Mix</i>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Mozzarella, Tomato, and Chickpea Salad with <i>Lemon Tahini Sauce</i>	<i>Chicken Salad with Grapes and Walnuts</i>	<i>Steak Salad with Blue Cheese Dressing</i> ; tangerine	Taco Salad with leftover <i>Black Bean Tofu Hash</i> , lettuce, tomato, salsa, cheese, and <i>Creamy Lime-Cilantro Dressing</i>	Leftover <i>Eggplant Parmesan</i> ; raspberries	Leftover <i>Chicken or Tofu Stir-Fry</i> Lettuce Wrap with peanuts, shredded carrots and <i>Ginger Soy-Vinaigrette</i> ; tangerine	Leftover <i>Shepherd's Pie</i> ; snap peas or snow peas; dressing of your choice
<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>
<i>Cold-Cut Lettuce Boat with Creamy Dill Sauce</i>	<i>Basic Hummus with veggie sticks</i>	<i>Trail Mix</i>	<i>Spicy Pumpkin Seeds</i>	<i>Basic Hummus</i> with veggie sticks	<i>Cucumber Boats with Turkey and Feta</i>	Apple with cheese
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
<i>Creamy Cauliflower Soup</i> ; <i>Herb-Roasted Chicken Thighs</i> ; broccoli and carrots with <i>Lemon Olive Oil Dressing</i> Dessert: fruit and dark chocolate	Leftover <i>Creamy Cauliflower Soup</i> ; <i>Steak or Pan-Fried Tempeh Strips</i> and onions; Kale with <i>Lemon Tahini Sauce</i> Dessert: raspberries and cream	<i>Broiled Fish with Garlic and Lemon</i> ; sautéed kale with <i>Creamy Dill Sauce</i> ; salad with dressing of your choice Dessert: <i>Poached Seasonal Fruit</i> with <i>Chocolate Sauce</i>	<i>Eggplant Parmesan</i> ; salad with dressing of your choice Dessert: raspberries	<i>Chicken or Tofu Stir-Fry</i> Dessert: <i>Coconut Cashew Clusters</i> (made last night)	<i>Shepherd's Pie</i> ; snap peas or snow peas; <i>Creamy Dill Sauce</i> Dessert: dark chocolate	<i>Coconut Curry Shrimp or Tofu</i> Dessert: strawberries with <i>Chocolate Sauce</i>
Prep: Assemble tomorrow's lunch using leftover chicken; store leftover soup for tomorrow's dinner.	Prep: Assemble tomorrow's lunch using leftover steak or tempeh.	Prep: Assemble tomorrow's lunch using leftover Hash; store leftover <i>Chocolate Sauce</i> for Day 7 Dinner.	Prep: Pack leftovers for tomorrow's lunch: Make <i>Coconut Cashew Clusters</i> for tomorrow's dessert.	Prep: Assemble tomorrow's lunch using leftover stir-fry.	Prep: Pack leftovers for tomorrow's lunch; freeze any additional leftover portions.	Prep: Assemble tomorrow's lunch using leftover curry.

* This plan serves as a quick glance of the week to hang on the fridge. For details on how to put these meals together, see the first week of the Phase 1 Meal Plan (page 160)

PHASE 1 WEEK 2 MENU AT-A-GLANCE*

MONDAY (Day 8)	TUESDAY (Day 9)	WEDNESDAY (Day 10)	THURSDAY (Day 11)	FRIDAY (Day 12)	SATURDAY (Day 13)	SUNDAY (Day 14)
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Leftover Grain-Free Waffles or Pancakes with Fruit Sauce and Whipped Cream (from Day 6); turkey bacon	Leftover Dr. Ludwig's Favorite Frittata (from Day 7); fruit and yogurt	Phase 1 Power Shake	Black Bean Tofu Hash with cheese, sour cream, and avocado	Huevos Rancheros—fried eggs with Ranchero Sauce and cheese; raspberries and Greek yogurt	Grain-Free Waffles or Pancakes with Fruit Sauce and Whipped Cream; turkey bacon	Phase 1 Power Shake
Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks; freeze reserved waffles for Phase 2, Day 6; store reserved turkey bacon for tomorrow's prep.	Prep: Assemble and pack today's snacks.
<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>
Herbed-Roasted Parmesan Chickpeas	Spicy Pumpkin Seeds	Trail Mix	Cucumber Boats with Turkey and Feta	1 ounce chocolate	Cold Cut Lettuce Boats with dressing of your choice	Apple with peanut butter
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Leftover Coconut Curry Shrimp or Tofu (from Day 7) Lettuce Wrap	Salmon or Tofu Salad Lettuce Wrap, apple	Leftover Mediterranean Chicken or Tofu; dark chocolate	Leftover Beef or Tempeh Cabbage Casserole; salad with Mustard Vinaigrette	Salmon, Arugula, and Orange Salad with Ginger Soy Vinaigrette	Leftover Thai Peanut Tempeh Lettuce Wrap with sprouts, peanuts and lime	5-Layer Ranchero Chicken Bake
<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>	<i>Snacks</i>
1 ounce dark chocolate	Cheesy Pinto Bean Dip	Apple with peanut butter	Herb-Roasted Chickpeas	Edamame	Apple with cheese	Snack of your choice
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Chipotle Mayonnaise Baked Fish; kale and carrot with Lemon Olive Oil Dressing Dessert: blueberries and coconut milk	Mediterranean Chicken or Tofu; tomato, cucumber, and fresh basil salad with Mustard Vinaigrette Dessert: berries	Carrot Ginger Soup with coconut milk; Beef or Tempeh Cabbage Casserole; kale with dressing of your choice Dessert: roasted pecans	Leftover Carrot-ginger Soup with coconut milk; broiled salmon; Garlic Herb Zucchini Rounds Dessert: fruit and dark chocolate	Thai Peanut Tempeh; cucumber with lemon Dessert: spiced chai with soy milk or whole milk	Creamy Cauliflower Soup; Ranchero Chicken; broccoli with dressing of your choice Dessert: dark chocolate	Melt-in-Your Mouth Lamb Shanks; Sautéed Greens with Garlic; crudité's with dressing of your choice Dessert: berries
Prep: Assemble tomorrow's lunch using Salmon or Tofu Salad (made on Day 7 Prep Day).	Prep: Pack leftover Mediterranean Chicken or Tofu for tomorrow's lunch.	Prep: Pack leftover casserole with a salad for tomorrow's lunch; store leftover soup for tomorrow's dinner.	Prep: Assemble tomorrow's lunch using leftover salmon.	Prep: Assemble tomorrow's lunch using leftover Thai Peanut Tempeh.	Prep: Assemble tomorrow's lunch using leftover Ranchero Chicken.	Prep: Assemble tomorrow's lunch using reserved turkey bacon (from yesterday's breakfast) and boiled egg (from tonight's dinner prep); store sweet potato (from tonight's dinner prep) for tomorrow's dinner.

* This plan serves as a quick glance of the week to hang on the fridge. For details on how to put these meals together, see the second week of the Phase 1 Meal Plan (page 168)

PHASE 2 MENU AT-A-GLANCE*

MONDAY (Day 1)	TUESDAY (Day 2)	WEDNESDAY (Day 3)	THURSDAY (Day 4)	FRIDAY (Day 5)	SATURDAY (Day 6)	SUNDAY (Day 7)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Strawberry Fig Yogurt with Nuts and honey	Black Bean Tofu Hash with leftover Ranchero Sauce, cheese, and guacamole; fruit	Overnight Steel-Cut Oats with nuts and blueberries; scrambled eggs	Peanut Butter Banana Power Shake	Scrambled eggs with spinach, tomato, quinoa, and cheese; fruit and yogurt with honey	Grain-free Waffles or Pancakes with Fruit Sauce (from Phase 1, Day 13) and Whipped Cream; turkey bacon	Dr. Ludwig's Favorite Frittata; black beans and sour cream; fruit and yogurt
Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks. Optional: Cook Brown Rice for tonight's dinner.	Prep: Assemble and pack today's snacks	Prep: Assemble and pack today's snacks.
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cobb Salad (using leftover egg from last night's prep and turkey bacon from Saturday breakfast); fruit	Shrimp over Cracked Wheat Salad	Leftover Marinara Primavera with quinoa	Red Lentil Soup (from Day 1 Prep); Mexican Shredded Chicken and Corn Salad with Chipotle Mayonnaise or Creamy Lime-Cilantro Dressing	Leftover Broiled Salmon; leftover Quinoa Salad with Pecans and Cranberries; leftover steamed butternut squash; fruit	Leftover Chicken or Tofu Stir-Fry Lettuce Wrap with Ginger-Soy Vinaigrette; tangerine	Leftover Beef (or Tofu), Bean, and Barley Stew over spinach; peanuts and chocolate
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Leftover Melt-in-Your-Mouth Lamb Shanks (from last night); Roasted Whole Sweet Potato (from last night prep); asparagus Dessert: pear	Marinara Primavera with quinoa Dessert: Chai with soy milk or whole milk and honey	Mexican Shredded Chicken; Soft Millet-Corn Polenta; kale with Creamy Lime-Cilantro Dressing Dessert: strawberries, yogurt and honey	Broiled Salmon; Quinoa Salad with Pecans and Cranberries; Steamed Butternut Squash Dessert: Poached Seasonal Fruit—pear	Chicken or Tofu Stir-Fry with brown rice Dessert: Coconut Cashew Clusters (made last night)	Beef (or Tofu), Bean, and Barley Stew Dessert: Pear Strawberry Crisp	Honey Balsamic Marinated Fish; Roasted Sweet Potatoes; Kale With Carrots and Currants Dessert: Poached Seasonal Fruit with Chocolate Sauce
Prep: Make tomorrow's lunch and Red Lentil Soup for Day 4 lunch; freeze additional portions.	Prep: Pack leftover Marinara Primavera and quinoa for tomorrow's lunch; store leftover quinoa for Day 4 Dinner and Day 5 breakfast; cook Overnight Steel-Cut Oats.	Prep: Assemble tomorrow's lunch using leftover Mexican Shredded Chicken; freeze additional leftover portions of chicken for future meals.	Prep: Pack leftovers for tomorrow's lunch; make Coconut Cashew Clusters for tomorrow's dessert; soak 1 cup brown rice.	Prep: Assemble tomorrow's lunch using leftover stir-fry.	Prep: Pack leftovers for tomorrow's lunch.	Prep: Assemble tomorrow's lunch; store leftover sweet potato for future meal.

* This plan serves as a quick glance of the week to hang on the fridge. For details on how to put these meals together, see the Phase 2 Meal Plan (page 192).

Appendix 1

SHOPPING LISTS

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SHOPPING LIST: PREP PHASE, NONPERISHABLES

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	WEEK USED
Nuts, Seeds & Nut Butters <i>Buy more of your favorites for roasted nut snacks.</i>				
	½ cup		Almonds, slivered (for Phase 2—can buy now or for Phase 2 shopping)	3
	1 small jar		Almond butter (no added sugar), or substitute peanut butter	1, 2
	2 to 3 cups		Cashews, raw, unsalted	1, 2
	1 to 2 cups		Peanuts, raw, unsalted	1, 2, 3
	1 jar		Peanut butter (no added sugar)	1, 2, 3
	1 to 2 cups		Pecans, raw, unsalted	2, 3
	1 cup		Pumpkin seeds	1
	¼ cup		Sesame seeds, brown, hulled	1
	1 small jar		Tahini (sesame butter)	1
	2 cups		Nuts of your choice, for Trail Mix	1
	2 tablespoons		Walnuts, raw, unsalted	1
Dried Herbs and Spices				
	1 jar		Bay leaves	2, 3
	1 jar		Black pepper, ground	1, 2, 3
	1 jar		Black pepper, whole peppercorns with a grinder	1, 2, 3
	1 small jar		Cardamom, ground	1, 3
	1 small jar		Cayenne pepper, ground	1, 2, 3
	1 small jar		Chili powder (combination of red chile powder, cumin, oregano, or other spices)	1, 2, 3
	1 small jar		Chipotle powder	2
	1 small jar		Cinnamon, ground	1, 2, 3
	1 small jar		Cumin, ground	1, 2, 3
	1 small jar		Curry powder	2
	1 small jar		Italian seasoning (dried Italian herb mix)	1, 2
	1 small jar		Garlic powder	2, 3
	1 small jar		Nutmeg, ground or with a grinder	1, 2, 3
	1 small jar		Oregano, Mexican (if not available, use regular oregano)	1

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	WEEK USED
	1 small jar		Paprika	1
	1 small jar		Powdered mild red chile (optional)	1, 2, 3
	1 small jar		Red repper flakes (optional)	2
	1 can		Salt (sea salt preferred)	1, 2, 3
	1 small jar		Thyme	3
Miscellaneous or Specialty Products				
	1 box		Baking soda	1, 2
	About 1½ to 2 pounds		Dark chocolate bar (70% minimum cocoa content)	1, 2, 3
	1 cup		Red wine (for cooking Lamb Shanks—Day 14)	2
	1 small bag		Garbanzo flour or garbanzo-fava flour (Bob's Red Mill or other brand)	1, 2, 3
	Package of 15 to 20 bags		Green Bags (to store leafy vegetables—Debbie Meyer or Evert Fresh brands work well—follow directions on the package)	1, 2, 3
	1 small jar		Vanilla extract, pure (no added sugar)	1, 2, 3
	½ cup		Coconut, shredded	1
	1 small tub		Sweet white miso or other mellow miso	1, 3
	1 can		100% whey protein or 100% egg white protein powder (no added sugar or artificial ingredients)	1, 2, 3
	1 box		Chai bags (herbal, if you prefer no caffeine after dinner—like Celestial Seasonings Bengal Spice or other dessert-like tea)	2, 3
Oils, Vinegars, Etc.				
	1 to 2 large bottles		Extra-virgin olive oil	1, 2, 3
	1 small bottle		Flax oil (usually in the refrigerated section: if not available, substitute extra-virgin olive oil)	1, 3
	1 to 2 large bottles		Neutral oil, such as high-oleic safflower or avocado oil	1, 2, 3
	1 small bottle		Soy sauce or wheat-free tamari	1, 2, 3
	1 small bottle		Sesame oil, toasted	1, 3
	1 small bottle		Vinegar, apple cider (may substitute white wine vinegar)	2

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	WEEK USED
	1 small bottle		Vinegar, red wine (may substitute white wine vinegar)	2
	1 small bottle		Vinegar, unseasoned rice	1, 2, 3
	1 small bottle		Vinegar, white wine (1 large bottle needed if using in place of other vinegars)	1, 2, 3
Dry Legumes				
	1 cup		Lentils, red (green or brown, if red are unavailable)	3
Dry Goods and Canned Goods				
	4 cans		Beans, black, 15-ounce can	1, 2, 3
	2 cans		Beans, cannellini or great northern, 15-ounce can	1
	5 cans		Beans, garbanzo (chickpeas), 15-ounce can	1, 2, 3
	1 can		Beans, pinto, 15-ounce can	1
	2 cans		Beans, kidney, 15-ounce can	2, 3
	2 cans		Coconut milk, unsweetened (not "lite"), 14-ounce can	2
	1 small jar		Dill pickles (no added sugar)	2
	¾ cup		Kalamata, Greek, or other olives, pitted	2
	2 jars (about 5 cups)		Marinara sauce (no added sugar)	1, 3
	1 can		Mild green chiles, 4-ounce can	1
	1 small jar		Mustard, Dijon or brown	2
	1 small jar		Salsa (optional, for Taco Salad)	1
	5 cans		Tomatoes, diced, 14.5-ounce can	2, 3
	2 cans		Tomatoes, diced fire roasted (or substitute regular diced), 14.5-ounce can	1
	2 cans		Tomato paste, 6-ounce can	1, 2
Supplements (optional)				
			Vitamin D ₃	
			Probiotics	
			Fish oil (source of omega-3 fat, purified)	

SHOPPING LIST: PHASE 1, PREP DAY AND DAYS 1 THROUGH 3

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
Proteins				Vegetarian Version
	2 pounds		Chicken thighs (skin on, bone in)	2 pounds tempeh (soybean only) or extra-firm tofu
	½ pound		Deli meat, sliced turkey or other, for snacks	Vegetarian cold cuts
	6		Eggs (large, omega-3)	
	4 ounces (optional)		Fish, canned sardines (skin on, bone in)	
	4 ounces		Fish, smoked salmon slices	4 ounces tempeh (soybean only) or extra-firm tofu
	About ¾ pound		Fish, white-fleshed (cod, hake, haddock, or other) <i>Buy fresh a day before cooking or buy frozen and thaw in refrigerator the night before.</i>	¾ pound tempeh (soybean only) or extra-firm tofu
	18 ounces		Steak, tenderloin, flat-iron, skirt, or other favorite	1 pound tempeh (soybean only)
	1 tub		Tofu, extra firm, 14- to 16-ounce tub	
Dairy or Dairy Alternatives				Vegetarian Version
	⅔ cup		Almond milk, plain, unsweetened (substitute soy milk or whole milk)	
	2 ounces		Blue cheese, mild, crumbled	
	½ cup (about 2 ounces)		Cheddar cheese, shredded	
	2 tablespoons		Cream cheese	
	¾ cup		Heavy cream	Canned coconut milk
	6 ounces		Mozzarella, fresh	
	6 tablespoons		Sour cream	
	1 cup		Soy milk, plain, unsweetened, or substitute whole milk	
	1⅓ cups		Yogurt, plain, unsweetened, whole-milk Greek	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Produce Fruit			
	1 to 2 medium		Apples, pears, or peaches
	6 cups (about 2 pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non- tropical, seasonal fruit
	2 cups (about 1 pound)		Grapes
	4		Lemons
	1		Lime
	1		Pear (for the shake—ripe pears are best; may substitute 1 cup frozen berries
	2		Tangerines, oranges, clementines, or mandarins
Produce Vegetables and Herbs Use <i>Green Bags</i> from <i>Miscellaneous list</i> to store leafy vegetables.			
	2		Avocados
	1		Anaheim, poblano, or other mild to medium chile pepper
	1		Bell pepper, yellow
	1 small head (about 2 cups)		Broccoli
	2 cups		Carrots, shredded (1 medium carrot yields about ½ cup shredded)
	3 to 4 small		Carrots
	1 medium head		Cauliflower
	4 to 5 stalks		Celery
	1 bunch		Cilantro, fresh
	1 medium		Cucumber
	1 bunch		Dill, fresh (preferred; substitute dried if fresh is not available)
	1 to 2 heads		Garlic
	2-inch piece		Ginger, fresh
	2 to 4		Jalapeño peppers
	1 bunch or bag (about 4 cups)		Kale, bunch, or chopped in bag

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	1 to 2 heads		Lettuce, endive or romaine hearts, for snacks
	10 cups (about 2 heads)		Lettuce, romaine, for salads
	1 small, 1 medium, 1 large		Onions, yellow
	1 bunch		Parsley, fresh
	1		Scallion or chive, fresh
	2 small, 2 medium		Tomatoes
Frozen Foods			
	1 cup		Blueberries or other favorite berries, frozen

SHOPPING LIST: PHASE 1, DAYS 4 THROUGH 6

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
Proteins			Vegetarian Version	
	1½ pounds		Beef, ground, 90% lean	1 pound tempeh (soybean only)
	1½ pounds		Chicken thighs (skinless, boneless)	1 (14- to 16-ounce) tub extra-firm tofu plus 1½ to 2 cups shelled edamame
	½ pound		Deli meat, sliced turkey or other, for snacks	Vegetarian cold cuts
	7		Eggs (large, omega-3)	
	6 ounces		Fish, smoked salmon slices	Tempeh or extra-firm tofu
	1 tub		Tofu, extra firm, 14- to 16-ounce tub	
	2 slices (about 2 ounces)		Turkey bacon	Tempeh or vegetarian cold cuts
Dairy or Dairy Alternatives			Vegetarian Version	
	2 tablespoons		Butter (optional, for Shepherd's Pie topping; may substitute extra-virgin olive oil)	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
	1½ cups (about 5 ounces)		Cheddar cheese, shredded	
	2 ounces		Cheddar or cheese of your choice, for breakfast with smoked salmon	
	1 ounce		Feta cheese	
	6 tablespoons		Heavy cream	Canned coconut milk
	1 cup		Mozzarella, shredded	
	¼ cup		Parmesan cheese, grated	
	1 cup		Ricotta cheese	
	¼ cup		Soy milk, plain, unsweetened, or substitute whole milk	
	1¾ cups		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit				
	2 small		Apples, pears, or peaches	
	8 cups (about 2⅔ pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit	
	1		Lime	
	2		Tangerines, oranges, clementines, or mandarins	
Produce Vegetables and Herbs Use <i>Green Bags</i> from <i>Miscellaneous list</i> to store leafy vegetables				
	1 bunch		Basil, fresh (preferred; substitute dried, if fresh is not available)	
	3		Bell peppers, red or orange (or substitute other raw vegetable), for salad and Cheesy Pinto Bean snack	
	1 small head		Broccoli	
	2 cups		Cabbage, shredded or whole (1 pound head yields about 4 cups shredded)	
	3 cups		Carrots, shredded (1 medium carrot yields about ½ cup shredded)	
	1 medium head		Cauliflower	
	3 medium, 2 small		Cucumbers	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	1 medium (about 1 pound)		Eggplant
	1 medium bulb		Fennel (or 4 small carrots, if fresh fennel is unavailable)
	2 cloves		Garlic
	8 leaves		Lettuce, any large-leaf variety, for Lettuce Wraps
	8 leaves		Lettuce, endive or romaine hearts, for snacks
	4 cups		Lettuce, mixed greens, for salads
	12 ounces		Mushrooms, shiitake, cremini/baby bella, or white button, sliced
	1 large		Onion, yellow
	¾ pound		Snap peas or snow peas
	5 cups (about 5 ounces)		Spinach, prewashed or baby spinach leaves
	2 small, 2 medium		Tomatoes
	1 large		Zucchini
Frozen Foods			
	3 cups		Blueberries or other favorite berries, frozen

SHOPPING LIST: PHASE 1, DAYS 7 THROUGH 10

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Proteins			Vegetarian Version
	1¼ pounds		Beef, ground, 90% lean 1 pound tempeh (soybean only)
	1½ pounds		Chicken thighs (skinless, boneless) 1½ (14- to 16-ounce) tubs extra-firm tofu
	8		Eggs (large, omega-3)
	1 can		Fish, canned sockeye or red salmon, 7.5-ounce can ½ (14- to 16-ounce) tub extra-firm tofu

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
	¾ pound		Fish, white-fleshed (cod, hake, haddock, or other) <i>Buy fresh a day before cooking or buy frozen and thaw in refrigerator the night before.</i>	1½ (14- to 16-ounce) tubs extra-firm tofu
	1½ pounds (weight with shell and tail, no head)		Shrimp	1½ (14- to 16-ounce) tubs extra-firm tofu
	1 pound		Tempeh (soybean only)	
	2 slices (about 2 ounces)		Turkey bacon	Tempeh or vegetarian cold cuts
Dairy or Dairy Alternatives				Vegetarian Version
	⅔ cup		Almond milk, plain, unsweetened, or substitute soy milk or whole milk	
	½ cup (about 2 ounces)		Cheddar cheese, shredded	
	2 ounces		Cheese of your choice, for snack	
	10 ounces		Feta cheese	
	6 tablespoons		Heavy cream	Canned coconut milk
	¼ cup		Parmesan cheese, grated	
	¼ cup		Soy milk, plain, unsweetened, or substitute whole milk	
	2⅔ cups		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit				
	7 small		Apples	
	8 cups (about 2⅔ pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit	
	½		Lemon	
	1 to 2		Limes	
	1		Pear (for the shake—ripe pears are best; may substitute 1 cup frozen berries)	
	8 small or 2 to 3 large		Tangerines, oranges, clementines, or mandarins	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Produce Vegetables and Herbs Use Green Bags from the Miscellaneous list to store leafy vegetables.			
	½		Avocado
	A few leaves		Basil, fresh
	2		Bell peppers, red or orange
	8 cups (about 2 pounds)		Cabbage, shredded or whole (1 pound head yields about 4 cups shredded)
	2¼ cups		Carrots, shredded (1 medium carrot yields about ½ cup shredded)
	5 medium		Carrots
	1 stalk		Celery
	½ cup (packed)		Cilantro, fresh
	1 small		Cucumber
	2 heads		Garlic
	2 to 3 inch piece		Ginger, fresh
	½ pound		Green beans
	1 to 2 bunches (about 5 cups)		Kale, bunch or chopped in bag (or other green vegetable)
	1 head		Lettuce, any large-leaf variety, for Lettuce Wraps
	1 small		Onion, red
	3 medium		Onions, yellow
	3 to 4 sprigs		Parsley, fresh
	1 or 2		Scallions
	about 1¼ pound		Snap peas or snow peas
	3 cups (about 3 ounces)		Spinach, prewashed or baby spinach leaves
	3 small		Tomatoes
	1 small		Zucchini
Frozen Foods			
	1 cup		Blueberries or other favorite berries, frozen

SHOPPING LIST: PHASE 1, DAYS 11 THROUGH 14

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
Proteins				Vegetarian Version
	1½ pounds		Chicken thighs (skinless, boneless)	1½ (14- to 16-ounce) tubs extra-firm tofu
	12 ounces		Deli meat, sliced turkey or other, for snacks	Vegetarian cold cuts
	4 shanks (about 2½ pounds)		Lamb shanks	1½ pounds tempeh (soybean only)
	9		Eggs (large, omega-3)	
	1¼ pounds		Fish, salmon (fresh)	1 (14- to 16-ounce) tub extra-firm tofu
	½ tub		Tofu, extra firm, 14- to 16-ounce tub	
	4 slices (about 4 ounces)		Turkey bacon	Tempeh or vegetarian cold cuts
Dairy or Dairy Alternatives				Vegetarian Version
	⅔ cup		Almond milk, plain, unsweetened, or substitute soy milk or whole milk	
	2 ounces		Blue or Roquefort cheese, crumbled	
	10 table- spoons (about 2½ ounces)		Cheddar cheese, shredded	
	2 ounces		Cheese of your choice, for snack	
	¾ cup		Heavy cream	Canned coconut milk
	1 ounce		Feta cheese	
	6 tablespoons		Sour cream	
	¼ cup		Soy milk, plain, unsweetened, or substitute whole milk	
	1¾ cup		Yogurt, plain, unsweetened, whole-milk Greek	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Produce Fruit			
	4 small		Apples
	5 cups (about 1½ pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit
	1		Lemon
	1		Lime
	1		Pear (for the shake—ripe pears are best; may substitute 1 cup frozen berries)
	4 small or 2 large		Tangerines, oranges, clementines, or mandarins
Produce Vegetables and Herbs <i>Use Green Bags from Miscellaneous list to store leafy vegetables.</i>			
	2½		Avocados or substitute premade package of guacamole
	3 to 4 cups		Arugula or spring salad greens
	1 small head (about 2 cups)		Broccoli
	½ bunch		Beet greens, chard, or other leafy greens of your choice
	1 cup		Carrots, shredded (1 medium carrot yields about ½ cup shredded)
	1 small		Carrot or other raw vegetable, for crudité
	½ medium head		Cauliflower
	1 stalk		Celery or other raw vegetable, for crudité
	¼ cup (packed)		Cilantro, fresh
	1 small, 2 medium		Cucumbers
	3 to 4 cloves		Garlic
	1 bunch (about 4 to 5 cups)		Kale or other green vegetable
	8 leaves		Lettuce, any large-leaf variety, for Lettuce Wraps
	8 leaves		Lettuce, endive or romaine hearts, for snacks
	4 cups (about 1 head)		Lettuce, romaine or mixed greens, for salads
	2 medium		Onions, yellow

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	2 tablespoons (packed)		Parsley, fresh
	1 to 2 cups		Sprouts, any type, for Lettuce Wraps
	5 cups		Spinach
	2 medium		Sweet potatoes
	1 medium, 1 large		Tomato or other raw vegetable, for crudité
	2 large		Zucchini
Frozen Foods			
	1 cup		Edamame, shelled
	4 cups		Blueberries or other favorite berries, frozen

SHOPPING LIST: PHASE 2, DAYS 1 THROUGH 3

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
Proteins			Vegetarian Version	
	1¾ pounds		Chicken thighs (skinless, boneless)	1½ (14- to 16-ounce) tubs extra-firm tofu
	4		Eggs (large, omega-3)	
	12 ounces (weight with shell and tail, no head)		Shrimp	1 (14- to 16-ounce) tubs extra-firm tofu
	½ tub		Tofu, extra firm, 14- to 16-ounce tub	
	1 pound		Tempeh (soybean only)	
Dairy or Dairy Alternatives			Vegetarian Version	
	6 table- spoons (about 1½ ounces)		Cheddar cheese, shredded	
	2¼ cups		Soy milk, plain, unsweetened, or substitute whole milk	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
	2⅔ cups		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit				
	2		Bananas (ripe bananas are best for shake—buy now and allow to ripen for Day 4)	
	7 cups (about 2 pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other not tropical, seasonal fruit	
	4		Figs, dried	
	½		Lemon	
	½		Lime	
	2 medium		Pears	
	1 pound		Strawberries	
Produce Vegetables and Herbs <i>Use Green Bags from Miscellaneous list to store leafy vegetables.</i>				
	2¼		Avocados	
	15 to 20 spears		Asparagus	
	1 medium		Carrot	
	½ cup		Carrots, shredded (1 medium carrot yields about ½ cup shredded)	
	2 stalks		Celery	
	1 bunch		Cilantro, fresh	
	1 to 2 heads		Garlic	
	4-inch piece		Ginger, fresh	
	1 bunch (about 4 cups)		Kale bunch or chopped in bag, or other green vegetable	
	2 to 3 cups (about ½ head)		Lettuce, romaine or mixed greens, for salad	
	1 medium, 1 small		Onions, yellow	
	1 bunch		Parsley	
	1 medium, 1 large		Tomatoes	
	1 large		Zucchini	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Frozen Foods			
	1 small bag		Corn kernels, frozen
Grains, Miscellaneous, or Specialty Products			
	1 small jar		Honey
	½ cup		Cracked wheat bulgur wheat
	1½ cups		Quinoa, dry
	½ cup		Steel-cut oats, dry
	¼ cup		Slivered almonds or other nuts, for oats
	⅓ cup		Millet, dry
	1 small jar		Balsamic vinegar
	1 large jar		Extra-virgin olive oil
	1 large jar		Neutral oil, such as high-oleic safflower or avocado oil

SHOPPING LIST: PHASE 2, DAYS 4 THROUGH 7

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Proteins			Vegetarian Version
	1 pound		Beef, chuck or other stew meat 1 (14- to 16-ounce) tub extra-firm tofu
	1½ pounds		Chicken thighs (skinless, boneless) 1½ (14- to 16-ounce) tubs extra-firm tofu
	8		Eggs (large, omega-3)
	18 ounces		Fish, salmon (fresh) 1 (14- to 16-ounce) tub extra-firm tofu or 1 pound tempeh (soybean only)
	10 to 20 ounces		Fish, white-fleshed fillets (cod, hake, haddock, or other) <i>For Sunday dinner—may choose to buy fresh a day before cooking or buy frozen and thaw in refrigerator the night before (choose larger portion if making enough for leftovers).</i> ½ to 1 pound tempeh (soybean only) or 1 (14- to 16-ounce) tub extra-firm tofu

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
	2 slices (about 2 ounces)		Turkey bacon	Tempeh or vegetarian cold cuts
Dairy or Dairy Alternatives				Vegetarian Version
	2 cups		Almond milk, plain, unsweetened, or substitute soy milk or whole milk	
	½ cup (about 2 ounces)		Cheddar cheese, shredded	
	2 tablespoons		Sour cream	
	2 tablespoons		Soy milk, plain, unsweetened, or substitute whole milk	
	1¼ cups		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit				
	1		Apple, pear, or peach	
	5 cups (about 1½ pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit	
	2 tablespoons		Cranberries, dried	
	1 tablespoon		Currants, dried, or substitute raisins	
	1		Lemon	
	2		Pears	
	½ pound		Strawberries	
	2		Tangerines	
Produce Vegetables and Herbs Use Green Bags from Miscellaneous list to store leafy vegetables.				
	½		Avocado	
	1		Bell pepper, red or orange	
	1 head		Broccoli	
	2 cups		Cabbage, shredded or whole (1 pound head yields about 4 cups shredded)	
	1¼ cups		Carrots, shredded (1 medium carrot yields about ½ cup shredded)	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	1 small		Carrot
	2 stalks		Celery
	1 large bunch		Chard
	¼ cup		Cilantro, chives, or scallions, fresh
	½ to 1 bunch (about 3 cups)		Kale, bunch or chopped in bag
	8 leaves		Lettuce, any large-leaf variety, for Lettuce Wraps
	4 ounces		Mushrooms, shiitake, cremini/baby bella, or white button, sliced
	1 medium		Onion, yellow
	¼ cup		Parsley
	1 sprig		Rosemary, fresh (preferred; substitute dried if fresh is not available)
	2 or 3		Scallions
	5 to 6 cups		Spinach, prewashed or baby spinach leaves
	1 small		Squash, butternut, buttercup, or kabocha (small but heavy squashes are sweetest)
	½ pound		Snap peas or snow peas
	2 medium		Sweet potatoes
	5 medium		Tomatoes
	1 small		Zucchini
Frozen Foods			
	⅔ cup		Corn kernels, frozen
Grains, Miscellaneous, or Specialty Products			
	½ cup		Barley or brown rice, for Beef, Bean and Barley Stew
	2 cups		Brown rice
	¾ cup		Slivered almonds, pecans or other nuts, for Pear Strawberry Crisp
	1 small jar		Maple syrup, pure

SHOPPING LIST TEMPLATE: NONPERISHABLES

QUANTITY YOU NEED	HAVE IT ✓	ITEM
Nuts, Seeds & Nut Butters <i>Buy more of your favorites for roasted nut snacks.</i>		
		Almonds, slivered
		Almond butter (no added sugar) or substitute peanut butter
		Cashews, raw, unsalted
		Peanuts, raw, unsalted
		Peanut butter (no added sugar)
		Pecans, raw, unsalted
		Pumpkin seeds
		Sesame seeds, brown
		Tahini (sesame butter)
		Nuts of your choice for Trail Mix
		Walnuts, raw, unsalted
Dried Herbs and Spices		
		Bay leaves
		Black pepper, ground
		Black pepper, whole peppercorns with a grinder
		Cardamom, ground
		Cayenne pepper, ground
		Chili powder (combination of red chili powder, cumin, oregano, or other spices)
		Chipotle powder
		Cinnamon, ground
		Cumin
		Curry powder
		Italian seasoning (dried Italian herb mix)
		Garlic powder
		Nutmeg, ground or with a grinder
		Oregano, Mexican (if not available, use regular oregano)

QUANTITY YOU NEED	HAVE IT ✓	ITEM
		Paprika
		Powdered mild red chili (optional)
		Red pepper flakes (optional)
		Salt (sea salt preferred)
		Thyme
Miscellaneous or Specialty Products		
		Baking soda
		Dark chocolate bar (70% minimum cocoa content)
		Red wine (for Lamb Shanks, Day 14)
		Garbanzo flour or garbanzo-fava flour (Bob’s Red Mill or other brand)
		Green Bags to store leafy vegetables (Debbie Meyer or Evert Fresh brands work well—follow directions on the package)
		Vanilla extract, pure (no added sugar)
		Shredded coconut
		Sweet white miso or other mellow miso
		100% whey or 100% egg white protein powder (no added sugar or artificial ingredients)
		Chai bags (herbal, if you prefer no caffeine after dinner—like Celestial Seasonings Bengal Spice or other dessert-like tea)
Oils, Vinegars, Etc.		
		Extra-virgin olive oil
		Flax oil (usually in the refrigerated section—if not available, substitute extra virgin olive oil)
		Neutral oil, such as high-oleic safflower or avocado oil
		Soy sauce or wheat-free tamari
		Toasted sesame oil
		Vinegar, apple cider (may substitute white wine vinegar)
		Vinegar, red wine (may substitute white wine vinegar)
		Vinegar, unseasoned rice

QUANTITY YOU NEED	HAVE IT ✓	ITEM
		Vinegar, white wine
Dry Legumes & Grains		
		Barley
		Brown rice
		Millet
		Red lentils (green or brown, if red is unavailable)
		Quinoa
Dry Goods and Canned Goods		
		Beans, black, 15-ounce can
		Beans, cannellini or great northern, 15-ounce can
		Beans, garbanzo (chickpeas) 15-ounce can
		Beans, pinto, 15-ounce can
		Beans, kidney, 15-ounce can
		Coconut milk (unsweetened, not “lite”), 14-ounce can
		Dill pickles (no added sugar)
		Kalamata, Greek, or other olives, pitted
		Marinara sauce (no added sugar)
		Mild green chiles, 4-ounce can
		Mustard, Dijon or brown
		Salsa
		Tomatoes, diced, 14.5-ounce can
		Tomatoes, diced fire roasted, or substitute regular diced, 14.5-ounce can
		Tomato paste, 6-ounce can
Supplements (optional)		
		Vitamin D ₃
		Probiotics
		Fish oil (source of omega-3 fat, purified)

SHOPPING LIST TEMPLATE: PERISHABLES

QUANTITY YOU NEED	HAVE IT ✓	ITEM	
Proteins			Vegetarian Version
		Beef, ground, 90% lean	Tempeh (soybean only)
		Chicken thighs (skin on, bone in)	Tempeh (soybean only) or extra-firm tofu
		Chicken thighs (skinless, boneless)	Tempeh (soybean only) or extra-firm tofu
		Deli meat, sliced	Vegetarian cold cuts
		Eggs (large, omega-3)	
		Fish, canned sockeye or red salmon, 7.5-ounce can	Extra-firm tofu
		Fish, canned sardines (skin on, bone in)	Fresh mozzarella
		Fish, salmon, fresh	Tempeh (soybean only) or extra-firm tofu
		Fish, smoked salmon slices	Tempeh (soybean only) or extra-firm tofu
		Fish, white-fleshed fillets (cod, hake, haddock, or other) <i>Buy fresh a day before cooking or buy frozen and thaw in refrigera- tor the night before.</i>	Tempeh (soybean only) or extra-firm tofu
		Steak, tenderloin, flat-iron, skirt steak, or other favorite	Tempeh (soybean only)
		Lamb shanks	Tempeh (soybean only) or extra-firm tofu
		Tofu, extra firm, 14- to 16-ounce tub	
		Turkey bacon	Tempeh (soybean only) or vegetarian cold cuts
Dairy or Dairy Alternatives			Vegetarian Version
		Almond milk, plain, unsweet- ened, or substitute soy milk or whole milk	
		Blue cheese, mild, crumbled	
		Butter	Coconut oil
		Cheddar cheese, shredded	
		Cheese of your choice, for snacks	

QUANTITY YOU NEED	HAVE IT ✓	ITEM	
		Cottage cheese	
		Cream cheese	
		Heavy cream	Canned coconut milk
		Mozzarella, fresh	
		Mozzarella, shredded	
		Parmesan cheese, grated	
		Ricotta cheese	
		Sliced Swiss or other deli cheese	
		Sour cream	
		Soy milk, plain, unsweetened, or substitute whole milk	
		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit			
		Apples, pears, or peaches	
		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apri- cots, plums, apples, pears, or any other non-tropical, seasonal fruit	
		Grapes	
		Lemons	
		Limes	
		Pears (for the shake, ripe pears are best; may substitute 1 cup frozen berries)	
		Tangerines, oranges, clementines, or mandarins	
Produce Vegetables and Herbs <i>Use Green Bags from Miscellaneous list to store leafy vegetables.</i>			
		Avocado, or substitute premade package of guacamole	
		Anaheim, poblano, or other mild to medium chile pepper	
		Arugula or spring salad greens	
		Basil leaves	
		Bell pepper, red or orange, or substitute other raw vegetable for salad	
		Bell pepper, yellow	
		Broccoli	
		Cabbage, shredded or whole	
		Carrots, shredded	

QUANTITY YOU NEED	HAVE IT ✓	ITEM
		Carrots
		Cauliflower
		Celery
		Chives, fresh
		Cilantro, fresh
		Cucumber
		Dill, fresh
		Eggplant
		Fennel, or carrot if fennel is unavailable
		Garlic
		Ginger, fresh
		Green beans, or substitute other green vegetable like kale
		Jalapeño pepper
		Kale, bunch or chopped in bag
		Lettuce, any large-leaf variety, for Lettuce Wraps
		Lettuce, endive or romaine hearts
		Lettuce, romaine or mixed greens, for salads
		Mushrooms, cremini/baby bella, shiitake, or white button, sliced
		Onion, red
		Onion, yellow
		Parsley, fresh
		Scallions
		Snap peas or snow peas
		Spinach, prewashed or baby spinach leaves
		Tomatoes
		Zucchini
Frozen Foods		
		Edamame, shelled
		Blueberries or other favorite berries, frozen

Appendix 2

SIMPLIFIED MEAL PLAN

- This alternative meal plan is intended to shorten and simplify meal preparation during all phases of the program with extensive use of leftovers and items made ahead of time. The plan is designed for one person, but can be adjusted for families of any size. To serve one person, make a full recipe (unless otherwise noted) and store reserved portions to be used in subsequent meals as directed in the prep notes.
- The plan includes five three-day “blocks” featuring different main foods (such as chicken, seafood, beef, or tofu). The blocks can be chosen in any order preferred. Each block indicates how to prepare the meals for Phase 1, and how to modify them appropriately for Phases 2 and 3.
- Phase 3 meal variations typically include processed carbohydrate options. Consume these processed carbohydrates only as tolerated, generally aiming for no more than two servings a day (see page 204).
- The first lunch in each block may be replaced with leftovers from previous meals.
- Casseroles like Shepherd’s Pie and Cabbage Casserole were not incorporated but could be made ahead, frozen, and interspersed within any meal block as desired.
- Adapt this plan according to your needs. Many breakfasts don’t use leftovers or require you to reserve a portion for a future meal. These meals are easily substituted for options from the main meal plan.

BLOCK ONE: CHICKEN

Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)
Make Sauces: <i>Ranchero Sauce*</i> (page 272) <i>Basic Mayonnaise*</i> (page 259) <i>Mustard Vinaigrette*</i> (page 264) <i>Lemon Olive Oil Dressing*</i> (page 269) Make Snacks: <i>Trail Mix</i> (page 291) <i>Basic Hummus*</i> (page 290) or add pre-made hummus to shipping list Make Recipe Ingredients: Roast 1 tablespoon walnuts (see chart, page 319), Roasting Nuts and Seeds for Day 2 Lunch: Chicken Salad Make Mozzarella, Tomato, and Chickpea Salad or (Phase 2) Cobb Salad for Day 1 Lunch Optional: 6 ounces <i>Crumbled Tempeh</i> (page 244) for Day 3 Additional Cooking Prep	Huevos Rancheros Fry 2 eggs plus 1 egg white in 1 teaspoon olive oil. Top with ½ cup <i>Ranchero Sauce</i> (page 272), 2 tablespoons shredded cheddar cheese. Serve with 1 cup raspberries and ½ cup plain whole-milk Greek yogurt. For Phase 2: Reduce oil to 1 teaspoon, eggs to 2, and cheese to 1 T. Add ⅓ cup cooked quinoa; add 1 teaspoon honey to the yogurt. For Phase 3: Serve as Phase 2 but replace quinoa with toast or tortilla. Prep: Assemble and pack today's snacks.	Power Shake <i>Phase 1 Power Shake</i> (page 220) For Phases 2 and 3: Use <i>Phase 2 Peanut Butter Banana Power Shake</i> (page 221). Prep: Assemble and pack today's snacks.	Spinach Omelet Heat 2 teaspoons olive oil in a skillet. Whisk 2 eggs plus 1 egg white. Add 1 cup baby spinach leaves, salt, and pepper. Pour into the pan. Top with 3 tablespoons shredded cheddar cheese. Fold over and cook until done. Serve with 1 cup fresh fruit and ½ cup plain whole-milk Greek yogurt. For Phase 2: Reduce oil to 1 teaspoon, eggs to 2, and cheese to 1 to 2 tablespoons; add 1 medium tomato, diced, and ⅓ cup cooked quinoa; add 1 teaspoon honey to the yogurt. For Phase 3: Serve as Phase 2 but replace quinoa with toast or tortilla. Prep: Assemble and pack today's snacks.
	Snack	Snack	Snack
	¼ cup <i>Trail Mix</i> (page 291)	About ⅓ cup <i>Basic Hummus</i> (page 290) with Veggies	Small apple with 1 ounce cheese or 2 tablespoons peanut butter
	Lunch	Lunch	Lunch
	Mozzarella, Tomato, and Chickpea Salad 1 medium tomato, chopped; ½ cup cooked garbanzo beans (chickpeas), drained and rinsed; 3 ounces fresh mozzarella; 1 cup lettuce; 2 tablespoons <i>Mustard Vinaigrette</i> (page 264); salt and pepper, Optional: Add 2 ounces canned sardines. For Phases 2 and 3: Serve <i>Cobb Salad*</i> (page 255) with 1 cup berries or other seasonal fruit.	Chicken Salad <i>Chicken Salad with Grapes and Walnuts*</i> (page 252) For Phases 2 and 3: Use Phases 2 and 3 Variation with ½ cup cooked quinoa in place of chickpeas.	Ranchero Chicken Bake (from previous night's dinner)
	Snack	Snack	Snack
	<i>Cold-Cut Lettuce Boats</i> (page 294) with sauce of your choice	¼ cup <i>Trail Mix</i> (page 291)	About ⅓ cup <i>Hummus</i> (page 290) with veggies

BLOCK ONE: CHICKEN

	Dinner	Dinner	Dinner
<i>Creamy Cauliflower Soup</i>* (page 280) for Days 1 and 2 Dinner Additional Prep For Phase 2: ½ cup (dry) brown rice (page 317—Guide to Cooking Whole Grains) ½ cup (dry) quinoa (page 317—Guide to Cooking Whole Grains)	Soup, Herb-Roasted Chicken Thighs and Vegetables <i>Creamy Cauliflower Soup</i>* (page 280); <i>Herb-Roasted Chicken Thighs</i> (page 241): Bake about ½ lb bone-in, skin-on, and 1½ pounds boneless, skinless. Put herbs (¼ the amount) only on bone-in thighs, and salt on all. Serve herbed, bone-in, skin-on for tonight; store boneless, skinless to use in Days 2 and 3 lunches and dinners; 1 to 2 cups, broccoli and carrots, blanched (page 313—Guide to Cooking Vegetables) with 1 to 2 tablespoons <i>Lemon Olive Oil Dressing</i> (page 269) Dessert 1 cup fruit, ½ ounce square of chocolate For Phase 2: Serve with ½ cup cooked brown rice, a squeeze of lemon on the vegetables, and 1 cup fruit for dessert. For Phase 3: Serve as in Phase 2 or with brown or white rice or pasta.	Soup & Ranchero Chicken Bake <i>Creamy Cauliflower Soup</i> (from previous night's dinner) garnished with 1 tablespoon heavy cream; Ranchero Chicken Bake: Layer 2 cups (packed) spinach, chicken (using 10 to 12 ounces boneless, skinless chicken from previous night's dinner), 1 cup black beans, ⅔ cup <i>Ranchero Sauce</i> (page 272), and ¼ cup shredded cheddar cheese in an ovenproof dish. Bake at 350°F until cheese melts and spinach wilts. (Makes 2 servings—serve one tonight and pack the second for lunch tomorrow.) Top each serving with ½ avocado, sliced, or ¼ cup guacamole and 2 tablespoons sour cream. Dessert 1 ounce square of chocolate For Phase 2: Add ½ cup cooked quinoa (¼ cup per serving) with the chicken, reduce toppings per serving to ¼ avocado and 1 tablespoon sour cream. For Phase 3: Same as Phase 2, but use 2 corn tortillas instead of brown rice and reduce cheese to 2 tablespoons total.	Marinara Primavera & Salad <i>Marinara Primavera</i>** (page 234, using 5 to 6 ounces boneless, skinless chicken from Day 1 Dinner instead of tempeh); 1 to 2 cups salad greens with ¼ cup chopped raw veggies and 1 tablespoon <i>Mustard Vinaigrette</i> (page 264) Dessert 1 cup fresh fruit Optional Additional Cooking Prep: Make ½ recipe <i>Marinara Primavera</i> instead of ¼ recipe. Use chicken (from Day 1 Dinner), as noted above for one portion and 4 to 6 ounces <i>Crumbled Tempeh</i> (page 244) (from prep day) or other protein of your choice for the other portion to serve for tomorrow's lunch with salad. For Phase 2: Serve over ½ cup cooked quinoa; serve 1 cup chai with 1 to 2 tablespoons soy milk or whole milk and 1 teaspoon honey for dessert. For Phase 3: Serve over ½ to 1 cup pasta.
	Prep: Assemble tomorrow's lunch—<i>Chicken Salad with Grapes and Walnuts</i>* (page 252) using 4 to 5 ounces boneless, skinless chicken; store lettuce separately and add tomorrow before serving.	Prep: Pack tomorrow's lunch—leftover portion of Ranchero Chicken Bake.	Prep: Pack tomorrow's lunch.

* To serve one person, make ½ recipe and store reserved portion to be used in subsequent meals as directed in prep notes

** To serve one person, make ¼ recipe

BLOCK TWO: CHICKEN OR TOFU			
Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)
Make Sauces: <i>Tartar Sauce*</i> (page 261) using <i>Basic Mayonnaise*</i> (page 259) <i>Stir-Fry Sauce*</i> (page 260) <i>Ginger-Soy Vinaigrette*</i> (page 267) <i>Coconut Curry Sauce*</i> (page 266) <i>Chocolate Sauce*</i> (page 289) <i>Lemon Olive Oil Dressing</i> (page 269) Make Snacks: <i>Trail Mix</i> (page 291) Roast 2 tablespoons peanuts (page 319—Guide to Roasting Nuts and seeds) for Day 2 Lunch lettuce Wrap Make Recipe Ingredients: <i>Salmon or Tofu Salad</i> (page 254) for Day 1 Lunch and Days 2 & 3 Snacks <i>Coconut Cashew Clusters**</i> (page 284) Optional: Chop vegetables for Days 1 and 2 Dinners Additional Prep For Phase 2: <i>Ranchero Sauce</i> (page 272) 1 cup (dry) brown rice (page 317—Guide to Cooking Whole Grains) ½ (dry) quinoa (page 317—Guide to Cooking Whole Grain)	Frittata with Fruit and Yogurt <i>Dr. Ludwig's Favorite Frittata*</i> (page 225) (reserve a slice for Day 2 Snack); 1 cup fruit, ⅔ cup plain whole-milk Greek yogurt For Phase 2: Use <i>Dr. Ludwig's Favorite Frittata</i> (Phase 2 Variation); serve with ½ cup black beans and 1 tablespoon sour cream; reduce yogurt to 2 tablespoons. For Phase 3: Serve as for Phase 2 and drizzle honey on yogurt. Prep: Pack today's snacks.	Grain-Free Waffles and Turkey Bacon <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (page 223): Make a full recipe of waffles and ¼ of the Fruit Sauce and Whipped Cream. Freeze remaining waffles for future meals. Serve 1 waffle with fruit sauce and 3 tablespoons <i>Whipped Cream</i> (page 230) or 1 tablespoon almond butter, and 1 slice turkey bacon. For Phase 2: <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (page 223) Phase 2 Variations For Phase 3: <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (page 223) Phase 3 Variations Prep: Pack today's snacks.	Black Bean Tofu Hash <i>Black Bean Tofu Hash**</i> (page 222). Top with 2 tablespoons shredded cheddar cheese, 1 to 2 tablespoons sour cream, ½ avocado, sliced, or 5 tablespoons guacamole. For Phase 2: Top with ¼ cup <i>Ranchero Sauce</i> (page 272), 3 tablespoons shredded cheddar cheese, and 1 tablespoon guacamole or a large slice of avocado. Serve with 1 cup fresh fruit. For Phase 3: Serve as for Phase 2, but reduce cheese to 1 to 2 tablespoons and add 1 corn tortilla. Prep: Assemble and pack today's snacks.
	Snack	Snack	Snack
	¼ cup <i>Trail Mix</i> (page 291)	Slice of <i>Dr. Ludwig's Favorite Frittata</i> (from yesterday's breakfast)	<i>Cucumber Boats</i> (page 294) using about 6 tablespoons <i>Salmon or Tofu Salad</i> (from prep day) in place of turkey and feta
	Lunch	Lunch	Lunch
	Salmon Salad Lettuce Wrap Divide ¾ to 1 cup <i>Salmon or Tofu Salad</i> (page 254) evenly among 3 or 4 large lettuce leaves, leaving plenty of room to fold and wrap each leaf around the filling. Serve with an apple. For Phase 2: Serve with ½ cup quinoa. For Phase 3: Serve with rye or other whole grain crackers.	Chicken Stir-Fry Lettuce Wrap Divide a lunch-size portion of Leftover <i>Chicken or Tofu Stir-Fry</i> (from previous night's dinner) with ½ cup shredded carrots and 2 tablespoons peanuts evenly among 3 or 4 large lettuce leaves, leaving plenty of room to fold and wrap each leaf around the filling. Place 2 tablespoons <i>Ginger-Soy Vinaigrette</i> (page 267) in a shallow container. Dip the wraps in the sauce. Serve with a tangerine. For Phase 2: Use Brown Rice Variation (from previous night's dinner).	Coconut Curry Chicken Lettuce Wrap Divide reserved portion of Leftover <i>Coconut Curry Chicken or Tofu</i> (from previous night's dinner) evenly among 3 or 4 large lettuce leaves, add sprouts, leaving plenty of room to fold and wrap each leaf around the filling. Serve with an orange. Optional: Add a squeeze of lime or place 1 to 2 tablespoons <i>Ginger-Soy Vinaigrette</i> in a shallow container. Dip the wraps in the sauce. For Phase 2: Use Brown Rice Variation (from previous night's dinner).

BLOCK TWO: CHICKEN OR TOFU

	Lunch	Lunch	Lunch
		For Phase 3: Use Stir-Fry with Asian noodles (from previous night's dinner). Instead of wrapping, toss with lettuce and 1 tablespoon <i>Ginger-Soy Vinaigrette</i> .	For Phase 3: Use Asian noodles (from previous night's dinner). Toss with lettuce and 1 tablespoon <i>Ginger-Soy Vinaigrette</i> or a squeeze of lime and sprouts.
	Snack	Snack	Snack
	Small apple with 1 ounce cheese or 2 tablespoons peanut butter	<i>Cucumber Boats</i> (page 294) with about 6 tablespoons <i>Salmon or Tofu Salad</i> (from prep day) in place of turkey and feta	¼ cup <i>Trail Mix</i> (page 291)
	Dinner	Dinner	Dinner
	Chicken Stir-Fry <i>Chicken or Tofu Stir-Fry*</i> (page 230): Although you are making half the recipe of stir-fry, you will be prepping extra chicken for tomorrow. So, sauté 1½ pounds boneless, skinless chicken or extra-firm tofu, then remove half the chicken or tofu before adding the <i>Stir-Fry Sauce</i> and vegetables, and set it aside for tomorrow's dinner. If using tofu, serve with ½ cup edamame appetizer. Dessert <i>Coconut Cashew Clusters**</i> (from prep day) For Phase 2: Make <i>Chicken Stir-Fry</i> using Brown Rice Variation. For Phase 3: Serve as for Phase 2 with Asian noodles instead of brown rice.	Coconut Curry Chicken <i>Coconut Curry Shrimp*—Chicken or Tofu Variation</i> (page 248) (using reserved portion of chicken or tofu from previous night's dinner) Dessert ½ cup strawberries with 2 tablespoons <i>Chocolate Sauce</i> (from prep day) For Phase 2: Serve with ½ cup brown rice. For Phase 3: Serve with Asian noodles.	Mediterranean Chicken <i>Mediterranean Chicken or Tofu*</i> (page 245); 1 small tomato, sliced, with ½ small cucumber, sliced, and a few leaves of fresh basil topped with 1 tablespoon <i>Lemon Olive Oil Dressing</i> (page 269) Dessert ½ cup berries For Phase 2: Use ½ the amount of feta, and serve with ½ cup cooked quinoa. For Phase 3: Serve as for Phase 2 with 1 or 2 slices bread instead of quinoa.
	Prep: Pack tomorrow's lunch—Lettuce Wrap using reserved portion of <i>Chicken Stir-Fry</i> ; store lettuce, carrots, peanuts (if using tofu, serve with ½ cup edamame instead of carrots and peanuts), and <i>Ginger-Soy Vinaigrette</i> separately and assemble before eating; pack a tangerine.	Prep: Pack tomorrow's lunch—Lettuce Wrap using reserved portion of <i>Coconut Curry Chicken or Tofu</i> (Phase 2: Add ¼ cup brown rice); store lettuce separately; pack an orange, sprouts, and optional dressing or lime wedges.	Prep: Pack tomorrow's lunch—leftover portion of <i>Mediterranean Chicken</i> (Phase 2 add ½ cup cooked quinoa).

* To serve one person, make ½ recipe and store reserved portion to be used in subsequent meals as directed in prep notes

** To serve one person, make ¼ recipe

BLOCK THREE: STEAK OR TEMPEH

Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)
Make Sauces: <i>Creamy Dill Sauce*</i> (page 270) <i>Mustard Vinaigrette*</i> (page 264) <i>Blue Cheese Dressing*</i> (page 263) <i>Creamy Lime-Cilantro Dressing*</i> (page 271) <i>Stir-Fry Sauce</i> (page 260) Make Snacks: <i>Spicy Pumpkin Seeds*</i> (page 292) or <i>Trail Mix*</i> (page 291) Make Recipes or Recipe Ingredients: <i>Red Lentil Soup</i> (page 283) for Day 1 Lunch, and Day 3 Dinner, freeze additional portions for future meals <i>Creamy Cauliflower Soup*</i> (page 280) for Days 1 and 2 Dinner Make Mozzarella, Tomato, and Chickpea Salad or (phase 2) <i>Cobb Salad</i> (vegetarian) for Day 1 Lunch.	Smoked Salmon and Dill Sauce 3 ounces smoked salmon, 1 ounce cheddar cheese, 1 medium tomato, sliced, and 1 small cucumber, sliced; top with 3½ tablespoons <i>Creamy Dill Sauce</i> (page 270); 1 cup fresh blueberries or fruit of your choice For Phase 2: Omit cheese and reduce dressing to 2 tablespoons. Add ¼ cup yogurt drizzled with honey. For Phase 3: Serve as for Phase 2, with 1 slice bread. Prep: Assemble and pack today's snacks.	Black Bean Tofu Hash <i>Black Bean Tofu Hash*</i> (page 222) (store reserved portion for tomorrow's lunch). Top with 2 tablespoons shredded cheddar cheese, 1 to 2 tablespoons sour cream, ½ avocado, sliced, or 5 tablespoons guacamole. For Phase 2: Top with ¼ cup <i>Ranchero Sauce</i> (page 272), 3 tablespoons shredded cheddar cheese, and 1 tablespoon guacamole or a large slice of avocado. Serve with 1 cup fresh fruit. For Phase 3: Serve as for Phase 2, but reduce cheese to 1 to 2 tablespoons and add 1 corn tortilla. Prep: Assemble and pack today's snacks.	Power Shake <i>Phase 1 Power Shake</i> (page 220) For Phases 2 and 3: Use <i>Phase 2 Peanut Butter Banana Power Shake</i> (page 221). Prep: Assemble and pack today's snacks.
	Snack	Snack	Snack
	¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)	<i>Cold-Cut Lettuce Boats</i> (page 294) with dressing of your choice	¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)
	Lunch	Lunch	Lunch
	Soup and Salad <i>Red Lentil Soup</i> (from prep day); Mozzarella, Tomato, and Chickpea Salad: 1 medium tomato, chopped; ½ cup cooked garbanzo beans (chickpeas), drained and rinsed; 3 ounces fresh mozzarella; 1 cup lettuce; 2 tablespoons <i>Mustard Vinaigrette</i> (page 264); salt and pepper to taste For Phases 2 and 3: Serve <i>Cobb Salad**</i> (page 255) with 1 cup berries or other seasonal fruit.	Steak and Onions, Vegetables Leftover 5 ounces steak or 4 ounces <i>Pan-Fried Tempeh Strips</i>, sautéed onions, and kale (from previous night's dinner) with 1 tablespoon <i>Creamy Dill Sauce</i> (page 270); cup of fruit For Phases 2 and 3: Add <i>Roasted Sweet Potatoes</i> from previous night's dinner.	Taco Salad 1½ cups <i>Black Bean Tofu Hash</i> (page 222) (from previous day's breakfast), 1 cup romaine or other lettuce, 1 small tomato, diced, 2 tablespoons salsa, 2 tablespoons shredded cheddar cheese top with 3 tablespoons <i>Creamy Lime-Cilantro Dressing</i> (page 271) For Phase 2: Reduce dressing to 2 tablespoons and serve with an orange. For Phase 3: Serve as for Phase 2 and add a handful tortilla chips or wrap in a tortilla.
	Snack	Snack	Snack
	<i>Cold-Cut Lettuce Boats</i> (page 293) with dressing of your choice	Small apple with 1 ounce cheese or 2 tablespoons peanut butter	<i>Cold-Cut Lettuce Boats</i> (page 293) with dressing of your choice

BLOCK THREE: STEAK OR TEMPEH

	Dinner	Dinner	Dinner
For Tempeh Option Only: 8 ounces <i>Crumbled Tempeh</i> (page 244) for Days 2 and 3 Dinners, and 8 ounces <i>Pan-Fried Tempeh Strips</i> (page 243) for Day 1 Dinner and Day 2 Lunch Additional Prep For Phases 2 and 3: <i>Ranchero Sauce*</i> (page 272) 1/3 cup (dry) quinoa (page 317—Guide to Cooking Whole Grains)—freeze any remaining portions	Soup, Steak and Onions, Vegetables <i>Creamy Cauliflower Soup</i> (from prep day)—add 1 tablespoon cream. Cook a 20-ounce tenderloin steak (follow steak cooking instructions from <i>Steak Salad</i>, page 253), or use <i>Pan-Fried Tempeh Strips</i> from prep day—use 5 ounces steak or 4 ounces tempeh for tonight's dinner; store reserved steak or tempeh for tomorrow's lunch and dinner and Day 3 Dinner; sauté 1 small onion in the pan juices on medium-high heat until caramelized; 2 cups kale blanched (use half of onion and kale for tonight and half for tomorrow lunch). Top kale with 1 tablespoon <i>Creamy Dill Sauce</i> (page 270). Dessert 1 cup raspberries with 2 tablespoons heavy cream or canned coconut milk For Phases 2 and 3: Add <i>Roasted Sweet Potatoes*</i> (page 279) and omit cream or coconut milk from dessert.	Steak Salad with Blue Cheese <i>Creamy Cauliflower Soup</i> (from prep day) with 1 to 2 tablespoons heavy cream; <i>Steak Salad with Blue Cheese Dressing</i> (page 253) (using 4 ounces steak or tempeh from previous night's dinner) Dessert 1 ounce chocolate For Phase 2: Use Phase 2 variation of salad (cooked quinoa in place of cannellini beans) and omit heavy cream from soup. For Phase 3: Use Phase 3 variation of salad (croustons in place of cannellini beans) and omit heavy cream from soup.	Soup and Pepper Steak <i>Red Lentil Soup</i> (page 283); <i>Chicken Stir-Fry**</i> Pepper Steak Variation (page 230) (using remaining steak or tempeh from Day 1 Dinner) Dessert 1 cup fruit, 1/2 ounce square of chocolate For Phase 2: Add 1/2 cup quinoa. For Phase 3: Serve as for Phase 2 with egg noodles instead of quinoa.
	Prep: Pack tomorrow's lunch—leftover 5 ounces steak or 4 ounces <i>Pan-Fried Tempeh Strips</i> sautéed onion and kale with <i>Creamy Dill Sauce</i>.	Prep: Assemble tomorrow's lunch—Taco Salad using leftover <i>Black Bean Tofu Hash</i> from breakfast; store lettuce separately and add tomorrow before serving.	Prep: Pack tomorrow's lunch.

* To serve one person, make 1/2 recipe and store reserved portion to be used in subsequent meals as directed in prep notes

** To serve one person, make 1/4 recipe

BLOCK FOUR: VEGETARIAN

Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)
Make Sauces: <i>Mustard Vinaigrette*</i> (page 264) <i>Thai Peanut Sauce*</i> (page 262) <i>Creamy Lime-Cilantro Dressing*</i> (page 271) <i>Stir-Fry Sauce</i> (page 260) Make Snacks: <i>Spicy Pumpkin Seeds*</i> (page 292) or <i>Trail Mix*</i> (page 291) <i>Herb-Roasted Chickpeas*</i> (page 293) Make Recipes or Recipe Ingredients: <i>Red Lentil Soup</i> (page 283) for Day 1 Lunch, freeze additional portions for future meals <i>Crumbled Tempeh*</i> (page 244) <i>Coconut Cashew Clusters**</i> (page 284) Optional: <i>Eggplant Parmesan*</i> (page 247)—Make ahead or assemble ahead. Bake or reheat just before serving. For Phase 3, make Phase 3 variation	Power Shake <i>Phase 1 Power Shake</i> (page 220) For Phases 2 and 3: Use <i>Phase 2 Peanut Butter Banana Power Shake</i> (page 221). Prep: Assemble today's lunch and snacks.	Black Bean Tofu Hash <i>Black Bean Tofu Hash*</i> (page 222) (store reserved portion for tomorrow's lunch). Top with 2 tablespoons shredded cheddar cheese, 1 to 2 tablespoons sour cream, ½ avocado, sliced, or 5 tablespoons guacamole. For Phase 2: Top with ¼ cup <i>Ranchero Sauce</i> (page 272), 3 tablespoons shredded cheddar cheese, and 1 tablespoon guacamole or a large slice of avocado. Serve with 1 cup fresh fruit. For Phase 3: Serve as in Phase 2, but reduce cheese to 1 to 2 tablespoons. Prep: Assemble and pack today's snacks.	Grain-Free Waffles and Vegetarian Cold Cuts <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (page 223): Make a full recipe of waffles and ¼ of the rest of the recipe. Freeze remaining waffles for future meals. Serve 1 waffle with fruit sauce and 3 tablespoons <i>Whipped Cream</i> (page 230) or 1 tablespoon almond butter, and 1 or 2 slices vegetarian cold cuts. For Phase 2: Use <i>Grain-Free Waffles or Pancakes with Fruit Sauce</i> (page 223) Phase 2 Variations. For Phase 3: Use <i>Grain-Free Waffles or Pancakes with Fruit Sauce</i> (page 223) Phase 3 Variations. Prep: Assemble and pack today's snacks.
	Snack	Snack	Snack
	¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)	About ⅓ cup <i>Herb-Roasted Chickpeas</i> (page 293)	<i>Cold-Cut Lettuce Boats</i> (page 294) using vegetarian cold cuts with dressing of your choice
	Lunch	Lunch	Lunch
	Soup and Salad <i>Red Lentil Soup</i> (from prep day); Mozzarella, Tomato, and Chickpea salad: 1 medium tomato, chopped; ½ cup cooked garbanzo beans (chickpeas), drained and rinsed; 3 ounces fresh mozzarella; 1 cup lettuce; 2 tablespoons <i>Mustard Vinaigrette</i> (page 264); salt and pepper to taste For Phases 2 and 3: Serve <i>Cobb Salad*</i> (page 255) with 1 cup berries or other seasonal fruit.	Thai Peanut Tempeh Lettuce Wrap Divide a portion of <i>Thai Peanut Tempeh</i> (from previous night's dinner) evenly among 3 or 4 large lettuce leaves, leaving plenty of room to fold and wrap each leaf around the filling. Top with a squeeze of lime and optional sprouts For Phases 2: Add ⅓ cup quinoa, and serve with fruit of your choice. For Phase 3: Serve as a noodle salad with Asian rice noodles, sprouts and lime, and serve with a fruit of your choice.	Taco Salad 1½ cups <i>Black Bean Tofu Hash</i> (from previous day's breakfast), 1 cup chopped romaine or other lettuce, 1 small tomato, diced, 2 tablespoons salsa, 2 tablespoons shredded cheddar cheese. Top with 3 tablespoons <i>Creamy Lime-Cilantro Dressing</i> (page 271) For Phase 2: Reduce dressing to 2 tablespoons and serve with an orange. For Phase 3: Serve as for Phase 2 and add a handful tortilla chips or wrap in a tortilla.

BLOCK FOUR: VEGETARIAN

	Snack	Snack	Snack
Make Mozzarella, Tomato, and Chickpea Salad or (Phase 2) Cobb Salad (Vegetarian Version) for Day 1 Lunch. Additional Prep For Phases 2 and 3: <i>Ranchero Sauce</i> (page 272) ¼ cup (dry) quinoa (page 317—Guide to Cooking Whole Grains) ¼ cup (dry) brown rice (page 317—Guide to Cooking Whole Grains)	<i>Cold-Cut Lettuce Boat</i> (page 294) using vegetarian cold cuts with dressing of your choice	¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)	About ⅓ cup <i>Herb-Roasted Chickpeas</i> (page 293)
	Dinner	Dinner	Dinner
	Thai Peanut Tempeh <i>Thai Peanut Tempeh*</i> (page 258) garnished with 1 tablespoon peanuts. Serve with ½ small cucumber, sliced, with a dash of salt and a squeeze of lemon. Dessert 1 cup spiced chai with 1 to 2 tablespoons soy milk or whole milk For Phase 2: Serve with ⅓ cup quinoa, and 1 cup berries or other seasonal fruit for dessert. For Phase 3: Serve as for Phase 2 but with Asian rice noodles instead of quinoa.	Eggplant Parmesan and Salad <i>Eggplant Parmesan*</i> (page 247); salad greens with 1 cup sliced cucumber, ½ cup shredded carrot, ½ sliced red pepper, and 1 tablespoon <i>Mustard Vinaigrette</i> (page 264) Dessert 1 cup berries For Phase 2: Serve with crudité and a squeeze of lemon instead of salad with dressing. For Phase 3: Serve as for Phase 2 with <i>Eggplant Parmesan</i> Phase 3 variation.	Tofu Stir-Fry <i>Tofu Stir-Fry*</i> (page 230): Dessert <i>Coconut Cashew Clusters**</i> (from prep day) For Phase 2: Make <i>Tofu Stir-Fry</i> using Brown Rice Variation. For Phase 3: Serve with Asian noodles instead of brown rice.
	Prep: Pack tomorrow's lunch—Lettuce Wrap using <i>Thai Peanut Tempeh</i>; store lettuce, lime wedges, and sprouts separately.	Prep: Assemble tomorrow's lunch—Taco Salad using leftover <i>Black Bean Tofu Hash</i> from breakfast; store lettuce separately and add tomorrow before serving. Store a portion of <i>Eggplant Parmesan</i> for Day 4 Lunch.	Prep: Pack tomorrow's lunch <i>Eggplant Parmesan</i> (from previous night's dinner) and 1 cup of berries.

* To serve one person, make ½ recipe and store reserved portion to be used in subsequent meals as directed in prep notes

** To serve one person, make ¼ recipe

BLOCK FIVE: SEAFOOD

Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)
Make Sauces: <i>Mustard Vinaigrette</i> (page 264) <i>Creamy Dill Sauce*</i> (page 270) <i>Chocolate Sauce</i> (page 289) <i>Chipotle Mayon-naise*</i> (page 268) <i>Creamy Lime-Cilantro Dressing*</i> (page 271) <i>Ginger-Soy Vinaigrette**</i> (page 267) Make Snacks: <i>Spicy Pumpkin Seeds*</i> (page 292) or <i>Trail Mix*</i> (page 291) <i>Basic Hummus*</i> (page 290) Roast ¼ cup peanuts (see chart, page 319) for Day 2 Breakfast Make Recipes or Recipe Ingredients: <i>Red Lentil Soup</i> (page 283) for Day 1 Lunch, and freeze additional portions for future meals	Power Shake <i>Phase 1 Power Shake</i> (page 220) For Phases 2 and 3: Use <i>Phase 2 Peanut Butter Banana Power Shake</i> (page 221). Prep: Assemble today's lunch and pack today's snacks.	Yogurt with Fruit and Nuts 1 cup plain whole-milk Greek yogurt, 1 cup berries, ¼ cup peanuts or other nuts For Phase 2 and 3: Add 2 dried figs, cut into small pieces, 1 teaspoon honey, and reduce peanuts to 2 tablespoons. Prep: Pack today's snacks.	Smoked Salmon and Dill Sauce 3 ounces smoked salmon, 1 ounce cheddar cheese, 1 medium tomato, sliced, and 1 small cucumber, sliced; top with 3½ tablespoons <i>Creamy Dill Sauce</i> (page 270); 1 cup fresh blueberries or fruit of your choice For Phase 2: Omit cheese and reduce dressing to 2 tablespoons. Add ¼ cup yogurt drizzled with honey. For Phases 3: Serve as for Phase 2 with 1 slice bread. Prep: Pack today's snacks.
	Snack	Snack	Snack
	¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)	<i>Cold-Cut Lettuce Boats</i> (page 294) using sardines with dressing of your choice	¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)
	Lunch	Lunch	Lunch
Additional Prep For Phase 2: ½ (dry) quinoa or ¾ cup brown rice (page 317—Guide to Cooking Whole Grains) <i>Soft Millet-Corn Polenta*</i> (page 275)	Soup and Salad <i>Red Lentil Soup</i> (page 283) garnished with 1 tablespoon heavy cream. For salad, toss together 2 cups salad greens, 1 cup chopped tomatoes, cucumbers, or other raw vegetables of your choice, 3 ounces bone-in, skin-on sardines packed in olive oil or 3 ounces canned sockeye salmon, and 1 to 2 tablespoons <i>Mustard Vinaigrette</i> (page 264). For Phase 2: Omit cream in soup; reduce salad dressing to 1 tablespoon; add an orange. For Phase 3: Serve as for Phase 2 and add croutons to soup.	Fish Lettuce Wrap Combine 2 to 3 tablespoons <i>Creamy Lime-Cilantro Dressing</i> (page 271) with ½ cup shredded carrots and ¼ cup shredded cabbage. Divide evenly among 3 or 4 large lettuce leaves. Add 5 to 6 ounces leftover <i>Broiled Fish with Garlic and Lemon</i> (from previous night's dinner), divided evenly among the lettuce leaves, allowing plenty of room to fold and wrap each leaf around the filling. Serve with a tangerine. For Phase 2: Reduce dressing to 2 tablespoons. Add ¼ to ⅓ cup brown rice or quinoa. For Phase 3: Serve as for Phase 2 wrap in 2 or 3 small corn or 1 large whole grain tortilla instead of rice/quinoa.	Coconut Curry Shrimp Lettuce Wrap Divide reserved portion of <i>Coconut Curry Shrimp or Tofu</i> (from previous night's dinner) evenly among 3 or 4 large lettuce leaves, add a squeeze of lime and some sprouts, leaving plenty of room to fold and wrap each leaf around the filling. Serve with an orange. Place 1 to 2 tablespoons <i>Ginger-Soy Vinaigrette</i> (page 267) in a shallow container. Dip the wraps in the sauce. For Phase 2: Add ¼ to ⅓ cup brown rice or quinoa. For Phase 3: Use Asian noodles (from previous night's dinner). Toss with lettuce, sprouts, and 1 tablespoon <i>Ginger-Soy Vinaigrette</i> or a squeeze of lime.

BLOCK FIVE: SEAFOOD

	Snack	Snack	Snack
	About 1/3 cup <i>Basic Hummus</i> (page 290) with veggies	Small apple with 1 ounce cheese or 2 tablespoons peanut butter	About 1/3 cup <i>Hummus</i> (page 290) with veggies
	Dinner	Dinner	Dinner
	Broiled Fish and Sautéed Kale <i>Broiled Fish with Garlic and Lemon*</i> (page 232): Remove fish and lemons from pan and sauté 1 cup kale in the pan juices. Top the fish or kale with 2 tablespoons <i>Creamy Dill Sauce</i> (page 270). Serve with 1 cup salad greens with 1 tablespoon dressing of your choice. Dessert <i>Poached Seasonal Fruit</i> (page 288) with 1 to 2 tablespoons <i>Chocolate Sauce</i> (from prep day) For Phase 2: Reduce dressing on kale or fish to 1 tablespoon. Serve with <i>Soft Millet-Corn Polenta</i> (page 275). For Phase 3: Use a squeeze of lemon on kale in place of dressing; increase <i>Chocolate Sauce</i> to 3 tablespoons.	Coconut Curry Shrimp <i>Coconut Curry Shrimp or Tofu*</i> (page 248) Dessert 1/2 cup strawberries with 2 tablespoons <i>Chocolate Sauce</i> (from prep day) For Phase 2: Serve with 1/2 cup brown rice or quinoa For Phase 3: Serve with 1/2 cup Asian noodles. Phase 2 Additional Cooking Prep: Sauté an additional 4 ounces shrimp when making <i>Coconut Curry Shrimp</i>, and remove this portion before adding the sauce and vegetables. Set aside for tomorrow's additional dinner prep.	Chipotle Mayo Baked Fish and Kale <i>Chipotle Mayonnaise Baked Fish*</i> (page 250). Steam 1 cup kale and 1 small carrot (about 1/2 cup shredded) and top with 1 tablespoon dressing of your choice. Dessert 1 cup blueberries with 2 tablespoons canned coconut milk For Phase 2: Serve with <i>Soft Millet-Corn Polenta</i> (page 275). For Phase 3: Serve with 1/2 cup Asian noodles. Phase 2 Additional Cooking Prep: Make only 1/4 recipe <i>Chipotle Mayonnaise Baked Fish</i> and instead assemble <i>Shrimp over Cracked Wheat Salad**</i>(page 256) for tomorrow's lunch.
	Prep: Pack tomorrow's lunch—Lettuce Wrap using reserved portion of Broiled Fish; Store shredded carrots, cabbage, and dressing separately and assemble before eating; pack a tangerine.	Prep: Pack tomorrow's lunch—Lettuce Wrap using <i>Coconut Curry Shrimp or Tofu</i> ; pack lettuce leaves, lime wedges, sprouts, and optional dressing separately.	Prep: Pack tomorrow's lunch—Lettuce Wrap using <i>Chipotle Mayonnaise Baked Fish</i> and 1/3 cup brown rice or quinoa; store lettuce, sprouts, and lime separately.
			Phases 2 and 3: <i>Shrimp over Cracked Wheat Salad**</i> (page 256) for tomorrow's lunch.

* To serve one person, make 1/2 recipe and store reserved portion to be used in subsequent meals as directed in prep notes

** To serve one person, make 1/4 recipe

Appendix 3

WEEKLY WORKSHEETS

1. Weekly Meal Planning Worksheet, **42**
2. Weekly Prep Worksheet, **43**

WEEKLY MEAL PLANNING WORKSHEET

This template has the same format as the completed Week At-A-Glance menus accompanying the meal plans provided in Phase 1 (2 weeks) and Phase 2 (1 week). Use it together with the Weekly Prep Worksheet to plan your own meals after your third week on the program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Prep:						
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Prep:						

WEEKLY PREP WORKSHEET

Use this worksheet (together with the Weekly Meal Planning Worksheet) to prep your own meals after your third week on the program.

Date: _____

Sauces

Snacks/Roasted Nuts & Seeds

Ingredients to Prep (Proteins, Grains, Soups, etc., to use throughout the week)

Casseroles or other complete meals to use this week or to freeze

Weekly “Big Why” Reminder or Inspiring Affirmation

Appendix 4

TRACKERS

1. Daily Tracker, **46**
2. Monthly Progress Chart, **47**

Phase Number _____ Date _____

DAILY TRACKER

Use one copy of this page each day. For the five symptom categories, indicate your overall experience throughout the day. Add up the points from these categories, and record the sum as your Total Score (which will range from 0 to 20). Next, note how many processed carbohydrates you ate and record your other activities. Then graph your Total Score into the Monthly Progress Chart, using ink (green, yellow, or red) corresponding to your processed carbohydrate intake. At the bottom of the page, note your activities related to other program targets (stress reduction, movement, and sleep).

Hunger. Today, I felt:

☐ 0 (starving) ☐ 1 (very hungry) ☐ 2 (moderately hungry) ☐ 3 (slightly hungry) ☐ 4 (no hunger)
_____ points

I felt hungriest these times:

Cravings. Today, my cravings were:

☐ 0 (high) ☐ 1 ☐ 2 (average) ☐ 3 ☐ 4 (absent) _____ points

I craved the following foods:

Satiety. Today, I felt satisfied after eating:

☐ 0 (not at all) ☐ 1 ☐ 2 (a couple of hours) ☐ 3 ☐ 4 (until the next meal) _____ points

I felt most satisfied after the following meals or snacks:

Energy level. Today, my overall energy level was:

☐ 0 (low) ☐ 1 ☐ 2 (average) ☐ 3 ☐ 4 (high) _____ points

Comments:

Well-being. Today, my overall level of well-being was:

☐ 0 (low) ☐ 1 ☐ 2 (average) ☐ 3 ☐ 4 (high) _____ points

Comments:

_____ Total Score

I had the following number of PROCESSED CARBOHYDRATES* today (circle one):

Graph your Total Score in the Monthly Progress Chart using the indicated color of ink

0 to 1 *green*

2 *yellow*

3 or more *red*

* includes refined grains (bread, pasta, white rice, etc.), white potato or potato products, any food with added sugar, and fruit juice

I did my 5-minute stress reduction: ☐ AM ☐ PM

I did my after-meal walks: ☐ AM ☐ PM

I did my joyful movement: ☐ (what kind)

I did my pre-sleep routine: ☐ (describe)

MONTHLY PROGRESS CHART

This chart will let you monitor your progress month to month. In addition, you will be able to see how the amount of processed carbohydrate you eat each day may affect your results. Graph your Total Score from the Daily Tracker onto this chart by placing a circle (●) in the appropriate place. Use the ink color that corresponds to the number of processed carbohydrates you consumed on that day as indicated on the Daily Tracker (0 to 1—green; 2—yellow; 3 or more—red). If starting the program in the middle of a month, leave the preceding days blank. At the end of the month, record cumulative change in weight and waist circumference (compared to baseline).

Enter your baseline measurements (before starting the program):

Weight _____ Waist circumference _____



