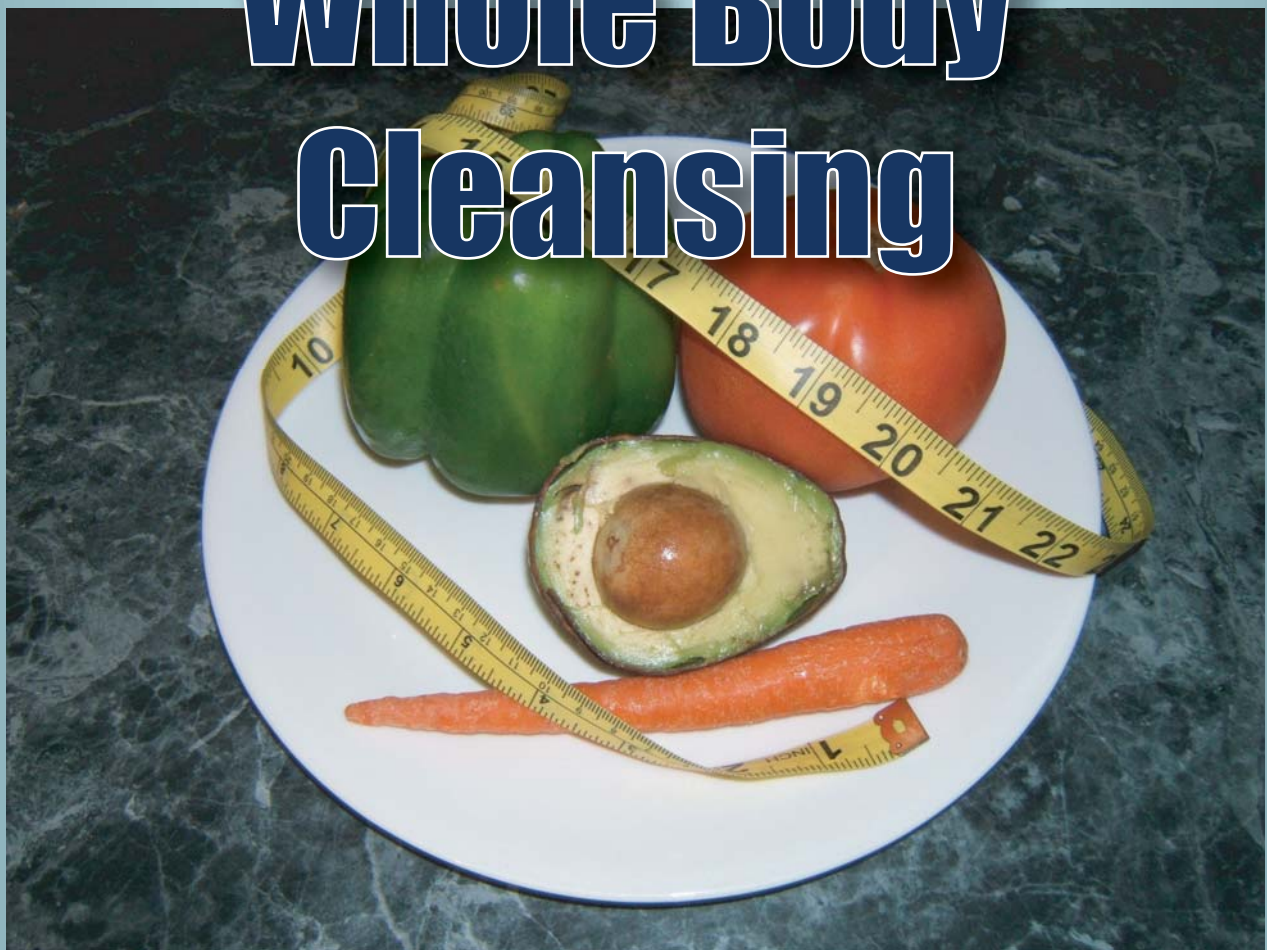


**60 Days to  
HEALTHY  
Weight Loss  
and  
Whole Body  
Cleansing**



Be advised that the information in this e-book is not intended to be a primary therapy for any disease or ailment. Always consult your primary health care practitioner before starting any new medical, nutritional, or exercise program. Any mention of nutrients or supplements is in relation to their support of good nutrition with the intent of supporting the physiological and biochemical processes of the human body, and not to diagnose, treat, cure, or prevent any disease or condition.

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## Thomas Von Ohlen, MS, NC

Dear Friend,

Have you ever tried to diet and been unsuccessful? Or maybe you have been successful for a short period but then gained much of the weight back. If you have, you should not feel discouraged. You are among the millions of people who have tried different diets over the years and remain unsatisfied with the lack of long term results.

A 2007 UCLA review of over 80 studies on diet concluded that up to two-thirds of dieters regain more weight than they lost on their diets.

Here is the good news. You no longer need to be a part of the unsuccessful dieters group! There are a number of reasons why people fail to achieve their weight and health goals. In this e-book I will expose those reasons and reveal some hidden truths about weight loss and health.

As a nutritionist, I have spent the last twenty years studying and teaching thousands of people with health issues. By far, the overwhelming majority of those people put “weight loss” on their list of primary or secondary goals to achieve by following my nutrition and health programs.

You may have noticed the title of this book includes the words, “Whole Body Cleanse.” Cleansing the body of toxins is the first step in permanent weight loss. This e-book will provide you with all the resources you need as well as a simple step by step process to follow for success. By focusing on one small step at a time, you will accomplish your weight loss goals and restore health to your body. I look forward to hearing about your new healthy body very soon!

In health,

Thomas Von Ohlen, MS, NC



## Are You Clinically Overweight Or Obese?

Obesity is often defined as having a Body Mass Index (BMI) of 30 or above, while being overweight is defined as having a BMI of 25 or above. A person's BMI is calculated by multiplying their weight in pounds by 704.5, dividing that number by their height in inches, and dividing that number by their height in inches a second time.



Since only 26 percent of U.S. adults engage in vigorous leisure-time activity for at least 10 minutes, three times a week, the BMI levels mentioned are globally accepted as indicators of overweight and obesity. However, if someone is muscular, the BMI is not a good indicator of being overweight or obese. For a much more accurate way of determining what percent of your body weight is from fat, you can have a hydrostatic test done.

So just how many people are we talking about? Let's look at some of the current overweight and obesity statistics that face our society.

### According to the American Obesity Association

- ◆ Approximately 127 million adults in the U.S. are overweight, 60 million obese, and 9 million severely obese.
- ◆ Obesity is associated with more than 30 medical conditions, including diabetes, arthritis, cardiovascular disease, liver and kidney disease, and five major cancers.

### According to the U.S. Department of Health and Human Services

- ◆ Recent increases in overweight and obesity cuts across all ages, racial and ethnic groups, and both genders.
- ◆ 300,000 deaths each year in the United States are associated with obesity.
- ◆ The economic cost of obesity in the United States was about \$117 billion in 2000.

I agree with certain health organizations that have made the statement, "we are facing an epidemic of obesity in our Nation!" So what is causing this epidemic? Just as there are no single bullet cures for disease, there are typically no single causes. There are a number of contributing factors, and while some are talked about by main stream health professionals, I am going to reveal the most important three that are rarely mentioned.

## What's Missing In The Weight Loss Equation?

In the next few chapters we are going to talk about three systems of the body, whose deterioration play significant parts in the overweight and obesity epidemic. First, we are going to look at the subject of metabolism. The following paragraphs in this chapter are taken from the book I co-authored titled, "[101 Great Ways to Improve Your Health](#)." This is an excellent health information resource written by world renowned experts including Dr. Joseph Mercola, Dr. Julian Whitaker, and Dr. Stephen Sinatra.

For many years, I have seen the equation diet + exercise = weight loss. Let me explain the problem with this equation. Can you imagine trying to sit on a three-legged stool that had one leg missing? Missing one third of the parts will cause you to fall short of your intended outcome every time. Let me fill in the missing part of the weight loss equation:

diet + exercise + **metabolism** = weight loss



You see, tens of millions of Americans have dieted and exercised for years with intense dedication and still not gotten the results they were searching for. Without taking into account your metabolic function, you can never properly assess your weight control needs!

So what exactly is your metabolism? Metabolism is the sum of the processes by which your body changes phytochemicals from food into the energy needed to move, breathe, think, and, essentially, live. When you eat food, your metabolism converts the phytochemicals in the food into other chemicals your body needs such as vitamins, minerals, amino acids, glucose, and water. You may wonder why some people have a fast metabolism while others are slow, or why some who once had a fast metabolism now have a slow one. Well, three main systems in your body help regulate your metabolism. They are the liver, thyroid gland, and most importantly, your adrenal glands.

Each of your two adrenal glands is located above each kidney and does numerous things for your body. They first and foremost regulate over forty hormones, or chemical messengers, which play a crucial role in your metabolism! The same glands also initiate the immune response, regulate blood pressure and blood sugar levels, and produce much of the digestive juices you use in breaking down your foods. The two reasons that our adrenal glands are weakened have to do with input and output. First, we will discuss adrenal output.

What you may not know is that every day, you experience physical, mental, and chemical stress, which affects your body chemistry on a cellular level, and it is the cells in the adrenal glands that take the brunt of these stresses. Over years of stress, the adrenals become fatigued and can no longer regulate all the constituents of a healthy metabolism properly. Sometimes the adrenals, in a weakened state, are referred to as “insufficient,” and as the progression of adrenal breakdown continues, it leads to so-called adrenal burnout, as described by the late Dr. Paul Eck, who researched adrenal function and tissue analysis for decades. In either stage, a person may exhibit symptoms such as weight gain, chronic infection, allergies, high blood pressure, high and low blood sugar levels, PMS, depression, and anxiety.

When your adrenals are fatigued, you look for an outside stimulant to jumpstart them. Increased intake of caffeine may be an indicator of coping with adrenal weakness. Unfortunately, caffeine is also a chemical stressor. While the average cup of coffee contains 100–150 milligrams of caffeine, just 250 milligrams of caffeine has been shown to cause insomnia, headaches, nervousness, and even stomach ulcers. Other diseases associated with different levels of caffeine intake are miscarriages, bladder cancer, breast cancer, ovarian cysts, and prostate cancer. The reason caffeine has been linked to such disorders is that when the adrenals are synthetically stimulated over and over; they make mistakes and send hormones to the wrong places in our bodies, which leads to cellular imbalance.

Other substances that push the adrenals are sugar, enriched and bleached flours, nicotine, alcohol, diet pills, and sometimes even excessive exercise. We need to rest and feed our adrenals after years of stress, but instead, we push them chemically, like whipping a dying horse.

There are other dietary intake factors that slow your metabolism as well. The intake of dairy products affects your hormone levels and immune system. When dairy products are pasteurized, the high heat destroys the enzyme phosphatase, which is necessary for the absorption of calcium. Also, the addition of hormones and antibiotics to the dairy cows will cause more biochemical imbalance and toxicity.

Red meat from cows also slows our metabolism due to the same chemical processing as well as the high fat and protein, which take a great deal of digestive enzymes to break down. Remember, when the adrenals are insufficient, it will negatively affect digestive enzyme production as well. Hydrogenated fats are found in almost all packaged foods today, and they will most definitely slow down your metabolism since the body was never intended to break these man-made fats down.

Regarding the input to the adrenal glands, this is where a large problem remains. You can cut out all the chemical stimulants and dietary intake of metabolism killers, but what are you doing



to rebuild your already weakened adrenal glands? I have often given my patients the analogy of the body and a bank account.

Let's say that for years, you made withdrawals from your bank account until there was almost no money left in it. You realize you better stop taking money out or you won't be able to pay your bills. Even if you stop making withdrawals for many years, the interest on the little amount left in your account will not build the account back up to where it once was. To restore your finances in that account, you need to make deposits. This means that we need to put back the proper nutrients into our human bank accounts.

On top of all the toxic chemicals that are allowed into your food sources, a big problem is that there are very small amounts of nutrients in your food at all. According to Earth Summit Report, 1992, 85 percent of the nutrients in North America's soil have been depleted! That statistic is from fifteen years ago, and things have certainly not gotten any better on our commercial farms. Since your metabolism relies heavily on proper nutrients, which are no longer found in adequate amounts in our soil, you need to supply your body with an alternate nutrient source.

***Following are some tips to strengthen your adrenals and have a superior metabolic rate***

- ◆ Make sure you are getting proper amounts of sleep. The body needs to shut down at night to repair from the damage of the day.
- ◆ Try to purchase your meats, fruits, vegetables, and grains from organic sources whenever possible, and always drink plenty of purified water!
- ◆ The addition of whole food vitamin and mineral supplements is always a good idea to ensure you are getting the nutrients you need to keep your metabolism working the way it was designed to.
- ◆ If your body is already showing signs of adrenal insufficiency or burnout, you should consult a health care professional about an adrenal gland supplement.
- ◆ Do not let yourself get into stressful situations, and if you find yourself in one, resolve it as quickly as possible to lessen the amount of stress to the adrenals.

## What's In Your Colon?

You've certainly heard the expression many times, "You are what you eat." Have you ever really thought about what it means? Do you think about it when you're making food choices? In some ways, we do become what we eat, literally. Have you ever seen a sample of blood plasma from someone who had eaten a fast food hamburger? What was previously a clear liquid becomes cloudy with the fat and cholesterol that's absorbed from eating a high-fat hamburger.



Your colon is weakened by the build up of toxic material found in the foods that you have eaten over the years. Many processed foods, such as milk, enriched and bleached flour and sugar, as well as packaged foods filled with preservatives, contain toxic elements that slowly build up in the intestine. This build up causes a hardened impacted glue to form within the intestines, decreasing the body's ability to absorb nutrients, lowering metabolic rates and causing unhealthy weight gain.

When the body cannot absorb the nutrients in food properly, energy levels are lowered and the risk of serious illness is dramatically increased. Colorectal cancer in the U.S. is the fourth most common cancer in men and women.

### ***The National Cancer Institute states the following on their website***

Estimated new cases and deaths from colon and rectal cancer in the United States in 2007:

- ◆ New cases: 112,340 (colon); 41,420 (rectal)
- ◆ Deaths: 52,180 (colon and rectal combined)

Since most of us have been exposed to these toxins for many years, ***changing your diet alone will not remove this toxic buildup.*** Certain colon cleansing and balancing products are needed to restore health to your colon. Once the colon cleansing process is completed you will have more energy, an increased feeling of overall wellness and a lower risk of potential illness. The best colon cleansing products are listed on the [Resources](#) page of this e-book.

### ***A colon cleanse survey from curezone.com reported the following***

- ◆ 37.6 percent of those surveyed lost weight.
- ◆ 38.7 percent reported improved digestion.

- ◆ 31 percent reported the passing of parasites.
- ◆ 46.2 percent reported less gas and bloating.
- ◆ 39.8 percent reported feeling lighter.
- ◆ 90.6 percent said they would recommend colon cleansing to others.

While metabolism is mentioned first in this e-book, colon cleansing is the first step you need to take towards healthy weight loss. Once this is accomplished you will have a much easier time restoring your metabolic rate.

## How Do We Live With Our Toxic Liver?

Your body is constantly exposed to toxins in the environment. Petrochemical toxins from vehicles and factory gases, water pollution from acid rain, toxic run-off from farms and factories, food pollution from pesticides, chemical fertilizers, preservatives, chemical flavorings and medications.

Over 77,000 chemicals are produced in North America alone, while over 3,000 chemicals from other countries are added to our food supply. There are roughly 1,000 new chemicals introduced each year. There are more than 10,000 chemical solvents, emulsifiers and preservatives used in food processing.

Many of the most common household products contain potentially toxic chemicals which can build up in your system and cause any number of unknown effects. Aside from detergents and cleaning agents, hormone-mutating chemicals can also be found in plastics, pesticides, fertilizers, and processed soy products.



### ***According to a report by Columbia University School of Public Health***

- ◆ 95 percent of cancer is caused by diet and environmental toxicity.
- ◆ The average American has 400 to 800 man made chemicals stored in the fat cells of their bodies.
- ◆ Effects of these toxins include Parkinson's, Alzheimer's, depression, cancer, ADD, infertility, fatigue, headaches, obesity, allergies, arthritis, asthma, suppressed immune function, and an increased sensitivity to stress.

The liver has the primary job of clearing toxins from the body with help from the bowels, kidneys, lungs and skin. Typically, the liver can become overwhelmed by all the toxins that interfere with the essential metabolic processes it is responsible for. **The liver has over 2,000 important metabolic processes going on at any given time. Every five minutes, each drop of blood in your body is cleansed by your liver.**

When the liver does not have the resources to handle a toxin, that toxin will be stored in the fat cells of our body. These fat cells increase in size as water is retained to further buffer our body from these toxins and shortly there after we are overweight, with high blood pressure. It is important to give the liver a break!

## ***Here are some tips to help minimize your exposure to toxins***

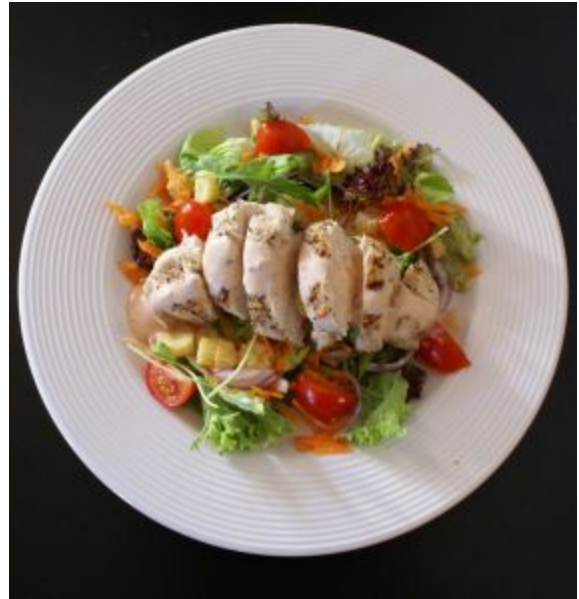


- ◆ Avoid processed foods. Note that all recipes in the meal plans are intended to be made with organic ingredients as much as possible!
- ◆ Avoid using toxic chemicals in your home and instead use natural organic products.
- ◆ Whenever possible, store food and water in glass containers, instead of plastic.
- ◆ Don't eat farm raised fish or tuna from aluminum cans.
- ◆ Use natural brands of toiletries, including [shampoo, lotions](#), and deodorants
- ◆ Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances.
- ◆ Avoid artificial food additives of all kind, including artificial sweeteners and MSG.
- ◆ Have your home drinking water tested for contaminants. Install an appropriate water filter to ensure protection from chemicals, bacteria, and parasites.

By following the meal plans in the [60 Day Guide](#), you will allow your liver to rejuvenate. Part of the 60 days includes a specific liver cleanse which consists of specific natural formulas, listed on the [Resources](#) page of this e-book. This is essential for the liver restoration process to occur!

## So What's For Dinner?

Now that I have taken you through the main contributors to being overweight which most professionals do not focus on, let's talk about the two points that are most talked about. Those two topics are of course, diet and exercise. I have never liked the word diet because people always relate it to a negative thought. Maybe that is because the word "diet" includes the word "DIE"! We need to concentrate on exchanging commercial food for healthy organic food whenever possible.



Read this next sentence very carefully. **If you fail to plan, you plan to fail!** So many people have not achieved their weight and health goals because they were not prepared to do what it takes to succeed. The [60 Day Guide](#) makes succeeding much easier. The 60 days of meal plans and recipes, along with delicious shake recipes, resources to obtain specific cleansing nutrient formulas and even shopping lists for each week are all provided for you! All you have to do is follow the day by day schedule and the weight will come off while your health returns.

So what about exercise? Let me explain a very basic principal of the human body.

### **The only way to burn fat is through aerobic exercise!**

While you do not have to kill yourself in the gym for hours at a time, I do suggest you try to do 20 minutes of aerobic exercise, three times a week during your program. Even if it is just brisk walking, that is OK. Don't just take a leisurely stroll and stop to smell the roses though, walk at a good pace so that you sweat. This will help mobilize and release toxins as well.



If you want to push a little harder, get on the bike, treadmill, stair master, elliptical trainer, in the pool or on the road with your best jogging shoes. Yes, by increasing your lean muscle mass through anaerobic weight training you can increase your metabolism, but the majority of fat that your body will burn is going to happen through aerobic exercise.

## ***Here are some tips for exercising safely and effectively***

- ◆ If you are going into a commercial gym, make sure that you are familiar with all the machines. Do not be embarrassed to ask someone on the gym staff a question or two. It is a lot less embarrassing than having them call an ambulance because you used the machine wrong and injured yourself!
- ◆ The most important thing to remember when exercising with weights is to focus on your form. The number one reason people are injured while working out is that they have incorrect form. Again, if you are not sure about your form, ask a trainer or staff member at your gym.
- ◆ The number two reason for injury is that people use too much weight. Let's not worry about breaking world records. If you injure yourself, you defeat the entire purpose of why you are working out in the first place.
- ◆ Another key here is making sure that you are drinking enough water before, during, and after your workout. The body's 100 trillion cells need water to transport nutrients into the cell for energy, and transport the toxins of the cell out.
- ◆ Lastly, always wear comfortable and supportive clothing and footwear when working out. You are there to do work, but that work is often fun when you are comfortable and relaxed.

## Final Thoughts

Now that you have a better understanding of how and why your body becomes overweight and toxic, you can begin to apply the 60 Day program to reverse your situation. I know that you probably lead a very busy life and may not be able to follow everything to the letter, but let me encourage you to try your best for the next 60 days. It took years for your body to get to the state it is now in, don't you agree that 60 days is a very short period of time to see some great results?



Finally, do you struggle with being consistent in your attempts at losing weight or eating healthy? Do you find that your motivation and willpower are out the door after the first week of following a diet or health regiment? Here is the last weapon you will use in your war against weight gain. Click [Here](#) to learn how you can stay focused, effortlessly, and win the war.



## Testimonials

Hi

*I wanted to let you know that I have lost 12 lbs so far! Your recipes are great! I have told all of my friends about your program. I have dropped one dress size already and I am only on my third week, thanks so much!*

Gloria S.



Thomas,

*What can I say, as I mentioned on the phone, I have lost 14 pounds in 3 weeks. My knees and low back don't hurt any longer. I have no desire to drink coffee anymore, and I think that getting off it helped my mind become clearer. Thanks for getting me started man!*

Tony A.



Dear Thomas,

*Thanks for encouraging me to push my husband to follow the program with me. He still can't believe it! He lost a total of 19 pounds in 21 days! As you know, that was probably all in his stomach. It is hard to imagine that we actually have pounds of undigested food in our colons, yuck! I think everyone should follow your program, and I will continue to tell everyone that I know 😊 Thanks again!*

Maria K.



Dear Thomas,

*The first week was very easy. I loved the shopping list that came along with the meal plan. I had the stuffed peppers last night and they were great. I am having the chicken cacciatore tonight. I have lost 5 pounds so far. Thanks for all the help.*

Beth



Hello,

*I am very thankful for your system of cleansing and meal plans. After my second child was born last year I could not get my weight back down. I was about 30 pounds over my desired weight but after finishing the 60 days just yesterday I have only 5 more pounds to go. I really feel like my metabolism is back on track and the last 5 pounds will be easy to shed. Thank you so much for making this program available.*

Sincerely,

Rachel Robbins

A handwritten signature in black ink, consisting of a wavy line followed by a stylized capital 'R'.

Hi Thomas,

*My husband and I are both following your program. This is our third week and we are seeing great results. I especially like the fact that we get to eat such a variety of foods in a day that we don't feel like we are on a restricted diet. We don't feel in deprived and yet we are losing weight and have greater energy levels. Thanks for helping us regain balance and health! God bless you!*

Judith M.

A handwritten signature in black ink, consisting of a wavy line followed by a stylized capital 'J'.

Thomas,

*I must admit that I haven't followed the program 100%, but it has made a difference following it 90% of the time and I feel great. Now I have a better understanding of how my body works and why it takes more than just diet and exercise to lose the weight. Talk to you soon with another update. Thanks!*

Barbara J.

A handwritten signature in black ink, consisting of a wavy line followed by a stylized capital 'B'.

## 60 Day Guide

"In order to make some changes in your life, you have to make some **CHANGES** in your life!"

If you want to change your weight and health status, you will want to begin changing your day-to-day habits in certain areas. Here are some pointers to do so successfully.

Following this meal plan in the exact format given will maximize results, but there are sure to be meals that you do not like or do not have time to prepare. In these cases, we suggest you choose another meal from the plan that you have previously tried instead of eating something from an outside source. This will greatly reduce your tendency to eat foods that hinder your progress towards weight loss and vitality.

Eating larger portions of these meals is more advisable for your health than adding a bag or two of fast food to your diet. If you feel you do not have time to make a meal, don't skip eating. Instead, choose a shake from the appropriate list according to where you are in your 60 days. Shakes should not take longer than 3 minutes to make, start to finish, and you can always take one to go.

Certain meals are prepared in amounts that will provide leftovers if you are a single person. It is fine to eat the leftover meal the next day as a substitute for a meal you may not want to make or like. Remember, you are following this plan for results, so make good decisions if you want the best results!

The Shopping List for each week is provided following the Recipes. You may not need everything listed here. Choose the things you will eat off of the Meal Plan and then buy accordingly.

The first day of the program you will start the colon cleanse protocol along with your meal plans. Please follow the instructions that come with the [Whole Body Cleanse Kit](#). The colon cleanse will continue for 30 days and is a very simple process. You will typically not feel any strange effects from it, nor will you need to be near a bathroom all the time!

Starting on day 39 and continuing through day 60 you will follow the instructions for the liver cleanse which come with the [Whole Body Cleanse Kit](#). Plan on starting your 60 days a week after ordering your products to ensure they arrive in time and you also pick a day to shop for your first week of meals.

All the meal plans and shopping lists can be printed out. Remember to drink plenty of quality water everyday and shoot for eight hours of sleep a night! Enjoy your new body and feel free to email your results to [Thomas@HealYourBodyNow.com](mailto:Thomas@HealYourBodyNow.com) Be sure to sign up for our free newsletter at [Heal Your Body Now](#).

## Meal Plans

During the cleansing process, you will eliminate foods that are toxic to your body, while consuming nutrient rich, healing foods. Certain fruits and vegetables are included for their known cleansing abilities. Each meal and shake has been specifically placed in the 60 day plan for optimum results. Try to stick to the program as closely as possible. Always use organic foods and spices when they are available. Please print out and read over the [60 Day Guide](#) to make sure you understand the whole process.

## Week 1

	BREAKFAST	LUNCH	DINNER
DAY 1	2 scrambled eggs with mushrooms, onions, tomatoes, red peppers, and spinach. 1 piece Ezekiel toast	Vegetable Soup	Stuffed Peppers
DAY 2	Protein Shake	Portobello Mushroom Salad	Chicken Cacciatore
DAY 3	2 hardboiled eggs 1 piece of Ezekiel toast 1 Tbs organic almond butter 1 orange	Minestrone Soup	Grilled Tilapia
DAY 4	Protein Shake	Veggie Wrap with grilled Shrimp	Bison-Turkey Meatloaf
DAY 5	1 Peach, 1 Piece of Ezekiel toast with 2 Tbs almond butter	Butternut Squash Soup	Shrimp Stir Fry
DAY 6	Protein Shake	Garbanzo Bean Salad	Broiled Salmon
DAY 7	2 scrambled eggs 1 piece of Ezekiel toast 1 serving size of smoked salmon. Grill salmon until crispy (taste like bacon!)	Cabbage Stew	Chicken Piccata

## Week 2

	BREAKFAST	LUNCH	DINNER
DAY 1	Protein Shake	Tuna Fish Wrap	Turkey Chili
DAY 2	Organic oatmeal 3 Tbs slivered almonds 1 apple.	Beef Onion Soup	Spicy Fish Stir Fry
DAY 3	Protein Shake	Veggie Wrap with grilled Chicken	Grilled Tuna Vegetable Salad
DAY 4	2 Hardboiled Eggs 1 Piece of Ezekiel Toast 1 Tbs almond butter 1 Pear	Chicken Rice Soup	Stuffed Spaghetti Squash
DAY 5	Protein Shake	Portobello Mushroom Salad	Grilled Shrimp Fajitas
DAY 6	2 scrambled eggs 1 Piece of Ezekiel toast 1 serving size of smoked salmon. Grill salmon until crispy (taste like bacon!)	Bean Soup	Baked Scrod
DAY 7	Protein Shake	Spicy Egg and Vegetable wrap	Baked Turkey

## Week 3

	BREAKFAST	LUNCH	DINNER
DAY 1	2 scrambled eggs with mushrooms, onions, tomatoes, red peppers, and spinach 1 Piece Ezekiel Toast	Tomato Sausage Soup	Ginger Chicken Stir Fry
DAY 2	Protein Shake	Veggie Wrap with grilled Shrimp	Turkey Cabbage Stew
DAY 3	Organic oatmeal 3 Tbs slivered almonds 2 ounces of blueberries	Chicken Broccoli Soup	Baked Sole
DAY 4	Protein Shake	Egg Salad Wrap	Turkey Chili
DAY 5	1/2 of a grapefruit Ezekiel toast with 2 Tbs almond butter	Shrimp Bisque	Grilled Tuna Kabobs
DAY 6	Protein Shake	Grilled Chicken Sandwich	Broiled Blackened Salmon
DAY 7	2 Hardboiled Eggs 1 Piece of Ezekiel Toast 1 Tbs almond butter 1 plum	Chicken Rice and Beans	Stuffed Spaghetti Squash

## Week 4

	BREAKFAST	LUNCH	DINNER
DAY 1	Protein Shake	Veggie Wrap with grilled Chicken	Jambalaya
DAY 2	2 scrambled eggs with asparagus, tomatoes, and yellow squash	Broccoli Spinach Soup	Turkey Burger
DAY 3	Protein Shake	Spicy Egg and Vegetable wrap	Baked Chicken
DAY 4	2 scrambled eggs 1 piece of Ezekiel toast 1 serving size of smoked salmon. Cook salmon until crispy (taste like bacon!)	Cabbage Stew	Baked Tilapia
DAY 5	Protein Shake	Veggie Wrap with grilled Shrimp	Chicken Fajitas
DAY 6	1 cup of cantaloupe 1 piece of Ezekiel toast and 2 Tbs of almond butter	Vegetable Beef Soup	Baked Turkey
DAY 7	Protein Shake	Salad with baked turkey	Shrimp Stir Fry



## Week 5

	BREAKFAST	LUNCH	DINNER
DAY 1	Organic oatmeal 3 Tbs slivered almonds 1 banana.	Minestrone Soup	Stuffed Peppers
DAY 2	Protein Shake	Portobello Mushroom Salad	Chicken Piccata
DAY 3	2 Hardboiled Eggs 1 Piece of Ezekiel Toast 1 Tbs almond butter 1/2 of a cup of strawberries	Chicken Rice Soup	Grilled Tuna Vegetable Salad
DAY 4	Protein Shake	Shrimp Salad Wrap	Turkey Casserole
DAY 5	2 Scrambled Eggs with Mushrooms, onions, tomatoes, red peppers, and spinach 1 Piece Ezekiel Toast	Turkey Rice Soup	Ginger Chicken Stir Fry
DAY 6	Protein Shake	Egg Salad Wrap	Baked Scrod
DAY 7	1 cup of watermelon 1 piece of Ezekiel toast 2 Tbs almond butter	Cabbage Turkey Sausage Soup	Salsa Chicken

## Week 6

	BREAKFAST	LUNCH	DINNER
DAY 1	Protein Shake	Veggie Wrap with grilled Chicken	Cajun Chicken and Rice
DAY 2	2 scrambled eggs 1 piece of Ezekiel toast 1 serving size of smoked salmon. Cook salmon until crispy (taste like bacon!)	Cabbage Stew	Chicken Veggie Pasta
DAY 3	Protein Shake	Tuna Fish Wrap	Jambalaya
DAY 4	Cleanse Shake	Grilled Chicken Sandwich	Cleanse Shake
DAY 5	Cleanse Shake	Spinach Salad	Cleanse Shake
DAY 6	Cleanse Shake	Turkey Wrap	Cleanse Shake
DAY 7	Cleanse Shake	Salad with Grilled Chicken	Cleanse Shake

## Week 7

	BREAKFAST	LUNCH	DINNER
DAY 1	Cleanse Shake	Chicken Rice and Beans	Cleanse Shake
DAY 2	Cleanse Shake	Salad with Baked Turkey	Cleanse Shake
DAY 3	Cleanse Shake	Stuffed Peppers	Cleanse Shake
DAY 4	Cleanse Shake	Salad with grilled shrimp	Cleanse Shake
DAY 5	Cleanse Shake	Turkey Chili	Cleanse Shake
DAY 6	Cleanse Shake	Minestrone Soup	Cleanse Shake
DAY 7	Cleanse Shake	Portobello Mushroom Salad	Cleanse Shake

## Week 8

	BREAKFAST	LUNCH	DINNER
DAY 1	Cleanse Shake	Butternut Squash Soup	Cleanse Shake
DAY 2	Cleanse Shake	Salad with grilled shrimp	Cleanse Shake
DAY 3	Cleanse Shake	Chicken Fajitas	Cleanse Shake
DAY 4	Cleanse Shake	Baked Turkey Salad	Cleanse Shake
DAY 5	Cleanse Shake	Spicy Egg Vegetable Wrap	Cleanse Shake
DAY 6	Cleanse Shake	Shrimp Bisque	Cleanse Shake
DAY 7	Cleanse Shake	Salad with grilled Chicken	Cleanse Shake

## Week 9

	BREAKFAST	LUNCH	DINNER
DAY 1	Cleanse Shake	Chicken Rice and Beans	Cleanse Shake
DAY 2	Cleanse Shake	Cabbage Stew	Cleanse Shake
DAY 3	Cleanse Shake	Veggie wrap with grilled chicken	Cleanse Shake
DAY 4	2 hardboiled eggs 1 piece of Ezekiel toast 1 Tbs almond Butter 1 orange.	Stuffed Peppers	Olive Chicken

## Recipes

Remember to use fresh organic ingredients as much as possible. You may vary cooking times for personal preference but do not burn food to a crisp, as this destroys nutrients and causes the formation of gene-mutating heterocyclic amines. Heterocyclic amines have been linked to prostate, breast, colorectal, esophageal, lung, liver, and other cancers. This is just what we are trying to avoid, so be aware.

## Week 1

### Vegetable Soup

- 1 diced potato
- 2 diced carrots
- 1/2 cup of sliced mushrooms
- 1/2 of a diced onion
- 1 cup of frozen spinach
- 3/4 cup of brown rice
- 3 cups of chicken broth

Combine all ingredients in large saucepan. Bring to a boil on high heat for about 10 minutes. Bring heat down to medium and cover with a lid. Allow to cook for about 30 minutes. Serves 2.

### Stuffed Peppers

- 1 cup brown rice (prepare according to package instructions)
- 3 deseeded green bell pepper halves
- 1 lb ground turkey
- 3 tsp extra virgin olive oil
- 15 oz diced tomatoes
- 1 zucchini (diced)
- 1 yellow squash (diced)
- 1Tbs tamari

Pre heat oven to 350 degrees. While rice is cooking bring a medium pot of filtered water to boil on high heat and place bell pepper halves in the water and cook for about 5 minutes (this allows the peppers to soften but not become mushy). While peppers are cooking, brown ground turkey on medium-high heat in a skillet with extra virgin olive oil. Add tomatoes, zucchini and squash. Bring saucepan down to medium heat and cover for 10 minutes. Add tamari, place lid back on skillet and cook for an additional 5 minutes. Remove from heat. Combine cooked rice and ground turkey in a large bowl. Place pepper halves in a baking dish, and stuff each one with the turkey mixture. Cover baking dish with foil and cook in oven for 15 minutes. Serves 3.

### Portobello Mushroom Salad

- 1 Portobello mushroom
- 2 tsp tamari
- Diced tomatoes
- Diced artichoke hearts

Preheat oven to 350 degrees. Take mushroom top and place it on a baking sheet. On the mushroom, drizzle 1 tsp of tamari. Place in oven for 10 minutes. Remove from oven, top with diced tomatoes and diced artichoke hearts. Drizzle remaining tamari over salad. Bake for another 10 minutes. Eat warm! Serves 1.

## Chicken Cacciatore

- 2 chicken breasts
- 6 tps extra virgin olive oil
- ½ onion (diced)
- 1 bell pepper (diced)
- ½ cup chicken broth
- 1 28 oz can whole tomatoes
- 1 Tbs Tamari

Brown 2 chicken breasts in a med-high heated skillet with 3 tps of extra virgin olive oil for about 5 minutes on each side. Remove chicken from skillet and set aside. Add an additional 3 tps of extra virgin olive oil to the skillet and cook 1/2 of a diced onion, after 5 minutes add a chopped green bell pepper and cook for another 5 minutes. To the skillet add 28-ounce can of whole tomatoes along with 1/2 of a cup of chicken broth. Break tomatoes up with a spoon. Add the chicken and bring the heat down to medium. Cover with a lid and cook for 15 minutes. Uncover, add 1 Tbs of tamari, mix well cook uncovered for an additional 10 minutes. Serves 2

## Minestrone Soup

- 1 large carrot (diced)
- 1/2 cup of cabbage (chopped)
- 1 celery stalk (diced)
- 1/3 of a small onion (diced)
- 3 Tbs of extra virgin olive oil
- 1 turkey sausage (diced)
- 1 cup of chicken broth
- 1 small can of diced tomatoes
- 1/2 a cup of frozen spinach
- 1/4 of a cup of whole wheat elbow macaroni

In a medium-high heated saucepan add carrot, cabbage, celery, onion and extra virgin olive oil. Cook for about 5 minutes. Add turkey sausage and cook for an additional 5 minutes. Add chicken broth and tomatoes. Cover with lid and bring down to medium heat for 10 minutes. Add spinach and whole wheat elbow macaroni. Cover with lid and cook until pasta is soft about 15 minutes. Serves 2.

## Grilled Tilapia

- 1/2 cup of brown rice
- 1 package of frozen spinach
- 2 tilapia filets
- 3 Tbs extra virgin olive oil
- 2 Tbs lemon juice

Cook brown rice according to package directions. Steam frozen spinach. Cook the tilapia filets on medium-high heat for 5 minutes on each side in a skillet, with extra virgin olive oil, and lemon juice. Serves 2.



## **Veggie Wrap with Grilled Shrimp**

- 4 jumbo shrimp
- 3 tsp extra virgin olive oil
- 1 Ezekiel wrap
- 2 Tbs hummus
- 2 Tbs tabouli
- 2 Tbs tomatoes (diced)
- 1/4 cup bean sprouts

Cook shrimp in extra virgin olive oil in a skillet on medium-high heat until pink (about 7 minutes). Spread hummus and tabouli over Ezekiel wrap. Down the center put tomatoes and bean sprouts (or lettuce) top with grilled shrimp. Roll and eat. Serves 1.

## **Bison-Turkey Meatloaf**

- 1 lb ground turkey
- 1 lb ground buffalo
- 2 eggs
- 1 cup whole wheat bread crumbs
- 3 tsp ground thyme
- 1 tsp ground black pepper
- 1 tsp sea salt
- 6 oz tomato sauce

Preheat oven to 350 degrees. Combine turkey, buffalo, eggs, whole wheat bread crumbs, thyme, black pepper, and sea salt. Put mixture into a loaf pan, top with tomato sauce. Bake in oven for 1 hour. Serves 6.

## **Butternut Squash Soup**

- 2 cups of chicken broth
- 1/2 butternut squash (diced)
- 1 green granny smith apple (diced)
- 1/2 onion (diced)

Bring chicken broth to boil on high heat in a large pot. Add butternut squash, apple, and onion. Cover and allow to cook until vegetables are soft, about 15 to 20 minutes. Remove from heat. Blend entire mixture in a blender until smooth. Serves 3.

## **Shrimp Stir Fry**

- 1 cup brown rice
- 2 zucchini (cut in thin strips)
- 1 large carrot (shredded)
- 1/4 cup mushrooms (sliced)
- 1/4 onion (sliced)
- 14 shrimp
- 2 Tbs tamari

Cook brown rice according to package directions. Steam zucchini, carrot, mushrooms, and onions for 6 minutes. While vegetables are steaming sauté shrimp on medium-high heat for about 7 minutes. Once vegetables are done add them with the shrimp in the frying pan. Add the cooked rice and tamari. Mix well. Serves 2.

### **Garbanzo Bean Salad**

- 4 oz garbanzo beans
- 2 cups fresh spinach (chopped)
- 1 red bell pepper (diced)
- 1 celery stalk (diced)
- 1/4 cup black olives
- 1 Tbs extra virgin olive oil
- 1 Tbs balsamic vinaigrette

Combine garbanzo beans, spinach, red bell pepper, celery, and black olives. Toss in extra virgin olive oil and balsamic vinaigrette. Serves 1.

### **Broiled Salmon**

- 1 sweet potato
- 2 cups broccoli
- 2 salmon filets (about 7 ounces each)
- 1 Tbs butter
- 1/4 tsp ground black pepper
- 2 Tbs lemon juice
- 1 tsp dried tarragon

Pre heat broiler. Bake sweet potato, at 400 degrees for 40 minutes or until soft. While potato is baking steam broccoli. While broccoli is cooking, lightly grease a baking sheet and place salmon filets (about 7 ounces each) skin side down. Melt butter and add black pepper, lemon juice, and tarragon. Coat the fish with half of the butter mixture and broil the salmon about 3 inches away from heat for 2 minutes. Remove from broiler and coat with the rest of the butter mixture and cook for an additional 5 minutes. When fish is flakey it is done. Remove from heat and serve. Cut sweet potato in half, eat plain. Serves 2.

### **Cabbage Stew**

- 3 cups of chicken broth
- 1/2 head cabbage (chopped)
- 3 small red potatoes (diced)
- 2 carrots (diced)
- 2 celery stalks (diced)
- 1 28 oz can diced tomatoes
- Black pepper

Bring chicken broth to a boil; add remaining ingredients along with black pepper to taste. Cook on medium heat for 25 minutes. Serves 2.

## Week 2

### Tuna Fish Wrap

- 1/2 can tuna
- 1 Tbs mayonnaise
- 1 tsp dill weed
- 2 tsp lemon juice
- 3 Tbs celery (diced)
- 1 Ezekiel wrap
- Lettuce
- Tomato
- Onion

Combine tuna, mayonnaise, dill weed, lemon juice, and celery. In an Ezekiel wrap add the tuna fish, along with lettuce, tomato and an onion slice. Serves 1.

### Turkey Chili

- 6 oz chickpeas (rinsed)
- 6 oz pinto beans (rinsed)
- 1/2 zucchini (diced)
- 1/2 yellow squash (diced)
- 1/2 lb ground turkey
- 6 tsp extra virgin olive oil
- 4 Tbs dried basil
- 4 Tbs dried oregano
- 7 tsp chili powder
- 1/2 cup onion (diced)
- 10 oz tomato sauce
- 3 tsp paprika
- 14 oz crushed tomatoes

Steam zucchini and yellow squash for 5 minutes. Brown turkey with 3 tsp of extra virgin olive oil along with 1 Tbs of dried basil, 1 Tbs of dried oregano, and 4 tsp of chili powder in a skillet on medium heat. When cooked through, remove from heat and set aside. In a separate skillet, brown onion with 3 tsp of extra virgin olive oil on medium heat. Add cooked zucchini and squash to 3 ounces of tomato sauce in a medium pot. Add another 3 tsp of chili powder, basil, and oregano, and paprika along with chickpeas, pinto beans, and an additional 7 ounces of tomato sauce. Simmer covered for 10 minutes. Move the chili to a pot and add crushed tomatoes and turkey. Simmer for another 20 minutes and serve. Serves 2.

### **Beef Onion Soup**

- 2 cups onions (sliced thin)
- 3 tsp extra virgin olive oil
- 6 oz beef (sliced thin)
- 2 cups beef stock
- 3 Tbs sherry
- 1 tsp brown sugar
- 1/4 tsp sea salt
- 1 Tbs whole wheat flour

In a large saucepan on medium-high heat cook onions in extra virgin olive oil for about 15 minutes or until onions are brown. Add beef and cook for an additional 10 minutes. Add beef stock, sherry, brown sugar, sea salt, and whole wheat flour. Stir constantly for 5 minutes. Cover with lid and bring down to simmer for about 15 minutes. Serves 2.

### **Spicy Fish Stir Fry**

- 1 cup brown rice
- 5 oz green beans
- 1/2 zucchini (sliced thinly)
- 1/2 yellow squash (sliced thinly)
- 1 tomato (diced)
- 1/4 cup carrot (shredded)
- 2 tilapia filets
- 1 tsp chili powder
- 1 tsp cayenne pepper

Cook brown rice according to package directions. Steam green beans along with zucchini, yellow squash, tomato, and carrot. While vegetables are steaming, season 2 tilapia filets with chili powder and cayenne pepper. Cook tilapia for 5 minutes on each side in skillet while breaking them up into bite size pieces. Once vegetables are done add them with the fish in the skillet, add the cooked rice. Mix well. Serves 2.

### **Veggie Wrap with Grilled Chicken**

- 5 oz of chicken (diced)
- 3 tsp extra virgin olive oil
- 1 Tbs balsamic vinaigrette
- 1 Ezekiel Wrap
- 2 Tbs hummus
- 2 Tbs tabouli
- 2 Tbs diced tomatoes
- 1/4 cup bean sprouts

Cook chicken in a skillet on medium heat with 3 tsp extra virgin olive oil for 5 minutes, add balsamic vinaigrette and cook for an additional 5 minutes. Spread hummus and tabouli over Ezekiel Wrap. Down the center put tomatoes and bean sprouts (or lettuce) top with grilled chicken. Roll and eat. Serves 1.

## Grilled Tuna Vegetable Salad

6 oz fresh tuna (diced)  
3 tsp extra virgin olive oil  
1 tsp ground black pepper  
1 tsp old bay seasoning  
2 cups of lettuce (chopped)  
1/2 cucumber (diced)  
1 tomato (diced)  
1/4 cup carrot (shredded)  
1/4 cup marinated artichoke hearts  
2 Tbs balsamic vinaigrette

Season tuna with pepper and old bay seasoning. Cook tuna in a skillet on medium heat in extra virgin olive oil for 7 to 10 minutes. While tuna is cooking combine lettuce, cucumber, tomato, carrot, and artichoke hearts. Toss salad with 2 Tbs of balsamic vinaigrette, and add tuna. Serves 1.

## Chicken Rice Soup

4 cups chicken broth  
3/4 cup brown rice  
10 oz chicken breast (diced)  
1 potato (diced)  
2 carrots (diced)  
2 celery stalks (diced)

Bring chicken broth to a boil on high heat; add brown rice and bring heat down to medium high, cover with a lid and cook for 30 minutes. Add chicken to the broth. Cover with a lid and bring heat down to medium. After 20 minutes, add remaining ingredients and cover with a lid. Cook for an additional 20 minutes with lid on. Serves 2.

## Stuffed Spaghetti Squash

1 spaghetti squash  
1/2 lb ground turkey  
3 tsp extra virgin olive oil  
20 oz tomato sauce  
1 zucchini (diced)

Cut spaghetti squash in half and steam for about 20 minutes. While spaghetti squash is cooking, brown turkey in a skillet on medium-high heat with extra virgin olive oil. Add tomato sauce to the pan along with zucchini. Cover with a lid and bring heat down to medium. Cook for 15 minutes. Place half of the squash on a plate and top with half of the meat sauce. Serves 2.

## Portobello Mushroom Salad

- 1 Portobello mushroom top
- 2 tsp tamari
- 3 Tbs tomatoes (diced)
- 5 artichoke hearts (diced)

Set oven to 350 degrees. Put Portobello mushroom top on a baking sheet. Drizzle the mushroom with 1 tsp tamari. Place in oven for 10 minutes. Remove from oven, top with tomatoes and artichoke hearts. Drizzle another tsp of tamari over salad. Bake for another 10 minutes. Eat warm! Serves 1.

## Grilled Shrimp Fajitas

- 1/2 cup brown rice
- 1/2 cup canned black beans
- 12 shrimp
- 3 tsp extra virgin olive oil
- 1/4 cup onions (sliced)
- 1/2 cup green bell peppers (sliced)
- 1/2 cup mushrooms (sliced)
- 1 1/2 Tbs tamari
- 1/2 cup chicken broth
- 4 Ezekiel wraps

Cook brown rice according to package directions. Heat black beans over medium heat in a small pan. In a skillet cook shrimp for 5 minutes on medium-high heat with extra virgin olive oil. Add onions, green bell peppers, and mushrooms to the skillet along with tamari and chicken broth. Cover with lid and cook for 10 minutes. Remove lid and cook an additional 5 minutes. Stuff ingredients into 4 Ezekiel wraps. Serves 2.

## Bean Soup

- 3 cups chicken broth
- 1 small can diced tomatoes
- 1/2 onion (diced)
- 1/2 cup broccoli (chopped)
- 1/3 cup pinto beans (rinsed)
- 1/3 cup kidney beans (rinsed)
- 1/3 cup garbanzo beans (rinsed)

Add all ingredients to a medium pot. Mix well, bring to a boil, and then bring heat down to medium-low cover and cook for 20 minutes. Serves 2.

## **Baked Scrod**

- 2/3 cup couscous
- 1 Tbs olive oil
- 1 Tbs lemon juice
- 1 tsp ground black pepper
- 1 tsp garlic powder
- 2 scrod filets
- 4 Tbs whole wheat bread crumbs
- 1 cup of baby carrots

Pre-Heat oven to 450 degrees. Steam baby carrots until tender about 15 minutes. Cook couscous according to package directions. In a small bowl mix extra virgin olive oil, lemon juice, black pepper, and garlic powder. Coat scrod filets with mixture and sprinkle each filet with whole wheat bread crumbs. Place on a greased baking sheet. Bake fish for about 13 minutes or until it starts to flake. Serves 2.

## **Spicy Egg and Vegetable Wrap**

- 1/2 zucchini (diced)
- 1/2 tomato (diced)
- 1/4 cup mushrooms (sliced)
- 5 tsp extra virgin olive oil
- 2 eggs
- 3 tsp hot sauce
- 1 tsp black pepper
- 1 Ezekiel wrap

Cook zucchini, tomato, and mushrooms in a skillet on medium high heat in 2 tsp extra virgin olive oil. In a bowl mix eggs, hot sauce, and black pepper. Scramble eggs in a separate skillet and cook on medium high heat in 3 tsp extra virgin olive oil. Put all ingredients into 1 Ezekiel wrap. Serves 1.

## **Baked Turkey**

- 1 turkey breast
- 1 sweet potato
- 1 cup corn

Bake a turkey breast according to package directions. While turkey is baking, peel and boil sweet potato until soft (about 15 minutes) and then mash it. Cook 1 cup of corn. Serve 6 ounces of turkey per person. Split corn and mashed potatoes between 2 people and eat. Serves 2.

## Week 3

### Tomato Sausage Soup

- 2 cups beef broth
- 1/4 cup red wine
- 28 oz can diced tomatoes
- 1/2 cup corn
- 1/2 cup lima beans
- 12 oz of turkey sausage (diced)

In a medium pot, combine beef broth, red wine, tomatoes, corn, and lima beans. Put the heat on medium and cover with a lid. While vegetables are cooking, in a medium saucepan cook turkey sausage for 10 minutes or until cooked through. Add sausage to vegetables and cook with a lid covering for an additional 20 minutes. Serves 2.

### Ginger Chicken Stir Fry

- 1/2 cup brown rice
- 10 oz chicken (sliced)
- 1/2 tsp ground ginger
- 3 tsp extra virgin olive oil
- 2 cups snow peas
- 2 cups green beans
- 1 red bell pepper (sliced)
- 1 yellow squash (sliced)
- 2 Tbs tamari
- 1 tsp lime juice

Cook brown rice according to package directions. Season chicken with 1/4 tsp of ground ginger and cook in a skillet with 2 tsp of extra virgin olive oil on medium-high heat for about 10 minutes. In a separate skillet, add 3 tsp of extra virgin olive oil, snow peas, green beans, red bell pepper, yellow squash, tamari, 1/4 tsp of ground ginger, lime juice. Cook until tender on medium heat for 10 to 15 minutes. Mix rice in with the vegetables and chicken. Serves 2.

### Veggie Wrap with Grilled Shrimp

- 4 jumbo shrimp
- 3 tsp extra virgin olive oil
- 1 Ezekiel wrap
- 2 Tbs hummus
- 2 Tbs tabouli
- 2 Tbs tomatoes (diced)
- 1/4 cup bean sprouts

Cook shrimp in extra virgin olive oil in a skillet on medium-high heat until pink (about 7 minutes). Spread hummus and tabouli over Ezekiel wrap. Down the center put tomatoes and bean sprouts (or lettuce) top with grilled shrimp. Roll and eat. Serves 1.



### **Turkey Cabbage Stew**

8 oz ground turkey  
3 tsp extra virgin olive oil  
28 oz can diced tomatoes  
1/2 head cabbage (chopped)  
1 marinated red bell pepper (thinly sliced)  
2 slices Ezekiel Bread

Brown ground turkey in a large skillet on medium high heat in 3 tsp extra virgin olive oil for 10 minutes. Add cabbage, and red bell pepper. Cover pan with a lid and reduce heat to medium. Cook until cabbage is tender. Serve with one piece of Ezekiel toast per person. Serves 2.

### **Chicken Broccoli Soup**

3 cups chicken broth  
8 oz chicken (diced)  
3 tsp extra virgin olive oil  
1 cup broccoli (chopped)  
1 tsp sea salt  
2 tsp ground black pepper  
2/3 cup couscous

Bring chicken broth to a boil. While broth is coming to a boil, brown chicken for 5 minutes with 3 tsp of extra virgin olive oil in a skillet on medium heat. Once chicken is browned, add it to the broth along with broccoli, sea salt, and black pepper. Cover with a lid and cook for about 15 minutes. Remove lid and add couscous. Cover and cook for an additional 5 minutes. Serves 2.

### **Baked Sole**

1 cup baby carrots  
2/3 cup couscous  
1 Tbs extra virgin olive oil  
1 Tbs lemon juice  
1/2 tsp ground black pepper  
1/2 tsp garlic powder  
2 sole filets  
4 Tbs whole wheat bread crumbs

Pre-Heat oven to 450 degrees. Steam baby carrots for about 15 minutes. Cook couscous according to package directions. In a small bowl, mix extra virgin olive oil, lemon juice, black pepper, and garlic powder. Coat sole filets with mixture and sprinkle each filet with 2 Tbs of whole wheat bread crumbs. Place on a greased baking sheet. Cook fish for about 13 minutes or until it starts to flake. Serves 2.

### **Egg Salad Wrap**

2 eggs  
1 Tbs mayonnaise  
1 tsp dried mustard  
1 Ezekiel wrap  
3 Tbs tomatoes (diced)

Hard-boil eggs, remove eggs from shell and mix together with mayonnaise, and dried mustard. In an Ezekiel wrap place the egg salad along with tomatoes. Roll and eat. Serves 1.

## Turkey Chili

6 oz chickpeas (rinsed)  
6 oz pinto beans (rinsed)  
1/2 zucchini (diced)  
1/2 yellow squash (diced)  
1/2 lb ground turkey  
6 tsp extra virgin olive oil  
4 Tbs dried basil  
4 Tbs dried oregano  
7 tsp chili powder  
1/2 cup onion (diced)  
10 oz tomato sauce  
3 tsp paprika  
14 oz crushed tomatoes

Steam zucchini and yellow squash for 5 minutes. Brown turkey with 3 tsp of extra virgin olive oil along with 1 Tbs of dried basil, 1 Tbs of dried oregano, and 4 tsp of chili powder in a skillet on medium heat. When cooked through, remove from heat and set aside. In a separate skillet, brown onion with 3 tsp of extra virgin olive oil on medium heat. Add cooked zucchini and squash to 3 ounces of tomato sauce in a medium pot. Add another 3 tsp of chili powder, basil, and oregano, and paprika along with chickpeas, pinto beans, and an additional 7 ounces of tomato sauce. Simmer covered for 10 minutes. Move the chili to a pot and add crushed tomatoes and turkey. Simmer for another 20 minutes and serve. Serves 2.

## Shrimp Bisque

1/2 cup brown rice  
3 cups filtered water  
3 tsp Lobster base  
1/2 lb raw shrimp (shell on)  
1/2 onion (diced)  
1 celery stalk (diced)  
1 red bell pepper (diced)  
1 Tbs lemon juice

Cook brown rice according to package instructions. In a medium pot add filtered water and the appropriate amount of lobster base ("Better than Bouillon" is the preferred brand). When mixture comes to a boil, bring down to medium heat and add shrimp. Cook until shrimp are done about 8 minutes. Remove Shrimp from water and onion, celery, and red bell pepper. Cover with a lid and cook for 15 minutes. Peel the shrimp and dispose of the shells. Remove lid and pour entire contents of broth and vegetables into a blender along with half of the shrimp and blend until smooth are no chunks left. Return contents to a pot along with the other half of the shrimp, the cooked brown rice, and lemon juice. Mix well on high heat for 5 minutes and serve. Serves 2.

### Grilled Tuna Kabobs

2/3 cup brown rice  
12 oz fresh tuna (diced)  
Balsamic vinaigrette  
1/2 cup artichoke hearts  
1/2 cup cherry tomatoes  
1/2 cup onion (largely diced)

Preheat oven to 450 degrees. Cook brown rice according to package directions. Marinade tuna for 20 minutes in balsamic vinaigrette. In another dish marinade artichoke hearts, tomatoes, and onion for 10 minutes in balsamic vinaigrette. Skew 6 kabobs in the following pattern onion, tomato, onion, artichoke, onion, and a piece of tuna repeat until kabob is full. Prop skewers on a baking dish so that each end is sticking out and the middle is touching nothing. Bake for 30 minutes or until tuna is cooked through. Half way through cook time, baste the kabobs with the balsamic vinaigrette. Serves 2.

### Grilled Chicken Sandwich

1 chicken breast  
3 tsp extra virgin olive oil  
1/4 cup chicken broth  
1 Tbs tamari  
2 slices Ezekiel bread  
1/2 tsp mayonnaise  
Lettuce  
Tomato  
1/4 avocado (sliced)

Pound chicken to about 1/2 an inch thick and place in a skillet with extra virgin olive oil, and chicken broth on medium heat. Cover with lid and allow to cook for 10 minutes, flipping in between. Remove lid and coat both sides of the breast with tamari. Allow to finish cooking through on medium heat. Toast 2 Ezekiel bread, and spread 1/4 tsp of mayonnaise on the inside of each slice. Add lettuce, tomato, and avocado. Top with grilled chicken. Serves 1.

### Broiled Blackened Salmon

1 sweet potato  
2 cups broccoli  
2 salmon filets  
1 Tbs butter  
1/2 tsp ground black pepper  
2 Tbs lemon juice  
1 tsp dried tarragon  
1 tsp paprika  
1/2 tsp cayenne pepper  
1 tsp onion powder

Pre heat broiler. Bake sweet potato, at 400 degrees for 40 minutes or until soft. While potato is baking steam broccoli. While broccoli is cooking, lightly grease a baking sheet and salmon skin side down. Melt butter in a small pot and add ground black pepper, lemon juice, and tarragon. Coat the fish with half of the butter mixture and broil the salmon about 3 inches away from heat. After 4 minutes of cooking coat with the rest of the butter mixture and season with paprika, cayenne pepper, and onion powder. When fish is flakey it is done about 6 minutes. Remove from heat and serve. Cut sweet potato in half and eat plain. Serves 2.

### **Chicken Rice and Beans**

1/3 cup brown rice  
1/2 cup black beans  
1 chicken breast  
3 tsp extra virgin olive oil  
1/2 cup tomatoes (diced)

Cook brown rice according to package directions. In a pan heat black beans on medium heat until hot. Sauté chicken breast in extra virgin olive oil for 10 to 15 minutes. Allow chicken to cool and grate on a cheese grater. Add cooked rice, and chicken to the beans, along with diced tomatoes. Serves 1.

### **Stuffed Spaghetti Squash**

1 spaghetti squash  
1/2 lb ground turkey  
3 tsp extra virgin olive oil  
20 oz tomato sauce  
1 zucchini (diced)

Cut spaghetti squash in half and steam for about 20 minutes. While spaghetti squash is cooking, brown turkey in a skillet on medium-high heat with extra virgin olive oil. Add tomato sauce to the pan along with zucchini. Cover with a lid and bring heat down to medium. Cook for 15 minutes. Place half of the squash on a plate and top with half of the meat sauce. Serves 2.

## Week 4

### Veggie Wrap with Grilled Chicken

- 5 oz of chicken (diced)
- 3 tsp extra virgin olive oil
- 1 Tbs balsamic vinaigrette
- 1 Ezekiel Wrap
- 2 Tbs hummus
- 2 Tbs tabouli
- 2 Tbs diced tomatoes
- 1/4 cup bean sprouts

Cook chicken in a skillet on medium heat with 3 tsp extra virgin olive oil for 5 minutes, add balsamic vinaigrette and cook for an additional 5 minutes. Spread hummus and tabouli over Ezekiel Wrap. Down the center put tomatoes and bean sprouts (or lettuce) top with grilled chicken. Roll and eat. Serves 1.

### Jambalaya

- 1 cup brown rice
- 6 shrimp
- 6 oz chicken (diced)
- 1 turkey sausage (diced)
- 1/2 onion (diced)
- 1/4 cup mushrooms (sliced)
- 8 oz tomatoes (diced)
- 1 Tbs Tabasco sauce
- 1 tsp ground black pepper
- 1/2 tsp paprika
- 1/2 tsp cayenne pepper

Cook brown rice according to package directions. In a skillet on medium-high heat cook shrimp, chicken, and 1 turkey sausage for 15 minutes. In a separate skillet cook onion, and mushrooms for 7 to 10 minutes. When veggies are cooked through add tomatoes, Tabasco sauce, ground black pepper, paprika, and cayenne pepper. Reduce heat and add the cooked shrimp, chicken, turkey sausage, and rice. Allow to simmer covered for 10 minutes. Serves 2.

### Broccoli Spinach Soup

- 3 cups vegetable broth
- 1 cup spinach (chopped)
- 1 cup broccoli (chopped)
- 1 cup kidney beans
- 4 oz diced tomatoes
- 1 tsp ground black pepper

In a medium pot combine all ingredients. Cook on medium heat and cover with a lid for 25 minutes. Serves 2.

## Turkey Burger

10 oz ground turkey  
1 tsp oregano  
1 tsp dried basil  
1 tsp ground black pepper  
2 Ezekiel hamburger rolls  
Tomato  
Lettuce  
Onion  
4 tsp ketchup  
6 tsp mustard  
Side Salad  
6 tsp balsamic vinaigrette

Mix turkey, oregano, basil, and ground black pepper. Pat into 2 burgers and cook in a skillet on medium-high heat until desired temperature (10 to 15 minutes). Put burger on a toasted Ezekiel hamburger roll along with tomato, lettuce, and onion. You can add up to 2 tsp of ketchup and 3 tsp of mustard per serving. Serve with a side salad dressed in 3 tsp of balsamic vinaigrette or oil and vinegar per salad. Serves 2.

## Spicy Egg and Vegetable Wrap

1/2 zucchini (diced)  
1/2 tomato (diced)  
1/4 cup mushrooms (sliced)  
5 tsp extra virgin olive oil  
2 eggs  
3 tsp hot sauce  
1 tsp black pepper  
1 Ezekiel wrap

Cook zucchini, tomato, and mushrooms in a skillet on medium high heat in 2 tsp extra virgin olive oil. In a bowl mix eggs, hot sauce, and black pepper. Scramble eggs in a separate skillet and cook on medium high heat in 3 tsp extra virgin olive oil. Put all ingredients into 1 Ezekiel wrap. Serves 1.

## Baked Chicken

2/3 cup brown rice  
2 chicken breasts  
1/2 cup chicken broth  
1 red bell pepper (sliced)  
1 yellow bell pepper (sliced)  
1 green bell pepper (sliced)  
1/2 onion (sliced)

Pre heat oven to 350 degrees. Cook brown rice according to package directions. Butter a baking dish. Place chicken in dish along with chicken broth, red, yellow, and green bell pepper, and 1/2 of a sliced onion. Cover with tinfoil and cook for 30 minutes or until chicken is cooked through. (If broth evaporates continue to add more until the last 5 minutes). Serve with rice. Serves 2.

### **Cabbage Stew**

- 2 cups chicken broth
- 1/3 head cabbage (chopped)
- 3 small red potatoes (diced with skin on)
- 2 carrots (diced)
- 2 celery stalk (diced)
- 28 oz can diced tomatoes
- 1 tsp ground black pepper

Add all ingredients to a medium size pot. Bring to a boil on high heat then reduce to medium. Cook covered for 25 minutes. Serves 2.

### **Baked Tilapia**

- 2 tilapia filets
- 1 Tbs fresh lemon juice
- 1 1/2 cup green beans
- 1 yellow bell pepper (diced)
- 4 Tbs diced tomatoes

Pre-heat to 350 degrees. Butter a baking dish. Place tilapia in the baking dish and coat with lemon juice. Cook in oven for 10 minutes then flip the filets and cook for another 10 minutes or until fish are completely cooked. While fish is cooking, steam green beans, and yellow bell pepper for 7 minutes. Top the fish with 2 Tbs of tomatoes each and serve with the steamed vegetables on the side. Serves 2.

### **Veggie Wrap with Grilled Shrimp**

- 4 jumbo shrimp
- 3 tsp extra virgin olive oil
- 1 Ezekiel wrap
- 2 Tbs hummus
- 2 Tbs tabouli
- 2 Tbs tomatoes (diced)
- 1/4 cup bean sprouts

Cook shrimp in extra virgin olive oil in a skillet on medium-high heat until pink (about 7 minutes). Spread hummus and tabouli over Ezekiel wrap. Down the center put tomatoes and bean sprouts (or lettuce) top with grilled shrimp. Roll and eat. Serves 1.

## Chicken Fajitas

1/2 cup brown rice  
1/2 cup black beans  
8 oz chicken (sliced)  
3 tsp extra virgin olive oil  
1/4 cup onion (sliced)  
1/2 cup green bell pepper (sliced)  
1/2 cup mushrooms (sliced)  
1 1/2 Tbs tamari  
1/4 cup chicken broth  
4 Ezekiel wraps

Cook brown rice according to package directions. Heat black beans in a small pan over medium heat. In a skillet, cook chicken for 7 minutes in extra virgin olive oil on medium heat. Add onions, green bell peppers, mushrooms to the skillet along with tamari and chicken broth. Cover with a lid and cook for 10 minutes. Remove lid, add the rice, and cook an additional 5 minutes. Stuff ingredients into Ezekiel wraps. Serves 2.

## Vegetable Beef Soup

2/3 cup whole wheat bow tie pasta  
3 cups beef broth  
2 carrots (diced)  
1/2 onion (diced)  
1/2 cup peas  
1/2 cup corn  
1 tsp ground black pepper  
8 oz beef (thinly sliced)

Combine pasta, beef broth, carrots, onion, peas, corn, and ground black pepper in a medium size pot. Bring to a boil and reduce heat to medium. Cover with a lid and cook for 15 minutes. In a saucepan, brown beef for about 5 minutes on medium-high heat. Add beef to broth and cook for another 15 minutes. Serves 2.

## Baked Turkey

1 turkey breast  
1 large sweet potato  
1 cup corn

Bake a turkey breast according to package directions. While turkey is baking, boil sweet potato in water until soft (about 15 minutes) and then mash it. Cook 1 cup of corn. Serve 6 ounces of turkey per person. Split corn and mashed potatoes between 2 people and eat. Serves 2.



## Salad with Baked Turkey

Lettuce

- 1/2 cup cherry tomatoes
- 1/4 avocado (sliced)
- 1/4 cup carrot (shredded)
- 1/4 cup cucumber (diced)
- 1/4 cup slivered almonds
- 2 Tbs balsamic vinaigrette
- 5 oz turkey breast

Put as much lettuce as you want in a big mixing bowl. Add remaining ingredients and toss well.  
Serves 1.

## Shrimp Stir Fry

- 1 cup brown rice
- 2 zucchini (cut in thin strips)
- 1 large carrot (shredded)
- 1/4 cup mushrooms (sliced)
- 1/4 onion (sliced)
- 14 shrimp
- 2 Tbs tamari

Cook brown rice according to package directions. Steam zucchini, carrot, mushrooms, and onions for 6 minutes. While vegetables are steaming, sauté shrimp on medium-high heat for about 7 minutes. Once vegetables are done, add them with the shrimp in pan. Add the cooked rice and tamari. Mix well. Serves 2.

## Week 5

### Minestrone Soup

- 1 carrot (diced)
- 1/2 cup cabbage (chopped)
- 1 celery stalk (diced)
- 1/3 onion (diced)
- 3 tsp extra virgin olive oil
- 2 turkey sausages (diced)
- 3 cup chicken broth
- 1 small can diced tomatoes
- 1/2 cup frozen spinach
- 1/4 cup whole wheat elbow macaroni

In a large pan on medium high heat cook carrot, cabbage, celery, and onion in extra virgin olive oil for 5 minutes. Add turkey sausage and cook for an additional 10 minutes. After 10 minutes, add chicken broth, tomatoes, spinach, and macaroni. Cover with lid and bring heat down to medium. Cook until pasta is soft about 15 minutes. Serves 2.

### Stuffed Peppers

- 1 cup brown rice
- 3 green bell pepper halves (deseeded)
- 1 lb ground turkey
- 3 tsp extra virgin olive oil
- 15 oz tomatoes (diced)
- 1 zucchini (diced)
- 1 yellow squash (diced)
- 1 Tbs tamari

Cook one cup of brown rice according to package instructions. Pre heat oven to 350 degrees. While rice is cooking bring a medium pot of filtered water to boil on high heat and place green bell pepper halves in the water and cook for about 5 minutes (this allows the peppers to soften but not become mushy). While peppers are cooking, brown ground turkey on medium-high heat in a skillet with extra virgin olive oil. Add tomatoes, zucchini and squash. Bring skillet down to medium heat and cover for 10 minutes. Add tamari, place lid back on skillet and cook for an additional 5 minutes. Remove from heat. Combine cooked rice and ground turkey in a large bowl. Place pepper halves in a baking dish, and stuff each one with the turkey mixture. Cover baking dish with foil and cook in oven for 15 minutes. Serves 3.

### Portobello Mushroom Salad

- 1 Portobello mushroom top
- 2 tsp tamari
- 3 Tbs tomatoes (diced)
- 5 artichoke hearts (diced)

Set oven to 350 degrees. Put Portobello mushroom top on a baking sheet. Drizzle the mushroom with 1 tsp tamari. Place in oven for 10 minutes. Remove from oven, top with tomatoes and artichoke hearts. Drizzle another tsp of tamari over salad. Bake for another 10 minutes. Eat warm! Serves 1.

### **Chicken Piccata**

2 chicken breasts  
Whole wheat flour  
3 tsp extra virgin olive oil  
1/3 cup chicken broth  
3 Tbs fresh lemon juice  
1 Tbs capers

Pound chicken until about a 1/2 inch thick and dredge in whole wheat flour. Brown chicken in skillet on medium-high heat with extra virgin olive oil for 3 minutes on each side. Add chicken broth and 2 Tbs lemon juice. Reduce heat to a simmer and cover with a lid. Allow to cook for 15 minutes. Remove lid, add another Tbs of lemon juice, and capers. Allow sauce to reduce until it is thick, about 3 minutes. Serves 2.

### **Chicken Rice Soup**

4 cups chicken broth  
3/4 cup brown rice  
10 oz chicken breast (diced)  
1 potato (diced)  
2 carrots (diced)  
2 celery stalks (diced)

Bring chicken broth to a boil on high heat; add brown rice and bring heat down to medium high, cover with a lid and cook for 30 minutes. Add chicken to the broth. Cover with a lid and bring heat down to medium. After 20 minutes, add remaining ingredients and cover with a lid. Cook for an additional 20 minutes with lid on. Serves 2.

### **Grilled Tuna Vegetable Salad**

6 oz fresh tuna (diced)  
3 tsp extra virgin olive oil  
1 tsp ground black pepper  
1 tsp old bay seasoning  
2 cups of lettuce (chopped)  
1/2 cucumber (diced)  
1 tomato (diced)  
1/4 cup carrot (shredded)  
1/4 cup marinated artichoke hearts  
2 Tbs balsamic vinaigrette

Season tuna with pepper and old bay seasoning. Cook tuna in a skillet on medium heat in extra virgin olive oil for 7 to 10 minutes. While tuna is cooking combine lettuce, cucumber, tomato, carrot, and artichoke hearts. Toss salad with 2 Tbs of balsamic vinaigrette, and add tuna. Serves 1.

## Shrimp Salad Wrap

- 5 jumbo shrimp
- 1 Ezekiel wrap
- 2 Tbs diced tomatoes
- 1/4 cup bean sprouts
- 1 Tbs mayonnaise
- 2 Tbs celery (diced)
- 1 tsp old bay seasoning

Boil shrimp until cooked through (about 10 minutes). Put diced tomatoes and bean sprouts (or lettuce) in an Ezekiel wrap. Take shrimp out of the shell and de vein them. Shred shrimp on a cheese grater and put contents in a bowl along with mayonnaise, celery, and old bay seasoning. Mix well. Add shrimp salad into the wrap, roll and eat. Serves 1.

## Turkey Casserole

- 2 pound turkey breast
- 2 cups whole wheat penne pasta
- 1 onion (diced)
- 1 clove garlic (crushed)
- 2 tsp extra virgin olive oil
- 8 oz tomato sauce
- 1/2 cup black olive (diced)
- 1/2 cup mushrooms (diced)
- 1 zucchini (diced)
- 1 yellow squash (diced)

Bake turkey according to package directions. Preheat oven to 375 degrees. Cook pasta according to package instructions. Brown onion and garlic in extra virgin olive oil (about 5 minutes). Add tomato sauce, olives, mushrooms, zucchini, and squash, let simmer for 15 minutes with a lid covering the pan. Cut the turkey breast in half and dice one of the halves. Mix the penne, the veggies, and 1 pound of diced turkey together and pour into a baking dish. Bake for 25 minutes at 375. Save the rest of the cooked turkey for soup tomorrow. (6 servings).

## Turkey Rice Soup

- 7 cups chicken broth
- 1 cup brown rice
- 1 pound turkey (shredded on a cheese grater)
- 1 potato (diced)
- 3 carrots (diced)
- 2 celery stalk (diced)

Bring chicken broth to a boil; add brown rice, allow to cook for 30 minutes. Add turkey breast (cooked from last night) to the water along with potato, carrots, and celery. Cook for an additional 30 minutes with lid on. Serves 3.

### **Ginger Chicken Stir Fry**

- 1/2 cup brown rice
- 10 oz chicken (sliced)
- 1/2 tsp ground ginger
- 3 tsp extra virgin olive oil
- 2 cups snow peas
- 2 cups green beans
- 1 red bell pepper (sliced)
- 1 yellow squash (sliced)
- 2 Tbs tamari
- 1 tsp lime juice

Cook brown rice according to package directions. Season chicken with 1/4 tsp of ground ginger and cook in a skillet with 2 tsp of extra virgin olive oil on medium-high heat for about 10 minutes. In a separate skillet, add 3 tsp of extra virgin olive oil, snow peas, green beans, red bell pepper, yellow squash, tamari, 1/4 tsp of ground ginger, lime juice. Cook until tender on medium heat for 10 to 15 minutes. Mix rice in with the vegetables and chicken. Serves 2.

### **Egg Salad Wrap**

- 2 eggs
- 1 Tbs mayonnaise
- 1 tsp dried mustard
- 1 Ezekiel wrap
- 3 Tbs tomatoes (diced)

Hard-boil eggs, remove eggs from shell and mix together with mayonnaise, and dried mustard. In an Ezekiel wrap place the egg salad along with tomatoes. Roll and eat. Serves 1.

### **Baked Scrod**

- 2/3 cup couscous
- 1 Tbs olive oil
- 1 Tbs lemon juice
- 1 tsp ground black pepper
- 1 tsp garlic powder
- 2 scrod filets
- 4 Tbs whole wheat bread crumbs
- 1 cup of baby carrots

Pre-Heat oven to 450 degrees. Steam baby carrots until tender about 15 minutes. Cook couscous according to package directions. In a small bowl mix extra virgin olive oil, lemon juice, black pepper, and garlic powder. Coat scrod filets with mixture and sprinkle each filet with whole wheat bread crumbs. Place on a greased baking sheet. Bake fish for about 13 minutes or until it starts to flake. Serves 2.

## Cabbage Turkey Sausage Soup

- 28 oz can diced tomatoes
- 3 cups chicken broth
- 1 zucchini (diced)
- 1 Tbs tamari
- 2 cups cabbage (chopped)
- 2 turkey sausages (diced)
- 3 tsp extra virgin olive oil

In a medium pot combine diced tomatoes, chicken broth, zucchini, tamari, and cabbage. Set heat to medium and cover with a lid. In a skillet brown 2 diced turkey sausages for 10 minutes on medium-high heat in 3 tsp of extra virgin olive oil. Add the sausage to the pot and cover and cook on medium heat for 20 minutes. Serves 2.

## Salsa Chicken

- 2/3 cup brown rice
- 2 chicken breasts (sliced)
- 3 tsp extra virgin olive oil
- 1 cup chicken broth
- 1/2 cup frozen corn
- 1/2 cup black beans
- 3/4 cup salsa
- 2 slices Ezekiel bread

Cook brown rice according to package instructions. In a large skillet on medium high heat brown the chicken breasts in 3 tsp of extra virgin olive oil for about 4 minutes on each side. Add chicken broth, corn, black beans, salsa, and cooked rice. Mix well, bring heat down to medium and cover with a lid for 15 minutes. Serve with 1 piece of Ezekiel toast per person. Serves 2.

## Week 6

### Veggie Wrap with Grilled Chicken

- 5 oz of chicken (diced)
- 3 tsp extra virgin olive oil
- 1 Tbs balsamic vinaigrette
- 1 Ezekiel Wrap
- 2 Tbs hummus
- 2 Tbs tabouli
- 2 Tbs diced tomatoes
- 1/4 cup bean sprouts

Cook chicken in a skillet on medium heat with 3 tsp extra virgin olive oil for 5 minutes, add balsamic vinaigrette and cook for an additional 5 minutes. Spread hummus and tabouli over Ezekiel Wrap. Down the center put tomatoes and bean sprouts (or lettuce) top with grilled chicken. Roll and eat. Serves 1.

### Cajun Chicken and Rice

- 2/3 cup brown rice
- 2 chicken breasts (slices)
- 1 tsp garlic
- 12 oz tomatoes (diced)
- 1 onion (diced)
- 1 green bell pepper (diced)
- 1 Tbs Worcestershire
- 1/4 cup tamari
- 2 tsp ground black pepper
- 1 tsp dried basil
- 1 tsp marjoram
- 1 tsp dried oregano
- 1 tsp chili powder

Cook brown rice according to package directions. Season chicken with garlic powder, ground black pepper, basil, marjoram, oregano, and chili powder. In a large skillet on medium-high heat add tomatoes, onion, green bell pepper, Worcestershire, tamari, and seasoned chicken. Cover pan with a lid and bring down to medium heat for 20 minutes. Add rice, mix and cover for an additional 7 minutes. Serves 2.

### Cabbage Stew

- 3 cups of chicken broth
- 1/2 head cabbage (chopped)
- 3 small red potatoes (diced)
- 2 carrots (diced)
- 2 celery stalks (diced)
- 1 28 oz can diced tomatoes
- Black pepper

Bring chicken broth to a boil; add remaining ingredients along with black pepper to taste. Cook on medium heat for 25 minutes. Serves 2.

## Chicken Veggie Pasta

1 cup whole wheat bow tie pasta  
3 tsp extra virgin olive oil  
2 chicken breasts (cubed)  
1 cup mushrooms (halved)  
1/2 cup zucchini (sliced in rounds)  
2 large tomatoes (cut into 8 pieces each)  
1/2 cup artichoke hearts  
1/4 cup sesame seeds  
Balsamic vinaigrette

Cook whole wheat bow tie pasta until tender. In a large skillet on medium heat add extra virgin olive oil, chicken, mushrooms, zucchini, tomatoes, artichoke hearts, and 1/4 cup balsamic vinaigrette. Cover with lid and cook on medium heat for 15 minutes. Remove lid, bring heat up to med-high. Add sesame seeds and continue to cook for an additional 10 minutes or until chicken is cooked and vegetable are soft. Place in a bowl and for each serving add 2 Tbs of balsamic vinaigrette. Serves 2.

## Tuna Fish Wrap

1/2 can tuna  
1 Tbs mayonnaise  
1 tsp dill weed  
2 tsp lemon juice  
3 Tbs celery (diced)  
1 Ezekiel wrap  
Lettuce  
Tomato  
Onion

Combine tuna, mayonnaise, dill weed, lemon juice, and celery. In an Ezekiel wrap add the tuna fish, along with lettuce, tomato and an onion slice. Serves 1.

## Jambalaya

1 cup brown rice  
6 shrimp  
6 oz chicken (diced)  
1 turkey sausage (diced)  
1/2 onion (diced)  
1/4 cup mushrooms (sliced)  
8 oz tomatoes (diced)  
1 Tbs Tabasco sauce  
1 tsp ground black pepper  
1/2 tsp paprika  
1/2 tsp cayenne pepper

Cook brown rice according to package directions. In a skillet on medium-high heat cook shrimp, chicken, and 1 turkey sausage for 15 minutes. In a separate skillet cook onion, and mushrooms for 7 to 10 minutes. When veggies are cooked through add tomatoes, Tabasco sauce, ground black pepper, paprika, and cayenne pepper. Reduce heat and add the cooked shrimp, chicken, turkey sausage, and rice. Allow to simmer covered for 10 minutes. Serves 2.



## Grilled Chicken Sandwich

- 1 chicken breast
- 3 tsp extra virgin olive oil
- 1/4 cup chicken broth
- 1 Tbs tamari
- 2 slices Ezekiel bread
- 1/2 tsp mayonnaise
- Lettuce
- Tomato
- 1/4 avocado (sliced)

Pound chicken to about 1/2 an inch thick and place in a skillet with extra virgin olive oil and chicken broth on medium heat. Cover with lid and cook for 10 minutes, flipping in between. Remove lid and coat both sides of the breast with tamari. Allow to finish cooking through on medium heat. Toast 2 Ezekiel bread and spread 1/4 tsp of mayonnaise on the inside of each slice. Add lettuce, tomato, and avocado. Top with grilled chicken. Serves 1.

## Spinach Salad with Chicken

- Spinach
- 1 egg (hardboiled)
- 1/4 cup cucumber (diced)
- 1/2 cup cherry tomatoes
- 1/4 cup mushrooms (sliced)
- 1 carrot (shredded)
- 1/4 cup onion (diced)
- 4 oz chicken (sliced)
- 2 Tbs balsamic vinaigrette

In a salad bowl, add as much spinach as you desire. Cook chicken in a skillet on medium high heat in 3 tsp extra virgin olive oil for 10 minutes or until cooked through. Add chicken and remaining ingredients to the spinach. Toss and eat. Serves 1.

## Turkey Wrap

- 2 Tbs hummus
- 2 Tbs tabouli
- 1 Ezekiel wrap
- 2 Tbs diced tomatoes
- 1/4 cup bean sprouts
- 3 pieces sliced turkey

Spread hummus and tabouli over an Ezekiel wrap. Down the center put diced tomatoes and bean sprouts (or lettuce) top with turkey, roll and eat. Serves 1.

## Salad with Chicken Breast

5 oz chicken breast (sliced)  
Lettuce  
1/2 cup cherry tomatoes  
3 Tbs avocado (diced)  
1/4 cup carrot (shredded)  
1/4 cup cucumber (diced)  
1/4 cup slivered almonds  
2 Tbs balsamic vinaigrette

Cook chicken in a skillet over medium high heat until cooked through, about 10 minutes. Chop as much lettuce as you want and mix with the remaining ingredients. Top salad with cooked chicken. Serves 1.

## Week 7

### Chicken, Rice and Beans

1/3 cup brown rice  
1/2 cup black beans  
1 chicken breast  
3 tsp extra virgin olive oil  
1/2 cup tomatoes (diced)

Cook brown rice according to package directions. In a pan, heat black beans on medium heat until hot. Sauté chicken breast in extra virgin olive oil for 10 to 15 minutes. Allow chicken to cool and grate on a cheese grater. Add cooked rice, and chicken to the beans, along with diced tomatoes. Serves 1.

### Salad with Baked Turkey

Lettuce  
1/2 cup cherry tomatoes  
1/4 avocado (sliced)  
1/4 cup carrot (shredded)  
1/4 cup cucumber (diced)  
1/4 cup slivered almonds  
2 Tbs balsamic vinaigrette  
5 oz turkey breast

Put as much lettuce as you want in a big mixing bowl. Add remaining ingredients and toss well. Serves 1.

### Stuffed Peppers

1 cup brown rice  
3 green bell pepper halves (deseeded)  
1 lb ground turkey  
3 tsp extra virgin olive oil  
15 oz tomatoes (diced)  
1 zucchini (diced)  
1 yellow squash (diced)  
1 Tbs tamari

Cook one cup of brown rice according to package instructions. Pre heat oven to 350 degrees. While rice is cooking bring a medium pot of filtered water to boil on high heat and place green bell pepper halves in the water and cook for about 5 minutes (this allows the peppers to soften but not become mushy). While peppers are cooking, brown ground turkey on medium-high heat in a skillet with extra virgin olive oil. Add tomatoes, zucchini and squash. Bring skillet down to medium heat and cover for 10 minutes. Add tamari, place lid back on skillet and cook for an additional 5 minutes. Remove from heat. Combine cooked rice and ground turkey in a large bowl. Place pepper halves in a baking dish, and stuff each one with the turkey mixture. Cover baking dish with foil and cook in oven for 15 minutes. Serves 3.

## Salad with Grilled Shrimp

- 6 jumbo shrimp (no shell)
- 3 tsp extra virgin olive oil
- 1/2 cup cherry tomatoes
- 3 Tbs avocado (diced)
- 1/4 cup shredded carrot
- 1/4 cup cucumber (diced)
- 1/4 cup slivered almonds
- 2 Tbs balsamic vinaigrette
- Lettuce

Cook shrimp in a skillet on medium heat with 3 tsp of extra virgin olive oil for 7 minutes, or until cooked through. Chop as much lettuce as you desire and combine with remaining ingredients along with the cooked shrimp. Serves 1.

## Turkey Chili

- 6 oz chickpeas (rinsed)
- 6 oz pinto beans (rinsed)
- 1/2 zucchini (diced)
- 1/2 yellow squash (diced)
- 1/2 lb ground turkey
- 6 tsp extra virgin olive oil
- 4 Tbs dried basil
- 4 Tbs dried oregano
- 7 tsp chili powder
- 1/2 cup onion (diced)
- 10 oz tomato sauce
- 3 tsp paprika
- 14 oz crushed tomatoes

Steam zucchini and yellow squash for 5 minutes. Brown turkey with 3 tsp of extra virgin olive oil along with 1 Tbs of dried basil, 1 Tbs of dried oregano, and 4 tsp of chili powder in a skillet on medium heat. When cooked through, remove from heat and set aside. In a separate skillet, brown onion with 3 tsp of extra virgin olive oil on medium heat. Add cooked zucchini and squash to 3 ounces of tomato sauce in a medium pot. Add another 3 tsp of chili powder, basil, and oregano, and paprika along with chickpeas, pinto beans, and an additional 7 ounces of tomato sauce. Simmer covered for 10 minutes. Move the chili to a pot and add crushed tomatoes and turkey. Simmer for another 20 minutes and serve. Serves 2.

## Minestrone Soup

- 1 carrot (diced)
- 1/2 cup cabbage (chopped)
- 1 celery stalk (diced)
- 1/3 onion (diced)
- 3 tsp extra virgin olive oil
- 2 turkey sausages (diced)
- 3 cup chicken broth
- 1 small can diced tomatoes
- 1/2 cup frozen spinach
- 1/4 cup whole wheat elbow macaroni

In a large pan on medium high heat cook carrot, cabbage, celery, and onion in extra virgin olive oil for 5 minutes. Add turkey sausage and cook for an additional 10 minutes. After 10 minutes, add chicken broth, tomatoes, spinach, and macaroni. Cover with lid and bring heat down to medium. Cook until pasta is soft about 15 minutes. Serves 2.

## Portobello Mushroom Salad

- 1 Portobello mushroom top
- 2 tsp tamari
- 3 Tbs tomatoes (diced)
- 5 artichoke hearts (diced)

Set oven to 350 degrees. Put Portobello mushroom top on a baking sheet. Drizzle the mushroom with 1 tsp tamari. Place in oven for 10 minutes. Remove from oven, top with tomatoes and artichoke hearts. Drizzle another tsp of tamari over salad. Bake for another 10 minutes. Eat warm! Serves 1.

## Week 8

### Butternut Squash Soup

3 cups chicken broth  
1/2 butternut squash (diced)  
1 green granny smith apple (diced)  
1 cup onion (diced)

Boil chicken broth on high heat in a large pot. Add remaining ingredients to pot. Cover and allow to cook for 25 minutes. Remove from heat. Blend entire mixture in a blender until smooth. Serves 3.

### Salad with Grilled Shrimp

6 jumbo shrimp (no shell)  
Spinach  
3 tsp extra virgin olive oil  
1/2 cup cherry tomatoes  
3 Tbs avocado (diced)  
1/4 cup shredded carrot  
1/4 cup cucumber (diced)  
1/4 cup slivered almonds  
2 Tbs balsamic vinaigrette

Cook shrimp in a skillet on medium heat with 3 tsp of extra virgin olive oil for 7 minutes, or until cooked through. Chop as much spinach as you desire and combine with remaining ingredients along with the cooked shrimp. Serves 1.

### Chicken Fajitas

1/2 cup brown rice  
1/2 cup black beans  
8 oz chicken (sliced)  
3 tsp extra virgin olive oil  
1/4 cup onion (sliced)  
1/2 cup green bell pepper (sliced)  
1/2 cup mushrooms (sliced)  
1 1/2 Tbs tamari  
1/4 cup chicken broth  
4 Ezekiel wraps

Cook brown rice according to package directions. Heat black beans in a small pan over medium heat. In a skillet, cook chicken for 7 minutes in extra virgin olive oil on medium heat. Add onions, green bell peppers, mushrooms to the skillet along with tamari and chicken broth. Cover with a lid and cook for 10 minutes. Remove lid, add the rice, and cook an additional 5 minutes. Stuff ingredients into Ezekiel wraps. Serves 2.

## Salad with Baked Turkey

Lettuce  
1/2 cup cherry tomatoes  
1/4 avocado (sliced)  
1/4 cup carrot (shredded)  
1/4 cup cucumber (diced)  
1/4 cup slivered almonds  
2 Tbs balsamic vinaigrette  
5 oz turkey breast

Put as much lettuce as you want in a big mixing bowl. Add remaining ingredients and toss well.  
Serves 1.

## Spicy Egg and Vegetable Wrap

1/2 zucchini (diced)  
1/2 tomato (diced)  
1/4 cup mushrooms (slivered)  
5 tsp extra virgin olive oil  
2 eggs  
3 tsp hot sauce  
1 tsp black pepper  
1 Ezekiel wrap

Cook zucchini, tomato, and mushrooms in a skillet on medium high heat in 2 tsp extra virgin olive oil. In a bowl mix eggs, hot sauce, and black pepper. Scramble eggs in a separate skillet and cook on medium high heat in 3 tsp extra virgin olive oil. Put all ingredients into 1 Ezekiel wrap. Serves 1.

## Shrimp Bisque

1/2 cup brown rice  
3 cups filtered water  
3 tsp Lobster base  
1/2 lb raw shrimp (shell on)  
1/2 onion (diced)  
1 celery stalk (diced)  
1 red bell pepper (diced)  
1 Tbs lemon juice

Cook brown rice according to package instructions. In a medium pot add filtered water and the appropriate amount of lobster base ("Better than Bouillon" is the preferred brand). When mixture comes to a boil, bring down to medium heat and add shrimp. Cook until shrimp are done about 8 minutes. Remove Shrimp from water and onion, celery, and red bell pepper. Cover with a lid and cook for 15 minutes. Peel the shrimp and dispose of the shells. Remove lid and pour entire contents of broth and vegetables into a blender along with half of the shrimp and blend until smooth are no chunks left. Return contents to a pot along with the other half of the shrimp, the cooked brown rice, and lemon juice. Mix well on high heat for 5 minutes and serve. Serves 2.

## Salad with Grilled Chicken

5 oz chicken (sliced)  
Lettuce  
1/2 cup cherry tomatoes  
3 Tbs avocado (diced)  
1/4 cup carrot (shredded)  
1/4 cup cucumber (diced)  
1/4 cup slivered almonds  
2 Tbs balsamic vinaigrette

Cook chicken in a skillet over medium high heat until cooked through, about 10 minutes. Chop as much lettuce as you want and mix with the remaining ingredients. Top salad with cooked chicken. Serves 1.



## Week 9

### Chicken Rice and Beans

1/3 cup brown rice  
1/2 cup black beans  
1 chicken breast  
3 tsp extra virgin olive oil  
1/2 cup tomatoes (diced)

Cook brown rice according to package directions. In a pan, heat black beans on medium heat until hot. Sauté chicken breast in extra virgin olive oil for 10 to 15 minutes. Allow chicken to cool and grate on a cheese grater. Add cooked rice, and chicken to the beans, along with diced tomatoes. Serves 1.

### Cabbage Stew

3 cups of chicken broth  
1/2 head cabbage (chopped)  
3 small red potatoes (diced)  
2 carrots (diced)  
2 celery stalks (diced)  
1 28 oz can diced tomatoes  
Black pepper

Bring chicken broth to a boil; add remaining ingredients along with black pepper to taste. Cook on medium heat for 25 minutes. Serves 2.

### Veggie Wrap with Grilled Chicken

5 oz of chicken (diced)  
3 tsp extra virgin olive oil  
1 Tbs balsamic vinaigrette  
1 Ezekiel Wrap  
2 Tbs hummus  
2 Tbs tabouli  
2 Tbs diced tomatoes  
1/4 cup bean sprouts

Cook chicken in a skillet on medium heat with 3 tsp extra virgin olive oil for 5 minutes, add balsamic vinaigrette and cook for an additional 5 minutes. Spread hummus and tabouli over Ezekiel Wrap. Down the center put tomatoes and bean sprouts (or lettuce) top with grilled chicken. Roll and eat. Serves 1.

## Stuffed Peppers

- 1 cup brown rice
- 3 green bell pepper halves (deseeded)
- 1 lb ground turkey
- 3 tsp extra virgin olive oil
- 15 oz tomatoes (diced)
- 1 zucchini (diced)
- 1 yellow squash (diced)
- 1 Tbs tamari

Cook one cup of brown rice according to package instructions. Pre heat oven to 350 degrees. While rice is cooking bring a medium pot of filtered water to boil on high heat and place green bell pepper halves in the water and cook for about 5 minutes (this allows the peppers to soften but not become mushy). While peppers are cooking, brown ground turkey on medium-high heat in a skillet with extra virgin olive oil. Add tomatoes, zucchini and squash. Bring skillet down to medium heat and cover for 10 minutes. Add tamari, place lid back on skillet and cook for an additional 5 minutes. Remove from heat. Combine cooked rice and ground turkey in a large bowl. Place pepper halves in a baking dish, and stuff each one with the turkey mixture. Cover baking dish with foil and cook in oven for 15 minutes. Serves 3.

## Olive Chicken

- 2 chicken breasts
- 1/2 cup whole wheat flour
- 1 Tbs taco seasoning
- 2/3 cup couscous
- 4 Tbs black olives
- 2 cups asparagus

Pound chicken breasts to 1 inch thickness. Mix flour and taco seasoning in a dish and dredge the chicken in it. In a large skillet on medium high heat cook the chicken for 15 minutes. Cook couscous according to package instructions. Steam asparagus for 10 minutes. Serve chicken with 2 Tbs of black olives on top of each serving. Serves 2.

## Shopping Lists

Once again, fresh, organic foods are best consumed to support a healthy diet. Shop at your local farmers market, health food store, or a national chain health food store, such as [Whole Foods](#), [Wild Oats](#), and [Trader Joe's](#).

## Week 1

<b>Vegetables</b> Artichoke Hearts Bean Sprouts Black Olives Broccoli Butternut Squash Cabbage Canned Tomatoes Capers Carrots Celery Fresh Spinach Fresh Tomato Frozen Spinach Green Bell Pepper Lemon Mushroom Onion Peas Portobello Mushroom Potato Red Bell Pepper Red Potato Squash Sweet Potato Tomato Sauce Zucchini	<b>Fruits</b> Granny Smith Apple Orange Peach	<b>Carbohydrates</b> Brown Rice Ezekiel Bread Ezekiel Wrap Whole Wheat Bread Crumbs Whole Wheat Elbow Macaroni Whole Wheat Four
	<b>Proteins</b> Chicken Breasts Eggs Garbanzo Beans Ground Buffalo Ground Turkey Hummus Shrimp Smoked Salmon Tilapia Turkey Sausage	<b>Condiments</b> Almond Butter Balsamic Vinaigrette Black Pepper Butter Celtic Sea Salt Chicken Broth Extra Virgin Olive Oil Lemon Juice Tabouli Tamari Tarragon Thyme

## Shake Ingredients


## Week 2

<b>Vegetables</b> Bean Sprouts Black Beans Broccoli Canned Tomatoes Carrots Celery Celery Stalk Corn Cucumber Fresh Tomatoes Green Beans Green Bell Peppers Lettuce Marinated Artichoke Hearts Mushrooms Onion Portobello Mushroom Top Potatoes Spaghetti Squash Sweet Potato Tomato Yellow Squash Zucchini	<b>Fruits</b> Apple Pear	<b>Carbohydrates</b> Brown Rice Couscous Ezekiel Bread Ezekiel Wrap Oatmeal Whole Wheat Bread Crumbs Whole Wheat Four
	<b>Proteins</b> Almond Butter Beef Chicken Chickpeas Eggs Fresh Tuna Garbanzo Beans Ground Turkey Hummus Kidney Beans Pinto Beans Scrod Shrimp Slivered Almonds Smoked Salmon Tilapia Tuna Fish Turkey Breast	<b>Condiments</b> Balsamic Vinaigrette Beef Stock Brown Sugar Cayenne Pepper Celtic Sea Salt Chicken Broth Chili Powder Dill Weed Dried Basil Dried Oregano Extra Virgin Olive Oil Garlic Powder Ground Black Pepper Hot Sauce Lemon Juice Mayonnaise Old Bay Seasoning Paprika Sherry Tabouli Tamari Tomato Sauce

## Shake Ingredients


## Week 3

<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Artichoke Hearts</li> <li>Avocado</li> <li>Baby Carrots</li> <li>Bean Sprouts</li> <li>Broccoli</li> <li>Cabbage</li> <li>Canned Tomatoes</li> <li>Celery</li> <li>Cherry Tomatoes</li> <li>Corn</li> <li>Fresh Tomatoes</li> <li>Green Beans</li> <li>Lettuce</li> <li>Lima Beans</li> <li>Mushrooms</li> <li>Onion</li> <li>Red Bell Peppers</li> <li>Snow Peas</li> <li>Spaghetti Squash</li> <li>Spinach</li> <li>Sweet Potato</li> <li>Yellow Squash</li> <li>Zucchini</li> </ul>	<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Blueberries</li> <li>Grapefruit</li> <li>Plum</li> </ul>	<p><b>Carbohydrates</b></p> <ul style="list-style-type: none"> <li>Brown Rice</li> <li>Couscous</li> <li>Ezekiel Bread</li> <li>Ezekiel Wrap</li> <li>Oatmeal</li> <li>Whole Wheat Bread Crumbs</li> </ul>
	<p><b>Proteins</b></p> <ul style="list-style-type: none"> <li>Almond Butter</li> <li>Almonds</li> <li>Black Beans</li> <li>Chicken</li> <li>Chickpeas</li> <li>Eggs</li> <li>Fresh Salmon</li> <li>Fresh Sole</li> <li>Fresh Tuna</li> <li>Ground Turkey</li> <li>Pinto Beans</li> <li>Shrimp</li> <li>Turkey Sausage</li> </ul>	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li>Balsamic Vinaigrette</li> <li>Beef Broth</li> <li>Butter</li> <li>Cayenne Pepper</li> <li>Celtic Sea Salt</li> <li>Chicken Broth</li> <li>Chili Powder</li> <li>Dried Basil</li> <li>Dried Mustard</li> <li>Dried Oregano</li> <li>Dried Tarragon</li> <li>Extra Virgin Olive Oil</li> <li>Garlic Powder</li> <li>Ground Black Pepper</li> <li>Ground Ginger</li> <li>Lemon Juice</li> <li>Lime Juice</li> <li>Lobster Base</li> <li>Mayonnaise</li> <li>Onion Powder</li> <li>Paprika</li> <li>Red Wine</li> <li>Tabouli</li> <li>Tamari</li> <li>Tomato Sauce</li> </ul>

## Shake Ingredients


## Week 4

<b>Vegetables</b> Asparagus Avocado Bean Sprouts Broccoli Cabbage Canned Tomatoes Carrots Celery Cherry Tomatoes Corn Cucumber Fresh Tomatoes Green Beans Green Bell Pepper Lettuce Mushrooms Onion Peas Red Bell Pepper Red Potatoes Spinach Sweet Potato Yellow Bell Pepper Yellow Squash Zucchini	<b>Fruits</b> Cantaloupe Lemon	<b>Carbohydrates</b> Brown Rice Ezekiel Bread Ezekiel Hamburger Roll Ezekiel Wrap Whole Wheat Bow Tie Pasta
	<b>Proteins</b> Almond Butter Almonds Beef Black Beans Chicken Eggs Fresh Tilapia Ground Turkey Hummus Kidney Beans Shrimp Smoked Salmon Turkey Breast Turkey Sausage	<b>Condiments</b> Balsamic Vinaigrette Beef Broth Cayenne Pepper Chicken Broth Dried Basil Dried Oregano Extra Virgin Olive Oil Ground Black Pepper Hot Sauce Ketchup Mustard Paprika Tabasco Sauce Tabouli Tamari Vegetable Broth

## Shake Ingredients


## Week 5

<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>Artichoke Hearts</li> <li>Baby Carrots</li> <li>Bean Sprouts</li> <li>Black Olives</li> <li>Cabbage</li> <li>Canned Tomatoes</li> <li>Carrot</li> <li>Celery</li> <li>Corn</li> <li>Cucumber</li> <li>Fresh Tomatoes</li> <li>Garlic</li> <li>Green Beans</li> <li>Green Bell Pepper</li> <li>Lettuce</li> <li>Marinated Artichoke Hearts</li> <li>Mushrooms</li> <li>Onions</li> <li>Portobello Mushroom Top</li> <li>Potato</li> <li>Red Bell Peppers</li> <li>Snow Peas</li> <li>Spinach</li> <li>Yellow Squash</li> <li>Zucchini</li> </ul>	<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Banana</li> <li>Strawberries</li> <li>Watermelon</li> </ul>	<p><b>Carbohydrates</b></p> <ul style="list-style-type: none"> <li>Brown Rice</li> <li>Couscous</li> <li>Ezekiel Bread</li> <li>Ezekiel Wrap</li> <li>Oatmeal</li> <li>Whole Wheat Bread Crumbs</li> <li>Whole Wheat Elbow Macaroni</li> <li>Whole Wheat Four</li> <li>Whole Wheat Penne</li> </ul>
	<p><b>Proteins</b></p> <ul style="list-style-type: none"> <li>Almond Butter</li> <li>Black Beans</li> <li>Chicken Breast</li> <li>Eggs</li> <li>Fresh Scrod</li> <li>Fresh Tuna</li> <li>Ground Turkey</li> <li>Slivered Almonds</li> <li>Turkey Breast</li> <li>Turkey Sausage</li> </ul>	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li>Balsamic Vinaigrette</li> <li>Capers</li> <li>Chicken Broth</li> <li>Dried Mustard</li> <li>Extra Virgin Olive Oil</li> <li>Garlic Powder</li> <li>Ground Black Pepper</li> <li>Ground Ginger</li> <li>Lemon Juice</li> <li>Lime Juice</li> <li>Mayonnaise</li> <li>Old Bay Seasoning</li> <li>Salsa</li> <li>Tamari</li> <li>Tomato Sauce</li> </ul>

## Shake Ingredients




## Week 6

<b>Vegetables</b> Artichoke Hearts Avocado Bean Sprouts Cabbage Canned Tomatoes Carrots Celery Cherry Tomatoes Cucumber Fresh Tomatoes Green Bell Pepper Lettuce Mushroom Onion Red Potatoes Spinach Zucchini	<b>Fruits</b>	<b>Carbohydrates</b> Brown Rice Ezekiel Bread Ezekiel Wrap Whole Wheat Bow Tie Pasta
	<b>Proteins</b> Canned Tuna Fish Chicken Breasts Eggs Hummus Shrimp Sliced Turkey Slivered Almonds Smoked Salmon Turkey Sausage	<b>Condiments</b> Balsamic Vinaigrette Cayenne Pepper Chicken Broth Dill Weed Dried Basil Dried Oregano Extra Virgin Olive Oil Garlic Powder Ground Black Pepper Lemon Juice Marjoram Mayonnaise Paprika Sesame Seeds Tabasco Sauce Tabouli Tamari Worcestershire Sauce

## Shake Ingredients


## Week 7

<b>Vegetables</b> Artichoke Hearts Avocado Cabbage Canned Tomatoes Carrots Celery Cherry Tomatoes Cucumbers Green Bell Peppers Lettuce Onion Portobello Mushroom Top Spinach Yellow Squash Zucchini	<b>Fruits</b>	<b>Carbohydrates</b> Brown Rice Whole Wheat Elbow Macaroni
	<b>Proteins</b> Almonds Black Beans Chicken Breast Chickpeas Ground Turkey Pinto Beans Shrimp Turkey Breast Turkey Sausage	<b>Condiments</b> Balsamic Vinaigrette Black Pepper Chicken Broth Chili Powder Dried Basil Dried Oregano Extra Virgin Olive Oil Paprika Tamari Tomato Sauce

### Shake Ingredients


## Week 8

<b>Vegetables</b> Avocado Butternut Squash Carrots Celery Cherry Tomatoes Cucumbers Green Bell Pepper Lettuce Mushrooms Onions Red Bell Pepper Spinach Tomatoes Zucchini	<b>Fruits</b> Granny Smith Apple	<b>Carbohydrates</b> Brown Rice Ezekiel Wrap
	<b>Proteins</b> Almonds Black Beans Chicken Breast Eggs Shrimp Turkey Breast	<b>Condiments</b> Balsamic Vinaigrette Chicken Broth Extra Virgin Olive Oil Ground Black Pepper Hot Sauce Lobster Base Tamari

### Shake Ingredients


## Week 9

<b>Vegetables</b> Asparagus Bean Sprouts Black Olives Cabbage Canned Tomatoes Carrots Celery Fresh Tomatoes Garlic Green Bell Pepper Red Potatoes Yellow Squash Zucchini	<b>Fruits</b> Orange	<b>Carbohydrates</b> Brown Rice Couscous Ezekiel Bread Ezekiel Wrap
	<b>Proteins</b> Almond Butter Black Beans Chicken Breast Eggs Ground Turkey Hummus	<b>Condiments</b> Balsamic Vinaigrette Chicken Broth Extra Virgin Olive Oil Tabouli Tamari

### Shake Ingredients


## Protein Shake Recipes

### Chocolate Coconut Delight

1 Scoop of Whey Protein Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Chocolate Almond Milk  
1 TBS Coconut Oil  
10 drops of Stevia

### Chocolate Peanut Butter Blast

1 Scoop of Whey Protein Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Chocolate Almond Milk  
2 tsps of Peanut Butter  
10 drops of Stevia

### Chocolate Raspberry Swirl

1 Scoop of Whey Protein Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Chocolate Almond Milk  
3 ounces of raspberries  
10 drops of Stevia

### Chocolate

1 Scoop of Whey Protein Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Chocolate Almond Milk  
10 drops of Stevia

### Banana Paradise

1 Scoop of Whey Protein Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Original or Vanilla Almond Milk  
1/2 of a Banana  
10 drops of Stevia

### Fruit Shake

1 Scoop of Whey Protein Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Original Almond Milk  
3 ounces of any frozen fruit  
10 drops of Stevia

\*Liquefy all shakes in blender

### Best Sources for Shake Ingredients

Remember to use organic ingredients as much as possible, as well as a filtered water source for ice. Below we list some of the highest quality products available which will lift your body's health to the highest level.

**Almond Milk** and **Stevia** can be found at any health food store and select grocery stores.

**Organic Coconut Oil** is an excellent product for cooking or to use as a skin moisturizer and can be purchased [here](#).

## Cleanse Shake Recipes

### Chocolate Coconut Delight

1 Scoop of SP Complete Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Chocolate Almond Milk  
1 TBS Coconut Oil  
10 drops of Stevia

### Chocolate Peanut Butter Blast

1 Scoop of SP Complete Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Chocolate Almond Milk  
2 tsps of Organic Peanut Butter  
10 drops of Stevia

### Chocolate Raspberry Swirl

1 Scoop of SP Complete Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Chocolate Almond Milk  
3 ounces of raspberries  
10 drops of Stevia

\*Liquefy all shakes in blender

### Best Sources for Shake Ingredients

Remember to use organic ingredients as much as possible, as well as a filtered water source for ice. Below we list some of the highest quality products available which will lift your body's health to the highest level.

SP Complete Powder comes with the [Whole Body Cleanse Kit](#).

**Almond Milk** and **Stevia** can be found at any health food store and select grocery stores.

**Organic Coconut Oil** is an excellent product for cooking or to use as a skin moisturizer and can be purchased [here](#).

### Banana Paradise

1 Scoop of SP Complete Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Original or Vanilla Almond Milk  
1/2 of a Banana  
10 drops of Stevia

### Fruit Shake

1 Scoop of SP Complete Powder  
1 handful of Ice Cubes  
8 ounces of Unsweetened Original or Vanilla Almond Milk  
3 ounces of any frozen fruit  
10 drops of Stevia



## Resources

Health Food Stores such as [Whole Foods](#), [Wild Oats](#), and [Trader Joe's](#) will carry a more complete array of organic foods and spices. Also check your local farmer's market and home town health food stores.

[Whole Body Cleanse Kit](#) This kit includes everything you need for detoxing your colon and liver. This is the most important step you can take in restoring your health and decreasing the risk of many diseases.

**Almond Milk** and **Stevia** can be found at any health food store and select grocery stores.

**Organic Coconut Oil** is an excellent product for cooking or to use as a skin moisturizer and can be purchased [here](#).

**SP Complete Powder** comes with the [Whole Body Cleanse Kit](#) and is an essential component to whole body cleansing.

**Adrenal gland supplement**, essential to the over all healing and rebalancing of the body.

[Natural Shampoo, Body Wash, and Toothpaste](#) are made with organic ingredients and do not use harsh chemicals that damage your cells.

**Natural Deodorants** are chemical-free, paraben-free, and aluminum-free deodorant roll-ons that are safe for your body.

**Free Health Newsletter** - Available at [Heal Your Body Now](#) and delivered to your email address every week, with the latest and most pertinent information on natural health and healing.