

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	 <p>Berry Breakfast Smoothie 1 Multi Vita + K2, 1 Potassium</p>	 <p>Blueberry Pancake 1 Multi Vita + K2, 1 Potassium</p>	 <p>Cheese Omelet 1 Multi Vita + K2, 1 Potassium</p>	 <p>Crispy Cereal 1 Multi Vita + K2, 1 Potassium</p>	 <p>Chocolate Smoothie 1 Multi Vita + K2, 1 Potassium</p>	 <p>Chocolate Chip Pancake 1 Multi Vita + K2, 1 Potassium</p>	 <p>Maple Oatmeal 1 Multi Vita + K2, 1 Potassium</p>
	Lunch	 <p>Chicken Chowder + 2 c Cauliflower Rice + 1 tsp Oil 1 Multi Vita + K2, 1 Omega-3</p>	 <p>Macaroni and Cheese + 1 c Broccoli + 1 c Red Pepper 1 Multi Vita + K2, 1 Omega-3</p>	 <p>Rotini Pasta + 1 c Zucchini + ½ c Red Onion + ½ c Red Pepper + 1 tsp Oil, Juice ½ Lemon 1 Multi Vita + K2, 1 Omega-3</p>	 <p>Vegetable Chili + 1 c Bell Pepper + 1 c Yellow Squash + 2 tsp Oil 1 Multi Vita + K2, 1 Omega-3</p>	 <p>Broccoli Cheese Soup + 2 c Broccoli + 1 tsp Oil 1 Multi Vita + K2, 1 Omega-3</p>	 <p>Creamy Parmesan Mushroom Pasta + ¾ c Green Beans + 1 ¼ c Mushrooms + 1 tsp Oil 1 Multi Vita + K2, 1 Omega-3</p>
Dinner		 <p>RECIPE Flank Steak with Snow Peas and Broccoli 2 Cal-Mag, 1 Omega-3</p>	 <p>RECIPE Pork Skewer Lettuce Wrap + 1 c Mushrooms + 1 c Cauliflower Rice + 1 tsp Oil 2 Cal-Mag, 1 Omega-3</p>	 <p>RECIPE Stir-fry Chicken with Snow Peas and Mushrooms 2 Cal-Mag, 1 Omega-3</p>	 <p>RECIPE Beef Pho with Konjac Noodles + 1 c Bean Sprouts 2 Cal-Mag, 1 Omega-3</p>	 <p>RECIPE Turkey and Dill Meatballs with Zucchini Noodles 2 Cal-Mag, 1 Omega-3</p>	 <p>RECIPE Maple Mustard Chicken with Grilled Endives + 1 c Asparagus 2 Cal-Mag, 1 Omega-3</p>
	Snack	 <p>Ranch Dorados 2 Cal-Mag</p>	 <p>Lemon Wafer 2 Cal-Mag</p>	 <p>Salted Caramel Chocolate Clusters 2 Cal-Mag</p>	 <p>Chocolate Crispy Square 2 Cal-Mag</p>	 <p>Sweet Chili Dorados 2 Cal-Mag</p>	 <p>Trail Mix 2 Cal-Mag</p>

Daily Essentials : 64 oz. water (minimum), ¼ tsp. Ideal Salt or Sea Salt

IDEAL PROTEIN PRODUCTS

7 Breakfast Items:

- Berry Breakfast Smoothie
- Blueberry Pancakes
- Cheese Omelet
- Crispy Cereal
- Chocolate Smoothie
- Chocolate Chip Pancakes
- Maple Oatmeal

7 Lunch Items:

- Chicken Chowder
- Macaroni and Cheese
- Rotini Pasta
- Vegetable Chili
- Broccoli Cheese Soup
- Creamy Parmesan Mushroom Pasta
- Tomato Basil Soup

7 Snack Items:

- Ranch Dorados
- Lemon Wafers
- Salted Caramel Chocolate Clusters
- Chocolate Crispy Square
- Sweet Chili Dorados
- Trail Mix
- Vanilla Crispy Square

Specialty Items:

- 1 Maple Flavored Syrup
- 1 Konjac Spaghetti

***Make sure you have your mandatory supplements for the week.**

Vegetables:

- Bell Peppers 3 ½ c (1 ½ c Red, 1 ½ c Green, ½ c Yellow)
- Asparagus 1 c
- Broccoli 4 c
- Snow peas 2 ¼ c
- Mushrooms 3 ¼ c (2 ¼ c of your choice, ½ c cremini, ½ c shitaki or cremini)
- Napa cabbage 1 c
- Green onion ¼ c
- Red Onion ¾ c
- Radish ¼ c
- Zucchini 2 c (1 c zoodles)
- Yellow squash 2 c
- Cherry tomatoes ½ c
- Tomato ½ c
- Green Beans ¾ c
- Bean Sprouts 1 c
- Spinach 1 c (more for unlimited side salads)
- Arugula 1 c (more for unlimited side salads)
- Bibb lettuce 4-6 leaves (more for unlimited side salads)
- Endives 2 small or 1 large (1 c)
- Cauliflower 3 c (riced)

Whole Proteins:

- Flank steak - 1 portion*
- Pork tenderloin - 1 portion
- Chicken breast (boneless skinless) - 2 portions
- Lean ground turkey - 1 portion
- Beef sirloin (thin sliced) - 1 portion
- Salmon - 1 portion

*US: 1 Portion = 4-6 ounces
*CA: 1 Portion = 8 ounces

Oils:

- Avocado
- Sesame
- Olive

Extras:

- Wood skewers (3)
- Beef broth (fat free) 1 c
- 2 limes
- 2 lemons
- Tamari sauce 3 Tbsp
- Garlic 3 cloves
- Lemongrass .5 Tbsp (optional)
- Fresh chives, cilantro, mint 2 Tbsp combo
- Fresh cilantro 4 Tbsp
- Ginger 2-inch piece
- Fresh dill 2 Tbsp
- Oregano dried
- Thyme dried
- Cumin
- Chipotle chili powder
- Garlic powder
- Cinnamon
- Hot mustard 1 tsp (substitute brown/dijon-no added sugar)
- Hot sauce (optional-no added sugar)
- Soy sauce (optional)
- Black pepper (coarse)
- Non-stick spray (optional)