

Reboot Weekly Meal Plan (Dairy, Soy, Corn, Wheat, Gluten, Sugar Free)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Eggs and red potatoes cooked in butter with salsa	Steamed Buckwheat with coconut cream (65), topped with nuts, sweetened with stevia	Eggs with green smoothie: spinach, cucumber, lemon, avocado, green apple	Oatmeal with coconut cream, almond milk, topped with nuts, sweetened with stevia	Scrambled eggs with salsa, rice cake with almond butter on top	Steamed Quinoa (65) with coconut cream and toppings	Hashbrowns (68) Egg omelet with peppers, spinach, mushrooms, turkey bacon
Lunch	Salad: leafy greens, avocado, cucumber, almonds or pine nuts, with Italian Dressing (39)	Tuna, cucumber, lettuce wraps or ground turkey with pepper lettuce wraps	Fajita Bowls: cilantro lime rice, onion and peppers sautéed, chicken or fish, beans, avocado	Kids Favorite Salad (35) or Spanish Potato Salad (43)	Creamy Potato Broccoli Chowder Soup (44)	Olive Garden Salad (90)	Japanese Peasant Stew (47)
Dinner	Poached Wild Salmon Steamed Broccoli with butter Rice Pilaf (75)	Grilled Marinated Chicken (74) Steamed cauliflower, broccoli & carrots Baked Potato	Broiled Fish (72) Green Beans w/ butter Rice Pilaf (75)	Coconut Lime Chicken (74) Buttered Parsley Carrots Steamed red potatoes	Fish Baked Squash w/ Butter Rice Pilaf	Veggie Saute with chicken: onions, zucchini, carrots, squash, cabbage chunks seasoned with coconut liquid aminos	Chicken Coconut Kurma (85)
Snacks & Treats Keep 2 and a drink on hand each day	Cucumber Slices Almonds Water Bottle	Carrot, Celery & Jicama Sticks Pecans Water with lemon	Bell Peppers (three colors) Veggie sticks with hummus Ice Water	Roasted Chickpeas Cashews Water Bottle	Ants on a log: celery, almond butter Lemon Water	Broccoli, cauliflower dipped in FGF Ranch (54) Ice Water	Favorite veggies Boiled Eggs Water with lemon

Enjoy a big salad for lunch and for dinner a protein, steamed veggies with butter and a starch: rice, potato or squash. Eat until you are satisfied—no deprivation or going hungry allowed. Notice on the raw nut snacks whether or not they make you feel dizzy or tired and drop them if they do. Nut sensitivity is pretty common. One serving of low-sugar fruit allowed per day (green apple, berries, tart kiwi). STEVIA ONLY to sweeten. Hundreds of additional recipes are available in The Feel Good Cookbook: Whole Food and Allergy Free Recipes and on the blog at myfeelgoodfoods.com.