

## 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  |
|---|--|---|--|---|--|--|--|
| <b>Breakfast</b>  | 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)<br>Egg omelet with peppers, spinach, mushrooms, turkey bacon |
| <b>Lunch</b>  | 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)   |
| <b>Dinner</b>   | Poached Wild Salmon<br><br>Steamed Broccoli with butter<br><br>Rice Pilaf (75)           | Grilled Marinated Chicken (74)<br><br>Steamed cauliflower, broccoli & carrots<br><br>Baked Potato | Broiled Fish (72)<br><br>Green Beans w/ butter<br><br>Rice Pilaf (75)                        | Coconut Lime Chicken (74)<br><br>Buttered Parsley Carrots<br><br>Steamed red potatoes | Fish<br><br>Baked Squash w/ Butter<br><br>Rice Pilaf           | Veggie Saute with chicken: onions, zucchini, carrots, squash, cabbage chunks seasoned with coconut liquid aminos | Chicken Coconut Kurma (85)   |
| <b>Snacks &amp; Treats</b><br><br>Keep 2 and a drink on hand each day | Cucumber Slices<br><br>Almonds<br><br>Water Bottle                                       | Carrot, Celery & Jicama Sticks<br><br>Pecans<br><br>Water with lemon                              | Bell Peppers (three colors)<br><br>Veggie sticks with hummus<br><br>Ice Water                | Roasted Chickpeas<br><br>Cashews<br><br>Water Bottle                                  | Ants on a log: celery, almond butter<br><br>Lemon Water        | Broccoli, cauliflower dipped in FGF Ranch (54)<br><br>Ice Water  | Favorite veggies<br><br>Boiled Eggs<br><br>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. Try our NEW Reboot Recipes Cookbook and a hundred more in The Feel Good Cookbook: Whole Food and Allergy Free Recipes and on our blog at [www.Tumtree.life](http://www.Tumtree.life).