

SAMPLE MEAL PLAN, PHASE 1: WEEKS 1 and 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Basic Omelet	High protein/ low-carb shake	2 eggs scrambled with low-fat cottage cheese	Yogurt with Nutty Granola	Dr. G's Koffi- Mocha Freeze	Mushroom Omelet	High-protein/ low-carb bar
SNACK	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds
LUNCH	Seed-Sar Salad topped with tuna	Caesar salad (no croutons) topped with chicken, tuna, or anchovies	Hamburger patty wrapped in lettuce leaf Raw celery, carrots, peppers	Caprese Salad with sardines	"Dream" of Broccoli Soup Spinach salad with cubed turkey breast	Tricolore Cobb Salad	Arugula, red pepper, and onion salad topped with ham
SNACK	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds
DINNER	Chicken breast Roasted Cauli- flower with Sage Arugula salad with mushrooms	Fettuccine Dr. Gfredo Green beans Tossed green salad	Simply Grilled Alaskan Salmon Broccoli Boston lettuce and watercress salad	Turkey breast Brussels Sprouts You'll Eat Spinach salad with mushrooms	Alaskan halibut Swiss chard Cress "What a Nut" Salad	Chipotle Flank Steak Asparagus Grilled Romaine Salad	Chicken Under a Brick Zucchini Tricolore Salad

SAMPLE MEAL PLAN, PHASE 1: Week 3 and Beyond

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Spinach and Cottage Cheese Omelet Apple	Nutty Smoothie (with berries)	2 scrambled eggs with low-fat ricotta cheese	Yogurt with Nutty Granola Blueberries	CremeSicle	Frittata with Mushrooms ½ grapefruit	High-protein/ low-carb bar
SNACK	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds
LUNCH	Red, White, and Green Salad with cubed chicken breast	Arugula salad with sliced flank steak leftovers	Hamburger patty wrapped in lettuce leaf Cabbage and carrot slaw	With Apologies to Joe's Special Cucumber spears and radishes	Spa-Ghetti and Bean Soup Romaine salad	Cobb salad	Sugar Snap Pea and Mint Soup with cubed Canadian bacon
SNACK	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds
DINNER	Chipolte Flank Steak over stir-fried greens and onions Spinach salad	Mustard Pork Tenderloin Braised escarole Caesar salad (no croutons)	Simply Grilled Alaskan Salmon Grilled asparagus Romaine and tomato salad	Turkey breast Sautéed spinach with pine nuts Radicchio and endive salad	Alaskan halibut Roasted Cauliflower with Sage Watercress salad	Beef Filet Steamed artichoke Boston Lettuce and arugula salad	Barbecued chicken breast Steamed broccoli rabe Tossed green salad

SAMPLE MEAL PLAN, PHASE 2: Week 1 and Beyond

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Mixed pepper omelet Half grapefruit	Berry-Green Smoothie	2 scrambled eggs with salsa and avocado	Yogurt with Nutty Granola Raspberries	Berry-Green Smoothie	With Apologies to Joe's Special	Evo-Pumpkin Blueberry Pancakes
SNACK	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds
LUNCH	Salad of romaine, chopped broccoli, cherry tomatoes, and tuna	Caesar salad (no croutons) topped with 1/2 chicken breast	Boca Burger or other high-protein veggie burger wrapped in lettuce leaf Raw vegetables	"Dream" of Broccoli Soup Mixed green salad	Tricolore Crab Salad	Red, White, and Green Salad with sardines	Cress "What a Nut" Salad
SNACK	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds
DINNER	Coffee Bean and Peppercorn Crusted Flank Steak Stir-fried greens and onions Spinach salad	2 burritos (low-carb tortilla, Lighthouse taco "meat," romaine, avocado, and fresh salsa)	Not-Bad Pad Thai with shrimp, served over blanched mung beans Arugula salad	Alaskan halibut Roasted asparagus Tossed green salad	Fried Chicken with Almond "Breeding" Steamed bok choy Watercress salad	Angelic Jungle Princess with Chicken , over shredded cabbage Roasted Cauliflower with Sage	Tempeh and Black Soybean Quesadilla Casserole Grilled Green Beans

SAMPLE MEAL PLAN, PHASE 2: Week 2 and Beyond

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Spinach and Cottage Cheese Omelet Apple	Berry-Green Smoothie	2 scrambled eggs with salsa and avocado	Dr. G's Koffi-Mocha Freeze	Berry-Green Smoothie	Mushroom Omelet served over wilted arugula	Frittata with asparagus
SNACK	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds
LUNCH	Chicken breast and slaw wrapped in lettuce leaf	Seed-Sar Salad , with tuna	Boca Burger or other high-protein veggie burger, wrapped in lettuce leaf Coleslaw	"Dream" of Broccoli Soup Raw vegetables	Spa-Ghetti and Bean Soup Boston lettuce salad	Greens Squared Soup , with chopped ham Raw vegetables	Arugula salad with sardines Raw vegetables
SNACK	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds	¼ cup raw nuts/seeds
DINNER	Cajun Blackened Tempeh , over stir-fried chard, scallions, and garlic Tricolore Salad	Chili-Chicken Double Green Noodles Balsamic Asparagus Mixed green salad with avocado	Alaskan salmon Roasted Cauliflower with Sage Asparagus salad, with sesame seeds and sesame oil and vinegar dressing	Commander Gundry's Pecan Fish , served over sautéed kale and onions Grilled Romaine Salad	Stir-fried Tempeh with Green Beans and Basil Spinach and red onion salad	Beef carpaccio with arugula and lemon juice and olive oil dressing Steamed artichoke Caprese Salad	Dr. G.'s South by Southwest Chicken Sag Paneer Chopped salad of green peppers, cucumber, tomato, and scallions

SAMPLE MEAL PLAN, PHASE 3: Longevity

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Poached eggs Kiwifruit (with skin)	Nuts and/or seeds Apple	Berry-Green Smoothie	Nut and flaxseed granola with berries	Berry-Green Smoothie	Nutty Smoothie	Frittata with chard
SNACK	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds
LUNCH	Salad of romaine lettuce, chopped broccoli, cherry tomatoes, tuna	Caesar salad (no croutons) with sliced avocado and/or anchovies	Boca Burger, wrapped in lettuce leaf Raw vegetables served with tahini	Evo-Pizza , with raw mushrooms and vegetables	Evo-Quesadilla Arugula and red cabbage salad with raw vegetables	Seed-Sar Salad , with sliced avocado or Boca Burger	Cobb salad
SNACK	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds	1/8 cup raw nuts/seeds
DINNER	Raw "Not-Bad" Pad Thai Spinach and endive salad	Angelic Jungle Princess (meatless), with asparagus and mushrooms Bibb lettuce, tomato, and red onion salad	Shaved raw artichoke with Parmesan cheese shavings Caprese Salad Balsamic Asparagus	Sugar Snap Pea and Mint Soup , topped with chunks of tempeh or Boca Burger Romaine and watercress salad	Simply Grilled Alaskan Salmon , served over Tricolore Salad	Nutty-Broccoli Spa-Ghetti Cabbage, carrot, and daikon slaw	Chicken Under a Brick , served over romaine lettuce