

The Acid Watcher Diet

HEALING PHASE WEEK 2 MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast 7-9 a.m.	N "Chocolate" Almond Butter Cup Smoothie	G High- Fiber Rice Pudding	F Dr. Aviv's Berry Smoothie Blast	G Pear Oatmeal	F Dr. Aviv's Berry Smoothie Blast	E/D Broccoli Omelet	N "Chocolate" Almond Butter Cup Smoothie
Morning Mini-Meal 10-11 a.m.	F Fresh fruit (8 ounces)	V Raw veggies	E/D Mozzarella Herb Toast	N/F Dr. Aviv's Power Bar	V Guac Tapenade Toast	F Fresh fruit (8 ounces)	E/D Mozzarella Herb Toast
Lunch 12:30-2:00 p.m.	G High-Fiber Salad	AP Colorful Chicken Salad	V Vegetable Pasta Salad	AP Mexican Shrimp Salad with Avocado, Black Beans, and Cilantro	AP Dr. Aviv's Healthy Chicken Nuggets with 1/2 pound of ph 5 vegetables, raw or steamed	V Roasted Vegetable Sandwich	AP Turkey Burger with Arugula- Ginger Salad
Afternoon Mini-Meal 3-4 p.m.	V Raw veggies	F Fresh fruit (8 ounces)	N Assorted tree nuts	V Raw veggies	N Assorted tree nuts	N/F Dr. Aviv's Power Bar	V Raw veggies
Dinner 6-7:30 p.m.	AP Broiled Herbed Salmon with Steamed Spinach	V Kale Wrap with Guac Tapenade	AP Miso-Agave- Glazed Halibut with Sesame Bok Choy	V Roasted Beets and Fresh Cucumber with Creamy White Bean Dip	F Papaya Salad	F Fish and Chips	V Beet and Quinoa Salad with Steamed Kale and Chickpeas