

The Acid Watcher Diet

MAINTENANCE PHASE WEEK 1 MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast 7–9 a.m.	F	E/D	G	F	E/D	G	V
	Pineapple Express Smoothie	Yogurt with Raisins and Almonds	Acid Watcher Blueberry Crepes	Dr. Aviv's Berry Smoothie Blast	Spinach Omelet	Pear Oatmeal	Green Juice
Morning Mini-Meal 10–11 a.m.	V	F	V	E/D	F	E/D	N
	Guac Tapenade Toast	Fresh fruit (8 ounces)	Raw veggies	Hard-boiled egg	Fresh fruit (8 ounces)	Mozzarella Herb Toast	Toast with almond butter and honey
Lunch 12:30–2:00 p.m.	AP	V	AP	V	V	AP	AP
	Mexican Shrimp Salad with Avocado, Black Beans, and Cilantro	High-Fiber Salad	Pesto Chicken Sandwich	Kale Wrap with Guac Tapenade	Vegetable Pasta Salad	Colorful Chicken Salad	Stuffed Baked Salmon with Sweet Potato
Afternoon Mini-Meal 3–4 p.m.	N/F	N	F	N/F	N	F	F
	Dr. Aviv's Power Bar	Assorted tree nuts	Fresh fruit (6–7 ounces)	Almond butter and banana	Assorted tree nuts	Fresh fruit (5–6 ounces)	Peach Blossom Smoothie
Dinner 6–7:30 p.m.	V	AP	V	AP	AP	V	V
	Kale "Cobb" Salad	Miso-Agave-Glazed Halibut with Sesame Bok Choy	Brussels Sprout Salad with Pecans, Raisins, and Apple	Turkey Burger with Arugula-Ginger Salad	Broiled Herbed Salmon with Steamed Spinach	Papaya Salad	Puréed Butternut Squash Soup with Seared Mushrooms and Herbs