

| MONDAY (DAY 1)   |          |                   |                |
|--|----------|-------------------|----------------|
| <b>Breakfast</b>   |          |                   |                |
| <b>Huevos Rancheros</b>  |          |                   |                |
| Fry 2 eggs plus 1 egg white in 1 teaspoon olive oil. Top with ½ cup <i>Ranchero Sauce</i> (page 272), 2 tablespoons shredded cheddar cheese. Serve with 1 cup raspberries and ½ cup plain whole-milk Greek yogurt.   |          |                   |                |
| Protein: 25%   | Fat: 53% | Carbohydrate: 22% | Calories: 534* |
| Prep: Assemble and pack today's snacks.  |          |                   |                |
| Assemble today's lunch—Mozzarella, Tomato, and Chickpea Salad.   |          |                   |                |
| <b>Snack</b>   |          |                   |                |
| ¼ cup <i>Trail Mix</i> (page 291)  |          |                   |                |
| <b>Lunch</b>   |          |                   |                |
| <b>Mozzarella, Tomato, and Chickpea Salad</b>  |          |                   |                |
| 1 medium tomato, chopped; ½ cup cooked garbanzo beans (chickpeas), drained and rinsed; 3 ounces fresh mozzarella, sliced; 1 cup chopped romaine or other lettuce; 2 tablespoons <i>Lemon Tahini Sauce</i> (page 269); salt and ground black pepper; 2 ounces canned sardines (optional)            |          |                   |                |
| Without Sardines   |          |                   |                |
| Protein: 21%   | Fat: 55% | Carbohydrate: 24% | Calories: 446* |
| With Sardines  |          |                   |                |
| Protein: 27%   | Fat: 54% | Carbohydrate: 19% | Calories: 564* |
| <b>Snack</b>   |          |                   |                |
| <i>Cold-Cut Lettuce Boats</i> (page 294) with <i>Creamy Dill Sauce</i> (page 270)  |          |                   |                |
| <b>Dinner</b>  |          |                   |                |
| <b>Soup, Herb-Roasted Chicken, and Vegetables</b>  |          |                   |                |
| About 1½ cups <i>Creamy Cauliflower Soup</i> ** (page 280—prepared without heavy cream); <i>Herb-Roasted Chicken Thighs</i> ** (page 241); 1 cup broccoli and ½ small carrot, blanched (page 313—Guide to Cooking Vegetables), topped with 1 tablespoon <i>Lemon Olive Oil Dressing</i> (page 269) |          |                   |                |
| Dessert  |          |                   |                |
| 1 cup fruit with ½ ounce square chocolate (at least 70% cocoa content)   |          |                   |                |
| Protein: 24%   | Fat: 52% | Carbohydrate: 24% | Calories: 661* |
| Prep: Assemble tomorrow's lunch— <i>Chicken Salad with Grapes and Walnuts</i> (page 252) using reserved portion of <i>Herb-Roasted Chicken Thighs</i> without the skin; store lettuce separately and add tomorrow before serving.  |          |                   |                |
| Store reserved portion of <i>Creamy Cauliflower Soup</i> for tomorrow's dinner.  |          |                   |                |

\* Calorie content provided for descriptive purposes only—not as a measure to limit food intake.

\*\* To serve two people, make a full recipe and store reserved portions to be used in subsequent meals as directed in prep notes.

\*\*\* To serve two people, make ½ recipe.

| TUESDAY (DAY 2)  |          |                   |                |
|--|----------|-------------------|----------------|
| <b>Breakfast</b>   |          |                   |                |
| <b>Phase 1 Power Shake</b>   |          |                   |                |
| <i>Phase 1 Power Shake</i> (page 220)  |          |                   |                |
| Protein: 22%   | Fat: 54% | Carbohydrate: 24% | Calories: 500* |
| Prep: Assemble and pack today's snacks.  |          |                   |                |
| <b>Snack</b>   |          |                   |                |
| <i>Smoked Salmon and Dill Cream Cheese on Cucumber Rounds</i> (page 295)   |          |                   |                |
| <b>Lunch</b>   |          |                   |                |
| <b>Chicken Salad with Grapes and Walnuts</b>   |          |                   |                |
| <i>Chicken Salad with Grapes and Walnuts</i> (page 252) (using chicken from previous night's dinner)   |          |                   |                |
| Protein: 23%   | Fat: 53% | Carbohydrate: 24% | Calories: 572* |
| <b>Snack</b>   |          |                   |                |
| About $\frac{1}{3}$ cup <i>Basic Hummus</i> (page 290) with veggie sticks  |          |                   |                |
| <b>Dinner</b>  |          |                   |                |
| <b>Soup, Steak and Onions, Vegetables</b>  |          |                   |                |
| About $1\frac{1}{2}$ cups <i>Creamy Cauliflower Soup</i> (from previous night's dinner) garnished with 1 tablespoon heavy cream; cook a 9-ounce tenderloin steak (follow cooking instructions from <i>Steak Salad</i> , page 253), or cook 8 ounces <i>Pan-Fried Tempeh Strips</i> (page 243)—use 5 ounces steak or 4 ounces tempeh for tonight's dinner and 4 ounces steak or tempeh for tomorrow's lunch; sauté $\frac{1}{2}$ small onion in the pan juices on medium-high heat until caramelized; 1 cup blanched kale or other green vegetable (page 313—Guide to Cooking Vegetables) topped with 1 tablespoon <i>Lemon Tahini Sauce</i> (page 269) |          |                   |                |
| Dessert  |          |                   |                |
| 1 cup raspberries with 2 tablespoons heavy cream   |          |                   |                |
| Protein: 25%   | Fat: 51% | Carbohydrate: 24% | Calories: 602* |
| Prep: Assemble tomorrow's lunch— <i>Steak Salad with Blue Cheese Dressing</i> (page 253) using reserved portion of steak or tempeh; store lettuce separately and add tomorrow before serving; pack a tangerine.  |          |                   |                |

\* Calorie content provided for descriptive purposes only—not as a measure to limit food intake.

\*\* To serve two people, make a full recipe and store reserved portions to be used in subsequent meals as directed in prep notes.

\*\*\* To serve two people, make  $\frac{1}{2}$  recipe.

| WEDNESDAY (DAY 3)  |          |                   |                |
|--|----------|-------------------|----------------|
| <b>Breakfast</b>   |          |                   |                |
| <b>Black Bean Tofu Hash</b>  |          |                   |                |
| <i>Black Bean Tofu Hash</i> ** (page 222) topped with 2 tablespoons cheddar cheese, 1 to 2 tablespoons sour cream, ½ avocado, sliced, or 5 tablespoons guacamole   |          |                   |                |
| Protein: 23%   | Fat: 55% | Carbohydrate: 22% | Calories: 455* |
| Prep: Assemble and pack today's snacks.<br>Store reserved portion of <i>Black Bean Tofu Hash</i> for tomorrow's lunch.   |          |                   |                |
| <b>Snack</b>   |          |                   |                |
| <i>Cold-Cut Lettuce Boats</i> (page 294) with <i>Lemon Tahini Sauce</i> (page 269)   |          |                   |                |
| <b>Lunch</b>   |          |                   |                |
| <b>Steak Salad with Blue Cheese</b>  |          |                   |                |
| <i>Steak Salad with Blue Cheese Dressing</i> (page 253) (using steak from previous night's dinner).<br>Serve with a tangerine.   |          |                   |                |
| Protein: 27%   | Fat: 47% | Carbohydrate: 26% | Calories: 565* |
| <b>Snack</b>   |          |                   |                |
| ¼ cup <i>Trail Mix</i> (page 291)  |          |                   |                |
| <b>Dinner</b>  |          |                   |                |
| <b>Broiled Fish and Sautéed Kale</b>   |          |                   |                |
| <i>Broiled Fish with Garlic and Lemon</i> *** (page 232) Remove fish and lemons from pan and sauté 1 cup kale in the pan juices. Top fish or kale with 2 tablespoons <i>Creamy Dill Sauce</i> (page 270). Serve with 1 cup salad greens with 1 tablespoon dressing of your choice. |          |                   |                |
| Dessert  |          |                   |                |
| <i>Poached Seasonal Fruit</i> (page 288) with 1 to 1½ tablespoons <i>Chocolate Sauce</i> (page 289).**   |          |                   |                |
| Protein: 25%   | Fat: 50% | Carbohydrate: 25% | Calories: 594* |
| Prep: Assemble tomorrow's lunch—Taco Salad (see Day 4 lunch), using reserved portion of <i>Black Bean Tofu Hash</i> ; store lettuce separately and add tomorrow before serving.<br>Store reserved portion of <i>Chocolate Sauce</i> for Day 7 dinner.                              |          |                   |                |

\* Calorie content provided for descriptive purposes only—not as a measure to limit food intake.

\*\* To serve two people, make a full recipe and store reserved portions to be used in subsequent meals as directed in prep notes.

\*\*\* To serve two people, make ½ recipe.