

## SAMPLE MENUS

### SAMPLE BREAKFAST MENUS

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#### Breakfast (option 1)

- Rice cakes topped with organic nitrate-free chicken sausage & sliced tomatoes

#### Breakfast (option 2)

- Breakfast veggie scramble: Sautee in olive or macadamia nut oil over medium-low heat 2 cups chopped vegetable (Choose a mix of any of the following: broccoli, spinach, tomato, onion, and red bell pepper). Add 2 organic, free range eggs (3 for men) scramble until cooked. Add dash of sea salt and black pepper if desired.

#### Breakfast (option 3)

- 2 Tbl. almond butter on gluten-free bread or rice cakes & peach

#### Breakfast (option 4)

- Mock Granola & rice milk (Combine Low Roasted Nuts [soak raw nuts, not peanuts] in water and sea salt over night. Drain, sprinkle with cinnamon and roast at 250 for 4 hours with puffed rice cereal, puffed corn cereal, and a mixture of fresh berries).

#### Breakfast (option 5)

- Hot rice cereal (Bob's Red Mill) with 1 scoop PaleoMeal Vanilla, ½ cup coconut milk, ¼ cup berries & a pinch of nutmeg

### SAMPLE LUNCH & DINNER MENUS

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#### Lunch or Dinner (option 1)

- Green salad with sprouts and vinaigrette
- Baked cod topped with avocado salsa  
Chop: 1 avocado, 1 tomato, ½ c red onion, ½ c capers (drained), ¼ c fresh cilantro, ½ tsp. cumin, 1/8 tsp. cayenne and 2 tablespoons lime juice, ½ c. Quinoa.

#### Lunch or Dinner (option 2)

- 1 cup black bean soup
- Chopped cabbage salad topped with chicken with rice vinegar (using leftover grilled chicken, toss chicken with shredded cabbage and rice vinegar).

#### Lunch or Dinner (option 3)

- Organic vegetable broth
- Shrimp and vegetables  
Sauté fresh tail-on shrimp and chopped garlic in a non-stick pan with coconut oil, over moderate heat. Roughly chop 10 different vegetables and lightly stir-fry with freshly grated ginger, ½ c buckwheat noodles, lightly drizzle sesame oil.

#### Lunch or Dinner (option 4)

- Baby greens salad with extra virgin olive oil & vinegar
- Grilled buffalo burger on a portabella mushroom
- Mixed roasted vegetables  
Roast combination of cauliflower, broccoli, Brussels sprouts, onions and squash in extra virgin olive oil and herbs to taste (turmeric, basil or rosemary).

#### Lunch or Dinner (option 5)

- Beet greens with balsamic vinegar & extra virgin olive oil
- Wild salmon
- Steamed beets (20-30 minutes or until soft)

#### Lunch or Dinner (option 6)

- Mixed greens salad with extra virgin olive oil & vinegar
- Broiled chicken with peppers  
Roughly chop; green, yellow & red peppers, onion and mushrooms; toss lightly with extra virgin olive oil & chopped garlic, ½ c. wild brown rice.

#### Lunch or Dinner (option 7)

- Baby greens with extra virgin olive oil & vinegar
- Grilled beef kabobs (lean, free-range organic beef), Alternate beef with large chunks of: red, yellow & green peppers, red onion & wild mushrooms, rub with garlic, ½ c. Amaranth.

#### Lunch or Dinner (option 8)

- Baby greens, chopped red cabbage, celery, broccoli with extra virgin olive oil & vinegar
- Baked halibut topped with tomato pesto

Lunch or Dinner (option 9)

- "Beeler's Broth" (1 lb of green beans, 1 lb of zucchini, 1 bunch of parsley, 1 bunch of celery)  
Dice, boil until soft, then puree in blender and flavor with lemon juice. It makes a very mild, super-green mixture that alkalizes your system.
- Grilled turkey breast with sage
- Steamed spinach

Lunch or Dinner (option 10)

- Baked sole with lemon
- Baked acorn or butternut squash
- Steamed green & yellow beans, topped with flax oil

Lunch or Dinner (option 11)

- Steamed kale
- Swiss chard & collard greens with garlic topped with flax oil
- Grilled chicken with garlic pesto  
Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil with some finely chopped fresh basil or 1/2 tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.
- 1/2 baked yam

Lunch or Dinner (option 12)

- 1 c. hearty vegetable soup
- Grilled halibut
- Steamed artichoke with lemon