

Menu GF –Gluten Free

Daily Serving Size Suggestions

The breakdown of this diet was based on the amounts shown below

Program W Women = 1200 calories

Program W Men = 1600 calories

Women	Men
<p>Breakfast: 2 oz. Protein 1 Starch 1 Fruit 1 teaspoon Fat (or use at another meal)</p> <p>Lunch: 4 oz Protein 0 Starch 2 cups of raw veggies or salad or 1 cup cooked- may suggest unlimited 1 teaspoon fat</p> <p>Dinner: 4 oz. Protein 1 Starch 2 cups raw veggies/salad or 1 c. cooked 1 teaspoon fat</p>	<p>Breakfast: 2 oz. Protein 2 Starches 1 Fruit 1 teaspoon Fat (or use at another meal)</p> <p>Lunch: 6 oz. Protein 0 Starch 2 cups of raw veggies or salad or 1 cup cooked- may suggest unlimited 1 teaspoon fat</p> <p>Dinner: 6 oz. Protein 2 Starches 2 cups raw veggies/salad or 1 c. cooked 1 teaspoon fat</p>

PROTEIN choices: 1 oz gives 7 g protein

- salmon
- sardines
- Shrimp, crab, lobster
- Any fish
- chicken
- turkey
- Beef or buffalo burger
- steak
- Veal, pork or lamb
- Goat yogurt
- Goat cheese
- non-nitrated hotdogs or bacon
- hamburger
- Turkey or chicken sausage

STARCH choices: each has 15 g carbs

- ½ cup hot amaranth cereal
- ½ cup millet flakes
- 4 KAME rice crackers
- 1 slice millet bread
- 2 corn tortilla
- 2 brown rice cakes
- ½ cup cooked brown rice
- ½ cup cooked brown rice pasta
- 1 small piece of corn bread
- 1 small sweet potato or white potato
- 1 cup acorn squash
- ½ cup cooked quinoa
- ½ cup cooked millet
- 1 slice brown rice bread

Ideal FAT choices – 1 tsp has 5 g FAT

- CHOOSE 3 DAILY
- 1 tsp mayo
- 1 tsp flax oil
- 1 tsp olive, sesame (cold-pressed) oil
- ¼ cup nuts: walnuts, pecans, almonds, macadamia, hazelnuts
- ¼ cup seeds: pumpkin, sunflower
- 1 tsp salad dressing (not diet)
- EMO brand sour cream substitute
- ¼ inch avocado slice
- 3 olives
- 1 tsp cold pressed coconut oil
- 1 T nut butter
- 1 slice of rice cheese

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FRUIT choices – each has 10 g carbs.

NOT MORE THAN 2 DAILY

3 apricots

½ banana

½ cup berries

10 cherries

1 small apple

½ grapefruit

2 inch slice of melon

1 small orange

1 small peach or nectarine

1 small pear

2 small plums

1 inch slice watermelon

NO DRIED FRUITS

Ideal VEGETABLE choices – ½ c cooked =

1 c raw and has 25 cal per serving

UNLIMITED

asparagus

broccoli

cauliflower

collard greens or kale

spinach

carrots

celery

cucumber

snow peas

green beans

yellow squash/spaghetti squash

salad greens

watercress

Breakfast

- 1/2 Cup goat yogurt with ½ cup strawberries, 1 T flax oil on 2 brown rice cakes
- 2 poached eggs, ½ c. hash browns cooked w. 1 tsp sesame oil, 1 slice melon
- 1 cup hot amaranth cereal, 1/2 oz. protein powder, 1 dollop of goat yogurt, ½ cup raspberries
- 2 oz. smoked salmon, sliced cucumbers and tomatoes, 2 corn tortillas, green tea
- 1 slice ham with 1 slice rice cheese, 1 peach (use fat later)

Lunch

- 4 oz. turkey white meat, Dijon mustard, 2 cups spinach salad with 1 tsp. flax oil, vinegar
- Large mixed green salad w/ 2 tsp. olive oil and lemon juice, 4 oz. of tuna, chopped yellow and sweet red pepper
- 4 oz. broiled sole/flounder or other serving of seafood, steamed vegetables, 2 tsp. flax/olive oil dressing
- 4 oz. chicken salad made with sugar-free mayonnaise, wrapped in lettuce, raw carrots and cucumbers

Dinner

- 4 oz. broiled red snapper, 1 cup steamed broccoli, 1 baked yam, drizzled with olive oil
- 4 oz. stir fried white fish with 1 cup snow pea pods, onions, bean sprouts, red pepper, ½ cup brown rice
- 4oz. lean London broil, 1 small baked potato, 1 tsp EMO, sautéed leeks or onions and mushrooms in wine
- 4 ounces wood-smoked or broiled salmon, ½ cup cooked brown rice vermicelli pasta (Pastariso brand), ½ cup tomato sauce w/ extra oregano, thyme, and garlic, grilled vegetables

- 4 oz. chicken breast with rosemary, ½ cup millet, roasted onions or garlic, broccoli sautéed in 1 tsp olive oil

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Dinner (continued)

- Salmon burger patties made with 4 oz. chopped salmon, onions, dill, an egg, and ¼ cup ground sesame seeds, and sautéed in skillet with 1 tsp. olive oil, 1 cup cauliflower, ½ c. quinoa
- Albacore tuna broccoli custard made with ½ lb. fresh chopped broccoli, 3 oz. tuna, 1 egg, ¾ cup 1% milk, ¼ cup crumbled goat cheese, 2 Tbsp. lemon juice, seasonings, ½ cup brown rice macaroni, mixed together and baked at 375°f for 35 minutes
- 4 oz. albacore tuna pockets made with celery, red onion, sugar free unrefined mayonnaise, lemon juice, alfalfa sprouts, and herb seasonings and 1 oz. sesame seeds on 4 Ryvita rye crackers

Snacks

- 1 Protein Bar (PaleoBar)
- Raw vegetables
- celery with 1 tsp. non-dairy salad dressing or nut butter
- 1 fruit
- ounce of meat
- boiled egg
- ¼ cup nuts or seeds
- ½ scoop PaleoMeal protein powder in any liquid
- 4 Brain Power Sours
- ½ scoop chocolate PaleoMeal made into frozen ice pop

Beverages

- Green drinks:
 - PaleoGreens
- Herbal Teas:
 - Cinnamon
 - Chamomile
 - **Green Tea** with Cinnamon Stick

Avoid

- Sugar, soft drinks, alcohol, hydrogenated oils, safflower, sunflower, corn oils, processed meats, refined foods.

Quick-n-easy

- Chef's salad, Quiche, Organic egg omelet, Leftover chicken w. micro waved sweet potato

Menu W DF WF – Weight Loss: Dairy Free/Wheat Free

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PROTEIN choices: 1 oz gives 7 g protein

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 sardines
 Shrimp, crab, lobster
 Any fish
 chicken
 turkey
 Beef or buffalo burger
 steak
 Veal, pork or lamb
 Goat yogurt
 Goat cheese
 hamburger
 ham

STARCH choices: each has 15 g carbs

½ cup oatmeal
 ½ cup All Bran Cereal
 4 KAME rice crackers
 1 slice millet or sprouted grain bread
 1 corn tortilla
 2 brown rice cakes
 ½ cup cooked brown rice
 ½ cup cooked rice pasta
 4 Ryvita or RyKrisp crackers
 1 small sweet potato or white potato
 ½ cup cooked millet
 ½ cup quinoa
 1 slice rye toast
 1 slice rice bread

Ideal FAT choices – 1 tsp has 5 g FAT

CHOOSE 3 DAILY
 1 tsp mayo
 1 tsp flax oil
 1 tsp olive, sesame (cold-pressed) oil
 ¼ cup nuts: walnuts, pecans, almonds, macadamia, hazelnuts
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 ¼ inch avocado slice
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1 small orange
1 small peach or nectarine
1 small pear
2 small plums
1 inch slice watermelon
NO DRIED FRUITS

Ideal VEGETABLE choices – ½ c cooked =

1 c raw and has 25 cals per serving

UNLIMITED
asparagus
broccoli
cauliflower
collard greens or kale
spinach
carrots
celery
cucumber
snow peas
green beans
yellow squash/spaghetti squash
salad greens
watercress

Breakfast

- 1/2 Cup goat yogurt with ½ cup strawberries, 1 T flax oil on 2 brown rice cakes
- 2 poached eggs, ½ c. hash browns cooked w. 1 tsp sesame oil, 1 slice melon
- 1 cup oatmeal, 1/2 oz. protein powder, 1 dollop of goat yogurt, ½ cup raspberries
- 2 oz. smoked salmon, sliced cucumbers and tomatoes, 2 corn tortillas, green tea
- 1 slice ham with 1 slice rice cheese, 1 peach (use fat later)

Lunch

- 4 oz. turkey white meat, Dijon mustard, 2 cups spinach salad with 1 tsp. flax oil, vinegar
- Large mixed green salad w/ 2 tsp. olive oil and lemon juice, 4 oz. of tuna, chopped yellow and sweet red pepper
- 4 oz. broiled sole/flounder or other serving of seafood, steamed vegetables, 2 tsp. flax/olive oil dressing
- 4 oz. chicken salad made with sugar-free mayonnaise, wrapped in lettuce, raw carrots and cucumbers

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- 4 oz. stir fried white fish with 1 cup snow pea pods, onions, bean sprouts, red pepper, ½ cup brown rice
- 4oz. lean London broil, 1 small baked potato, 1 tsp sour cream, sautéed leeks or onions and mushrooms in wine
- 4 ounces wood-smoked or broiled salmon, ½ cup cooked brown rice vermicelli pasta (Pastariso brand), ½ cup tomato sauce w/ extra oregano, thyme, and garlic, grilled vegetables

- 4 oz. chicken breast with rosemary, ½ cup cous cous, roasted onions or garlic, broccoli sautéed in 1 tsp olive oil

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Dinner (continued)

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- Albacore tuna broccoli custard made with ½ lb. fresh chopped broccoli, 3 oz. tuna, 1 egg, ¾ cup 1% milk, ¼ cup crumbled goat cheese, 2 Tbsp. lemon juice, seasonings, ½ cup brown rice macaroni, mixed together and baked at 375°f for 35 minutes
- 4 oz. albacore tuna pockets made with celery, red onion, sugar free unrefined mayonnaise, lemon juice, alfalfa sprouts, and herb seasonings and 1 oz. sesame seeds on 4 Ryvita rye crackers
- 4 oz. gourmet salmon salad made with 1 can salmon, 2 tsp. sliced scallions, 1 tsp. Sliced radishes, 2 tsp. Rice vinegar, 1 tsp. Flax oil, 1 tsp. Soy sauce, and ¼ tsp. minced ginger root all placed atop a green salad, 4 Wasa crackers
- 4 oz. swordfish made with juice of ½ lime, herb seasonings, and 1 tsp. olive oil patted onto all sides of the fish and broiled, 1 small potato, and 2 cups brussel sprouts
- Crab and avocado salad made with 1/3 cup chopped celery, 4 oz. cooked fresh crabmeat, 1 tsp. mayonnaise, 1 tsp. cumin, ½ tsp. turmeric, 1 Tbsp. capers, juice of ½ lemon, 2 avocado slices, seasonings to taste, and 1 bunch watercress with stems removed (2 servings), 2 brown rice cakes
- Sautéed 4 oz of turkey sausage, ½ cup red or green pepper, ¼ cup chopped onion,
- ½ cup chopped zucchini, 1 corn tortilla
- Shrimp parmesan made with 8 sautéed large garlic shrimp in olive oil with ½ cup organic tomato sauce and crumbled goat cheese (on top of shrimp) mixed green salad with ½ cup brown rice

Snacks

- 1 Protein Bar (PaleoBar)
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- celery with 1 tsp. non-dairy salad dressing or nut butter
- 1 fruit
- ounce of meat
- boiled egg
- ¼ cup nuts or seeds
- ½ scoop PaleoMeal protein powder in any liquid

- 4 Brain Power Sours
- ½ scoop chocolate PaleoMeal made into frozen ice pop

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