

The Fast Metabolism Diet

EAT MORE FOOD &
LOSE MORE WEIGHT

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Supplemental Graphics

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YOUR BODY'S CHEMISTRY

	NORMAL	FAST METABOLISM
THYROID PANEL		
TSH	.4–4.5 mIU/L	Under 1.0 mIU/L
T3	2.3–4.2 pg/ml	3.0–4.2 pg/ml
T4	0.7–2.0	1.5–2.0
Reverse T3	90–350 pg/ml	120 or lower pg/ml
LIPID PANEL		
Cholesterol	125–200 mg/dl	165–185 mg/dl
Triglycerides	Less than 150 mg/dl	75–100 mg/dl
HDL (“good” cholesterol)	Greater than 46 mg/dl	70 or higher mg/dl
LDL (“bad” cholesterol)	Less than 130 mg/dl	100 or lower mg/dl
SUGAR PANEL		
Hemoglobin A1C	Lower than 6.0	Lower than 5.4
Fasting Blood Sugar	65–99 mg/dl	75–85 mg/dl*
ACCESSORY HORMONES		
Cortisol	5–23 mcg/dl	8–14 mcg/dl
Leptin	18	10–12

PHASE 1—UNWIND STRESS

YOUR POCKET GUIDE

THE BASICS

This is the high-glycemic, moderate-protein, low-fat phase.

High in carbohydrate-rich foods such as:

Brown rice	Brown rice pasta
Oatmeal	Spelt or brown rice tortillas
Quinoa	Rice milk
Wild rice	

High in natural sugars such as:

Mangos	Pears
Apples	Pineapples
Figs	Strawberries
Peaches	Watermelon

High in B and C vitamins such as:

Lean beef	Oranges
Turkey	Guavas
Oatmeal	Kiwis
Lentils	Lemons and limes

Contain moderate amounts of protein

Low in fat

HOW TO EAT

You don't have to start Phase 1 on a Monday, but I find this is the easiest way to stay organized. From the Master Food List for this phase, you will eat:

- Three carb-rich, moderate-protein, low-fat meals
- Two fruit snacks

Your day will look like this:

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Grain	Fruit	Grain	Fruit	Grain
Fruit		Protein		Protein
		Fruit		Veggie
		Veggie		

PHASE 1 EXERCISE

Do at least one day of vigorous cardio, like running, the elliptical trainer, or an upbeat aerobic-based exercise class during Phase 1. Cardio is perfectly suited for high-carb Phase 1.

PHASE 2—UNLOCK FAT STORES

YOUR POCKET GUIDE

THE BASICS

This is the very high-protein, high-vegetable, low-carbohydrate, and low-fat phase.

High in foods that support liver function (so it can help cells release fat) such as:

Leafy greens	Onions
Broccoli	Garlic
Cabbage	Lemons

High in lean proteins such as:

Lean beef	Lean pork
Buffalo/bison	Tuna
White-meat chicken and turkey	Turkey bacon
Low-fat fish, like cod, flounder, and halibut	Nitrate-free jerky

Rich in alkalizing green, low-glycemic vegetables such as:

Kale	All kinds of lettuce
Mustard greens	Arugula
Collard greens	Watercress
Swiss chard	

High in carnitine-producing foods such as:

Beef	Cod
White-meat chicken	Asparagus

No fruit or grains

Low in fat

HOW TO EAT

If you started Phase 1 on Monday, then Phase 2 will always be on Wednesday and Thursday. From the Master Food List for this phase, you will eat:

- 3 high-protein, low-carb, low-fat meals
- 2 protein snacks

See the complete food list at the end of this chapter.

Your day will look like this:

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Protein	Protein	Protein	Protein	Protein
Veggie		Veggie		Veggie

PHASE 2 EXERCISE

Do at least one day of strength training (weight lifting) during Phase 2. Focus on lifting heavy weights with low reps. Lifting weights during Phase 2 will seriously increase your metabolic power, so go for it! If you aren't sure how to do it safely, see if someone at your local gym can guide you through the free weights, or take a class that uses weights, like Body Pump.

PHASE 3: UNLEASH THE BURN—HORMONES, HEART, AND HEAT

YOUR POCKET GUIDE

THE BASICS

This is the high healthy-fat, moderate-carbohydrate, moderate-protein, low-glycemic fruit phase.

High in healthy fats such as:

Nuts and seeds	Olives
Avocados	Olive oil
Coconuts	

Higher-fat proteins in moderate amounts such as:

Salmon	Hemp seeds
Sesame and almond butter	Hummus

Lower-glycemic fruits such as:

Blackberries	Cranberries
Blueberries	Grapefruit
Raspberries	Lemons and limes

Lower-glycemic vegetables such as:

Artichokes	Eggplant
Asparagus	Spinach
Beans	Seaweed
Cauliflower	Sweet potatoes
Leafy greens	

Moderate amounts of unrefined carbohydrates such as:

Barley	Quinoa
Wild rice	Sprouted-grain bread
Oatmeal	Quinoa pasta

Thyroid-stimulating foods such as:

Seaweed	Shrimp
Coconut oil	Lobster

Foods rich in inositol and choline such as:

Legumes, like black beans, chick-peas, kidney beans, and lentils
Nuts and seeds
Brussels sprouts
Beef and chicken liver

HOW TO EAT

If you started Phase 1 on Monday, then Phase 3 will always be on Friday, Saturday, and Sunday. From the Master Food List for this phase, you will eat:

- 3 meals
- 2 healthy-fat snacks

See the complete food list at the end of this chapter.

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Fruit	Veggie	Fat/Protein	Veggie	Fat/Protein
Fat/Protein	Fat/Protein	Veggie	Fat/Protein	Veggie
Grain		Fruit		Optional:
Veggie				Grain/Starch

PHASE 3 EXERCISE

Do at least one day of stress-reducing activity like yoga, or deep breathing, or enjoy a massage during Phase 3. Yes, massage counts! It's not an "activity" per se, but it increases blood flow to the fatty areas of your body, reduces cortisol, and does the work we want for you during this phase.

PHASE 1 FOOD LIST

(select organic whenever possible)

VEGETABLES AND SALAD GREENS (FRESH, CANNED, OR FROZEN)

Arrowroot
Arugula
Bamboo shoots
Beans: green,
yellow (wax),
French
Beets
Broccoli florets
Cabbage, all types
Carrots
Celery, including
tops
Cucumbers
Eggplant
Green chiles
Green onions
Jicama
Kale
Leeks
Lettuce (any
except iceberg)
Mixed greens
Mushrooms
Onions, red and
yellow
Parsnips
Peas: snap, snow
Peppers: bell,
pepperoncini
Pumpkin
Rutabaga

Spinach
Spirulina
Sprouts
Sweet potatoes/
yams
Tomatoes
Turnips
Zucchini and
winter or yellow
summer squash

FRUITS (FRESH OR FROZEN)

Apples
Apricots
Asian pears
Berries:
blackberries,
blueberries,
mulberries,
raspberries
Cantaloupe
Cherries
Figs
Grapefruit
Guava
Honeydew melon
Kiwis
Kumquats
Lemons
Limes
Loganberries
Mangos
Oranges

Papaya
Peaches
Pears
Pineapples
Pomegranates
Strawberries
Tangerines
Watermelon

ANIMAL PROTEIN

Beef: filet, lean
ground
Buffalo meat,
ground
Chicken: skinless,
boneless white
meat
Deli meats,
nitrate-free:
turkey, chicken,
corned beef, roast
beef
Eggs, whites only
Game: partridge,
pheasant
Guinea fowl
Haddock fillet
Halibut: fillet,
steak
Pollock fillet
Pork: tenderloin
Sardines, packed
in water
Sausages, nitrate-
free: turkey,
chicken

Sole fillet
Tuna, solid white,
packed in water
Turkey: breast
meat, lean ground
Turkey bacon,
nitrate-free

VEGETABLE PROTEIN

Black-eyed peas
Chana dal/lentils
Chickpeas/
garbanzo beans
Dried or canned
beans: adzuki,
black, butter,
great northern,
kidney, lima, navy,
pinto, white
Fava beans, fresh
or canned

BROTHS, HERBS, SPICES, AND CONDIMENTS

Brewer's yeast
Broths: beef,
chicken,
vegetable*
Dried herbs: all
types
Fresh herbs: all
types
Garlic, fresh
Ginger, fresh

Horseradish,
prepared
Ketchup, no sugar
added, no corn
syrup
Noncaffeinated
herbal teas or
Pero
Mustard:
prepared, dry

Natural
seasonings: Bragg
Liquid Aminos,
coconut amino
acids, tamari

Pickles, no sugar
added

Salsa

Seasonings:
black and
white peppers,
chili powder,
cinnamon,
crushed red
pepper flakes,
cumin, curry
powder, nutmeg,
onion salt, raw
cacao powder,
sea salt, Simply
Organic seasoning

Sweeteners:
Stevia, Xylitol
(birch or
hardwood only)

Tomato paste

Vanilla or
peppermint
extract

Vinegar: any type

GRAINS AND STARCHES

Amaranth
Arrowroot
Barley
Brown rice: rice,
cereal, crackers,
flour, pasta,
tortillas
Brown rice cheese
or milk
Buckwheat
Kamut: bagels
Millet
Nut flours
Oats: steel-cut
Quinoa
Rice milk, plain
Spelt: pasta,
pretzels, tortillas
Sprouted-grain:
bagels, bread,
tortillas
Tapioca
Teff
Triticale
Wild rice

HEALTHY FATS

None for this
phase

PHASE 2 FOOD LIST

(select organic whenever possible)

VEGETABLES AND SALAD GREENS (FRESH, CANNED, OR FROZEN)

Arrowroot
Arugula
Asparagus
Beans: green,
yellow (wax),
French (string)
Broccoli florets
Cabbage, all types
Celery
Collard greens
Cucumbers, any
type
Endive
Fennel
Green chiles,
jalapeños
Green onions
Jicama
Kale
Leeks
Lettuce (any
except iceberg)
Mixed greens
Mushrooms
Mustard greens
Onions, red and
yellow
Peppers: bell,
pepperoncini
Rhubarb

Shallots
Spinach
Spirulina
Swiss chard
Watercress

FRUITS (FRESH OR FROZEN)

Lemons
Limes

ANIMAL PROTEIN

Beef, all lean cuts:
filet, tenderloin,
strip, sirloin, shell
steak, London
broil, round steak,
rump roast, stew
meat, lean ground
Buffalo meat
Chicken: boneless,
skinless white
meat
Cod/scrod fillet
Deli meats,
nitrate-free: roast
beef, chicken,
turkey, corned
beef
Dory fish fillet
Eggs, whites only
Flounder fillet
Game: venison,
ostrich, elk
Halibut fillet

Jerky, nitrate-free:
beef, buffalo,
turkey, elk, ostrich
Lamb, lean cuts
Oysters, packed in
water
Pork: loin roast,
tenderloin
Salmon: nitrate-
free smoked
Sardines, packed
in water
Sole fillet
Tuna, packed in
water
Turkey: breast
steaks, lean
ground
Turkey bacon,
nitrate-free

VEGETABLE PROTEIN AND STARCHES

None this phase

**BROTHS, HERBS,
SPICES, AND
CONDIMENTS**

Brewer's yeast
Broths: beef,
chicken,
vegetable*
Dried herbs: all
types
Fresh herbs: all
types
Garlic, fresh,
powdered
Ginger, fresh
Horseradish,
prepared
Mustard:
prepared, dry
Noncaffeinated
herbal teas or
Pero

Natural
seasonings: Bragg
Liquid Aminos,
coconut amino
acids, tamari
Pickles, no sugar
added
Seasonings:
black and white
peppers, cayenne,
chili powder, chili
paste, chipotle,
cinnamon,
crushed red
pepper flakes,
cumin, curry
powder, raw
cacao powder,
nutmeg, onion
salt, sea salt,
Simply Organic
seasoning
Sweeteners:
Stevia, Xylitol

(birch or
hardwood only)
Tabasco
Vanilla or
peppermint
extract
Vinegar: any type
(except rice)

GRAINS

None this phase

HEALTHY FATS

None this phase

PHASE 3 FOOD LIST

(select organic whenever possible)

**VEGETABLES AND
SALAD GREENS
(FRESH, CANNED,
OR FROZEN)**

Arrowroot
Artichokes
Arugula
Asparagus
Avocados
Bean sprouts
Beans: green,
yellow (wax),
French (string)

Beets: greens,
roots
Bok choy
Brussels sprouts
Cabbage, all types
Carrots
Cauliflower florets
Celery
Chicory (curly
endive)
Collard greens
Cucumbers
Eggplant

Endive
Fennel
Green chiles
Green onions
Hearts of palm
Jicama
Kale
Kohlrabi
Leeks

Lettuce (any except iceberg)
Mixed greens
Mushrooms
Okra
Olives, any type
Onions
Peppers: bell, pepperoncini
Radishes
Rhubarb
Seaweed
Spinach
Spirulina
Sprouts
Sweet potatoes/yams
Tomatoes, fresh and canned: round, plum, cherry
Watercress
Zucchini and winter or yellow summer squash

FRUITS (FRESH OR FROZEN)

Blackberries
Blueberries
Cherries
Coconut, coconut milk, cream, water
Cranberries
Grapefruit
Lemons
Limes
Peaches

Plums
Prickly pears
Raspberries
Rhubarb

ANIMAL PROTEIN

Beef: filet, steaks, lean ground
Buffalo meat
Calamari
Chicken: boneless, skinless dark or white meat, ground
Clams
Crab, lump meat
Deli meats, nitrate-free: corned beef, turkey, chicken, roast beef
Eggs, whole
Game: pheasant
Halibut fillet
Herring
Lamb
Liver
Lobster meat
Oysters
Pork: chops, loin roast
Rabbit
Salmon, fresh, frozen, or nitrate-free smoked
Sardines, packed in olive oil
Sausage, nitrate-free: chicken, turkey
Scallops

Sea bass fillet
Shrimp
Skate
Trout
Tuna, packed in water or oil
Turkey
Turkey bacon, nitrate-free

VEGETABLE PROTEIN

Almond milk, unsweetened, almond cheese, almond flour
Cashew milk
Chickpeas/garbanzo beans
Dried (or canned) beans: adzuki, black, butter, Great Northern, cannellini, kidney, pinto, white, lima, navy
Hemp milk, unsweetened
Lentils

GRAINS

Barley, black or white
Oats: steel-cut, old-fashioned
Quinoa
Sprouted-grain: bread, bagels, tortillas
Wild rice

**BROTHS,
HERBS, SPICES,
CONDIMENTS,
AND
SUPPLEMENTS**

Brewer's yeast
Broths: beef,
chicken,
vegetable*
Carob chips
Dried herbs: all
types
Fresh herbs: all
types
Garlic, fresh
Ginger, fresh
Horseradish,
prepared
Ketchup, no sugar
added, no corn
syrup
Mustard,
prepared, dry
Natural
seasonings: Bragg
Liquid Aminos,
coconut amino
acids, tamari
Noncaffeinated
herbal teas or
Pero
Pickles, no sugar
added
Salsa
Seasonings:
black and
white peppers,
cinnamon, chili
powder, crushed
red pepper flakes,

cumin, curry
powder, onion
salt, raw cacao
powder, turmeric,
sea salt, Simply
Organic seasoning

Sweeteners:
Stevia, Xylitol
(birch or
hardwood only)

Tomato paste

Tomato sauce, no
sugar added

Vanilla or
peppermint
extract

Vinegar: any type
(except rice)

HEALTHY FATS

Avocados

Hummus

Mayonnaise,
safflower

Nuts, raw:
almonds, cashews,
hazelnuts,
pecans, pine
nuts, pistachios,
walnuts

Nut/seed butters
and pastes, raw

Oils: coconut,
grapeseed, olive,
sesame, toasted
sesame (Asian)

Seeds, raw: flax,
hemp, pumpkin,
sesame, sunflower

Tahini

*Note: All broths, if possible, should be free of additives and preservatives.

	WAKE UP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
AVERAGE SCHEDULE	7:00 A.M.	7:30 A.M.	10:00 A.M.	1:00 P.M.	4:00 P.M.	7:00 P.M. (finish at 8:00 P.M.)
EARLY RISER	5:00 A.M.	5:30 A.M.	8:30 A.M.	11:00 A.M.	2:00 P.M.	5:00 P.M.
LATE RISER	9:00 A.M.	9:30 A.M.	11:30 A.M.	2:30 P.M.	5:00 P.M.	8:00 P.M.
NIGHT SHIFT	2:00 A.M.	2:30 A.M.	5:30 A.M.	8:30 A.M.	11:30 A.M.	2:30 P.M. (finish at 3:00 P.M.)
YOU						

ONE FULL DAY OF FOOD					
TIME	WHAT I ATE	MEAL OR SNACK?	PLANNED OR NOT?	HOW I FELT BEFORE	HOW I FELT AFTER

WEEK-AT-A-GLANCE MEAL MAP

WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
___:___ am/pm MONDAY	_____	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm		
___:___ am/pm TUESDAY	_____	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm		
___:___ am/pm WEDNESDAY	_____	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm		
___:___ am/pm THURSDAY	_____	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm		
___:___ am/pm FRIDAY	_____	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm		
___:___ am/pm SATURDAY	_____	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm		
___:___ am/pm SUNDAY	_____	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm	___:___ am/pm		

BLANK MEAL MAP, PHASE 1

WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm MONDAY	_____	:__am/pm P1 GRAIN P1 FRUIT	:__am/pm P1 FRUIT	:__am/pm P1 GRAIN P1 PROTEIN P1 FRUIT P1 VEGGIE	:__am/pm P1 FRUIT	:__am/pm P1 GRAIN P1 VEGGIE P1 PROTEIN		
:__am/pm TUESDAY	_____	:__am/pm P1 GRAIN P1 FRUIT	:__am/pm P1 FRUIT	:__am/pm P1 GRAIN P1 PROTEIN P1 FRUIT P1 VEGGIE	:__am/pm P1 FRUIT	:__am/pm P1 GRAIN P1 VEGGIE P1 PROTEIN		

PHASE 1: UNWIND STRESS

BLANK MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:. am/pm WEDNESDAY	_____	:. am/pm P2 PROTEIN P2 VEGGIE	:. am/pm P2 PROTEIN	:. am/pm P2 PROTEIN P2 VEGGIE	:. am/pm P2 PROTEIN	:. am/pm P2 PROTEIN P2 VEGGIE			
:. am/pm THURSDAY	_____	:. am/pm P2 PROTEIN P2 VEGGIE	:. am/pm P2 PROTEIN	:. am/pm P2 PROTEIN P2 VEGGIE	:. am/pm P2 PROTEIN	:. am/pm P2 PROTEIN P2 VEGGIE			

BLANK MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
: __ am/pm FRIDAY	_____	: __ am/pm P3 FRUIT P3 HEALTHY FAT/ PROTEIN P3 GRAIN P3 VEGGIE	: __ am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN	: __ am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 FRUIT	: __ am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN	: __ am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 GRAIN (OPTIONAL)		
: __ am/pm SATURDAY	_____	: __ am/pm P3 FRUIT P3 HEALTHY FAT/ PROTEIN P3 GRAIN P3 VEGGIE	: __ am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN	: __ am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 FRUIT	: __ am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE	: __ am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN P3 GRAIN (OPTIONAL)		
: __ am/pm SUNDAY	_____	: __ am/pm P3 FRUIT P3 HEALTHY FAT/ PROTEIN P3 GRAIN P3 VEGGIE	: __ am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN	: __ am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 FRUIT	: __ am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN	: __ am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 GRAIN (OPTIONAL)		

WEEK ONE MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:__am/pm MONDAY	_____	:__am/pm P1 OATMEAL FRUIT SMOOTHIE	:__am/pm 1 ASIAN PEAR	:__am/pm P1 OPEN-FACED TURKEY SANDWICH	:__am/pm 2 KIWIS	:__am/pm P1 2 CUPS CHICKEN AND BARLEY SOUP			
:__am/pm TUESDAY	_____	:__am/pm STRAWBERRY FRENCH TOAST	:__am/pm 1 APPLE	:__am/pm P1 2 CUPS CHICKEN AND BARLEY SOUP, SLICED KIWI	:__am/pm 1 CUP WATERMELON CUBES	:__am/pm P1 2 CUPS CHILI			

WEEK ONE MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:.am/pm WEDNESDAY		:.am/pm P2 SPANISH EGG WHITE SCRAMBLE	:.am/pm SMOKED SALMON WITH CUCUMBERS	:.am/pm P2 TUNA AND CUCUMBER SALAD	:.am/pm 1 TO 2 OUNCES BUFFALO JERKY	:.am/pm P2 STEAK AND ASPARAGUS LETTUCE WRAP			
:.am/pm THURSDAY		:.am/pm P2 TURKEY BACON WITH CELERY	:.am/pm P2 STUFFED MUSHROOMS	:.am/pm P2 VEGGIE P2 STEAK AND SPINACH SALAD	:.am/pm 3 HARD-BOILED EGG WHITES WITH SEA SALT AND PEPPER	:.am/pm P2 PEPPERONCINI PORK ROAST, 2 CUPS BROCCOLI			

WEEK ONE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm FRIDAY	_____	:__am/pm P3 OATMEAL	:__am/pm 1/5 CUP HUMMUS AND CUCUMBERS	:__am/pm P3 THREE-EGG SALAD OVER 2 CUPS SPINACH	:__am/pm 1/4 CUP RAW ALMONDS	:__am/pm P3 2 CUPS SHRIMP AND VEGGIE STIR-FRY OVER 1/2 CUP QUINOA PASTA		
:__am/pm SATURDAY	_____	:__am/pm P3 TOAST, BERRIES, NUT BUTTER, CUCUMBERS	:__am/pm 1/4 CUP RAW PISTACHIOS	:__am/pm P3 SHRIMP AND VEGGIE STIR-FRY, WITHOUT THE PASTA	:__am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN 1/2 SLICED AVOCADO WITH SEA SALT	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 GRAIN OR STARCH (OPTIONAL) P3 HUMMUS TURKEY WRAP		
:__am/pm SUNDAY	_____	:__am/pm P3 TOAST, EGG, TOMATO, RED ONION, 1/2 AVOCADO	:__am/pm 1/5 CUP HUMMUS AND CUCUMBERS	:__am/pm P3 ENDIVE TUNA SALAD	:__am/pm CELERY AND 2 TABLESPOONS RAW ALMOND BUTTER	:__am/pm P3 COCONUT CURRY CHICKEN		

WEEK TWO MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm MONDAY	_____	___:___ am/pm P1 STRAWBERRY FRENCH TOAST	___:___ am/pm 2 APRICOTS	___:___ am/pm P1 TUNA, GREEN APPLE, AND SPINACH SALAD	___:___ am/pm 1 CUP CANTALOUPE	___:___ am/pm P1 2 CUPS CHICKEN SAUSAGE WITH BROWN RICE FUSILLI			
___:___ am/pm TUESDAY	_____	___:___ am/pm P1 OATMEAL FRUIT SMOOTHIE	___:___ am/pm 1 CUP MANGO SLICES	___:___ am/pm P1 2 CUPS CHICKEN SAUSAGE WITH BROWN RICE FUSILLI	___:___ am/pm 1 ORANGE	___:___ am/pm P1 PORK TENDERLOIN WITH BROCCOLI AND PINEAPPLE			

WEEK TWO MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm WEDNESDAY	_____	:__am/pm P2 SPANISH EGG WHITE SCRAMBLE	:__am/pm P2 ROAST BEEF, HORSERADISH, AND CUCUMBER WRAP	:__am/pm P2 TUNA SALAD – STUFFED RED PEPPER	:__am/pm 1 TO 2 OUNCES TURKEY JERKY	:__am/pm P2 NEW YORK STRIP STEAK WITH STEAMED BROCCOLI		
:__am/pm THURSDAY	_____	:__am/pm P2 EGG WHITE, MUSHROOM, AND SPINACH OMELET	:__am/pm P2 SMOKED SALMON AND CUCUMBERS	:__am/pm P2 STEAK AND SPINACH SALAD (USE LEFTOVER STEAK FROM LAST NIGHT'S DINNER)	:__am/pm 3 HARD-BOILED EGG WHITES WITH SEA SALT AND PEPPER	:__am/pm P2 2 CUPS BEEF AND CABBAGE SOUP		

WEEK TWO MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm FRIDAY	_____	:__am/pm P3 CUCUMBER HUMMUS TOAST	:__am/pm ¼ CUP RAW NUTS WITH LIME, SEA SALT, AND JICAMA	:__am/pm P3 ENDIVE TUNA SALAD	:__am/pm ¼ CUP RAW PISTACHIOS	:__am/pm P3 ROSEMARY PORK ROAST WITH SWEET POTATO		
:__am/pm SATURDAY	_____	:__am/pm P1 OATMEAL	:__am/pm ¼ CUP RAW ALMONDS	:__am/pm P3 OLIVE AND TOMATO SALAD	:__am/pm ½ SLICED AVOCADO WITH SEA SALT	:__am/pm P3 BAKED SALMON AND SWEET POTATOES		
:__am/pm SUNDAY	_____	:__am/pm P3 EGG AND TOAST WITH TOMATOES AND RED ONION	:__am/pm CELERY AND 2 TABLESPOONS RAW ALMOND BUTTER	:__am/pm P3 SHRIMP SALAD	:__am/pm P3 SWEET POTATO HUMMUS AND CUCUMBERS	:__am/pm P3 COCONUT PECAN- CRUSTED HALIBUT WITH ARTICHOKE DIP		

WEEK THREE MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:__am/pm MONDAY	_____	:__am/pm P1 FROZEN MANGO FAT-BURNING SMOOTHIE	:__am/pm 1 ORANGE	:__am/pm P1 TUNA, GREEN APPLE, AND SPINACH SALAD 15 RICE CRACKERS	:__am/pm 1 CUP POMEGRANATE SEEDS	:__am/pm P1 ITALIAN CHICKEN AND WILD RICE			
:__am/pm TUESDAY	_____	:__am/pm P1 OATMEAL	:__am/pm 1 CUP FROZEN PINEAPPLE	:__am/pm P1 ITALIAN CHICKEN AND WILD RICE (LEFTOVER)	:__am/pm 1 ORANGE	:__am/pm P1 CHILI			

WEEK THREE MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
: : am/pm WEDNESDAY		: : am/pm P2 SPANISH EGG WHITE SCRAMBLE	: : am/pm TURKEY JERKY	: : am/pm P2 ROAST BEEF, MUSTARD, AND LETTUCE WRAP	: : am/pm ½ PORTION P2 TUNA AND CUCUMBER SALAD	: : am/pm P2 BROILED HALIBUT WITH BROCCOLI		
: : am/pm THURSDAY		: : am/pm P2 EGG WHITE, MUSHROOM, AND SPINACH OMELET	: : am/pm ½ PORTION (LEFTOVER) P2 TUNA AND CUCUMBER SALAD	: : am/pm SPINACH SALAD WITH LEFTOVER HALIBUT, WITH CILANTRO AND LIME JUICE	: : am/pm ROAST BEEF SLICES AND CUCUMBER SLICES	: : am/pm P2 PEPPERONCINI PORK ROAST		

WEEK THREE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm FRIDAY	_____	___:___ am/pm SPROUTED TOAST WITH NUT BUTTER AND BERRIES	___:___ am/pm 2 OUNCES SHRIMP WITH LEMON WEDGES	___:___ am/pm P3 THREE-EGG SALAD WITH TOMATOES	___:___ am/pm ¼ CUP RAW ALMONDS	___:___ am/pm P3 SHRIMP AND VEGGIE STIR-FRY			
___:___ am/pm SATURDAY	_____	___:___ am/pm P3 BERRY NUTTY OATMEAL SMOOTHIE	___:___ am/pm ½ AVOCADO WITH SEA SALT	___:___ am/pm P3 ENDIVE TUNA SALAD	___:___ am/pm P3 THREE-EGG SALAD	___:___ am/pm P3 COCONUT CURRY CHICKEN			
___:___ am/pm SUNDAY	_____	___:___ am/pm CELERY WITH ALMOND BUTTER AND CAROB CHIPS	___:___ am/pm P3 THREE-EGG SALAD (LEFTOVER)	___:___ am/pm P3 COCONUT CURRY CHICKEN (LEFTOVER)	___:___ am/pm ¼ CUP RAW ALMONDS	___:___ am/pm P3 SESAME CHICKEN STIR-FRY			

WEEK FOUR MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
: : am/pm MONDAY		: : am/pm P1 FROZEN MANGO FAT-BURNING SMOOTHIE	: : am/pm 1 APPLE	: : am/pm P1 OPEN-FACED TURKEY SANDWICH	: : am/pm 1 CUP FROZEN PINEAPPLE	: : am/pm P1 2 CUPS TURKEY, WHITE BEAN, AND KALE SOUP			
: : am/pm TUESDAY		: : am/pm P1 STRAWBERRY FRENCH TOAST	: : am/pm 1 ORANGE	: : am/pm P1 2 CUPS TURKEY, WHITE BEAN, AND KALE SOUP (LEFTOVER)	: : am/pm 1 ASIAN PEAR	: : am/pm P1 2 CUPS ITALIAN CHICKEN AND WILD RICE			

WEEK FOUR MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm WEDNESDAY	_____	___:___ am/pm P2 EGG WHITE, MUSHROOM, AND SPINACH OMELET	___:___ am/pm TURKEY SLICES AND MUSTARD	___:___ am/pm P1 2 CUPS BEEF, KALE, AND LEEK SOUP	___:___ am/pm TURKEY JERKY	___:___ am/pm P2 BAKED CINNAMON- MUSTARD CHICKEN AND LEMON-GARLIC SPINACH			
___:___ am/pm THURSDAY		___:___ am/pm P2 SMOKED SALMON AND CUCUMBERS	___:___ am/pm 3 HARD-BOILED EGG WHITES WITH SEA SALT	___:___ am/pm P2 BAKED CINNAMON- MUSTARD CHICKEN (LEFTOVER) ON SALAD WITH P2 SALAD DRESSING	___:___ am/pm TURKEY SLICES AND MUSTARD	___:___ am/pm P2 BEEF, KALE, AND LEEK SOUP (LEFTOVER)			

WEEK FOUR MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm FRIDAY	_____	___:___ am/pm 1 SLICE SPROUTED-GRAIN TOAST WITH ½ AVOCADO, TOMATO SLICE, AND CUCUMBER SLICES	___:___ am/pm 2 OUNCES SHRIMP WITH LEMON WEDGES	___:___ am/pm P3 OLIVE AND TOMATO SALAD WITH CHICKEN OR TURKEY SLICES	___:___ am/pm RED BELL PEPPER STRIPS DIPPED IN P3 SALAD DRESSING	___:___ am/pm P3 2 CUPS SESAME CHICKEN STIR-FRY			
___:___ am/pm SATURDAY	_____	___:___ am/pm P3 BERRY NUTTY OATMEAL SMOOTHIE	___:___ am/pm ½ AVOCADO WITH SEA SALT	___:___ am/pm P3 ENDIVE TUNA SALAD	___:___ am/pm CELERY AND HUMMUS	___:___ am/pm P3 ROSEMARY PORK ROAST WITH SWEET POTATO			
___:___ am/pm SUNDAY	_____	___:___ am/pm CELERY WITH ALMOND BUTTER AND CAROB CHIPS	___:___ am/pm CELERY WITH P3 SALAD DRESSING	___:___ am/pm SALAD WITH 2 CUPS SPINACH, ⅓ CUP HUMMUS, CHERRY TOMATOES, CELERY, CILANTRO, AND P3 SALAD DRESSING	___:___ am/pm ¼ CUP RAW ALMONDS	___:___ am/pm P3 AVOCADO QUESADILLA			

PHASE 1 RECIPES

PHASE 1 CRASH STASH

Don't be caught hungry without a Crash Stash snack! During Phase 1, snack time is all about fruit, so keep travel-worthy fruit stashed in your desk, in your car, in your purse. Apples, oranges, and tangerines travel well.

One of my favorite fruits is mango, but fresh mangos aren't really practical for eating at my desk. When I peel and eat a mango and chew on the seed, I make a big mess! But I figured out a way to have mangos on the run. I just stash a bag of frozen mangos in my purse or car. By mid-morning snack time, they are defrosted but still chilled and absolutely delicious! Buy a large bag of frozen mangos and divide it up into individual baggies so you can have mangos whenever you want them.

PHASE 1 BREAKFASTS

Frozen Mango Fat-Burning Smoothie

Oatmeal Fruit Smoothie

Oatmeal

Strawberry French Toast

PHASE 1 SALADS, SANDWICHES, SOUPS, AND CHILIS

Tuna, Green Apple, and Spinach Salad

Open-Faced Chicken/Turkey Sandwich

Sprouted-Grain Turkey Wrap

Chicken and Barley Soup

Turkey or Buffalo Chili

Turkey, White Bean, and Kale Soup

Phase 1 Salad Dressing and Veggie Dip

PHASE 1 MAIN COURSES

Chicken and Broccoli Bowl

Chicken Sausage with Brown Rice Fusilli

Italian Chicken and Wild Rice

Filet Mignon with Brown Rice

Pork Tenderloin with Broccoli and Pineapple

PHASE 1 SNACKS

Baked Cinnamon Grapefruit

Cacao Asian Pear

Fat-Burning Watermelon Slices

Watermelon Smoothie

FROZEN MANGO FAT-BURNING SMOOTHIE

PHASE 1

Serves 1

½ cup frozen mango (or strawberries or pineapple)

½ cup ice cubes

½ lemon

¼ teaspoon Stevia or Xylitol (optional)

2 mint leaves or ¼ teaspoon peppermint tea leaves

Add the mango and ice to a blender along with ¾ cup water. Juice the lemon and add along with the Stevia or Xylitol. Sprinkle the mint into the mix and puree until smooth. Enjoy with 8 to 10 rice crackers.

OATMEAL FRUIT SMOOTHIE

PHASE 1

Serves 1

½ cup steel-cut oats
½ cup frozen fruit, such as pineapple or strawberries
½ cup ice cubes
1 packet Stevia or Xylitol
Ground cinnamon, to taste

Put the oats in a blender and pulse until they reach a powdery consistency. Turn off the blender and add 1 cup water. Incorporate the remaining ingredients into the mix and blend until smooth. Serve.

OATMEAL

PHASE 1

Serves 4

I like to make the whole box of oats at one setting and then freeze it with berries, cinnamon, and Stevia in 1½-cup serving portions. This way, I can easily remove them from the freezer and reheat in minutes when doing Phase 1 again. You can also cook steel-cut oats overnight in a slow cooker.

1 cup steel-cut oats
2 cups fresh berries
Stevia and ground cinnamon, to taste

Add the oats to 4 cups water in a large bowl. Cover and put in fridge to soak overnight. The next morning, place the mixture in a saucepan and simmer for approximately 30 minutes. When the oats finish cooking, top with the berries, then sprinkle with Stevia and cinnamon.

STRAWBERRY FRENCH TOAST

PHASE 1

Serves 1

- 1 egg white
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 slice sprouted-grain bread
- ½ cup frozen strawberries
- 2 teaspoons lemon juice
- ⅛ teaspoon Stevia or Xylitol

Whisk together the egg white, vanilla, and cinnamon in a small mixing bowl. Soak the bread well in the mix, coating both sides.

Heat a nonstick skillet and place the bread onto the hot surface, turning occasionally to toast both sides.

While it cooks, heat the strawberries in a pan over low heat. When they are halfway softened, add the lemon juice and Stevia or Xylitol and cook until warm. Immediately pour over the French toast and eat!

TUNA, GREEN APPLE, AND SPINACH SALAD

PHASE 1

Serves 2

- 5-ounce can solid white tuna, packed in water
- 1 cup chopped green apple (or red apple or pineapple)
- ½ cup peeled and diced cucumber
- ½ cup diced carrot
- 1 tablespoon minced red onion
- ½ lemon
- 1 to 2 cups fresh spinach

Drain the tuna well and put in a small mixing bowl. Add the apple, cucumber, carrot, and red onion and mix well.

Juice the lemon into the mixture and stir well. Serve over the spinach.

Note: If preferred, use balsamic vinegar to taste instead of lemon, but no oil.

OPEN-FACED TURKEY SANDWICH

PHASE 1

Serves 1

1 slice sprouted-grain bread
1 tablespoon prepared mustard
2 large lettuce leaves
2 slices nitrate-free turkey or chicken deli meat
A few slices red onion
Several tomato slices
Sea salt and freshly ground pepper

Spread the bread with the mustard. Layer the lettuce leaves and turkey slices on top. Add the onion and tomato. Season with salt and pepper. Serve.

SPROUTED-GRAIN TURKEY WRAP

PHASE 1

Serves 1

4 strips turkey bacon or ½ cup lean ground turkey
¼ teaspoon sea salt
¼ teaspoon dry mustard
¼ teaspoon black pepper
¼ teaspoon dried oregano
1 to 2 tablespoons prepared mustard
1 sprouted-grain tortilla

½ to 1 cup dark leafy greens, such as arugula or spring mix or spinach
½ ripe medium tomato, sliced

Cook the turkey bacon or ground turkey in a nonstick pan. Season with the sea salt, dry mustard, pepper, and oregano.

Spread the prepared mustard on the tortilla, and add the greens and tomato sliced.

Top with the bacon or ground turkey, roll tortilla up, and enjoy!

CHICKEN AND BARLEY SOUP

PHASE 1

Serves 4–6 (portion size: 3 cups)

4 cups chicken broth
4 cups vegetable broth
2½ pounds skinless, boneless chicken breast
1 cup diced onion
1 tablespoon crushed garlic
1 whole bay leaf
¼ teaspoon sea salt
¼ teaspoon black pepper
2 cups peeled and cubed butternut squash
2 cups cubed yellow summer squash
2 cups cubed zucchini
1 cup broccoli florets
1 cup chopped fresh mushrooms
1 cup barley

Put 4 cups of water into a large soup pot and add the broths. Add the chicken, onion, garlic, bay leaf, salt, and pepper. Bring all ingredients to a boil. Turn down the heat to low and allow the soup to simmer for 1 hour.

Add the vegetables and barley to the soup pot. Bring back to a boil and simmer on low for another hour or two, until vegetables are desired texture.

TURKEY OR BUFFALO CHILI

PHASE 1

Serves approximately 6 (single portion: 1½ cups)

Please note: Because this recipe contains such a large amount of starchy legumes, it counts as a Grain as well as Protein and Veggie servings. No need to add an additional Grain to the meal, even if the meal map specifies a Grain.

1 to 1½ pounds lean ground turkey or buffalo meat
½ cup diced red onion, or more, if desired
2 tablespoons parsley or cilantro
1 heaping tablespoon chili powder
1 tablespoon minced garlic
½ teaspoon crushed red pepper flakes (see Note)
15-ounce can white beans
15-ounce can kidney beans
15-ounce can black beans
15-ounce can pinto beans
15-ounce can lentils or adzuki beans
4 cups chopped zucchini
4 cups (32 ounces) organic bell pepper–tomato soup or plain tomato soup
(Just be sure it is not milk-based. For brands I use, visit my website.)
1 heaping teaspoon sea salt

Brown the turkey in a skillet and drain.

Turn a slow cooker to high setting. Add the meat, onion, parsley, chili powder, garlic, and red pepper flakes to the pot. Stir, cover, and set aside.

Open and partially drain all five cans of beans; I leave a little liquid in to make my chili a little juicier. Add the beans, zucchini, and soup to the cooker. Stir well. Keep the cooker set on high for 4 to 5 hours, or adjust heat to low and simmer for 6 to 8 hours.

Stir and taste occasionally, adjusting seasonings as needed. Add the salt just before serving to best preserve its nutrients.

Note: Adds a little kick, and you can always add more when serving if you like it with kick, but the rest of the family doesn't. Also, I will make this chili before I get the kids up in the morning and set it to low so it is hot and ready to go for dinner. Or, if I am slow cooking for the future, I will throw it in right before I go to bed and fridge or freeze it in the morning before I leave for work.

TURKEY, WHITE BEAN, AND KALE SOUP

PHASE 1

Serves 4

2 pounds lean ground turkey
3 cups diced red onions
2 cups diced celery (including green tops)
2 tablespoons minced garlic
1 tablespoon minced ginger
8 cups vegetable broth
6 cups peeled and cubed kabocha or butternut squash
6 cups roughly chopped kale (ribs removed)
15-ounce can baby butter beans, drained and rinsed
15-ounce can great northern beans, drained and rinsed
15-ounce can adzuki or black beans, drained and rinsed
2 teaspoons dried basil
2 teaspoons dried thyme
1 teaspoon ground cumin
½ teaspoon sea salt
¼ teaspoon freshly ground black pepper

In a large nonstick soup pot, sauté the turkey, onions, celery, garlic, and ginger in 2 tablespoons of water until soft. Add the broth, squash, kale, beans, and spices. Bring to a boil.

Cover the pot, reduce the heat to low, and simmer for 15 to 20 minutes or until the vegetables are tender. Taste and adjust seasonings with salt and pepper as needed.

SALAD DRESSING AND VEGGIE DIP

PHASE 1

Makes about $\frac{3}{4}$ cup

- $\frac{1}{2}$ cup fresh or frozen mango puree
- 2 teaspoons balsamic vinegar
- 2 teaspoons chopped fresh cilantro or parsley
- 1 teaspoon lime juice
- $\frac{1}{4}$ teaspoon Stevia or Xylitol

Blend all the ingredients in a blender. Enjoy with cut vegetables!

CHICKEN AND BROCCOLI BOWL

PHASE 1

Serves 4

- 4 cups vegetable or chicken broth
- $\frac{1}{2}$ cup chopped red onion
- $\frac{1}{2}$ cup chopped carrot
- $\frac{1}{2}$ cup chopped celery
- 1 tablespoon parsley or cilantro
- 1 teaspoon minced garlic
- $\frac{1}{2}$ cup brown rice
- 1 pound skinless, boneless chicken breast, chopped into 2-inch pieces
- 4 cups broccoli florets
- 1 tablespoon lime juice
- $\frac{1}{2}$ teaspoon minced parsley
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon black pepper

Preheat the oven to 375 degrees.

Mix the broth, vegetables, 1 tablespoon parsley, and garlic in a large pot. Add 1 cup of water and bring to a boil. Add the rice and bring back to a

boil. Cover and simmer for 25 minutes. Remove the lid and simmer for 5 more minutes. Set aside.

While the rice cooks, put the chicken and broccoli in a mixing bowl. Add the lime juice, parsley, salt, and pepper. Mix well until the chicken and broccoli are coated with the flavorings. Transfer the chicken and broccoli mixture to a larger baking pan, spreading it evenly in the bottom with a spatula. Bake for 30 to 35 minutes.

Remove the chicken from the oven and allow to cool. Divide the rice into four ½ cup servings. Divide the chicken and broccoli mixture into four equal portions and place on top of the rice. Serve and enjoy. (Don't hesitate to double this recipe and freeze more portions.)

CHICKEN SAUSAGE WITH BROWN RICE FUSILLI

PHASE 1

Serves 4

2 cups brown rice fusilli

12 ounces chicken sausage

2 cups cubed zucchini

1 cup broccoli florets

¼ cups minced red onion

1 tablespoon crushed garlic

¼ teaspoon sea salt

⅛ teaspoon black pepper

Prepare the pasta according to package directions, being careful to not overcook the pasta. When the pasta is done, strain and rinse it. Set aside.

Cut the chicken sausage into 1-inch pieces.

Preheat a large nonstick skillet. Add 1 tablespoon of water and stir in the sausage, onion, and garlic. Cook on medium heat until lightly browned. Incorporate the zucchini, broccoli, salt, and pepper, and cook until vegetables are crisp-tender, about 3–5 minutes.

Add the pasta to the skillet and toss until warmed through. Serve immediately.

ITALIAN CHICKEN AND WILD RICE

PHASE 1

Serves 6–8 (portion size: 1½ to 2 cups)

2½ pounds skinless, boneless chicken breast, cubed
2 cups chicken broth
1 cup wild rice, rinsed and drained
¼ cup diced onion
½ teaspoon minced garlic
2 cups chopped fresh mushrooms
14.5-ounce can diced tomatoes
1 teaspoon sea salt
½ teaspoon dried oregano
½ teaspoon dried basil
¼ teaspoon freshly ground black pepper

Put the chicken breast, broth, wild rice, onion, and garlic in a slow cooker. Stir in the mushrooms, tomatoes, salt, oregano, basil, and pepper. Cover and simmer for 4 hours on high or 6 hours on low. Serve and enjoy!

FILET MIGNON WITH BROWN RICE

PHASE 1

Serves 4

BROWN RICE

1¼ cups chicken or vegetable broth
2 cups uncooked brown rice
1 cup diced zucchini
½ cup diced ripe tomatoes

2 tablespoons diced red onion
1 teaspoon (fresh or dried) cilantro
1 teaspoon crushed garlic

FILET MIGNON

Juice of ¼ lemon or lime
½ sprig fresh rosemary
1 teaspoon crushed garlic
⅛ teaspoon sea salt
⅛ teaspoon black pepper
12-ounce beef filet

Make the rice. Put the broth in a saucepan and bring to a boil. Once boiling, add all the remaining rice ingredients, cover, and bring back to a boil. Allow to simmer, covered, stirring occasionally, for 30 minutes or until desired consistency.

Make the filet. Preheat the broiler with broiler pan in place. Mix the lemon or lime juice, rosemary, garlic, sea salt, and black pepper and rub generously all over the filet. Broil the filet on high until desired doneness. Serve with the rice.

PORK TENDERLOIN WITH BROCCOLI AND PINEAPPLE

PHASE 1

Serves 1

Juice of ½ lemon
¼ teaspoon minced garlic
¼ teaspoon dried parsley
⅛ teaspoon dried rosemary
⅛ teaspoon dried oregano
⅛ teaspoon sea salt
Pinch of Stevia
Pinch of ground cinnamon

4 to 6 ounces sliced pork tenderloin
3 cups broccoli florets
½ cup grilled pineapple or 2 slices

Prepare the marinade: Mix the lemon juice, garlic, parsley, rosemary, oregano, salt, Stevia, and cinnamon in a small bowl. Put the pork in a large zippered plastic bag and pour the marinade into the bag. Close tightly. Marinate in the refrigerator for a minimum of 30 minutes, although overnight is best.

Prepare a charcoal or gas grill. Drain and grill the pork over high heat, turning only one to two times, about 5 to 6 minutes total. (A high temperature keeps the tenderloin from drying out.)

Remove the tenderloin from the grill and keep warm. Place the broccoli florets in a grill basket and put along with pineapple onto the grill and cook for 30 seconds on each side, to char. Remove and serve with the tenderloin.

Note: If you don't have a grill, you can broil the tenderloin. Heat the broiler pan first, then add the loin, and throw the pineapple slices into the pan just before serving.

BAKED CINNAMON GRAPEFRUIT

PHASE 1

Serves 1

1 pink grapefruit
¼ teaspoon of cinnamon
Pinch of cardamom (optional)
Pinch of nutmeg (optional)

Peel and section grapefruit. Sprinkle with cinnamon, cardamom, and nutmeg. Bake for 20 minutes at 375 degrees or until cinnamon has caramelized.

CACAO ASIAN PEAR

PHASE 1

Serves 1

1 Asian pear

½ to 1 teaspoon cacao powder

Slice pear and sprinkle with cacao powder. Eat raw or bake for 10 minutes (or microwave for 30 seconds) before serving.

FAT-BURNING WATERMELON SLICES

PHASE 1

Serves 1

½ cup sliced watermelon

¼ teaspoon chili powder

1 teaspoon lime juice

Sprinkle the watermelon with chili powder and then pour lime juice on top.

WATERMELON SMOOTHIE

PHASE 1

Serves 1

½ cup watermelon cubes

2 tablespoons lime juice

2 drops peppermint extract

1 mint leaf

Freeze watermelon. Blend watermelon cubes in blender with lime juice and peppermint extract. Garnish with mint leaf.

MAKE FRIENDS WITH YOUR FREEZER

I often recommend organic foods and unprocessed foods, but remember that because they aren't filled with chemical preservatives, they don't last as long. So when you cook something fresh, cook multiple servings and keep what you don't eat in the freezer, in individual serving containers, marked according to phase. The freezer will become your best friend on this plan, especially if you are busy and only have time to cook once or twice a week. Naturally preserved meats and sprouted-grain breads, in particular, should be kept frozen until the day before you're ready to eat them to prevent spoilage, molding, and fermentation.

PHASE 2 RECIPES

PHASE 2 CRASH STASH

During Phase 2, snack time is all about lean meat, and my favorite easy Crash Stash form is jerky. However, a lot of jerky can be filled with preservatives like nitrates. While some places have nitrate-free jerky (but look out for sugar in the ingredient list; I like the Shelton's brand), it's also really easy to make your own. I had a client who loved jerky, so she made enough at one time for all eight days and sixteen snacks she needed for Phase 2 days. She helped me write the homemade jerky recipe for this book, which you can find on page 210.

My friend's only challenge was keeping her family away from that scrumptious homemade jerky. Finally, I told her to portion it out in freezer bags, then put them in a brown paper bag in the freezer labeled "Yucky Phase 2 Snacks." It worked! She got away with it, and now her family can't believe how much weight she's lost. You can do what she did, right down to the family fake-out. It's totally worth it to have homemade jerky available for every Phase 2 snack.

Many of my clients love to wrap slices of nitrate-free deli meat around a few celery sticks, asparagus spears, or any other portable Phase 2 veggie. You can

simply buy a package of sliced roast beef or turkey, divide it into ziplock bags (about 3 to 4 thin slices per bag) with some veggies, then stash the bags in the refrigerator for easy, ready-made snack packs.

PHASE 2 BREAKFASTS

Spanish Egg White Scramble

Egg White, Mushroom, and Spinach Omelet

Turkey Bacon with Celery, Sea Salt, and Lime

PHASE 2 SALADS, SANDWICHES, AND SOUPS

Tuna Salad–Stuffed Red Pepper

Tuna and Cucumber Salad

Steak and Spinach Salad

Roast Beef, Horseradish, and Cucumber Wrap

Roast Beef, Mustard, and Lettuce Wrap

Steak and Asparagus Lettuce Wrap

Sliced Chicken Wrap

Chicken and Veggie Soup

Beef, Kale, and Leek Soup

Southwestern Beef and Cabbage Soup

Phase 2 Salad Dressing and Veggie Dip

PHASE 2 MAIN COURSES

Spicy Red Pepper Fish with Lemon-Garlic Kale

Broiled Halibut with Broccoli

Baked Cinnamon-Mustard Chicken and Lemon-Garlic Spinach

New York Strip Steak with Steamed Broccoli

Stuffed Red Bell Pepper

Pepperoncini Pork Roast

PHASE 2 SNACKS

Turkey Jerky

Smoked Salmon and Cucumbers

Oysters Canapé

Roast Beef-Stuffed Green Chile Pepper

Oysters on the Half Shell

Stuffed Mushrooms

SPANISH EGG WHITE SCRAMBLE

PHASE 2

Serves 1

1 tablespoon chopped onion

1 tablespoon chopped shallot

1 tablespoon minced garlic

1 tablespoon minced green chile pepper

½ cup chopped fresh spinach

3 egg whites (or ½ cup egg whites)

¼ teaspoon dried or 1 teaspoon fresh cilantro or parsley

¼ teaspoon crushed red pepper flakes

Pinch of sea salt

In a nonstick pan, heat a teaspoon of water and cook the onion, shallot, garlic, and chile until soft. Stir in the spinach until wilted. Mix in the egg

whites and scramble. Allow the eggs to cook until desired consistency. Sprinkle with parsley, red pepper flakes, and salt before serving.

EGG WHITE, MUSHROOM, AND SPINACH OMELET

PHASE 2

Serves 1

1 tablespoon chopped onion
1 tablespoon chopped shallot
1 tablespoon minced garlic
½ cup chopped fresh spinach
⅓ cup chopped fresh mushrooms
3 egg whites (or ½ cup egg whites)
Pinch of sea salt

Heat the onion, shallot, and garlic in a nonstick skillet until soft. Stir in the spinach and mushrooms, cooking until the spinach wilts. Mix in the egg whites and scramble. Allow the eggs to cook until desired consistency. Sprinkle with sea salt before serving.

TURKEY BACON WITH CELERY, SEA SALT, AND LIME

PHASE 2

Serves 1

4 slices nitrate-free turkey bacon (approximately 3 to 4 ounces)
2 long celery stalks
1 teaspoon lime juice
Sea salt to taste

Cook the turkey bacon in a nonstick pan or skillet for 4 minutes on one side and 3 minutes on the other. Season the celery stalks with lime juice and salt. Serve together.

TUNA SALAD–STUFFED RED PEPPER

PHASE 2

Serves 2

5-ounce can tuna, packed in water
3 small Persian cucumbers, finely chopped
½ cup fresh basil, cut in chiffonade
2 tablespoons finely chopped red onion
2 tablespoons lemon juice
1 tablespoon prepared mustard
Pinch of sea salt
Pinch of black pepper
1 red bell pepper, washed, halved, and cored

Drain the tuna. Put into a small mixing bowl and add the cucumbers, basil, and onion. Stir well. Fold in the lemon juice, mustard, salt, and pepper. Spoon the tuna mixture into the red pepper halves. Serve and enjoy!

TUNA AND CUCUMBER SALAD

PHASE 2

Serves 2

5-ounce can tuna, packed in water
3 small Persian cucumbers, chopped
½ cup basil, cut in chiffonade
2 tablespoons minced red onion
2 tablespoons lemon juice
1 tablespoon prepared mustard
Pinch of sea salt
Pinch of black pepper
2 cups chopped fresh spinach, cabbage, or kale
4–8 tablespoons Phase 2 Salad Dressing (page 205)

Drain the tuna well and put in a small mixing bowl. Stir in the cucumbers, basil, onion, lemon juice, and mustard. Add salt and pepper to taste. Serve the tuna salad over a bed of spinach, cabbage, or kale. Drizzle with dressing.

STEAK AND SPINACH SALAD

PHASE 2

Serves 1

4 to 5 ounces New York strip steak
½ teaspoon minced garlic
½ teaspoon sea salt
⅛ teaspoon pepper
2 cups chopped fresh spinach
½ cup chopped cucumber
¼ cup chopped red onion
¼ cup chopped red or green chile pepper
¼ cup chopped red bell pepper
½ lime, squeezed
1 to 2 tablespoons fresh cilantro
2 to 4 tablespoons Phase 2 Salad Dressing (page 205)

Preheat the broiler, and put the broiler pan in to get hot. Trim excess fat off the steak. Rub both sides of the steak with the garlic, salt, and pepper.

Place the meat in the hot broiler pan and broil to desired doneness, 7 to 15 minutes (you can butterfly or slice the steak in half if you want it well done without charring the outside).

While the steak broils, toss the spinach, cucumber, onion, chile, and bell pepper together in a large salad bowl. Top the mixture with the lime juice and cilantro. Set aside.

Slice the steak into 1½-inch strips and serve on top of the salad and veggie mix. Drizzle with dressing before serving.

ROAST BEEF, HORSERADISH, AND CUCUMBER WRAP

PHASE 2

Serves 1

1 to 2 tablespoons prepared horseradish
2 to 3 ounces nitrate-free deli roast beef slices
1 cucumber, peeled and cut into spears
Sea salt, to taste

Spread the horseradish on the roast beef slices and wrap around the cucumber spears. Add salt. Serve and enjoy.

ROAST BEEF, MUSTARD, AND LETTUCE WRAP

PHASE 2

Serves 1

2 to 3 ounces nitrate-free deli roast beef slices
1 to 2 tablespoons prepared mustard
2 to 4 large romaine leaves
Cilantro (optional)
Crushed red pepper flakes (optional)
Lime juice (optional)

Spread the mustard on top of the roast beef slices. Then wrap with the romaine leaves. Sprinkle with cilantro, red pepper flakes, or lime juice and serve.

STEAK AND ASPARAGUS LETTUCE WRAPS

PHASE 2

Serves 2

A 10-ounce beefsteak, cut into strips
8 asparagus spears, trimmed

½ lime, juiced
½ teaspoon minced garlic
½ teaspoon dried or 1 teaspoon fresh cilantro
½ teaspoon sea salt
¼ teaspoon black pepper
¼ teaspoon crushed red pepper flakes
Mustard or balsamic vinegar to taste
4 large romaine leaves

Preheat the broiler and put the broiler pan in the oven.

Make a foil pouch for the steak and asparagus. Whisk together the lime juice, garlic, cilantro, salt, pepper, and red pepper flakes in a small bowl. Drizzle onto the steak and asparagus. Seal the pouch. Put the foil pouch on the broiler pan and broil for 20 to 25 minutes, depending on how well done you like your steak.

Remove the pouch from the oven and carefully open, allowing the heat to escape and the meat to cool.

Pour the pouch liquid into a small bowl and toss with a little mustard or balsamic vinegar.

On a serving plate, arrange 2 romaine leaves. Spoon half the steak and asparagus mixture onto each leaf. Place the remaining 2 leaves on top, roll up, and enjoy!

Note: If you have leftovers or want to double the recipe, set aside the rest of the steak and asparagus for tomorrow's lunch, wrap in lettuce leaves, and drizzle with Phase 2 Salad Dressing (page 205), if desired.

SLICED CHICKEN WRAP

PHASE 2

Serves 1

- 1 to 2 tablespoons prepared mustard
- 2 to 3 ounces nitrate-free deli sliced chicken (or turkey)
- 2 to 3 romaine lettuce leaves
- Fresh cilantro (optional)
- Crushed red pepper flakes (optional)
- Lime juice (optional)

Spread the mustard on the chicken and wrap in the romaine leaves. Sprinkle with cilantro, red pepper flakes, or lime juice before serving.

CHICKEN AND VEGGIE SOUP

PHASE 2

Serves 6 to 8 (single portion: 3 cups)

- 1 whole chicken or chicken parts, skin removed
- 1 cup chopped onion
- 6 to 8 garlic cloves, minced
- 8 cups chicken broth
- 8 cups chopped fresh or frozen vegetables, including cabbage, broccoli, celery, spinach, kale, asparagus, leeks, chives, and mushrooms
- 1 tablespoon parsley or cilantro
- 1 teaspoon fresh or dried rosemary
- ½ teaspoon fresh or dried basil
- ½ teaspoon fresh or dried oregano
- ¼ teaspoon fresh or dried thyme
- 1 bay leaf
- Sea salt and white and black pepper

Put the chicken in a large soup pot along with the broth and 8 cups of water. Add the vegetables and herbs. Bring to a boil, then lower the heat and simmer for 1 hour.

Let cool, then remove the chicken and debone. Add chicken meat to the soup, reheat, season with salt and pepper, and serve.

BEEF, KALE, AND LEEK SOUP

PHASE 2

Serves 6 to 8

2 pounds boneless stew beef or lamb (or substitute)
4 cups (32 ounces) vegetable broth
4 cups (32 ounces) beef broth
3 cups chopped kale (ribs removed)
2 cups baby spinach
2 cups sliced fresh mushrooms
1 cup chopped leek, green and white parts
1 cup chopped celery
6 green onions, chopped (green and white parts)
¼ cup chopped red onion
1 tablespoon minced garlic
1 tablespoon sea salt
½ teaspoon ground black pepper

Brown meat, then put all ingredients in a slow cooker and cook on low for 6 to 8 hours or on high for 4 to 5 hours.

SOUTHWESTERN BEEF AND CABBAGE SOUP

PHASE 2

Serves 6 to 8 (portion size: 3 cups)

½ cup chopped red onion
2 tablespoons minced garlic
2 pounds boneless stew beef

8-ounce can fire-roasted green chiles, diced
1 tablespoon minced cilantro
½ teaspoon crushed red pepper flakes
½ teaspoon black pepper
4 cups beef broth
4 cups vegetable broth
8 cups water
12 cups shredded green cabbage
2 tablespoons sea salt

In a large nonstick pot over medium heat, cook the onion and garlic with 2 tablespoons water until soft. Add the beef, chiles, cilantro, red pepper flakes, and pepper. Stir until the spices coat the beef.

Pour in the broths, plus 8 cups of water. Increase the heat to high. When the soup comes to a boil, reduce to medium. Add the cabbage and salt. Stirring occasionally, simmer for approximately 1 hour. Serve immediately.

Note: You can also throw everything into a slow cooker and let it cook on low for 6 to 8 hours.

SALAD DRESSING AND VEGGIE DIP

PHASE 2

Makes about ¾ cup

½ cup chopped peeled cucumber
1 garlic clove
3 teaspoons balsamic or apple cider vinegar
2 teaspoons cilantro or parsley
1 teaspoon dill
½ teaspoon Stevia or Xylitol
⅛ teaspoon sea salt

Place all ingredients in a blender and blend until smooth.

SPICY RED PEPPER FISH WITH LEMON-GARLIC KALE

PHASE 2

Serves 1

1 tablespoon lime juice
1 teaspoon chili paste
¼ teaspoon crushed red pepper flakes
½ teaspoon chopped cilantro
Pinch of sea salt
Pinch of ground black pepper
6 ounces white fish fillet (halibut, cod, dory, flounder)

LEMON-GARLIC KALE

1 tablespoon lemon juice
1 teaspoon minced garlic
3 cups chopped kale (thick ribs removed)

In a small mixing bowl, combine the lime juice, chili paste, red pepper flakes, cilantro, salt, and pepper. Put the fish into a foil-lined pan and drizzle marinade over it.

Preheat the oven to 350 degrees. Bake fish, uncovered, for 20 to 30 minutes depending on the thickness of the fish.

While fish bakes, combine 1 tablespoon of water in a nonstick pan with the lemon juice and garlic.

Add the kale and cook on medium-low heat until tender but still bright green.

Season with salt and pepper, and serve with the fish.

BROILED HALIBUT WITH BROCCOLI

PHASE 2

Serves 1

1 teaspoon lime or lemon juice
½ teaspoon Stevia or Xylitol
½ teaspoon dry mustard
Pinch of ground cinnamon (optional)
6 ounces halibut or other white fish fillet
2 cups broccoli florets
Sea salt
Freshly ground black pepper

Preheat the broiler with broiler pan in place.

In a small mixing bowl, combine the lime or lemon juice with the Stevia, mustard, and cinnamon. Rub generously into the fish to flavor it. Using an oven mitt, remove the broiler pan, put the fish on the hot pan, and broil for 12 to 15 minutes, or until fish begins to flake.

While the fish broils, steam the broccoli. Bring 1 to 2 inches of water to a boil in either a steaming double pan or with a wire steaming tray. Cover and steam broccoli for 4 to 6 minutes, or until easily pierced with a fork. Season with sea salt and pepper before serving with the fish.

BAKED CINNAMON-MUSTARD CHICKEN AND LEMON-GARLIC SPINACH

PHASE 2

Serves 6 to 8

2 tablespoons lemon juice
¼ teaspoon ground cinnamon
1 teaspoon dry mustard
1 teaspoon Stevia or Xylitol
2 pounds skinless, boneless chicken breast, washed and patted dry

LEMON-GARLIC SPINACH

1 tablespoon lemon juice
1 teaspoon minced garlic
3 cups baby spinach
Sea salt and black pepper

Preheat the oven to 350 degrees. While it warms, prepare the seasoning for the chicken.

Combine the lemon juice, cinnamon, mustard, and sweetener in a small mixing bowl.

Put the chicken in a baking dish. Pour the seasoning over it, cover the dish with foil, and put in the oven. Bake the chicken for 40 minutes.

Turn up the heat to 400 degrees and remove the foil. Bake, uncovered, for an additional 15 minutes.

Prepare the spinach. In a nonstick pan, use 1 tablespoon of water and the lemon juice to cook the garlic and spinach. Season with salt and pepper.

NEW YORK STRIP STEAK WITH STEAMED BROCCOLI

PHASE 2

Serves 1

5- to 6-ounce New York strip steak (shell steak)
½ teaspoon minced garlic
½ teaspoon sea salt
⅛ teaspoon black pepper
3 cups broccoli florets

Preheat the broiler with broiler pan in place. Trim excess fat off the steak. Rub both sides with the garlic, salt, and pepper. Put the steak on the hot pan and broil to desired doneness, 7 to 15 minutes. (If you want the steak well done without a charred exterior, butterfly the steak or slice the steak in half.)

While the steak is broiling, steam the broccoli. Bring 1 to 2 inches of water to a boil in either a steaming double pan or with a wire steaming tray. Cover and steam for approximately 4 to 6 minutes, or until easily pierced with a fork.

Season with sea salt and pepper before serving with the steak.

Note: I like to make an additional strip steak to slice and serve on a salad for the next day's lunch or dinner.

STUFFED RED BELL PEPPER

PHASE 2

Serves 6

2 pounds lean ground beef
1 cup chopped red onion
1 cup diced celery
3 tablespoons chopped cilantro
3 tablespoons minced garlic
1½ teaspoons sea salt
1 teaspoon ground black pepper
1 teaspoon dried oregano
1 teaspoon dried basil
1 cup baby spinach
6 red bell peppers

Preheat the oven to 375 degrees. In a large nonstick skillet over medium heat, lightly brown the beef and onion. Turn the heat to low and add the celery, cilantro, garlic, salt, black pepper, oregano, and basil. When the beef is completely browned, remove the mixture from the heat and stir in the spinach.

Wash each bell pepper and remove tops, cores, and seeds. Stuff each pepper with ½ to ⅔ cup of the beef mixture. Put the peppers in a glass baking dish and pour 2 tablespoons of water into the bottom. Cover with foil and bake for 50 minutes.

Remove the stuffed peppers from the oven and take off the foil. Turn up the oven to 400 degrees and cook for an additional 10 minutes. Allow to cool somewhat before serving.

PEPPERONCINI PORK ROAST

PHASE 2

Serves 8

2½ pounds boneless pork roast
1 cup minced pepperoncini
1 cup pepperoncini juice
1 teaspoon black pepper
½ teaspoon sea salt
¼ teaspoon dried oregano
¼ teaspoon dried basil
⅛ teaspoon dried rosemary
⅛ teaspoon dry mustard
3 cups chopped broccoli, spinach, or asparagus, steamed

Put all the ingredients except the vegetable in a slow cooker and simmer on low for 6 to 8 hours or on high for 4 to 5 hours. Serve with the steamed broccoli, spinach, or asparagus.

TURKEY JERKY

PHASE 2

Makes 4 to 5 servings

This jerky can also be made with organic beef round steak, buffalo, halibut, or other meat.

1 to 1½ pounds organic turkey breast steaks
¼ cup tamari

Juice of 1 lemon or lime
½ teaspoon onion salt
¼ teaspoon garlic powder
¼ teaspoon black pepper
⅛ teaspoon sea salt
⅛ teaspoon crushed red pepper flakes

Trim and discard all fat from the meat. Cut into strips approximately 5 inches long and ½ inch wide. In a large, resealable plastic bag, combine the remaining ingredients. Add the meat to the bag, seal bag, and toss to coat. Refrigerate and let marinate for 8 hours or overnight.

Drain and discard the marinade. Put the meat in a dehydrator or in the oven on wire racks with a foil-lined baking sheet underneath. Arrange meat strips ¼ inch apart on racks. Bake uncovered at 200 degrees for 6 to 7 hours, or until meat is dry and leathery.

Remove from the oven; cool completely. Refrigerate or freeze in an airtight container.

SMOKED SALMON AND CUCUMBERS

PHASE 2

Serves 1

3 ounces nitrate-free smoked salmon (with no added sugar)
1 to 2 cups sliced cucumbers
1 teaspoon lime juice
⅛ teaspoon dill
Pinch of white pepper

Cut the smoked salmon into thin slices if not already sliced. Drizzle the cucumbers with the lime juice and top with the dill and a sprinkle of white pepper. Serve together.

OYSTERS CANAPÉ

PHASE 2

Serves 2

- 1 large cucumber
- 1 3-ounce can oysters packed in water
- 1 teaspoon lemon juice
- Sea salt and pepper to taste

Slice the cucumber into ½ inch slices.

Drain oysters.

Top cucumber slices with oysters and squeeze lemon juice on top.

ROAST BEEF-STUFFED GREEN CHILE PEPPER

PHASE 2

Serves 1

- 1 to 2 ounces roast beef
- 1 whole Hatch green chile pepper

Cut top off pepper and stuff with roast beef.

OYSTERS ON THE HALF SHELL

PHASE 2

Serves 1

- 3 raw oysters

Garnish oysters with horseradish and lemon.

STUFFED MUSHROOMS

PHASE 2

Serves 4

- 6 ounces lean ground beef
- ¼ cup minced onion
- 1 cup minced spinach
- 1 teaspoon garlic
- 4 large Portobello mushrooms
- Sea salt and pepper to taste
- 4 tablespoons organic vegetable broth

Brown the first four ingredients in a pan. Divide mixture into four and stuff into the mushrooms. Season with salt and pepper to taste.

Pour 1 tablespoon vegetable broth over each mushroom, cover with aluminum foil and bake at 400 degrees for 15 minutes. Serve hot (or freeze and reheat when ready to eat).

PHASE 3 RECIPES

PHASE 3 CRASH STASH

One of the easiest and yummiest Phase 3 snacks is raw nuts and seeds. They contain both a fat and a protein, and they're perfect for taking along with you wherever you go. One of my clients fills up baggies with all four weeks' worth of snacks at once. She puts a handful of raw almonds, raw cashews, raw pistachios, or raw pumpkin seeds in each of 24 baggies, then puts them in a paper bag labeled "Phase 3 Snacks" and pops them in the fridge. Done!

When appropriate, I also sometimes buy bags of precooked frozen shrimp. I divide them, put 8 to 10 shrimp in each container and add a handful of lemon wedges to each portion, then either freeze or refrigerate (if eating the next day). For the next three days, I've got shrimp cocktail to snack on! Add a few slices of avocado and it's a gourmet-quality snack or a first course for dinner.

PHASE 3 BREAKFASTS

B and B Toast

Cucumber Hummus Toast

Egg and Toast with Tomato and Red Onion

Berry Nutty Oatmeal Smoothie

Berry Nutty Oatmeal

PHASE 3 SALADS, SANDWICHES, AND SOUPS

Endive Tuna Salad

Shrimp Salad

Three-Egg Salad

Olive and Tomato Salad

Phase 3 Salad Dressing and Veggie Dip

Hummus Turkey Roll-Up

Avocado and Turkey Lettuce Wrap

Lentil Stew

PHASE 3 MAIN COURSES

Avocado Quesadillas

Sesame Chicken Stir-Fry

Coconut Curry Chicken

Chicken and Quinoa Risotto

Sesame Chicken and Rice

Baked Salmon and Sweet Potatoes

Avocado Chili

Rosemary Pork Roast with Sweet Potato

Shrimp and Veggie Stir-Fry with Quinoa Pasta

Coconut Pecan-Crusted Halibut with Artichoke and Dip

PHASE 3 SNACKS

Almond Butter–Stuffed Celery

Nutty Jicama with Lime

White Bean and Dill Hummus

Creamy Guacamole

Sweet Potato Hummus and Cucumbers

B AND B TOAST

PHASE 3

Serves 1

1 slice sprouted-grain bread

3 tablespoons raw nut or seed butter

½ cup berries

Pinch of cinnamon

Pinch of Stevia or Xylitol (optional)

¼ to ½ cup raw jicama

½ teaspoon lime juice

Toast the bread. Spread the nut or seed butter on the toast and top with the berries. Sprinkle with cinnamon and sweetener. Serve with raw jicama sprinkled with Stevia and lime juice.

CUCUMBER HUMMUS TOAST

PHASE 3

Serves 1

- 1 slice sprouted-grain bread
- 2 tablespoons hummus
- ½ cup thinly sliced cucumber
- ½ medium tomato, sliced
- 1 basil leaf (optional)
- Pinch of sea salt
- Pinch of black pepper

Toast the bread. Spread with the hummus and top with the cucumber and tomato slices.

Place the basil leaf on top and sprinkle with salt and pepper.

EGG AND TOAST WITH TOMATO AND RED ONION

PHASE 3

Serves 1

- 1 slice sprouted-grain toast
- 1 large egg
- ¼ teaspoon olive or grapeseed oil
- ½ medium tomato, sliced
- ¼ red onion, sliced
- Sea salt
- Black pepper

Toast the bread. Meanwhile, fry the egg in oil. When done, place it on the toast and top with the tomato and onion slices. Add sea salt and pepper to taste.

BERRY NUTTY OATMEAL SMOOTHIE*

PHASE 3

Serves 1

½ cup oats, steel-cut or old-fashioned
¼ cup raw sunflower seeds
½ cup frozen fruit
½ cup ice cubes
1 packet Stevia
Ground cinnamon, to taste

Put the oats in a blender and pulse until it becomes a powder. Add the sunflower seeds and continue to blend until finely ground. Turn off the blender and add 1 cup of water and the remaining ingredients. Blend until smooth.

*Don't forget to eat with a serving of Phase 3 veggies.

BERRY NUTTY OATMEAL*

PHASE 3

Serves 1

I like to make the whole box of oats at one setting and then freeze with the berries, cinnamon, and Stevia in 1½ cup portions. This way, I can easily remove them from the freezer and reheat in minutes. Add the nuts or seeds after reheating.

½ cup steel-cut oats
½ cup fresh berries
¼ cup raw nuts or seeds
Stevia
Ground cinnamon

Add the oats to 1 cup water in a bowl. Cover and soak overnight in the fridge. The next morning, simmer the oats and water in a saucepan for

approximately 30 minutes. When the oats finish cooking, top with the berries, nuts, or seeds. Add Stevia and cinnamon to taste.

*Don't forget to eat with a serving of Phase 3 veggies.

ENDIVE TUNA SALAD

PHASE 3

Serves 1

The entire recipe can be used for lunch, or half of the recipe can be used as a snack.

5-ounce can solid white tuna packed in water

¼ cup chopped red onion

¼ cup diced celery

¼ cup diced cucumber

¼ cup diced grapefruit sections

1 tablespoon hummus

Pinch of sea salt

Pinch of ground black pepper

Fresh endive leaves

Drain the tuna and place in a small mixing bowl. Stir in the onion, celery, cucumber, and grapefruit. Add the hummus and stir until well combined. Top with salt and pepper to taste.

Scoop the tuna salad onto fresh endive leaves and serve.

SHRIMP SALAD

PHASE 3

Serves 1

You can also serve this on an endive boat or a red bell pepper for lunch, or half of the recipe can be used as a snack.

- ½ cup cherry tomatoes, diced
- ¼ cup finely chopped celery
- 1 tablespoon finely chopped red onion
- 2 tablespoons safflower mayonnaise or hummus
- 1 teaspoon lime juice
- ½ teaspoon cilantro or parsley
- 4 to 5 ounces cooked shrimp
- 2 to 4 cups fresh spinach or mixed greens

In a small mixing bowl, combine the tomatoes, celery, and onion. Stir in the mayonnaise, lime juice, and cilantro. Fold in the shrimp.

Serve over spinach or mixed greens.

THREE-EGG SALAD

PHASE 3

Serves 1

- 3 hard-boiled eggs, peeled and 2 yolks removed
- ½ tablespoon safflower mayonnaise
- ¾ tablespoon prepared mustard
- 2 tablespoons diced black olives
- 2 tablespoons diced cucumber
- ½ teaspoon finely chopped red onion (optional)
- Pinch of sea salt
- 2 cups fresh spinach or mixed leafy greens

Chop the egg whites and whole egg. Transfer to a small mixing bowl. Add the mayonnaise and mustard; stir until well incorporated. Add the black olives, cucumber, and onion. Sprinkle with sea salt and stir.

Spoon the egg salad over a bed of spinach to serve.

OLIVE AND TOMATO SALAD

PHASE 3

Serves 1

2 plum or Roma tomatoes, chopped

¼ cup diced mixed olives

¼ cup minced red onion

1 tablespoon olive oil

½ tablespoon balsamic vinegar

5 fresh basil leaves, cut in chiffonade

Sea salt

Black pepper

In a salad bowl, combine the tomatoes, olives, and onion. Toss with the oil and vinegar. Top with the fresh basil, and season to taste with salt and pepper.

SALAD DRESSING AND VEGGIE DIP

PHASE 3

Makes ¼ cup

2 tablespoons sesame oil

2 tablespoons lime juice

1 teaspoon crushed garlic

Sea salt

Black pepper

Mix the ingredients, add salt and pepper to taste. Enjoy as a dressing or dip.

HUMMUS TURKEY ROLL-UP

PHASE 3

Serves 1

2 to 3 slices nitrate-free turkey
2 tablespoons hummus

Spread the hummus directly on the turkey slices, roll them up, and enjoy!

AVOCADO AND TURKEY LETTUCE WRAP

PHASE 3

Serves 1

2 to 4 large romaine lettuce leaves*
2 tablespoons hummus
1 tablespoon salsa of choice
½ cup cooked ground turkey
1 cup arugula
½ avocado, sliced thinly
Sea salt and pepper

Warm the tortilla in a dry skillet or in the microwave. Top it with the hummus and salsa, spreading evenly. Spoon on the turkey. Top with the arugula and avocado, adding salt and pepper to taste. Wrap and enjoy!

*If eating for dinner, you can swap the lettuce leaves with 1 sprouted-grain tortilla, warmed in a dry skillet or microwave.

LENTIL STEW

PHASE 3

Serves 3 (single portion: 1½ cups)

1 tablespoon olive oil
1 small onion, diced
3 garlic cloves, minced
½ cup thinly sliced carrot
Sea salt and black pepper
2 16-ounce cans cooked lentils, drained and rinsed, or 4 cups cooked lentils
Bragg Liquid Aminos, coconut amino acids, or tamari, to taste
¾ cup chicken or vegetable broth

Over medium heat, warm the oil in a 2-quart saucepan. Add the onion and sauté for 7 minutes, until translucent. Add the garlic and sauté for another minute, until fragrant. Add the carrot, salt, and pepper. Cover and stir occasionally until carrot is tender.

Stir in the lentils and Bragg's; simmer for 5 minutes. Add the broth and simmer for 5 more minutes.

AVOCADO QUESADILLAS

PHASE 3

Serves 1

1 sprouted-grain tortilla
Grapeseed oil
Sea salt to taste
Dried or minced fresh oregano, basil, and rosemary
½ avocado, pitted and peeled
Juice of ¼ lime
¼ teaspoon safflower mayonnaise

Preheat the oven to 350 degrees. Lightly spread the tortilla with the oil and sprinkle with the sea salt and herbs. Bake until crispy, approximately 10 minutes.

As the tortilla bakes, combine the avocado, lime juice, and mayonnaise. Remove the tortilla from the oven and spread the mixture on top before serving.

SESAME CHICKEN STIR-FRY

PHASE 3

Serves 6 to 8

1 to 1½ pounds organic skinless, boneless chicken breast
4 tablespoons toasted sesame oil
½ cup chopped red onion
2 tablespoons minced garlic
1 tablespoon grated ginger
¼ teaspoon crushed red pepper flakes
1 teaspoon minced cilantro or dried parsley
1½ cups chopped broccoli
1½ cups chopped zucchini
1½ cups shredded green cabbage
Sea salt
Freshly ground black pepper
¼ cup toasted sesame seeds
4 cups cooked quinoa, warm

Cut the chicken into 1-inch pieces and set aside. Preheat a large nonstick skillet and add 3 tablespoons of the sesame oil. Sauté the onion for 5 to 7 minutes, until soft. Add the garlic and ginger, and sauté for another minute, until fragrant.

Add the chicken, the red pepper flakes, and cilantro to the skillet. Brown the chicken in the oil for a few minutes. Add broccoli and cook for 2 minutes. Add the zucchini and cabbage, and stir-fry until vegetables are the desired tenderness. If needed, add another tablespoon of sesame oil.

Add sea salt and pepper to taste. Sprinkle with toasted sesame seeds and serve over cooked quinoa.

COCONUT CURRY CHICKEN

PHASE 3

Serves 4

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 teaspoon sea salt
- 2 teaspoons curry powder
- 14-ounce can coconut milk
- 1 cup canned diced tomatoes
- 2 tablespoons tomato paste
- 1 pound boneless, skinless organic chicken breast, cut into 1-inch cubes
- 3 packed cups baby spinach
- ½ cup cooked quinoa, warm

Heat the oil in a large skillet. Add the onion and salt, and sauté over medium heat for about 7 minutes, until translucent. Add the curry powder and sauté for an additional minute, until the spice fully coats the onion.

Incorporate the coconut milk, tomatoes, and tomato paste into the mixture. Stir occasionally for 5 minutes, until sauce slightly thickens. Fold in the chicken and simmer for 5 to 6 minutes, or until cooked through.

Stir the spinach into the mixture and cook for 3 minutes or until wilted.

Add a pinch more salt to taste, if needed.

Serve warm over the quinoa.

CHICKEN AND QUINOA RISOTTO

PHASE 3

Serves 6 to 8

- ½ pounds boneless, skinless chicken tenders
- 4 tablespoons olive oil
- 1 small onion, thinly sliced

1 red bell pepper, cored, seeded and thinly sliced
1 yellow bell pepper, cored, seeded, and thinly sliced
5 garlic cloves, thinly sliced
Sea salt
Freshly ground black pepper
4 tablespoons hummus
1 cup cooked quinoa
20 leaves fresh basil, cut in chiffonade

Cut the chicken into 1-inch pieces and set aside.

In a large nonstick skillet, heat the olive oil. Add the chicken and sauté for 5 minutes, or until golden brown.

Add the onion and bell peppers. Sauté for 1 or 2 more minutes. Add the garlic and sauté until the peppers become slightly limp but are still brightly colored, about 1 or 2 more minutes. Season to taste with salt and pepper. Remove the pan from the heat.

Stir in the hummus. Add the quinoa and basil, and toss until the basil is wilted. Serve hot.

SESAME CHICKEN AND RICE

PHASE 3

Serves 8

This rice dish is a great way to use up leftover cooked grains. You can use any phase-appropriate grain for this recipe.

2½ pounds boneless, skinless chicken thighs, chopped into 2 inch cubes
2 tablespoons toasted sesame oil
½ cup chopped red onion
1 tablespoon Simply Organic seasoning (mixture of sea salt, mustard, celery seed, garlic, onion, chile peppers, and black pepper) or a similar seasoning that you like
1 tablespoon minced garlic

3 cups trimmed and quartered Brussels sprouts
3 cups cherry tomatoes, halved
½ cup chopped fresh basil
3 teaspoons toasted sesame seeds

RICE

2 cups cooked wild rice
1 cup cooked black barley
1 tablespoon toasted sesame oil

Rinse the chicken and pat dry. Brown it in a large skillet with the sesame oil, onion, seasoning, and garlic. Continue to cook over medium heat until cooked through. Transfer the chicken to a holding plate. Set aside.

In the same pan, add the Brussels sprouts and stir-fry for approximately 1 to 2 minutes. Add the tomatoes and basil, and stir-fry for an additional 1 to 2 minutes.

Meanwhile, for the rice sauté all the grains in the oil. Keep warm.

Add the chicken to the skillet again and stir-fry everything for another 3 to 5 minutes, until the vegetables are cooked to the desired consistency. Sprinkle with the toasted sesame seeds and serve over ½ cup of rice medley.

BAKED SALMON AND SWEET POTATOES

PHASE 3

Serves 1

This recipe can be easily multiplied to serve as many as you like.

1 sweet potato
6 ounces wild-caught salmon fillet
Olive oil
¼ cup lemon juice
⅛ teaspoon sea salt

Crushed red pepper flakes to taste
½ teaspoon onion and/or garlic powder

Preheat the oven to 400 degrees. Wash the sweet potato and put on the oven rack. Bake for about 1 hour or until easily pierced with a fork. Keep oven set at 400 degrees.

Spray or lightly brush the salmon with olive oil. Sprinkle with the lemon juice and seasonings. Bake for 15 minutes, then transfer to broiler for 5 to 7 minutes. Serve with the potato.

AVOCADO CHILI

PHASE 3

Serves approximately 6

Because this recipe contains a large amount of starchy legumes, it counts as a Grain as well as a Protein and Veggie serving. No need to add an additional Grain, even if the meal map specifies a Grain.

1 pound lean ground turkey (or buffalo meat), browned and drained
½ cup chopped red onions
2 heaping tablespoons chili powder
2 tablespoons minced garlic
2 tablespoons parsley or cilantro
1 teaspoon crushed red pepper flakes (optional)
15-ounce can white beans
15-ounce can kidney beans
15-ounce can black beans
15-ounce can pinto beans
15-ounce can lentils or adzuki beans
4 medium zucchini, chopped
4 cups (32 ounces) red bell pepper tomato soup or tomato soup
1 heaping teaspoon sea salt
½ avocado, diced

Put meat, onions, chili powder, garlic, parsley or cilantro, and crushed red pepper flakes into a slow cooker on high.

Cover and set aside while prepping the remaining ingredients.

Open and drain all cans of beans. Add the beans, zucchini, and the soup to the pot and stir well.

Cook on high for 4 to 5 hours, or low for 6 to 8 hours.

Stir and taste occasionally, adjusting seasonings as needed.

Add the sea salt just before serving to preserve its nutrients.

Serve with diced avocado

ROSEMARY PORK ROAST WITH SWEET POTATO

PHASE 3

Serves 8

2 pounds boneless pork loin

2 tablespoons olive oil

½ tablespoon sea salt

½ teaspoon black pepper

½ teaspoon dried rosemary

½ teaspoon dried thyme

¼ teaspoon dried sage

6 garlic cloves

8 small or 4 large sweet potatoes

Rub the pork with the olive oil, salt, pepper, rosemary, thyme, and sage. Using a knife, make slits in the roast and insert the garlic cloves.

Put the roast in a slow cooker. Halve the sweet potatoes and place them around and on top of the pork roast (not underneath, as they won't cook as well). Cook on low for 8 to 10 hours or on high for 6 to 8 hours.

SHRIMP AND VEGGIE STIR-FRY WITH QUINOA PASTA

PHASE 3

Serves 4

- 2 tablespoons olive oil
- ½ cup chopped red onion
- 3 teaspoons crushed garlic
- 12 to 14 asparagus stalks, trimmed and chopped
- 1½ to 2 cups quartered Brussels sprouts
- 3 teaspoons chopped cilantro
- 1 teaspoon crushed red pepper flakes
- ½ teaspoon sea salt
- 2 heads baby bok choy, bottoms removed
- 1 pound extra-large cooked shrimp
- 2 cups cooked quinoa fusilli, warm, or wild rice

Heat the olive oil in a large nonstick skillet. Stir-fry the onion for 4 minutes over medium heat. Add the garlic and sauté for another minute. Add the asparagus, sprouts, cilantro, red pepper flakes, and sea salt. Stir-fry until the vegetables are crisp-tender.

Add the bok choy and shrimp and continue to cook on medium-high heat until the shrimp is heated through.

Serve over quinoa pasta or wild rice.

COCONUT PECAN-CRUSTED HALIBUT WITH ARTICHOKE AND DIP

PHASE 3

Serves 1

- Olive oil spray
- ¼ cup crushed pecans
- ¼ cup shredded coconut
- 1 egg white
- 5 drops liquid Stevia

6 ounces halibut fillet (or mahimahi or cod)
1 medium artichoke

DIP

1 teaspoon hummus
1 teaspoon lemon juice
1 teaspoon toasted sesame oil
Sea salt
Black pepper

Preheat the oven to 400 degrees. Cover a baking pan with aluminum foil and spray lightly with olive oil. Set aside.

In a small mixing bowl, combine the pecans and coconut. In another bowl, whip the egg white with a fork and add the Stevia. Dip the fish in the egg white, then roll it in the mixture, heavily coating the fish. Place the fish on the foil. Bake for approximately 20 minutes.

While fish is cooking, bring a pot of water to a boil. Wash the artichoke and remove the base. Cut in half lengthwise. When water is at a rolling boil, add the artichoke and boil until you can easily pull a leaf off with tongs, approximately 10 minutes. Drain. Prepare the dip by combining all ingredients in a small bowl.

Serve the fish with the artichoke, with dip alongside.

ALMOND BUTTER-STUFFED CELERY

PHASE 3

Serves 1

2 celery stalks
2 tablespoons almond butter
Coconut flakes or carob chips (optional)

Wash and clean the celery stalks. Cut into 2- to 3-inch pieces. Fill the celery pieces with the almond butter. Sprinkle with coconut flakes and/or carob chips.

NUTTY JICAMA WITH LIME

PHASE 3

Serves 1

- ½ cup diced peeled jicama
- ½ cup raw pine nuts
- ½ lime juice
- Pinch of sea salt

Place the jicama in a small bowl. Add the pine nuts. Squeeze lime juice onto the jicama and pine nuts. Add salt and stir well.

WHITE BEAN AND DILL HUMMUS

PHASE 3

Serves 6

- 2 16-ounce cans chickpeas, drained, reserving $\frac{1}{3}$ cup liquid
- 1 can organic white beans
- ½ cup tahini
- ½ cup fresh lemon juice
- 1 to 1½ teaspoons kosher salt
- ½ garlic clove
- 1 teaspoon dill
- 6 cups sliced cucumbers

Using a food processor or blender, blend the first seven ingredients together until smooth.

Serve each serving of hummus with 1 cup of sliced cucumbers.

CREAMY GUACAMOLE

PHASE 3

Serves 1

- 1 teaspoon safflower mayonnaise
- ½ avocado
- 1 teaspoon cilantro
- 1 teaspoon lime juice
- ⅛ teaspoon cracked red pepper
- Salt and pepper to taste
- 1 cup sliced cucumber or jicama

Mash first 6 ingredients together and serve with sliced cucumber or jicama.

SWEET POTATO HUMMUS AND CUCUMBERS

PHASE 3

Serves 6

- 2 16-ounce cans chickpeas, drained, reserving ⅓ cup liquid
- ½ cooked sweet potato
- ½ cup tahini
- ½ cup fresh lemon juice
- 1 to 1½ teaspoons kosher salt
- ½ garlic clove
- ¼ teaspoon ground cumin
- 6 cups sliced cucumbers

Using a food processor or blender, blend all ingredients except cucumbers until smooth.

Serve each serving of hummus with 1 cup of sliced cucumbers.

SUPER-SIMPLE MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
____:____ am/pm MONDAY	_____	____:____ am/pm P1 FMD BREAKFAST SHAKE	____:____ am/pm 1 APPLE	____:____ am/pm ½ TURKEY SANDWICH WITH SLICED NITRATE-FREE TURKEY, LETTUCE, CUCUMBER, TOMATO, AND MUSTARD	____:____ am/pm P1 FMD FOOD BAR	____:____ am/pm P1 CHILI		
____:____ am/pm TUESDAY	_____	____:____ am/pm P1 FMD BREAKFAST SHAKE	____:____ am/pm 1 APPLE	____:____ am/pm CHILI AND 1 ORANGE	____:____ am/pm P1 FMD FOOD BAR	____:____ am/pm P1 CHICKEN AND BROCCOLI BOWL		

SUPER-SIMPLE MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:. .am/pm WEDNESDAY	_____	:. .am/pm P2 FMD BREAKFAST SHAKE	:. .am/pm NITRATE-FREE JERKY	:. .am/pm SLICED TURKEY, MUSTARD, AND LETTUCE WRAP	:. .am/pm P2 FMD FOOD BAR	:. .am/pm P2 BEEF AND CABBAGE SOUP			
:. .am/pm THURSDAY	_____	:. .am/pm P2 FMD BREAKFAST SHAKE	:. .am/pm NITRATE-FREE JERKY	:. .am/pm LEFTOVER P2 BEEF AND CABBAGE SOUP	:. .am/pm P2 FMD FOOD BAR	:. .am/pm P2 PEPPERONCINI PORK ROAST			

SUPER-SIMPLE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm FRIDAY	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm SALAD WITH TURKEY, TOMATO, CUCUMBER, AND AVOCADO, WITH P3 DRESSING	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm CURRY CHICKEN			
___:___ am/pm SATURDAY	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm LEFTOVER P3 COCONUT CHICKEN CURRY	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm P3 SHRIMP VEGGIE STIR-FRY WITH RICE PASTA			
___:___ am/pm SUNDAY	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm LEFTOVER P3 SHRIMP AND VEGGIE STIR-FRY OVER SALAD GREENS	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm P3 SESAME CHICKEN STIR-FRY			

Master Food Lists

This is a master list that includes every food you can eat for every phase. Whenever you need to know if it's okay to eat something within your phase, or if you are just looking for what to buy at the store for your phase, look here. Remember, whenever possible, choose organic.

PHASE 1 FOOD LIST

(select organic whenever possible)

VEGETABLES AND SALAD GREENS (FRESH, CANNED, OR FROZEN)

Arrowroot	Celery, including tops	Onions, red and yellow
Arugula	Cucumbers	Parsnips
Bamboo shoots	Eggplant	Peas: snap, snow
Beans: green, yellow (wax), French	Green chiles	Peppers: bell, pepperoncini
Beets	Green onions	Pumpkin
Broccoli florets	Jicama	Rutabaga
Cabbage, all types	Kale	Spinach
Carrots	Leeks	Spirulina
	Lettuce (any except iceberg)	Sprouts
	Lima beans	Sweet potatoes/yams
	Mixed greens	Tomatoes
	Mushrooms	

Turnips
Zucchini and
winter or yellow
summer squash

FRUITS (FRESH OR FROZEN)

Apples
Apricots
Asian pears
Berries:
blackberries,
blueberries,
mulberries,
raspberries
Cantaloupe
Cherries
Figs
Grapefruit
Guava
Honeydew melon
Kiwis
Kumquats
Lemons
Limes
Loganberries
Mangos
Oranges
Papaya
Peaches
Pears
Pineapples
Pomegranates
Strawberries
Tangerines
Watermelon

ANIMAL PROTEIN

Beef: filet, lean
ground
Buffalo meat,
ground
Chicken: skinless,
boneless white
meat
Deli meats,
nitrate-free:
turkey, chicken,
corned beef, roast
beef
Eggs, whites only
Game: partridge,
pheasant
Guinea fowl
Haddock fillet
Halibut: fillet,
steak
Pollock fillet
Pork: tenderloin
Sardines, packed
in water
Sausages, nitrate-
free: turkey,
chicken
Sole fillet
Tuna, solid white,
packed in water
Turkey: breast
meat, lean ground
Turkey bacon:
nitrate-free

VEGETABLE PROTEIN

Black-eyed peas
Chana dal/lentils
Chickpeas/
garbanzo beans

Dried or canned
beans: adzuki,
black, butter,
great northern,
kidney, lima, navy,
pinto, white
Fava beans, fresh
or canned

BROTHS, HERBS, SPICES, AND CONDIMENTS

Brewer's yeast
Broths: beef,
chicken,
vegetable*
Dried herbs: all
types
Fresh herbs: all
types
Garlic, fresh
Ginger, fresh
Horseradish,
prepared
Ketchup, no sugar
added, no corn
syrup
Mustard:
prepared, dry
Natural
seasonings: Bragg
Liquid Aminos,
coconut amino
acids, tamari
Noncaffeinated
herbal teas or
Pero
Pickles, no sugar
added
Salsa
Seasonings:
black and

*Note: All broths, if possible, should be free of additives and preservatives.

white peppers,
chili powder,
cinnamon,
crushed red
pepper flakes,
cumin, curry
powder, nutmeg,
onion salt, raw
cacao powder,
sea salt, Simply
Organic seasoning

Sweeteners:
Stevia, Xylitol
(birch only)

Tomato paste

Vanilla or
peppermint
extract

Vinegar: any type

GRAINS AND STARCHES

Amaranth
Arrowroot
Barley
Brown rice: rice,
cereal, crackers,
flour, pasta,
tortillas
Brown rice cheese
or milk
Buckwheat
Kamut: bagels
Millet
Nut flours
Oats: steel-cut

Quinoa
Rice milk, plain
Spelt: pasta,
pretzels, tortillas
Sprouted-grain:
bagels, bread,
tortillas
Tapioca
Teff
Triticale
Wild rice

HEALTHY FATS

None for this
phase

PHASE 2 FOOD LIST

(select organic whenever possible)

VEGETABLES AND SALAD GREENS (FRESH, CANNED, OR FROZEN)

Arrowroot
Arugula
Asparagus
Beans: green,
yellow (wax),
French (string)
Broccoli florets
Cabbage, all types
Celery
Collard greens
Cucumbers, any
type
Endive
Fennel

Green chiles,
jalapeños
Green onions
Jicama
Kale
Leeks
Lettuce (any
except iceberg)
Mixed greens
Mushrooms
Mustard greens
Onions, red and
yellow
Peppers: bell,
pepperoncini
Rhubarb
Shallots
Spinach

Spirulina
Swiss chard
Watercress

FRUITS (FRESH OR FROZEN)

Lemons
Limes

ANIMAL PROTEIN

Beef, all lean cuts:
filet, tenderloin,
strip, sirloin, shell
steak, London
broil, round steak,
rump roast, stew
meat, lean ground
Buffalo meat

Chicken: boneless, skinless white meat

Cod/scrod fillet

Deli meats, nitrate-free: roast beef, chicken, turkey, corned beef

Dory fish fillet

Eggs, whites only

Flounder fillet

Game: venison, ostrich, elk

Halibut fillet

Jerky, nitrate-free: beef, buffalo, turkey, elk, ostrich

Lamb, lean cuts

Oysters, packed in water

Pork: loin roast, tenderloin

Salmon: nitrate-free smoked

Sardines, packed in water

Sole fillet

Tuna, packed in water

Turkey: breast steaks, lean ground

Turkey bacon: nitrate-free

VEGETABLE PROTEIN AND STARCHES

None this phase

BROTHS, HERBS, SPICES, AND CONDIMENTS

Brewer's yeast

Broths: beef, chicken, vegetable*

Dried herbs: all types

Fresh herbs: all types

Garlic, fresh, powdered

Ginger, fresh

Horseradish, prepared

Mustard: prepared, dry

Natural seasonings: Bragg Liquid Aminos, coconut amino acids, tamari

Noncaffeinated herbal teas or Pero

Pickles, no sugar added

Seasonings: black and white peppers, cayenne,

chili powder, chili paste, chipotle, cinnamon, crushed red pepper flakes, cumin, curry powder, nutmeg raw cacao powder, onion salt, sea salt

Sweeteners: Stevia, Xylitol (birch only)

Tabasco

Vanilla or peppermint extract

Vinegar, any type (except rice)

GRAINS

None this phase

HEALTHY FATS

None this phase

*Note: All broths, if possible, should be free of additives and preservatives.

PHASE 3 FOOD LIST

(select organic whenever possible)

VEGETABLES AND SALAD GREENS (FRESH, CANNED, OR FROZEN)

Arrowroot
Artichokes
Arugula
Asparagus
Avocados
Bean sprouts
Beans: green, yellow (wax), French (string)
Beets: greens, roots
Bok choy
Brussels sprouts
Cabbage, all types
Carrots
Cauliflower florets
Celery
Chicory (curly endive)
Collard greens
Cucumbers
Eggplant
Endive
Fennel
Green chiles
Green onions
Hearts of palm
Jicama
Kale
Kohlrabi
Leeks
Lettuce (any except iceberg)

Mixed greens
Mushrooms
Okra
Olives, any type
Onions
Peppers: bell, pepperoncini
Radishes
Rhubarb
Seaweed
Spinach
Spirulina
Sprouts
Sweet potatoes/ yams
Tomatoes, fresh and canned: round, plum, cherry
Watercress
Zucchini and winter or yellow summer squash

FRUITS (FRESH OR FROZEN)

Blackberries
Blueberries
Cherries
Coconut, coconut milk, cream, water
Cranberries
Grapefruit
Lemons
Limes
Peaches

Plums
Prickly pears
Raspberries

ANIMAL PROTEIN

Beef: filet, steaks, lean ground
Buffalo meat
Calamari
Chicken: boneless, skinless dark or white meat, ground
Clams
Crab, lump meat
Deli meats, nitrate-free: corned beef, turkey, chicken, roast beef
Eggs, whole
Game: pheasant
Halibut fillet
Herring
Lamb
Liver
Lobster meat
Oysters
Pork: chops, loin roast
Rabbit
Salmon, fresh, frozen, or nitrate-free smoked
Sardines, packed in olive oil
Sausage, nitrate-free: chicken, turkey

Scallops
Sea bass fillet
Shrimp
Skate
Trout
Tuna, packed in water or oil
Turkey
Turkey bacon: nitrate-free

PLANT PROTEIN

Almond milk, unsweetened, almond cheese, almond flour
Cashew milk
Chickpeas/garbanzo beans
Dried (or canned) beans: adzuki, black, butter, cannellini, Great Northern, kidney, lima, navy, pinto, white
Hemp milk, unsweetened
Lentils

GRAINS

Barley, black or white
Oats: steel-cut, old-fashioned
Quinoa
Sprouted-grain: bread, bagels, tortillas
Wild rice

BROTHS, HERBS, SPICES, CONDIMENTS, AND SUPPLEMENTS

Brewer's yeast
Broths: beef, chicken, vegetable*
Carob chips
Dried herbs: all types
Fresh herbs: all types
Garlic, fresh
Ginger, fresh
Horseradish, prepared
Ketchup, no sugar added, no corn syrup
Mustard, prepared, dry
Natural seasonings: Bragg Liquid Aminos, coconut amino acids, tamari
Noncaffeinated herbal teas or Pero
Pickles, no sugar added
Salsa
Seasonings: black and white peppers, cinnamon, chili powder, crushed red pepper flakes, cumin, curry powder, onion salt, raw cacao

powder, turmeric, sea salt, Simply Organic seasoning
Sweeteners: Stevia, Xylitol (birch only)
Tomato paste
Tomato sauce, no sugar added
Vanilla or peppermint extract
Vinegar, any type (except rice)

HEALTHY FATS

Avocados
Hummus
Mayonnaise, safflower
Nuts, raw: almonds, cashews, hazelnuts, pecans, pine nuts, pistachios, walnuts
Nut/seed butters and pastes, raw
Oils: coconut, grapeseed, olive, sesame, toasted sesame (Asian)
Seeds, raw: flax, hemp, pumpkin, sesame, sunflower
Tahini

*Note: All broths, if possible, should be free of additives and preservatives.

**“We are on
this journey
together—
come shop
with me!”**

—HAYLIE POMROY



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Want more support on the diet? Check out the Fast Metabolism Diet app and Haylie’s website.

www.hayliepomroy.com