

*Always Hungry?*

## Supplemental Materials

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## PHASE 1 WEEK 1 MENU AT-A-GLANCE\*

MONDAY (Day 1)	TUESDAY (Day 2)	WEDNESDAY (Day 3)	THURSDAY (Day 4)	FRIDAY (Day 5)	SATURDAY (Day 6)	SUNDAY (Day 7)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Huevos Rancheros—fried eggs with <i>Ranchero Sauce</i> and cheese; raspberries and Greek yogurt	<i>Phase 1 Power Shake</i>	<i>Black Bean Tofu Hash</i> with cheese, sour cream, and avocado	Spinach Omelet; fruit and Greek yogurt	Smoked salmon with cheese, sliced cucumbers, tomatoes, and <i>Creamy Dill Sauce</i> ; blueberries	<i>Grain-Free Waffles or Pancakes with Fruit Sauce</i> and <i>Whipped Cream</i> ; turkey bacon	<i>Dr. Ludwig's Favorite Frittata</i> ; fruit and yogurt
Prep: Assemble and pack today's snacks and lunch.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks; store leftover Hash for tonight's prep.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks.	Prep: Assemble and pack today's snacks; store leftovers for Day 8 (Monday) Breakfast.	Prep: Assemble and pack today's snacks; store leftover frittata for Day 9 Breakfast.
<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>
<i>Trail Mix</i>	<i>Smoked Salmon Cucumber Rounds</i>	<i>Cold-Cut Lettuce Boats with Lemon Tahini Sauce</i>	Apple with peanut butter	<i>Cold-Cut Lettuce Boats with sauce of your choice</i>	<i>Cheesy Pinto Bean Dip</i>	<i>Trail Mix</i>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Mozzarella, Tomato, and Chickpea Salad with <i>Lemon Tahini Sauce</i>	<i>Chicken Salad with Grapes and Walnuts</i>	<i>Steak Salad with Blue Cheese Dressing</i> ; tangerine	Taco Salad with leftover <i>Black Bean Tofu Hash</i> , lettuce, tomato, salsa, cheese, and <i>Creamy Lime-Cilantro Dressing</i>	Leftover <i>Eggplant Parmesan</i> ; raspberries	Leftover <i>Chicken or Tofu Stir-Fry Lettuce Wrap</i> with peanuts, shredded carrots and <i>Ginger Soy Vinaigrette</i> ; tangerine	Leftover <i>Shepherd's Pie</i> ; snap peas or snow peas; dressing of your choice
<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>
<i>Cold-Cut Lettuce Boat with Creamy Dill Sauce</i>	<i>Basic Hummus</i> with veggie sticks	<i>Trail Mix</i>	<i>Spicy Pumpkin Seeds</i>	<i>Basic Hummus</i> with veggie sticks	<i>Cucumber Boats with Turkey and Feta</i>	Apple with cheese
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<i>Creamy Cauliflower Soup</i> ; <i>Herb-Roasted Chicken Thighs</i> ; broccoli and carrots with <i>Lemon Olive Oil Dressing</i> Dessert: fruit and dark chocolate	Leftover <i>Creamy Cauliflower Soup</i> ; <i>Steak or Pan-Fried Tempah Strips</i> and onions; Kale with <i>Lemon Tahini Sauce</i> Dessert: raspberries and cream	<i>Broiled Fish with Garlic and Lemon</i> ; sautéed kale with <i>Creamy Dill Sauce</i> ; salad with dressing of your choice Dessert: <i>Poached Seasonal Fruit with Chocolate Sauce</i>	<i>Eggplant Parmesan</i> ; salad with dressing of your choice Dessert: raspberries	<i>Chicken or Tofu Stir-Fry</i> Dessert: <i>Coconut Cashew Clusters</i> (made last night)	<i>Shepherd's Pie</i> ; snap peas or snow peas; <i>Creamy Dill Sauce</i> Dessert: dark chocolate	<i>Coconut Curry Shrimp or Tofu</i> Dessert: strawberries with <i>Chocolate Sauce</i>
Prep: Assemble tomorrow's lunch using leftover chicken; store leftover soup for tomorrow's dinner.	Prep: Assemble tomorrow's lunch using leftover steak or tempah.	Prep: Assemble tomorrow's lunch using leftover Hash; store leftover <i>Chocolate Sauce</i> for Day 7 Dinner.	Prep: Pack leftovers for tomorrow's lunch; Make <i>Coconut Cashew Clusters</i> for tomorrow's dessert.	Prep: Assemble tomorrow's lunch using leftover stir-fry.	Prep: Pack leftovers for tomorrow's lunch; freeze any additional leftover portions.	Prep: Assemble tomorrow's lunch using leftover curry.

\* This plan serves as a quick glance of the week to hang on the fridge. For details on how to put these meals together, see the first week of the Phase 1 Meal Plan (page 160)

## PHASE 1 WEEK 2 MENU AT-A-GLANCE\*

MONDAY (Day 8)	TUESDAY (Day 9)	WEDNESDAY (Day 10)	THURSDAY (Day 11)	FRIDAY (Day 12)	SATURDAY (Day 13)	SUNDAY (Day 14)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Leftover Grain-Free Waffles or Pancakes with Fruit Sauce and Whipped Cream (from Day 6); turkey bacon Prep: Assemble and pack today's snacks.	Leftover Dr. Ludwig's Favorite Frittata (from Day 7); fruit and yogurt Prep: Assemble and pack today's snacks.	Phase 1 Power Shake Prep: Assemble and pack today's snacks.	Black Bean Tofu Hash with cheese, sour cream, and avocado Prep: Assemble and pack today's snacks.	Huevos Rancheros—fried eggs with Ranchero Sauce and cheese; raspberries and Greek yogurt Prep: Assemble and pack today's snacks.	Grain-Free Waffles or Pancakes with Fruit Sauce and Whipped Cream; turkey bacon Prep: Assemble and pack today's snacks; freeze reserved waffles for Phase 2, Day 6; store reserved turkey bacon for tomorrow's prep.	Phase 1 Power Shake Prep: Assemble and pack today's snacks.
<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>
Herbed-Roasted Parmesan Chickpeas	Spicy Pumpkin Seeds	Trail Mix	Cucumber Boats with Turkey and Feta	1 ounce chocolate	Cold Cut Lettuce Boats with dressing of your choice	Apple with peanut butter
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Leftover Coconut Curry Shrimp or Tofu (from Day 7) Lettuce Wrap	Salmon or Tofu Salad Lettuce Wrap, apple	Leftover Mediterranean Chicken or Tofu; dark chocolate	Leftover Beef or Tempeh Cabbage Casserole; salad with Mustard Vinaigrette	Salmon, Arugula, and Orange Salad with Ginger Soy Vinaigrette	Leftover Thai Peanut Tempeh Lettuce Wrap with sprouts, peanuts and lime	5-Layer Ranchero Chicken Bake
<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>
1 ounce dark chocolate	Cheesy Pinto Bean Dip	Apple with peanut butter	Herb-Roasted Chickpeas	Edamame	Apple with cheese	Snack of your choice
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Chipotle Mayonnaise Baked Fish; kale and carrot with Lemon Olive Oil Dressing Dessert: blueberries and coconut milk	Mediterranean Chicken or Tofu; tomato, cucumber, and fresh basil salad with Mustard Vinaigrette Dessert: berries	Carrot Ginger Soup with coconut milk; Beef or Tempeh Cabbage Casserole; kale with dressing of your choice Dessert: roasted pecans	Leftover Carrot-ginger Soup with coconut milk; broiled salmon; Garlic Herb Zucchini Rounds Dessert: fruit and dark chocolate	Thai Peanut Tempeh; cucumber with lemon Dessert: spiced chai with soy milk or whole milk	Creamy Cauliflower Soup; Ranchero Chicken; broccoli with dressing of your choice Dessert: dark chocolate	Melt-in-Your Mouth Lamb Shanks; Sautéed Greens with Garlic; crudité's with dressing of your choice Dessert: berries
Prep: Assemble tomorrow's lunch using Salmon or Tofu Salad (made on Day 7 Prep Day).	Prep: Pack leftover Mediterranean Chicken or Tofu for tomorrow's lunch.	Prep: Pack leftover casserole with a salad for tomorrow's lunch; store leftover soup for tomorrow's dinner.	Prep: Assemble tomorrow's lunch using leftover salmon.	Prep: Assemble tomorrow's lunch using leftover Thai Peanut Tempeh.	Prep: Assemble tomorrow's lunch using leftover Ranchero Chicken.	Prep: Assemble tomorrow's lunch using reserved turkey bacon (from yesterday's breakfast) and boiled egg (from tonight's dinner prep); store sweet potato (from tonight's dinner prep) for tomorrow's dinner.

\* This plan serves as a quick glance of the week to hang on the fridge. For details on how to put these meals together, see the second week of the Phase 1 Meal Plan (page 168)

## PHASE 2 MENU AT-A-GLANCE\*

MONDAY (Day 1)	TUESDAY (Day 2)	WEDNESDAY (Day 3)	THURSDAY (Day 4)	FRIDAY (Day 5)	SATURDAY (Day 6)	SUNDAY (Day 7)
<b>Breakfast</b> Strawberry Fig Yogurt with Nuts and honey  Prep: Assemble and pack today's snacks.	<b>Breakfast</b> <i>Black Bean Tofu Hash</i> with leftover <i>Ranchero Sauce</i> , cheese, and guacamole; fruit  Prep: Assemble and pack today's snacks.	<b>Breakfast</b> <i>Overnight Steel-Cut Oats</i> with nuts and blueberries; scrambled eggs  Prep: Assemble and pack today's snacks.	<b>Breakfast</b> <i>Peanut Butter Banana Power Shake</i>  Prep: Assemble and pack today's snacks.	<b>Breakfast</b> Scrambled eggs with spinach, tomato, quinoa, and cheese; fruit and yogurt with honey  Prep: Assemble and pack today's snacks. Optional: Cook Brown Rice for tonight's dinner.	<b>Breakfast</b> <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (from Phase 1, Day 13) and <i>Whipped Cream</i> ; turkey bacon  Prep: Assemble and pack today's snacks.	<b>Breakfast</b> <i>Dr. Ludwig's Favorite Frittata</i> ; black beans and sour cream; fruit and yogurt  Prep: Assemble and pack today's snacks.
<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>
<b>Lunch</b> <i>Cobb Salad</i> (using leftover egg from last night's prep and turkey bacon from Saturday breakfast); fruit	<b>Lunch</b> <i>Shrimp over Cracked Wheat Salad</i>	<b>Lunch</b> Leftover <i>Marinara Primavera</i> with quinoa	<b>Lunch</b> <i>Red Lentil Soup (from Day 1 Prep)</i> ; <i>Mexican Shredded Chicken</i> and Corn Salad with <i>Chipotle Mayonnaise</i> or <i>Creamy Lime-Cilantro Dressing</i>	<b>Lunch</b> Leftover Broiled Salmon; leftover <i>Quinoa Salad with Pecans and Cranberries</i> ; leftover steamed butternut squash; fruit	<b>Lunch</b> Leftover <i>Chicken or Tofu Stir-Fry</i> Lettuce Wrap with <i>Ginger-Soy Vinaigrette</i> ; tangerine	<b>Lunch</b> Leftover <i>Beef (or Tofu)</i> , <i>Bean</i> , and <i>Barley Stew</i> over spinach; peanuts and chocolate
<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>
<b>Dinner</b> Leftover <i>Melt-in-Your-Mouth Lamb Shanks</i> (from last night); <i>Roasted Whole Sweet Potato</i> (from last night prep); asparagus Dessert: pear	<b>Dinner</b> <i>Marinara Primavera</i> with quinoa Dessert: Chai with soy milk or whole milk and honey	<b>Dinner</b> <i>Mexican Shredded Chicken</i> ; <i>Soft Millet-Corn Polenta</i> ; kale with <i>Creamy Lime-Cilantro Dressing</i> Dessert: strawberries, yogurt and honey	<b>Dinner</b> Broiled Salmon; <i>Quinoa Salad with Pecans and Cranberries</i> ; <i>Steamed Butternut Squash</i> Dessert: <i>Poached Seasonal Fruit</i> —pear	<b>Dinner</b> <i>Chicken or Tofu Stir-Fry</i> with brown rice Dessert: <i>Coconut Cashew Clusters</i> (made last night)	<b>Dinner</b> <i>Beef (or Tofu)</i> , <i>Bean</i> , and <i>Barley Stew</i> Dessert: <i>Pear Strawberry Crisp</i>	<b>Dinner</b> <i>Honey Balsamic Marinated Fish</i> ; <i>Roasted Sweet Potatoes</i> ; <i>Kale With Carrots and Currants</i> Dessert: <i>Poached Seasonal Fruit with Chocolate Sauce</i>
<b>Snacks</b> Prep: Make tomorrow's lunch and <i>Red Lentil Soup</i> for Day 4 lunch; freeze additional portions.	<b>Snacks</b> Prep: Pack leftover <i>Marinara Primavera</i> and quinoa for tomorrow's lunch; store leftover quinoa for Day 4 Dinner and Day 5 breakfast; cook <i>Overnight Steel-Cut Oats</i> .	<b>Snacks</b> Prep: Assemble tomorrow's lunch using leftover <i>Mexican Shredded Chicken</i> ; freeze additional leftover portions of chicken for future meals.	<b>Snacks</b> Prep: Pack leftovers for tomorrow's lunch; make <i>Coconut Cashew Clusters</i> for tomorrow's dessert; soak 1 cup brown rice.	<b>Snacks</b> Prep: Assemble tomorrow's lunch using leftover stir-fry.	<b>Snacks</b> Prep: Pack leftovers for tomorrow's lunch.	<b>Snacks</b> Prep: Assemble tomorrow's lunch; store leftover sweet potato for future meal.

\* This plan serves as a quick glance of the week to hang on the fridge. For details on how to put these meals together, see the Phase 2 Meal Plan (page 192).