

*Always Hungry?*

## Supplemental Materials

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## *Appendix 2*

### SIMPLIFIED MEAL PLAN

- This alternative meal plan is intended to shorten and simplify meal preparation during all phases of the program with extensive use of leftovers and items made ahead of time. The plan is designed for one person, but can be adjusted for families of any size. To serve one person, make a full recipe (unless otherwise noted) and store reserved portions to be used in subsequent meals as directed in the prep notes.
- The plan includes five three-day “blocks” featuring different main foods (such as chicken, seafood, beef, or tofu). The blocks can be chosen in any order preferred. Each block indicates how to prepare the meals for Phase 1, and how to modify them appropriately for Phases 2 and 3.
- Phase 3 meal variations typically include processed carbohydrate options. Consume these processed carbohydrates only as tolerated, generally aiming for no more than two servings a day (see page 204).
- The first lunch in each block may be replaced with leftovers from previous meals.
- Casseroles like Shepherd’s Pie and Cabbage Casserole were not incorporated but could be made ahead, frozen, and interspersed within any meal block as desired.
- Adapt this plan according to your needs. Many breakfasts don’t use leftovers or require you to reserve a portion for a future meal. These meals are easily substituted for options from the main meal plan.

BLOCK ONE: CHICKEN				
Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)	
<p><b>Make Sauces:</b>  <i>Ranchero Sauce*</i> (page 272)  <i>Basic Mayonnaise*</i> (page 259)  <i>Mustard Vinaigrette*</i> (page 264)  <i>Lemon Olive Oil Dressing*</i> (page 269)</p> <p><b>Make Snacks:</b>  <i>Trail Mix</i> (page 291)  <i>Basic Hummus*</i> (page 290) or add pre-made hummus to shipping list</p> <p><b>Make Recipe Ingredients:</b>            Roast 1 tablespoon walnuts (see chart, page 319), Roasting Nuts and Seeds for Day 2 Lunch: Chicken Salad            Make Mozzarella, Tomato, and Chickpea Salad or (Phase 2) Cobb Salad for Day 1 Lunch            Optional: 6 ounces <i>Crumbled Tempeh</i> (page 244) for Day 3            Additional Cooking Prep</p>	<p><b>Huevos Rancheros</b>            Fry 2 eggs plus 1 egg white in 1 teaspoon olive oil. Top with ½ cup <i>Ranchero Sauce</i> (page 272), 2 tablespoons shredded cheddar cheese. Serve with 1 cup raspberries and ½ cup plain whole-milk Greek yogurt.</p> <p>For Phase 2: Reduce oil to 1 teaspoon, eggs to 2, and cheese to 1 T. Add ⅓ cup cooked quinoa; add 1 teaspoon honey to the yogurt.</p> <p>For Phase 3: Serve as Phase 2 but replace quinoa with toast or tortilla.            Prep: Assemble and pack today's snacks.</p>	<p><b>Power Shake</b>  <i>Phase 1 Power Shake</i> (page 220)            For Phases 2 and 3: Use <i>Phase 2 Peanut Butter Banana Power Shake</i> (page 221).            Prep: Assemble and pack today's snacks.</p>	<p><b>Spinach Omelet</b>            Heat 2 teaspoons olive oil in a skillet. Whisk 2 eggs plus 1 egg white. Add 1 cup baby spinach leaves, salt, and pepper. Pour into the pan. Top with 3 tablespoons shredded cheddar cheese. Fold over and cook until done. Serve with 1 cup fresh fruit and ½ cup plain whole-milk Greek yogurt.</p> <p>For Phase 2: Reduce oil to 1 teaspoon, eggs to 2, and cheese to 1 to 2 tablespoons; add 1 medium tomato, diced, and ⅓ cup cooked quinoa; add 1 teaspoon honey to the yogurt.</p> <p>For Phase 3: Serve as Phase 2 but replace quinoa with toast or tortilla.            Prep: Assemble and pack today's snacks.</p>	
	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	
		¼ cup <i>Trail Mix</i> (page 291)	About ⅓ cup <i>Basic Hummus</i> (page 290) with Veggies	Small apple with 1 ounce cheese or 2 tablespoons peanut butter
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
		<p><b>Mozzarella, Tomato, and Chickpea Salad</b>            1 medium tomato, chopped; ½ cup cooked garbanzo beans (chickpeas), drained and rinsed; 3 ounces fresh mozzarella; 1 cup lettuce; 2 tablespoons <i>Mustard Vinaigrette</i> (page 264); salt and pepper, Optional: Add 2 ounces canned sardines.</p> <p>For Phases 2 and 3: Serve <i>Cobb Salad*</i> (page 255) with 1 cup berries or other seasonal fruit.</p>	<p><b>Chicken Salad</b>  <i>Chicken Salad with Grapes and Walnuts*</i> (page 252)            For Phases 2 and 3: Use Phases 2 and 3 Variation with ½ cup cooked quinoa in place of chickpeas.</p>	<p><b>Ranchero Chicken Bake</b>            (from previous night's dinner)</p>
	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	
		<i>Cold-Cut Lettuce Boats</i> (page 294) with sauce of your choice	¼ cup <i>Trail Mix</i> (page 291)	About ⅓ cup <i>Hummus</i> (page 290) with veggies

BLOCK ONE: CHICKEN			
	Dinner	Dinner	Dinner
<p><i>Creamy Cauliflower Soup</i>* (page 280) for Days 1 and 2 Dinner</p> <p><b>Additional Prep For Phase 2:</b></p> <p>½ cup (dry) brown rice (page 317—Guide to Cooking Whole Grains)</p> <p>½ cup (dry) quinoa (page 317—Guide to Cooking Whole Grains)</p>	<p><b>Soup, Herb-Roasted Chicken Thighs and Vegetables</b></p> <p><i>Creamy Cauliflower Soup</i>* (page 280); <i>Herb-Roasted Chicken Thighs</i> (page 241): Bake about ½ lb bone-in, skin-on, and 1½ pounds boneless, skinless. Put herbs (¼ the amount) only on bone-in thighs, and salt on all. Serve herbed, bone-in, skin-on for tonight; store boneless, skinless to use in Days 2 and 3 lunches and dinners); 1 to 2 cups, broccoli and carrots, blanched (page 313—Guide to Cooking Vegetables) with 1 to 2 tablespoons <i>Lemon Olive Oil Dressing</i> (page 269)</p> <p>Dessert</p> <p>1 cup fruit, ½ ounce square of chocolate</p> <p>For Phase 2: Serve with ½ cup cooked brown rice, a squeeze of lemon on the vegetables, and 1 cup fruit for dessert.</p> <p>For Phase 3: Serve as in Phase 2 or with brown or white rice or pasta.</p>	<p><b>Soup &amp; Ranchero Chicken Bake</b></p> <p><i>Creamy Cauliflower Soup</i> (from previous night's dinner) garnished with 1 tablespoon heavy cream; <b>Ranchero Chicken Bake:</b> Layer 2 cups (packed) spinach, chicken (using 10 to 12 ounces boneless, skinless chicken from previous night's dinner), 1 cup black beans, ⅔ cup <i>Ranchero Sauce</i> (page 272), and ¼ cup shredded cheddar cheese in an ovenproof dish. Bake at 350°F until cheese melts and spinach wilts. (Makes 2 servings—serve one tonight and pack the second for lunch tomorrow.) Top each serving with ½ avocado, sliced, or ¼ cup guacamole and 2 tablespoons sour cream.</p> <p>Dessert</p> <p>1 ounce square of chocolate</p> <p>For Phase 2: Add ½ cup cooked quinoa (¼ cup per serving) with the chicken, reduce toppings per serving to ¼ avocado and 1 tablespoon sour cream.</p> <p>For Phase 3: Same as Phase 2, but use 2 corn tortillas instead of brown rice and reduce cheese to 2 tablespoons total.</p>	<p><b>Marinara Primavera &amp; Salad</b></p> <p><i>Marinara Primavera</i>** (page 234, using 5 to 6 ounces boneless, skinless chicken from Day 1 Dinner instead of tempeh); 1 to 2 cups salad greens with ¼ cup chopped raw veggies and 1 tablespoon <i>Mustard Vinaigrette</i> (page 264)</p> <p>Dessert</p> <p>1 cup fresh fruit</p> <p>Optional Additional Cooking Prep:</p> <p>Make ½ recipe <i>Marinara Primavera</i> instead of ¼ recipe. Use chicken (from Day 1 Dinner), as noted above for one portion and 4 to 6 ounces <i>Crumbled Tempeh</i> (page 244) (from prep day) or other protein of your choice for the other portion to serve for tomorrow's lunch with salad.</p> <p>For Phase 2: Serve over ½ cup cooked quinoa; serve 1 cup chai with 1 to 2 tablespoons soy milk or whole milk and 1 teaspoon honey for dessert.</p> <p>For Phase 3: Serve over ½ to 1 cup pasta.</p>
	<p>Prep: Assemble tomorrow's lunch—<i>Chicken Salad with Grapes and Walnuts</i>* (page 252) using 4 to 5 ounces boneless, skinless chicken; store lettuce separately and add tomorrow before serving.</p>	<p>Prep: Pack tomorrow's lunch—leftover portion of Ranchero Chicken Bake.</p>	<p>Prep: Pack tomorrow's lunch.</p>

\* To serve one person, make ½ recipe and store reserved portion to be used in subsequent meals as directed in prep notes

\*\* To serve one person, make ¼ recipe

BLOCK TWO: CHICKEN OR TOFU				
Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)	
<p><b>Make Sauces:</b>  <i>Tartar Sauce*</i> (page 261) using <i>Basic Mayonnaise*</i> (page 259)  <i>Stir-Fry Sauce*</i> (page 260)  <i>Ginger-Soy Vinaigrette*</i> (page 267)  <i>Coconut Curry Sauce*</i> (page 266)  <i>Chocolate Sauce*</i> (page 289)  <i>Lemon Olive Oil Dressing</i> (page 269)  <b>Make Snacks:</b>  <i>Trail Mix</i> (page 291)            Roast 2 tablespoons peanuts (page 319—Guide to Roasting Nuts and seeds) for Day 2            Lunch lettuce Wrap  <b>Make Recipe Ingredients:</b>  <i>Salmon or Tofu Salad</i> (page 254) for Day 1 Lunch and Days 2 &amp; 3 Snacks  <i>Coconut Cashew Clusters**</i> (page 284)</p> <p>Optional: Chop vegetables for Days 1 and 2 Dinners</p> <p><b>Additional Prep For Phase 2:</b>  <i>Ranchero Sauce</i> (page 272)            1 cup (dry) brown rice (page 317—Guide to Cooking Whole Grains)            ½ (dry) quinoa (page 317—Guide to Cooking Whole Grain)</p>	<p><b>Frittata with Fruit and Yogurt</b>  <i>Dr. Ludwig's Favorite Frittata*</i> (page 225) (reserve a slice for Day 2 Snack); 1 cup fruit, ⅔ cup plain whole-milk Greek yogurt            For Phase 2: Use <i>Dr. Ludwig's Favorite Frittata</i> (Phase 2 Variation); serve with ½ cup black beans and 1 tablespoon sour cream; reduce yogurt to 2 tablespoons.            For Phase 3: Serve as for Phase 2 and drizzle honey on yogurt.            Prep: Pack today's snacks.</p>	<p><b>Grain-Free Waffles and Turkey Bacon</b>  <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (page 223): Make a full recipe of waffles and ¼ of the Fruit Sauce and Whipped Cream. Freeze remaining waffles for future meals. Serve 1 waffle with fruit sauce and 3 tablespoons <i>Whipped Cream</i> (page 230) or 1 tablespoon almond butter, and 1 slice turkey bacon.            For Phase 2: <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (page 223) Phase 2 Variations            For Phase 3: <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (page 223) Phase 3 Variations            Prep: Pack today's snacks.</p>	<p><b>Black Bean Tofu Hash</b>  <i>Black Bean Tofu Hash**</i> (page 222). Top with 2 tablespoons shredded cheddar cheese, 1 to 2 tablespoons sour cream, ½ avocado, sliced, or 5 tablespoons guacamole.            For Phase 2: Top with ¼ cup <i>Ranchero Sauce</i> (page 272), 3 tablespoons shredded cheddar cheese, and 1 tablespoon guacamole or a large slice of avocado. Serve with 1 cup fresh fruit.            For Phase 3: Serve as for Phase 2, but reduce cheese to 1 to 2 tablespoons and add 1 corn tortilla.            Prep: Assemble and pack today's snacks.</p>	
		<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
		¼ cup <i>Trail Mix</i> (page 291)	Slice of <i>Dr. Ludwig's Favorite Frittata</i> (from yesterday's breakfast)	<i>Cucumber Boats</i> (page 294) using about 6 tablespoons <i>Salmon or Tofu Salad</i> (from prep day) in place of turkey and feta
		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
		<p><b>Salmon Salad Lettuce Wrap</b>            Divide ¾ to 1 cup <i>Salmon or Tofu Salad</i> (page 254) evenly among 3 or 4 large lettuce leaves, leaving plenty of room to fold and wrap each leaf around the filling. Serve with an apple.            For Phase 2: Serve with ½ cup quinoa.            For Phase 3: Serve with rye or other whole grain crackers.</p>	<p><b>Chicken Stir-Fry Lettuce Wrap</b>            Divide a lunch-size portion of Leftover <i>Chicken or Tofu Stir-Fry</i> (from previous night's dinner) with ½ cup shredded carrots and 2 tablespoons peanuts evenly among 3 or 4 large lettuce leaves, leaving plenty of room to fold and wrap each leaf around the filling. Place 2 tablespoons <i>Ginger-Soy Vinaigrette</i> (page 267) in a shallow container. Dip the wraps in the sauce. Serve with a tangerine.            For Phase 2: Use Brown Rice Variation (from previous night's dinner).</p>	<p><b>Coconut Curry Chicken Lettuce Wrap</b>            Divide reserved portion of Leftover <i>Coconut Curry Chicken or Tofu</i> (from previous night's dinner) evenly among 3 or 4 large lettuce leaves, add sprouts, leaving plenty of room to fold and wrap each leaf around the filling. Serve with an orange.            Optional: Add a squeeze of lime or place 1 to 2 tablespoons <i>Ginger-Soy Vinaigrette</i> in a shallow container. Dip the wraps in the sauce.            For Phase 2: Use Brown Rice Variation (from previous night's dinner).</p>

**BLOCK TWO: CHICKEN OR TOFU**

	Lunch	Lunch	Lunch
		For Phase 3: Use Stir-Fry with Asian noodles (from previous night's dinner). Instead of wrapping, toss with lettuce and 1 tablespoon <i>Ginger-Soy Vinaigrette</i> .	For Phase 3: Use Asian noodles (from previous night's dinner). Toss with lettuce and 1 tablespoon <i>Ginger-Soy Vinaigrette</i> or a squeeze of lime and sprouts.
	Snack	Snack	Snack
	Small apple with 1 ounce cheese or 2 tablespoons peanut butter	<i>Cucumber Boats</i> (page 294) with about 6 tablespoons <i>Salmon or Tofu Salad</i> (from prep day) in place of turkey and feta	¼ cup <i>Trail Mix</i> (page 291)
	Dinner	Dinner	Dinner
	<p><b>Chicken Stir-Fry</b>  <i>Chicken or Tofu Stir-Fry*</i> (page 230): Although you are making half the recipe of stir-fry, you will be prepping extra chicken for tomorrow. So, sauté 1½ pounds boneless, skinless chicken or extra-firm tofu, then remove half the chicken or tofu before adding the <i>Stir-Fry Sauce</i> and vegetables, and set it aside for tomorrow's dinner. If using tofu, serve with ½ cup edamame appetizer.                      Dessert  <i>Coconut Cashew Clusters**</i> (from prep day)                      For Phase 2: Make <i>Chicken Stir-Fry</i> using Brown Rice Variation.                      For Phase 3: Serve as for Phase 2 with Asian noodles instead of brown rice.</p>	<p><b>Coconut Curry Chicken</b>  <i>Coconut Curry Shrimp*</i>—<i>Chicken or Tofu Variation</i> (page 248) (using reserved portion of chicken or tofu from previous night's dinner)                      Dessert                      ½ cup strawberries with 2 tablespoons <i>Chocolate Sauce</i> (from prep day)                      For Phase 2: Serve with ½ cup brown rice.                      For Phase 3: Serve with Asian noodles.</p>	<p><b>Mediterranean Chicken</b>  <i>Mediterranean Chicken or Tofu*</i> (page 245); 1 small tomato, sliced, with ½ small cucumber, sliced, and a few leaves of fresh basil topped with 1 tablespoon <i>Lemon Olive Oil Dressing</i> (page 269)                      Dessert                      ½ cup berries                      For Phase 2: Use ½ the amount of feta, and serve with ½ cup cooked quinoa.                      For Phase 3: Serve as for Phase 2 with 1 or 2 slices bread instead of quinoa.</p>
	Prep: Pack tomorrow's lunch—Lettuce Wrap using reserved portion of <i>Chicken Stir-Fry</i> ; store lettuce, carrots, peanuts (if using tofu, serve with ½ cup edamame instead of carrots and peanuts), and <i>Ginger-Soy Vinaigrette</i> separately and assemble before eating; pack a tangerine.	Prep: Pack tomorrow's lunch—Lettuce Wrap using reserved portion of <i>Coconut Curry Chicken or Tofu</i> (Phase 2: Add ¼ cup brown rice); store lettuce separately; pack an orange, sprouts, and optional dressing or lime wedges.	Prep: Pack tomorrow's lunch—leftover portion of <i>Mediterranean Chicken</i> (Phase 2 add ½ cup cooked quinoa).

\* To serve one person, make ½ recipe and store reserved portion to be used in subsequent meals as directed in prep notes

\*\* To serve one person, make ¼ recipe

**BLOCK THREE: STEAK OR TEMPEH**

Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)
<p><b>Make Sauces:</b>  <i>Creamy Dill Sauce*</i> (page 270)  <i>Mustard Vinaigrette*</i> (page 264)  <i>Blue Cheese Dressing*</i> (page 263)  <i>Creamy Lime-Cilantro Dressing*</i> (page 271)  <i>Stir-Fry Sauce</i> (page 260)  <b>Make Snacks:</b>  <i>Spicy Pumpkin Seeds*</i> (page 292) or <i>Trail Mix*</i> (page 291)  <b>Make Recipes or Recipe Ingredients:</b>  <i>Red Lentil Soup</i> (page 283) for Day 1 Lunch, and Day 3 Dinner, freeze additional portions for future meals  <i>Creamy Cauliflower Soup*</i> (page 280) for Days 1 and 2 Dinner</p>	<p><b>Smoked Salmon and Dill Sauce</b>            3 ounces smoked salmon, 1 ounce cheddar cheese, 1 medium tomato, sliced, and 1 small cucumber, sliced; top with 3½ tablespoons <i>Creamy Dill Sauce</i> (page 270); 1 cup fresh blueberries or fruit of your choice            For Phase 2: Omit cheese and reduce dressing to 2 tablespoons. Add ¼ cup yogurt drizzled with honey.            For Phase 3: Serve as for Phase 2, with 1 slice bread.            Prep: Assemble and pack today's snacks.</p>	<p><b>Black Bean Tofu Hash</b>  <i>Black Bean Tofu Hash*</i> (page 222) (store reserved portion for tomorrow's lunch). Top with 2 tablespoons shredded cheddar cheese, 1 to 2 tablespoons sour cream, ½ avocado, sliced, or 5 tablespoons guacamole.            For Phase 2: Top with ¼ cup <i>Ranchero Sauce</i> (page 272), 3 tablespoons shredded cheddar cheese, and 1 tablespoon guacamole or a large slice of avocado. Serve with 1 cup fresh fruit.            For Phase 3: Serve as for Phase 2, but reduce cheese to 1 to 2 tablespoons and add 1 corn tortilla.            Prep: Assemble and pack today's snacks.</p>	<p><b>Power Shake</b>  <i>Phase 1 Power Shake</i> (page 220)            For Phases 2 and 3: Use Phase 2 <i>Peanut Butter Banana Power Shake</i> (page 221).            Prep: Assemble and pack today's snacks.</p>
	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
	<p>¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)</p>	<p><i>Cold-Cut Lettuce Boats</i> (page 294) with dressing of your choice</p>	<p>¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)</p>
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	<p><b>Soup and Salad</b>  <i>Red Lentil Soup</i> (from prep day);            Mozzarella, Tomato, and Chickpea Salad: 1 medium tomato, chopped; ½ cup cooked garbanzo beans (chickpeas), drained and rinsed; 3 ounces fresh mozzarella; 1 cup lettuce; 2 tablespoons <i>Mustard Vinaigrette</i> (page 264); salt and pepper to taste            For Phases 2 and 3: Serve <i>Cobb Salad**</i> (page 255) with 1 cup berries or other seasonal fruit.</p>	<p><b>Steak and Onions, Vegetables</b>            Leftover 5 ounces steak or 4 ounces <i>Pan-Fried Tempeh Strips</i>, sautéed onions, and kale (from previous night's dinner) with 1 tablespoon <i>Creamy Dill Sauce</i> (page 270); cup of fruit            For Phases 2 and 3: Add <i>Roasted Sweet Potatoes</i> from previous night's dinner.</p>	<p><b>Taco Salad</b>            1½ cups <i>Black Bean Tofu Hash</i> (page 222) (from previous day's breakfast), 1 cup romaine or other lettuce, 1 small tomato, diced, 2 tablespoons salsa, 2 tablespoons shredded cheddar cheese top with 3 tablespoons <i>Creamy Lime-Cilantro Dressing</i> (page 271)            For Phase 2: Reduce dressing to 2 tablespoons and serve with an orange.            For Phase 3: Serve as for Phase 2 and add a handful tortilla chips or wrap in a tortilla.</p>
	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<p><i>Make Mozzarella, Tomato, and Chickpea Salad</i> or (phase 2) <i>Cobb Salad</i> (vegetarian) for Day 1 Lunch.</p>	<p><i>Cold-Cut Lettuce Boats</i> (page 293) with dressing of your choice</p>	<p>Small apple with 1 ounce cheese or 2 tablespoons peanut butter</p>	<p><i>Cold-Cut Lettuce Boats</i> (page 293) with dressing of your choice</p>

**BLOCK THREE: STEAK OR TEMPEH**

	Dinner	Dinner	Dinner
<p>For Tempeh Option Only: 8 ounces <i>Crumbled Tempeh</i> (page 244) for Days 2 and 3 Dinners, and 8 ounces <i>Pan-Fried Tempeh Strips</i> (page 243) for Day 1 Dinner and Day 2 Lunch</p> <p><b>Additional Prep For Phases 2 and 3:</b> <i>Ranchero Sauce*</i> (page 272) 1/3 cup (dry) quinoa (page 317—Guide to Cooking Whole Grains)—freeze any remaining portions</p>	<p><b>Soup, Steak and Onions, Vegetables</b> <i>Creamy Cauliflower Soup</i> (from prep day)—add 1 tablespoon cream. Cook a 20-ounce tenderloin steak (follow steak cooking instructions from <i>Steak Salad</i>, page 253), or use <i>Pan-Fried Tempeh Strips</i> from prep day—use 5 ounces steak or 4 ounces tempeh for tonight’s dinner; store reserved steak or tempeh for tomorrow’s lunch and dinner and Day 3 Dinner; sauté 1 small onion in the pan juices on medium-high heat until caramelized; 2 cups kale blanched (use half of onion and kale for tonight and half for tomorrow lunch). Top kale with 1 tablespoon <i>Creamy Dill Sauce</i> (page 270). Dessert 1 cup raspberries with 2 tablespoons heavy cream or canned coconut milk For Phases 2 and 3: Add <i>Roasted Sweet Potatoes*</i> (page 279) and omit cream or coconut milk from dessert.</p>	<p><b>Steak Salad with Blue Cheese</b> <i>Creamy Cauliflower Soup</i> (from prep day) with 1 to 2 tablespoons heavy cream; <i>Steak Salad with Blue Cheese Dressing</i> (page 253) (using 4 ounces steak or tempeh from previous night’s dinner) Dessert 1 ounce chocolate For Phase 2: Use Phase 2 variation of salad (cooked quinoa in place of cannellini beans) and omit heavy cream from soup. For Phase 3: Use Phase 3 variation of salad (croûtons in place of cannellini beans) and omit heavy cream from soup.</p>	<p><b>Soup and Pepper Steak</b> <i>Red Lentil Soup</i> (page 283); <i>Chicken Stir-Fry**</i> Pepper Steak Variation (page 230) (using remaining steak or tempeh from Day 1 Dinner) Dessert 1 cup fruit, 1/2 ounce square of chocolate For Phase 2: Add 1/2 cup quinoa. For Phase 3: Serve as for Phase 2 with egg noodles instead of quinoa.</p>
	<p>Prep: Pack tomorrow’s lunch—leftover 5 ounces steak or 4 ounces <i>Pan-Fried Tempeh Strips</i> sautéed onion and kale with <i>Creamy Dill Sauce</i>.</p>	<p>Prep: Assemble tomorrow’s lunch—Taco Salad using leftover <i>Black Bean Tofu Hash</i> from breakfast; store lettuce separately and add tomorrow before serving.</p>	<p>Prep: Pack tomorrow’s lunch.</p>

\* To serve one person, make 1/2 recipe and store reserved portion to be used in subsequent meals as directed in prep notes

\*\* To serve one person, make 1/4 recipe



**BLOCK FOUR: VEGETARIAN**

Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)
<p><b>Make Sauces:</b>  <i>Mustard Vinaigrette*</i> (page 264)  <i>Thai Peanut Sauce*</i> (page 262)  <i>Creamy Lime-Cilantro Dressing*</i> (page 271)  <i>Stir-Fry Sauce</i> (page 260)</p> <p><b>Make Snacks:</b>  <i>Spicy Pumpkin Seeds*</i> (page 292) or <i>Trail Mix*</i> (page 291)  <i>Herb-Roasted Chickpeas*</i> (page 293)</p> <p><b>Make Recipes or Recipe Ingredients:</b>  <i>Red Lentil Soup</i> (page 283) for Day 1 Lunch, freeze additional portions for future meals  <i>Crumbled Tempeh*</i> (page 244)  <i>Coconut Cashew Clusters**</i> (page 284)</p> <p>Optional: <i>Eggplant Parmesan*</i> (page 247)—Make ahead or assemble ahead. Bake or reheat just before serving. For Phase 3, make Phase 3 variation</p>	<p><b>Power Shake</b>  <i>Phase 1 Power Shake</i> (page 220)                      For Phases 2 and 3: Use <i>Phase 2 Peanut Butter Banana Power Shake</i> (page 221).                      Prep: Assemble today's lunch and snacks.</p>	<p><b>Black Bean Tofu Hash</b>  <i>Black Bean Tofu Hash*</i> (page 222) (store reserved portion for tomorrow's lunch). Top with 2 tablespoons shredded cheddar cheese, 1 to 2 tablespoons sour cream, ½ avocado, sliced, or 5 tablespoons guacamole.                      For Phase 2: Top with ¼ cup <i>Ranchero Sauce</i> (page 272), 3 tablespoons shredded cheddar cheese, and 1 tablespoon guacamole or a large slice of avocado. Serve with 1 cup fresh fruit.                      For Phase 3: Serve as in Phase 2, but reduce cheese to 1 to 2 tablespoons.                      Prep: Assemble and pack today's snacks.</p>	<p><b>Grain-Free Waffles and Vegetarian Cold Cuts</b>  <i>Grain-free Waffles or Pancakes with Fruit Sauce</i> (page 223): Make a full recipe of waffles and ¼ of the rest of the recipe. Freeze remaining waffles for future meals. Serve 1 waffle with fruit sauce and 3 tablespoons <i>Whipped Cream</i> (page 230) or 1 tablespoon almond butter, and 1 or 2 slices vegetarian cold cuts.                      For Phase 2: Use <i>Grain-Free Waffles or Pancakes with Fruit Sauce</i> (page 223) Phase 2 Variations.                      For Phase 3: Use <i>Grain-Free Waffles or Pancakes with Fruit Sauce</i> (page 223) Phase 3 Variations.                      Prep: Assemble and pack today's snacks.</p>
	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
	<p>¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)</p>	<p>About ⅓ cup <i>Herb-Roasted Chickpeas</i> (page 293)</p>	<p><i>Cold-Cut Lettuce Boats</i> (page 294) using vegetarian cold cuts with dressing of your choice</p>
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	<p><b>Soup and Salad</b>  <i>Red Lentil Soup</i> (from prep day); Mozzarella, Tomato, and Chickpea salad: 1 medium tomato, chopped; ½ cup cooked garbanzo beans (chickpeas), drained and rinsed; 3 ounces fresh mozzarella; 1 cup lettuce; 2 tablespoons <i>Mustard Vinaigrette</i> (page 264); salt and pepper to taste                      For Phases 2 and 3: Serve <i>Cobb Salad*</i> (page 255) with 1 cup berries or other seasonal fruit.</p>	<p><b>Thai Peanut Tempeh Lettuce Wrap</b>                      Divide a portion of <i>Thai Peanut Tempeh</i> (from previous night's dinner) evenly among 3 or 4 large lettuce leaves, leaving plenty of room to fold and wrap each leaf around the filling. Top with a squeeze of lime and optional sprouts                      For Phases 2: Add ⅓ cup quinoa, and serve with fruit of your choice.                      For Phase 3: Serve as a noodle salad with Asian rice noodles, sprouts and lime, and serve with a fruit of your choice.</p>	<p><b>Taco Salad</b>                      1½ cups <i>Black Bean Tofu Hash</i> (from previous day's breakfast), 1 cup chopped romaine or other lettuce, 1 small tomato, diced, 2 tablespoons salsa, 2 tablespoons shredded cheddar cheese. Top with 3 tablespoons <i>Creamy Lime-Cilantro Dressing</i> (page 271)                      For Phase 2: Reduce dressing to 2 tablespoons and serve with an orange.                      For Phase 3: Serve as for Phase 2 and add a handful tortilla chips or wrap in a tortilla.</p>

BLOCK FOUR: VEGETARIAN				
<p>Make Mozzarella, Tomato, and Chickpea Salad or (Phase 2) Cobb Salad (Vegetarian Version) for Day 1 Lunch.</p> <p><b>Additional Prep For Phases 2 and 3:</b></p> <p><i>Ranchero Sauce</i> (page 272)</p> <p>¼ cup (dry) quinoa (page 317—Guide to Cooking Whole Grains)</p> <p>¼ cup (dry) brown rice (page 317—Guide to Cooking Whole Grains)</p>	Snack	Snack	Snack	
		<i>Cold-Cut Lettuce Boat</i> (page 294) using vegetarian cold cuts with dressing of your choice	¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)	About ⅓ cup <i>Herb-Roasted Chickpeas</i> (page 293)
		Dinner	Dinner	Dinner
		<p><b>Thai Peanut Tempeh</b></p> <p><i>Thai Peanut Tempeh*</i> (page 258) garnished with 1 tablespoon peanuts. Serve with ½ small cucumber, sliced, with a dash of salt and a squeeze of lemon.</p> <p>Dessert</p> <p>1 cup spiced chai with 1 to 2 tablespoons soy milk or whole milk</p> <p>For Phase 2: Serve with ⅓ cup quinoa, and 1 cup berries or other seasonal fruit for dessert.</p> <p>For Phase 3: Serve as for Phase 2 but with Asian rice noodles instead of quinoa.</p>	<p><b>Eggplant Parmesan and Salad</b></p> <p><i>Eggplant Parmesan*</i> (page 247); salad greens with 1 cup sliced cucumber, ½ cup shredded carrot, ½ cup sliced red pepper, and 1 tablespoon <i>Mustard Vinaigrette</i> (page 264)</p> <p>Dessert</p> <p>1 cup berries</p> <p>For Phase 2: Serve with crudité and a squeeze of lemon instead of salad with dressing.</p> <p>For Phase 3: Serve as for Phase 2 with <i>Eggplant Parmesan</i> Phase 3 variation.</p>	<p>Tofu Stir-Fry</p> <p><i>Tofu Stir-Fry*</i> (page 230):</p> <p>Dessert</p> <p><i>Coconut Cashew Clusters**</i> (from prep day)</p> <p>For Phase 2: Make <i>Tofu Stir-Fry</i> using Brown Rice Variation.</p> <p>For Phase 3: Serve with Asian noodles instead of brown rice.</p>
	Prep: Pack tomorrow's lunch—Lettuce Wrap using <i>Thai Peanut Tempeh</i> ; store lettuce, lime wedges, and sprouts separately.	Prep: Assemble tomorrow's lunch—Taco Salad using leftover <i>Black Bean Tofu Hash</i> from breakfast; store lettuce separately and add tomorrow before serving. Store a portion of <i>Eggplant Parmesan</i> for Day 4 Lunch.	Prep: Pack tomorrow's lunch <i>Eggplant Parmesan</i> (from previous night's dinner) and 1 cup of berries.	

\* To serve one person, make ½ recipe and store reserved portion to be used in subsequent meals as directed in prep notes

\*\* To serve one person, make ¼ recipe

**BLOCK FIVE: SEAFOOD**

Prep Day	Breakfast (Day 1)	Breakfast (Day 2)	Breakfast (Day 3)
<p><b>Make Sauces:</b>  <i>Mustard Vinaigrette</i> (page 264)  <i>Creamy Dill Sauce*</i> (page 270)  <i>Chocolate Sauce</i> (page 289)  <i>Chipotle Mayonnaise*</i> (page 268)  <i>Creamy Lime-Cilantro Dressing*</i> (page 271)  <i>Ginger-Soy Vinaigrette**</i> (page 267)</p> <p><b>Make Snacks:</b>  <i>Spicy Pumpkin Seeds*</i> (page 292) or <i>Trail Mix*</i> (page 291)  <i>Basic Hummus*</i> (page 290)                      Roast ¼ cup peanuts (see chart, page 319) for Day 2 Breakfast</p> <p><b>Make Recipes or Recipe Ingredients:</b>  <i>Red Lentil Soup</i> (page 283) for Day 1 Lunch, and freeze additional portions for future meals</p> <p><b>Additional Prep For Phase 2:</b>                      ½ (dry) quinoa or ¾ cup brown rice (page 317—Guide to Cooking Whole Grains)  <i>Soft Millet-Corn Polenta*</i> (page 275)</p>	<p><b>Power Shake</b>  <i>Phase 1 Power Shake</i> (page 220)                      For Phases 2 and 3: Use Phase 2 <i>Peanut Butter Banana Power Shake</i> (page 221).                      Prep: Assemble today's lunch and pack today's snacks.</p>	<p><b>Yogurt with Fruit and Nuts</b>                      1 cup plain whole-milk Greek yogurt, 1 cup berries, ¼ cup peanuts or other nuts                      For Phase 2 and 3: Add 2 dried figs, cut into small pieces, 1 teaspoon honey, and reduce peanuts to 2 tablespoons.                      Prep: Pack today's snacks.</p>	<p><b>Smoked Salmon and Dill Sauce</b>                      3 ounces smoked salmon, 1 ounce cheddar cheese, 1 medium tomato, sliced, and 1 small cucumber, sliced; top with 3½ tablespoons <i>Creamy Dill Sauce</i> (page 270); 1 cup fresh blueberries or fruit of your choice                      For Phase 2: Omit cheese and reduce dressing to 2 tablespoons. Add ¼ cup yogurt drizzled with honey.                      For Phases 3: Serve as for Phase 2 with 1 slice bread.                      Prep: Pack today's snacks.</p>
	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
	<p>¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)</p>	<p><i>Cold-Cut Lettuce Boats</i> (page 294) using sardines with dressing of your choice</p>	<p>¼ cup <i>Spicy Pumpkin Seeds</i> (page 292) or <i>Trail Mix</i> (page 291)</p>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
<p><b>Soup and Salad</b>  <i>Red Lentil Soup</i> (page 283) garnished with 1 tablespoon heavy cream. For salad, toss together 2 cups salad greens, 1 cup chopped tomatoes, cucumbers, or other raw vegetables of your choice, 3 ounces bone-in, skin-on sardines packed in olive oil or 3 ounces canned sockeye salmon, and 1 to 2 tablespoons <i>Mustard Vinaigrette</i> (page 264).                      For Phase 2: Omit cream in soup; reduce salad dressing to 1 tablespoon; add an orange.                      For Phase 3: Serve as for Phase 2 and add croutons to soup.</p>	<p><b>Fish Lettuce Wrap</b>                      Combine 2 to 3 tablespoons <i>Creamy Lime-Cilantro Dressing</i> (page 271) with ½ cup shredded carrots and ¼ cup shredded cabbage. Divide evenly among 3 or 4 large lettuce leaves. Add 5 to 6 ounces leftover <i>Broiled Fish with Garlic and Lemon</i> (from previous night's dinner), divided evenly among the lettuce leaves, allowing plenty of room to fold and wrap each leaf around the filling. Serve with a tangerine.                      For Phase 2: Reduce dressing to 2 tablespoons. Add ¼ to ⅓ cup brown rice or quinoa.                      For Phase 3: Serve as for Phase 2 wrap in 2 or 3 small corn or 1 large whole grain tortilla instead of rice/quinoa.</p>	<p><b>Coconut Curry Shrimp Lettuce Wrap</b>                      Divide reserved portion of <i>Coconut Curry Shrimp or Tofu</i> (from previous night's dinner) evenly among 3 or 4 large lettuce leaves, add a squeeze of lime and some sprouts, leaving plenty of room to fold and wrap each leaf around the filling. Serve with an orange.                      Place 1 to 2 tablespoons <i>Ginger-Soy Vinaigrette</i> (page 267) in a shallow container. Dip the wraps in the sauce.                      For Phase 2: Add ¼ to ⅓ cup brown rice or quinoa.                      For Phase 3: Use Asian noodles (from previous night's dinner). Toss with lettuce, sprouts, and 1 tablespoon <i>Ginger-Soy Vinaigrette</i> or a squeeze of lime.</p>	

BLOCK FIVE: SEAFOOD			
	Snack	Snack	Snack
	About 1/3 cup <i>Basic Hummus</i> (page 290) with veggies	Small apple with 1 ounce cheese or 2 tablespoons peanut butter	About 1/3 cup <i>Hummus</i> (page 290) with veggies
	Dinner	Dinner	Dinner
	<p><b>Broiled Fish and Sautéed Kale</b></p> <p><i>Broiled Fish with Garlic and Lemon*</i> (page 232): Remove fish and lemons from pan and sauté 1 cup kale in the pan juices. Top the fish or kale with 2 tablespoons <i>Creamy Dill Sauce</i> (page 270). Serve with 1 cup salad greens with 1 tablespoon dressing of your choice.</p> <p>Dessert</p> <p><i>Poached Seasonal Fruit</i> (page 288) with 1 to 2 tablespoons <i>Chocolate Sauce</i> (from prep day)</p> <p>For Phase 2: Reduce dressing on kale or fish to 1 tablespoon. Serve with <i>Soft Millet-Corn Polenta</i> (page 275).</p> <p>For Phase 3: Use a squeeze of lemon on kale in place of dressing; increase <i>Chocolate Sauce</i> to 3 tablespoons.</p>	<p><b>Coconut Curry Shrimp</b></p> <p><i>Coconut Curry Shrimp or Tofu*</i> (page 248)</p> <p>Dessert</p> <p>1/2 cup strawberries with 2 tablespoons <i>Chocolate Sauce</i> (from prep day)</p> <p>For Phase 2: Serve with 1/2 cup brown rice or quinoa</p> <p>For Phase 3: Serve with 1/2 cup Asian noodles.</p> <p>Phase 2 Additional Cooking Prep: Sauté an additional 4 ounces shrimp when making <i>Coconut Curry Shrimp</i>, and remove this portion before adding the sauce and vegetables. Set aside for tomorrow's additional dinner prep.</p>	<p><b>Chipotle Mayo Baked Fish and Kale</b></p> <p><i>Chipotle Mayonnaise Baked Fish*</i> (page 250). Steam 1 cup kale and 1 small carrot (about 1/2 cup shredded) and top with 1 tablespoon dressing of your choice.</p> <p>Dessert</p> <p>1 cup blueberries with 2 tablespoons canned coconut milk</p> <p>For Phase 2: Serve with <i>Soft Millet-Corn Polenta</i> (page 275).</p> <p>For Phase 3: Serve with 1/2 cup Asian noodles.</p> <p>Phase 2 Additional Cooking Prep: Make only 1/4 recipe <i>Chipotle Mayonnaise Baked Fish</i> and instead assemble <i>Shrimp over Cracked Wheat Salad**</i>(page 256) for tomorrow's lunch.</p>
	Prep: Pack tomorrow's lunch—Lettuce Wrap using reserved portion of Broiled Fish; Store shredded carrots, cabbage, and dressing separately and assemble before eating; pack a tangerine.	Prep: Pack tomorrow's lunch—Lettuce Wrap using <i>Coconut Curry Shrimp or Tofu</i> ; pack lettuce leaves, lime wedges, sprouts, and optional dressing separately.	Prep: Pack tomorrow's lunch—Lettuce Wrap using <i>Chipotle Mayonnaise Baked Fish</i> and 1/3 cup brown rice or quinoa; store lettuce, sprouts, and lime separately.  Phases 2 and 3: <i>Shrimp over Cracked Wheat Salad**</i> (page 256) for tomorrow's lunch.

\* To serve one person, make 1/2 recipe and store reserved portion to be used in subsequent meals as directed in prep notes

\*\* To serve one person, make 1/4 recipe