

week 10

Lifestyle Plan - Week 10

Nothing is more stressful than messing up the seasoning of a dish! If you've added too much salt, sugar or spice the damage is usually done. In mild cases, however, the overpowering ingredient can sometimes be masked by the addition of another from the opposite end of the flavor spectrum.

Keep calm in the kitchen with these quick fixes: If your food is too salty, add an acid or sweetener such as vinegar, lemon juice, lime juice, unsalted tomatoes, sugar, honey or maple syrup.

If your food is too sweet, add an acid or seasonings such as vinegar, lemon juice, lime juice, chopped fresh herbs, cayenne. For dessert dishes, a bit of liqueur or espresso powder works well.

If your food is too spicy or acidic, add a fat or sweetener such as butter, cream, sour cream, cheese, olive oil, sugar, honey or maple syrup.

	BREAKFAST	LUNCH	SNACKS	DINNER
Mon	<ul style="list-style-type: none"> • Breakfast Spinach Salad • Thai Tea Coconut Smoothie 	<ul style="list-style-type: none"> • Baked Sweet Potato with Greens & Avocado • 1/2 cup black bean chips 	<ul style="list-style-type: none"> • 1 small orange and 12 pistachios 	<ul style="list-style-type: none"> • Lentil Salad with Beets and Walnuts • 6 whole grain crackers
	<ul style="list-style-type: none"> • Almond Breakfast Cookie • Pineapple Spinach Smoothie 	<ul style="list-style-type: none"> • Lentil Salad with Beets and Walnuts • 6 whole grain crackers 	<ul style="list-style-type: none"> • celery sticks and 1 Tbs. almond butter 	<ul style="list-style-type: none"> • Thai Coconut Vegetable Soup with Salmon • 2-4 oz. of fish, chicken or tofu
Fri	<ul style="list-style-type: none"> • Savory Breakfast Roll • Get Topical Smoothie 	<ul style="list-style-type: none"> • Thai Coconut Vegetable Soup with Salmon • 2-4 oz. of fish, chicken or tofu 	<ul style="list-style-type: none"> • 1/4 cup grapes and 6 walnuts 	<ul style="list-style-type: none"> • Seared Ahi Panzanella Salad • 2-4 oz. of fish, chicken or tofu
	<ul style="list-style-type: none"> • Breakfast Spinach Salad • Thai Tea Coconut Smoothie 	<ul style="list-style-type: none"> • Seared Ahi Panzanella Salad • 2-4 oz. of fish, chicken or tofu 	<ul style="list-style-type: none"> • 1 small orange and 12 pistachios 	<ul style="list-style-type: none"> • Chicken Fajita Salad with Black Bean Corn Salsa • 1/2 cup black bean chips
	<ul style="list-style-type: none"> • Almond Breakfast Cookie • Pineapple Spinach Smoothie 	<ul style="list-style-type: none"> • Chicken Fajita Salad with Black Bean Corn Salsa • 1/2 cup black bean chips 	<ul style="list-style-type: none"> • celery sticks and 1 Tbs. almond butter 	<ul style="list-style-type: none"> • Roasted Vegetable Lasagna with Turkey Sausage • 5 Vegetable Salad
Sun	<ul style="list-style-type: none"> • Savory Breakfast Roll • Get Topical Smoothie 	<ul style="list-style-type: none"> • Roasted Vegetable Lasagna with Turkey Sausage • 5 Vegetable Salad 	<ul style="list-style-type: none"> • 1/4 cup grapes and 6 walnuts 	<ul style="list-style-type: none"> • Pesto Chicken and Roasted Vegetable Picnic Sandwich • 5 Vegetable Salad
	<ul style="list-style-type: none"> • Breakfast Spinach Salad • Thai Tea Coconut Smoothie 	<ul style="list-style-type: none"> • Pesto Chicken and Roasted Vegetable Picnic Sandwich • carrot sticks 	<ul style="list-style-type: none"> • 1 small orange and 12 pistachios 	<ul style="list-style-type: none"> • Baked Sweet Potato with Greens & Avocado • 5 Vegetable Salad

PREP

Start a New Habit

Fall in love with your leftovers by making delicious, practical wraps! Whether it's lettuce or rice paper, sushi or flat bread, wrap leftovers to add variety and make quick meals last night's dinner.

TIP:

Tip: Make brown rice extra crispy by sautéing with coconut oil, then toss on vegetables or salad for extra crunch.

Beginning of Week Prep

1. Prep first 4 ingredients of smoothies into Ziploc bags and store in freezer.
2. Prepare eggs for Breakfast Spinach Salad
3. Make Almond Breakfast Cookie.
4. Make Savory Breakfast Roll.
5. Cook lentils. Make dressing for Lentil Salad with Beets.
6. Prep Thai Coconut Vegetable Soup.
7. Marinate ahi tuna.

Mid-Week Prep

1. Marinate chicken. Prep Chicken Fajita Salad dressing. Make Black Bean Corn Salsa.
2. Prep Roasted Vegetable Lasagne with Turkey Sausage.
3. Prep vegetables for roasting. Marinate chicken cutlets.
4. Make 5 Vegetable Salad.



Foods to Include

Animal proteins: fresh or water-packed fish, wild game, lamb, duck, chicken and turkey

Dairy and eggs: omega-3 eggs, cheese

Dairy substitutes: nut milks such as almond milk and coconut milk, rice cheese, vegan cheeses

Whole grains: sprouted grains, brown rice, oats, millet, amaranth, teff, buckwheat, quinoa, black rice, wheat, barley, spelt, kamut, rye, triticale, corn, corn meal

Fruits and vegetables: whole fruits (unsweetened, frozen or water-packed), canned fruits, dried fruit, all vegetables (raw, steamed, sautéed, juiced, or roasted)

Vegetable protein: edamame, split peas, lentils, legumes, chickpeas, beans, soy, tofu, vegetarian meat substitutes, tempeh

Nuts and seeds: walnuts, hazelnuts, pecans, almonds, cashews, nut butters (peanut, almond), sesame, tahini, pumpkin and sunflower seeds

Oils: cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, coconut,

Drinks: filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water

Sweeteners: brown rice syrup, agave nectar, stevia, honey, blackstrap molasses, maple syrup

Condiments: vinegar, vegan Worcestershire sauce, Braggs Amino Acids, all spices including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme and turmeric



Foods to Exclude

Butter and mayonnaise: all

Non-organic or processed grains: white flour, white rice

Animal protein: sausage, bacon, cold cuts, canned meats, frankfurters, hot dogs

Oils: shortening, salad dressings, hydrogenated oils and spreads

Drinks: soft drinks, soda, energy drinks, vitamin water

Sweeteners: white and brown refined sugars, high-fructose corn syrup, sugar substitutes, Splenda, Sweet and Low, sugar alcohols

Condiments: milk chocolate, ketchup, relish, jelly, barbecue sauce, teriyaki, pancake syrup,

Fruits and vegetables: creamed vegetables, sugar coated dried fruit, yogurt or chocolate covered fruit

**Fresh Produce**

- 5 shallots
- 3 onions
- 2 bulb garlic
- 1 bunch green onion
- 1 bunch cilantro
- 1 bag fresh basil
- 1 large 6-inch piece of fresh ginger
- 1 1/2 lbs. tomatoes
- 1 bunch asparagus
- 1 pkg. cherry tomatoes
- 1 bunch celery
- 1 lb. carrots
- 1 hothouse cucumber
- 5 red bell peppers
- 4 sweet potatoes
- 1 box arugula
- 1 bag sugar snap peas
- 1 box baby kale or Swiss chard greens
- 1 bag julienned carrots
- 1 large bag mixed baby greens or spinach
- 5 oz. shiitake mushrooms
- 2 pkgs. sliced cremini mushrooms
- 4 avocados
- 2 jalapenos
- 3 lemons
- 3 limes
- 4 oranges
- 1 bunch bananas
- 1 pkg. grapes

**Frozen Goods**

- frozen pineapple
- frozen spinach

**Canned Goods**

- 2 cans black beans
- 2 cans beets
- 2 cans coconut milk
- 1 can corn
- 1 can diced green chiles
- 1 can petite diced tomatoes

**Nuts, Seeds & Dried Fruit**

- natural almond butter
- pitted dates
- dried cranberries
- dried blueberries
- honey
- raw almonds
- raw cashews
- raw walnuts
- pistachios
- ground flaxseed or chia seeds
- hemp seeds

**Spices, Oils and Sauces**

- marinara sauce, (low-sodium, low sugar)
- pesto
- salt
- pepper
- coconut oil
- Smart Balance butter substitute
- extra-virgin olive oil
- red wine vinegar
- balsamic vinegar
- Sriracha hot sauce
- cumin
- red pepper flakes
- capers or Kalamata olives

**Animal Proteins**

- 1 doz. omega-3 eggs
- 1/2 lb. salmon
- 8 oz. ahi tuna steaks
- 1/2 lb. chicken breast cutlets
- 1 lb. ground turkey
- 1/2 lb. turkey sausage
- 8 oz. white cheddar, shredded
- 8 oz. Monterey jack cheese, shredded
- 8 oz. cottage cheese
- 1 lb. vegetarian beef crumbles

**Pantry Dry Goods**

- amaranth flour or oat flour
- whole grain crackers
- whole grain lasagna noodles
- corn tortillas
- whole grain tortillas or flatbread
- whole grain bread rolls (4)
- sprouted grain bread
- bean chips
- lentils
- Ceylon loose black tea or Thai tea leaves

**Nut Milk, Juices, Water, and Sauce Substitutes in Refrigerator Section**

- almond milk, coconut milk or soy milk
- soy milk creamer
- spring water
- coconut water
- 1 block firm tofu

**Fresh Produce**

- 1 bunch cilantro
- 1 bag fresh basil
- 1 pkg. cherry tomatoes
- 1 bunch green onion
- 1 bunch celery
- 1 lb. carrots
- 1 hothouse cucumber
- 3 red bell peppers
- 1 pkg. sugar snap peas
- 1 box baby kale or Swiss chard greens
- 1 box arugula
- 1 bag julienned carrots
- 1 large bag mixed baby greens or spinach
- 4 avocados
- 3 lemons
- 3 limes
- 4 oranges
- 1 bunch bananas
- 1 pkg. grapes

**Frozen Goods**

- frozen tropical fruit and carrot smoothie starter
- frozen roasted vegetables
- frozen spinach
- frozen kale
- frozen sweet potatoes
- frozen sausage, egg and vegetable wrap or burrito
- frozen whole grain breakfast muffin
- frozen vegetable lasagna

**Canned Goods**

- 1 can black beans
- 2 cans beets
- 2 cans coconut milk
- 2 cans low-sodium Thai coconut soup

**Spices, Oils and Sauces**

- salsa
- salt
- pepper
- balsamic vinaigrette
- pesto
- Smart Balance butter substitute
- extra-virgin olive oil
- Cholula hot sauce

**Animal Proteins**

- 1 doz. omega-3 eggs
- 1/2 lb. salmon
- 8 oz. ahi tuna steaks
- 1/2 lb. chicken breast cutlets
- 8 oz. goat cheese or feta cheese

**Pantry Dry Goods**

- whole grain crackers
- corn tortillas
- whole grain tortillas or flatbread
- whole grain bread rolls (4)
- sprouted grain bread
- bean chips
- lentils
- Ceylon loose black tea or Thai tea leaves

**Nut Milk, Juices, Water, and Sauce Substitutes in Refrigerator Section**

- almond milk, coconut milk or soy milk
- soy milk creamer
- spring water
- coconut water
- fresh green super food vegetable smoothie juice

**Nuts, Seeds & Dried Fruit**

- natural almond butter or peanut butter
- raw cashews
- raw walnuts
- raw almonds
- pistachios
- ground flaxseed or chia seeds
- raw hemp seeds
- raw sunflower seeds