

# Wake time: \_\_\_\_\_\_\_\_ **Sample Menu**

**Breakfast: (choose one)**

 1 piece of Ezekiel Toast or Gluten Free bread with Almond Butter & All Fruit Spread

 1 piece of Ezekiel Toast or Gluten Free bread with Butter & All Fruit Spread

 1 piece of Ezekiel Toast or Gluten Free bread with 2 Eggs (6 eggs per week)

 1 cup of Oatmeal with Butter & Sliced Nuts

 1 cup of Puffed Rice Cereal with Rice, Coconut or Almond Milk and Sliced Nuts

 1 SP Complete Shake

**AM Snack: (Approx. 10 A.M.): (choose one)**

Almond Butter with 1 piece of Fruit

10 Almonds with 1 piece of Fruit

1 Betty Lou’s Nut Butter Ball (1 per day)

SP Protein Bar

**Lunch: (choose one)**

 Large Mixed Greens Salad with Vegetables and Chicken, Fish or Turkey (palm size)

 (Albacore Tuna is acceptable) with Olive Oil and Vinegar or Balsamic Vinegar

 Steamed, sautéed, grilled, or roasted Vegetables and Chicken, Fish or Turkey

 Soup or chili with Chicken, Turkey, Vegetables and Brown Rice (1/2 cup serving of rice)

**PM Snack (Approx. 2-3 P.M.): (choose one)**

 ¼ cup of Trail Mix with Nuts, Raisins and Seeds (Almonds only if on Candida Program)

 1 piece of Fruit with Almond Butter or 10 Almonds

 Carrots (approximately 6 baby) and Celery (unlimited) with Almond Butter or Hummus

 8 Brown Rice Snap Crackers or Nut Thins with Butter, Almond Butter, or Hummus

 1 Betty Lou’s Nut Butter Ball (1 per day)

SP Protein Bar

**Dinner:** (All items included in this meal. Leave out the starch for faster weight loss.)

 1 palm size serving of Beef, Chicken, Turkey or Fish

 ½ cup of Brown Rice, Brown Rice Pasta, Sweet Potato, Millet or Quinoa (optional)

 Steamed, sautéed, grilled or roasted Vegetables

 Small Mixed Greens Salad with Olive Oil and Vinegar or Balsamic Vinegar

**Combine complex carbohydrates, proteins and fats at each meal and snack.**

**Eat every two to three hours. Protein, such as nuts, hummus or meat, is the best option.**

**No meals after 7pm (a light snack before bed is o.k. - Ex: 10 nuts).**

**½ of your body weight in ounces of water (Herbal teas count as water servings).**

 Continued on other side….

8080 MADISON AVENUE, FAIR OAKS, CA 95628

(916) 965-8171 Fax (916) 965-8175

www.lemaychiropractic.com

**Serving Sizes and Additional Recommendations**

* **Meat or Fish** – Palm size serving twice a day. Chicken, turkey, beef, fish and wild game (venison and bison.) Organic or wild when possible. (Avoid beef if on Candida Program)
* **Grains and Starches** - ½ cup cooked. Brown rice, wild rice, basmati rice, jasmine rice brown rice pasta, millet, quinoa, amaranth, buckwheat, sweet potato, yams or squashes. (For faster weight loss remove from diet)
* **Vegetables** – 6-8 servings. Raw or lightly cooked. Unlimited amounts and types, especially the highly colored vegetables. Limit carrots, beets and peas to ½ cup.

Organic when possible.

* **Nuts and Seeds** – ½ -1 cup. Raw or roasted. May include almonds, walnuts, cashews, macadamias, hazelnuts, sunflower seeds, sesame seeds, flax seeds and pumpkin seeds. **Avoid Peanuts.**
* **Ezekiel Bread or Gluten Free Bread** – 1 piece any flavor and type. Ezekiel or brown rice wraps are fine. Gluten free breads include: Udi’s, Rudi’s, Against the Grain, Foods by George.
* **Crackers** – Brown Rice Snap Crackers, Nut thins, Mary’s Gone Crackers, Gluten Free

Crackers.

* **Nut Butters** – Almond, cashew, macadamia, hazelnut, and sesame tahini.

 **Avoid Peanut Butter.**

* **Butter**- Always use real butter. **Avoid Margarine and Butter Substitutes**.
* **Cheese** – Avoid cow products. You may be able to use goat or sheep cheeses in limited

quantities after being on program for four to six weeks. (Avoid if on Candida Program)

* **Milk Substitutes** – Almond, rice, coconut, or hazelnut milk. Plain or vanilla flavor.

Goat’s milk is a good alternative to cow’s milk after being on program for four to six

 weeks.

* **Salt** – Use “Real Salt”- available in the office.
* **Seasonings** – Use dried or fresh herbs, fresh garlic, lemon, and lime..
* **Cooking Oils** – Use coconut oil, cocoa butter, butter, avocado oil, sesame oil, olive oil

and almond oil. **Avoid Canola Oil and Vegetables Oils.**

* **Salad Dressings** – Olive oil, lemon, grape seed oil, vinegar and balsamic vinegar,

Bragg’s Healthy Vinaigrette.

* **Salad Greens** – Spinach, romaine, spring mix, baby greens, etc. The darker green the

better!!

* **Fruits** – 1-2 servings per day. Stay with lower glycemic index fruits in the beginning such as Apples, Oranges, Berries (1 cup), and Grapefruit. Use Organic when

 possible. Avocados are an excellent choice!

* **Sugar** – Avoid as much as possible. Use stevia, raw sugar, or raw honey when necessary.

(Avoid if on Candida Program)

 **Avoid White Sugar, Splenda, Aspartame and other Artificial Sweeteners.**

* **Coffee** – Limit to 1-2 per day and use organic coffee to avoid chemicals.
* **Herbal Teas** – Unlimited.
* **Use Organic, Wild and Unprocessed Foods when possible**.
* **Avoid Soda, Sugary Drinks and even Fruit Juices.**
* **Avoid Mayonnaise, Mustard, Ketchup and other Condiments.**
* **Avoid Processed Foods.**
* **Avoid Hydrogenated and all processed oils.**