

Mixed Type Meal Plan



TRANSFORMATIONAL
WEIGHT LOSS & WELLNESS

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Day 1

Meal	*Read here about coconut oil and why it will help you release fat.
Breakfast	½ to 1 cup oatmeal with 1 cup berries. Stir in 2 to 4 egg whites while piping hot. (1 egg white = ½ serving of protein)
Snack	¼ - ½ cup hummus with 1 cup veggie sticks
Lunch	3 – 4 ounce turkey burger with 2 cups of salad such as lettuce, carrots, tomatoes, cucumber, celery and jicama. Top with 1 TBS dressing of choice .
Snack	2 ounces sliced meat (Applegate or Diestel brand) and 1 cup veggies. Wrap veggies up in the turkey to make a wrap. Use veggies such as tomatoes, cucumbers and lettuce. Add mustard.
Dinner	2 homemade pizza slices topped with 1 ½ to 2 ounces protein each, such as sausage, chicken or ground beef and one ounce raw cheese (if possible) and pizza sauce.

Pizza Sauce, from [Mark's Daily Apple](#)

- 1 Can Tomato Paste
- 1-2 Cups Water (To desired thickness)
- 1 Tsp Dried Oregano
- 1 Tsp Garlic

Pizza Crust, From [Dr. Mercola's Nutritional Typing Veggie Meal Plan](#)

Ingredients:

- | | |
|--------------------------------|-------------------------------------|
| 2/3 cup of sorghum flour | ½ cup quinoa flour |
| 1/3 cup of potato starch | ¼ cup tapioca starch |
| 1 teaspoon of granulated sugar | 2 teaspoons xanthan gum |
| 1 tablespoon instant yeast | ¾ cup Himalayan salt |
| 1 ¼ cups water | 1 tablespoon extra-virgin olive oil |
| 1 teaspoon cider vinegar | |

Directions:

Combine sorghum flour, quinoa flour, potato starch, tapioca starch, sugar, xanthan gum, yeast and salt and mix to set on the side

Using a heavy electric mixer with a paddle attachment, combine water, olive oil and vinegar until well blended. While on the lowest speed add the dry ingredients until combined. Once this is combined, beat for 4 minutes on medium speed.

Gently transfer the dough to prepared pan and spread evenly to the edges.

Bake in a preheated oven for 12 minutes.

Raspberry Vinaigrette, from [Marks Daily Apple](#)

1/4-1/2 cup Raspberry vinegar

1/2 cup Olive Oil

1 tablespoon Dijon mustard

1 tsp minced garlic

1/2 teaspoon salt

1/2 teaspoon pepper

Instructions:

Put spinach in a bowl and mix with nuts and onions. Mix together dressing ingredients.

Day 2

Meal	*Read here about coconut oil and why it will help you release fat.
Breakfast	Omelet made with 2 –3 eggs 2 cups veggies of choice. Such as mushrooms, spinach, tomatoes, onions, garlic, zucchini, salt and pepper.
Snack	2 dates or 1 banana with 2 TBS almond butter
Lunch	I always eat dinner leftovers for lunch. I don't add the dressing until I am going to eat the salad so it stays fresh. 3 – 4 ounces white tuna with 1- 2 cups salad and 1 – 2 TBS dressing of choice.
Snack	¼ - ½ cup hummus with 1 cup sliced veggies
Dinner	1 serving Mission Style Cod with added 1 TBS sour cream and 1 avocado for the fat. Serve in 1 corn tortilla which may be fried in coconut oil. There is an unflavored version of coconut oil here.

Day 3

Meal	*Read here about coconut oil and why it will help you release fat.
Breakfast	½ cup oatmeal, 1 cup berries, 2 – 3 pieces of sausage
Snack	1/2 cup cottage cheese, 1 cup fruit or 1 piece fruit.
Lunch	Dinner leftovers or make a wrap with collards as the ‘tortilla’ with 3 – 4 ounces sliced turkey meat, 1 ounces cheese/avocado or 1/2 ounce of each, mustard and shredded carrots, cucumber and tomato. You can also find spring roll wrappers at your local health food or Asian store to use as a wrap.
Snack	1 ounce nuts or seeds with 1 piece or 1 cup fruit or veggies.
Dinner	3 – 5 ounces Chinese 5 spice pork chops with 1 cup escarole. You will find the recipe here. Serve with ½ cup wild rice or grain of choice and butter.

Day 4

Meal	*Read here about coconut oil and why it will help you release fat.
Breakfast	2 – 3 ounces smoked salmon. 6 ounces low fat, organic yogurt, 1 cup fruit.
Snack	1 piece of fruit or 1 cup berries 1/2 ounce nuts or seeds
Lunch	Tostada: 1 organic corn tortilla fried in coconut oil, 3 – 4 ounces of ground turkey, shredded lettuce, ½ avocado or 1 TBS sour cream, top with hot sauce of choice.
Snack	1 hard-boiled egg 1 cup sliced veggies
Dinner	3 – 5 ounces Cornish Game Hen 1 cup salad with dressing of choice and 1/2 cup Spanish Quinoa . 1 ounce raw cheese.

Spanish Quinoa from [Beyond Diet](#)

Ingredients:

1- 14 1/2 oz. can Fire Roasted All Natural Diced Tomatoes
1/2 cup fresh Fire Roasted Green Chilies, peeled and diced
1 tablespoon extra virgin organic olive oil
3 cloves fresh garlic, minced
1 medium organic onion, diced
1/2 cup Quinoa, washed and drained
1 small organic green pepper, diced
1 teaspoon chili pepper

Directions:

Drain tomatoes and reserve juice. Heat olive oil; saute garlic and onions until onions are tender and translucent. Add reserved tomato juice and bring to a boil. Add quinoa and green peppers and cook until liquid is absorbed - about 15 minutes or so. Add tomatoes, spices and serve.

Best served warm. EASY!!

Cornish Game Hen, from Nourishing Traditions

Ingredients:

2 Cornish game hens, split lengthwise
2 tbsp olive oil
2 tbsp butter, melted
salt and freshly ground black pepper to taste
½ cup dry white wine (or vermouth)
2 cups chicken stock
2 cups red (or green) seedless grapes
2 tbsp arrowroot mixed with 2 tbsp water

Directions:

Note: Arrowroot is a fine white powder that resembles cornstarch. Because it thickens when heated in liquid, it is an excellent ingredient in sauces.

Preheat oven to 375°F.

Place game hens, skin side up, in a roasting pan. Brush with a mixture of butter and oil, and season with salt and pepper. Bake for about 1½ hours. Remove to a heated platter, and keep warm in the oven.

Pour wine into the roasting pan and bring mixture to a boil, scraping up any accumulated juices in the pan. Add chicken stock, bring to a rapid boil, skim, and let the sauce reduce for about 10 minutes. Add the grapes, and simmer about 5 minutes more. Add arrowroot mixture by the spoonful until the desired thickness is obtained.

Transfer game hens to individual plates, and pour sauce over to serve.

Day 5

Meal	*Read here about coconut oil and why it will help you release fat.
Breakfast	Smoothie made with ½ cup whole, raw milk, 6 ounces Greek yogurt and 1 cup berries.
Snack	1 ounce nuts, 1 piece of fruit
Lunch	Salad made with lettuce of choice, cucumbers, celery, carrots, tomato with dressing of choice . Top with sliced meat (Applegate Farms is a good brand or Diestel). You might also use leftover meat from last night's dinner. Another option is hard boiled eggs and nuts or seeds. Lastly, use canned meat such as tuna.
Snack	1 banana, 2 TBS almond butter
Dinner	Turkey Burgers with Gluten Free or sprouted grain bun served with lettuce and 2 fats of choice such as 2 ounces of cheese or avocado or 1 ounce of each. If you prefer not to eat a bun, you can serve with 1 cup watermelon salad and ½ cup sweet potato fries.

Turkey Burgers, From www.knowthecause.com

serves 4

Ingredients:

1 lb. ground turkey

1/4 cup chopped onion

1 tsp salt

1/2 teaspoon ground pepper

1/2 tsp marjoram, basil and sage leaves

1 egg

Combine turkey with onion, salt, spices and egg. Shape into 4 patties. Broil on broiler pan 3 inches from heat, 5 – 7 minutes per side until thoroughly cooked through.

Heirloom Tomato and Watermelon Salad, from www.marksdailyapple.com

Serves 2 generously or 4 reasonably

Ingredients:

3/4 pound seedless watermelon, rind removed

3/4 pound heirloom tomatoes (about two large tomatoes)

3 ounces feta cheese

8 leaves basil

2 tablespoons extra virgin olive oil

sea salt, to taste

Directions:

1. Cut the watermelon into large, imperfect chunks and slice the heirloom tomatoes into wedges. Combine in a bowl.

2. Crumble feta over the watermelon and tomato mixture, add basil, torn by hand, and toss gently with olive oil.

3. Season, to taste, with sea salt. Enjoy immediately before the fruit releases too much juice.

Baked Sweet Potato Fries, from www.beyonddiet.com

Ingredients:

2 large sweet potatoes

2 tablespoons coconut oil, melted

salt and pepper, to taste

Directions:

Preheat oven to 375°F. Line a baking sheet with foil or parchment paper.

Peel sweet potatoes and cut into even "fries." Toss fries with coconut oil, salt, pepper, and any other seasonings you want. Arrange fries on foil-lined baking sheet.

Bake for about 30 minutes, flipping halfway through. The fries are done when they're tender in the middle and brown on the edges. Enjoy!

Day 6

Meal	*Read here about coconut oil and why it will help you release fat.
Breakfast	1 grapefruit sweetened with stevia. ½ cup quinoa. 2 - 3 slices bacon or piece of sausage. Could also have 2 egg whites instead of the bacon or sausage.
Snack	1 ½ ounces trail mix with mixed fruit and dark chocolate chips. Simply mix nuts and seeds of choice with dried berries, raisins, etc... and add dark chocolate chips. Makes a great snack on the run!
Lunch	1 cup salad. 3 – 4 ounces shrimp, 1 - 2 TBS dressing of choice.
Snack	2 hard boiled eggs, 1 cup berries or 1 piece of fruit or sliced veggies.
Dinner	3 – 4 ounces seared tuna and 1 cup salad with Asian Orange Dressing. ½ cup wild rice.



Seared Tuna

5 ounce fresh tuna steak

1 TBS gluten free soy sauce, I use San-J Organic Tamari available at many grocers

1 tsp olive oil

1 TBS sesame seeds

Powdered Wasabi, I use Hime brand which I have been able to find at Albertson's. It's the only clean one I have found.

2 more TBS soy sauce for dipping

Directions

Place tuna steak in bowl and pour soy sauce over it. Allow to sit for 5 minutes.

Spread sesame seeds on a plate and press tuna into seeds to coat the steak on both sides. Place olive oil in sauté pan on medium heat. If oil begins to smoke, it has gotten too hot and will

break down and become harmful to your health. This is the case for all oils! Place tuna steak in heated oil and sear on each side for 1 ½ minutes. It will still be raw on the inside. If this is not your preference, continue cooking until cooked to your liking. Slice tuna steak and place over the following salad. Make a wasabi and soy sauce dipping sauce by placing ½ tsp wasabi powder in dipping bowl. Add a bit of water to make a paste. Add 1 – 2 TBS soy sauce and use this to dip each piece of tuna in as you eat it.

Make a salad with greens, cucumber, orange bell peppers, snow peas, and celery.

Orange Asian Ginger Sesame Dressing

1 orange

½ Roma tomato, seeded

2 TBS olive oil

2 TBS sesame oil

1 ½ TBS Bragg's Apple Cider Vinegar

1 TBS organic, raw honey

1 clove garlic

1 one thumb size piece ginger root, peeled

Directions:

Wash the orange thoroughly and use zesting tool to zest half of orange, carefully avoiding the white pith, as it will make your dressing bitter. Squeeze the orange for 3 tablespoons of orange juice and add orange juice and zest with remaining ingredients to **blender** and secure lid. Blend on 'whole juice' setting until well blended.

Day 7

This is an important part of the process. You get to take today off and just listen to your hunger. On my day off, if I want peanut butter chocolate chip cookies, I'll eat them for my meal or as a snack. I do not eat a meal and then have dessert. I listen to my hunger and eat what sounds good. Cheers! You could follow this same meal plan a few more weeks until you really have the hang of it. When you're ready, I'll send you 7 weeks of general meal plans, healthy recipes, to play with!