

PHASE 1 – HIGH CARB, LOW FAT, MODERATE PRO

Phase 1 Breakfast Options:

Baked Pumpkin Pie Oatmeal

Fruit Smoothie

Oatmeal Fruit Smoothie

Oatmeal

French Toast

Phase 1 Lunches

Tuna Salad

Chicken/Turkey Sandwich

Turkey Wrap

Chicken and Barley Soup

Turkey or Buffalo Chili

Turkey Soup

Phase 1 Dinners

Chicken Bowl

Chicken Sausage and Rice Fusilli

Italian Chicken and Rice

Filet Mignon with Rice

Pork Tenderloin with Broccoli

Phase 1 Snacks

Fruit

PURE Fruit Smoothie (1 tablespoon of Mila only)

PHASE 2 – HIGH PRO, LOW FAT, LOW CARB

Phase 2 Breakfasts:

Egg White & Turkey Bacon

Egg White Omelet

Turkey egg white omelet

Phase 2 Lunch

Sliced Chicken wrap

Steak & Spinach salad

Steak & Asparagus lettuce wraps

Tuna & Cucumber salad

Phase 2 Dinner

Asian Ground Beef Green Bean Stirfry

Ground Turkey, mushrooms and spinach

Grilled Bruschetta Chicken

Teriyaki Chicken Stirfry

Stuffed Mushrooms

Roast Beef Stuffed Green Pepper

New York Strip with steam broccoli

Spicy Fish with Lemon-Garlic Kale

Stuffed Red Pepper

Phase 2 Snacks

Turkey Jerky

Nitrate Free Deli Meat

Tuna

Oysters

PURE Super Smoothie (no Mila, no fruit)

PHASE 3 – HIGH FAT, MOD CARB, MOD FAT

Phase 3 Breakfasts

Ezekiel Toast with nut butter

Eggs and Avocado

Berries, nut butter and oatmeal

PURE Super smoothie (2 tablespoons of Mila, Vegan/Nutrition shake, fruit optional)

Phase 3 Lunches

Tuna Salad

Shrimp Salad

Egg Salad

Olive & Tomato Salad

Hummus Turkey Roll up

Avocado & Turkey sandwich

Phase 3 Dinners

Avocado Quesadillas

Sesame Chicken Stir – Fry

Coconut Curry Chicken

Chicken and Quinoa Risotto

Sesame Chicken and Rice

Salmon and Sweet Potatoes

Avocado Chili

Coconut Pecan- Crusted Halibut

New York Strip with sweet potato and broccoli

Phase 3 Snacks

Almond butter stuffed celery

Guacamole and Cucumbers

PURE Super Smoothie (2 tablespoons of Mila, Vegan/ Nutrition Shake, fruit optional)

Almonds

Macadamia Nuts