

Biotics Control-IT Meal Planner

	Breakfast	Lunch	Dinner	Snack
Sunday	Spinach & Eggs - 2 range free organic eggs, sautéed in 1T oil, with chopped spinach & diced onion.	Veggie Salad - mixed greens, cucumber, carrots, mushrooms, 1/2 avocado, almond cheese, black or pinto beans, sliced almonds. Dressing 1T extra virgin olive oil with lemon juice	Broiled Halibut, lemon juice, extra virgin olive oil, steamed broccoli, 1/2 sweet potato or yam; Water with lemon	Celery sticks with almond butter, 1-2 cups green tea Zucchini grilled in extra virgin olive oil
Monday	Breakfast Roll - brown rice tortillas, almond butter, sliced half apple, sliced half pear.	Turkey Rollups-2 slices nitrate free turkey, 1oz thinly sliced almond or rice cheese, 1/2 sliced avocado on brown rice tortilla; 3oz carrots, 2-3 dried mangoes	Leg of Lamb-lamb, garlic, lemon juice, 3 carrots, 2 onions, celery sautéed, honey & extra virgin olive oil; Water with lemon	1 medium apple & 1-2 cups unsweetened tea Raw unsalted nut mix - almonds, cashews, pecans & walnuts
Tuesday	Quickly - 1T almond or cashew butter w/ 1 sliced medium apple	Spinach Salad - Spinach, sliced baked turkey, snow peas, blueberries, sliced cucumber, balsamic vinegar & extra virgin olive oil	Quinoa Salad - Quinoa, diced onions, chopped raw unsalted walnuts, honey or agave if needed. Bring quinoa to boil, cover & simmer on med-low heat, for 15min add other ingredients	Raw unsalted almonds & 1/2 medium apple & 1 cup black tea 1/2 cup mixed berries of choice
Wednesday	Eggs & Toast - 2 range free organic eggs & 1 slice toasted Ezekiel Bread with almond butter	Swiss Chard Wrap-Dice cucumber, mushrooms, radish, onions, with smashed garlic, toss with extra virgin olive oil & lemon juice, sprinkle with cheese spoon into chard, roll & enjoy!	Grilled Chicken Breast or Turkey on Brown Rice Tortilla with baby spinach, cilantro & avocado; Water with lemon	3 rice crackers with almond or cashew butter & 1-2 cups green tea 1slice gluten free bread with almond or rice cheese
Thursday	Hot Cinnamon Cereal - 1/2c Quinoa, 1c water, pinch sea salt, boil 20 min, add 1/2T honey, 1t cinnamon	Open Green Turkey Sandwich - sliced turkey, on Ezekiel/gluten free bread, cilantro pesto, 1t oil, 1/2 avocado, lettuce leaf. Assemble sandwich on toasted bread. Fruit of choice.	Brown rice, carrots, broccoli and arugula; grilled Salmon, spinach & zucchini in oil of choice; Water with lemon	Raw vegetables of choice, 1-2 cups soda water Brown rice tortilla with almond butter & apple slices, 1 cup ice tea
Friday	Coconut & Rice - 2 range free organic eggs, 1T shredded coconut, 1T coconut oil, 1/2c white or brown rice. Add coconut & rice then add eggs simmer on low heat.	Wrap it Up - Swiss Chard or Rice Tortilla stuffed with shredded carrot, alfalfa sprouts, avocado, celery, chicken breast, hummus	Parchment-baked halibut with pesto, zucchini and cauliflower over oven baked 1/2c rice with roasted onions; Water with lemon	Leftover chicken rolled in chard leaf, 1 cup mineral water Dried fruit snack - prunes & mangoes, 1-2 cups black tea
Saturday	Sunny Side Up - 2 range free organic eggs, cook in 1T organic coconut oil, cook whites alone, add yolk on top for 2-3 min place on 1 slice Ezekiel Bread.	Filling Salad - lettuce, almond or rice cheese, celery, baby carrots, black olives, bean sprouts, avocado, raw almonds or cashews. Dressing= balsamic vinegar, extra virgin olive oil	Grilled Chicken Breast with grilled carrots, snow peas; 1/2 Sweet potato or Yam; Water with lemon	1 medium apple with almond butter, 1 cup tea Fruit cup - blackberries, blueberries, raspberries, & strawberries

*REMEMBER TO DRINK YOUR WATER EACH DAY!!! FORMULA FOR YOU - Take your body weight divided it in half, this # equals the amount of ounces of PURE water you should be drinking each day. EX: 150lbs/2 =75, 75oz of pure water needs to be consumed each day! HOWEVER IF YOU DRINK ANY DIURETICS DURING THE DAY-COFFEE OR TEA, for every 8oz you need to add 12oz of pure water to your daily total. EX: 150/2=75 + 16oz diuretic (tea) = 99oz of PURE WATER!

Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snack
Sunday	Energyzing Oats-boil steel cut oats, sliced almonds, almond milk, honey or agave nectar	Halibut Salad-mixed greens, halibut steak or filet, garlic, dried chopped sage, lemon juice & extra virgin olive oil	Asian Turkey Wrap - Ground turkey, scallions, lettuce, carrots, chopped snow peas. Sauce - Mix crushed garlic, rice vinegar, ginger & extra virgin olive oil or 1T almond butter.	NutriClear Shake or 1/2 apple with almond or cashew butter
Monday	Poached Egg over Spinach-two range free organic eggs, vinegar, fresh spinach or kale. Dressing=1T extra virgin olive oil, 1t fresh lemon juice, garlic, sea salt	Kale Soup - heat broth, add chopped garlic, onions, carrots, & celery, once boiling add kale, top with thyme, sage & sea salt	Stuffed Zucchini - Ground lamb, mint, thyme, oregano, onion, garlic, sea salt, pepper. Slice zucchini in half. Brown lamb; add seasonings, Stuff with mixture. Bake at 350 for 20 min.	NutriClear Shake or toasted 1/2 slice Ezekiel bread with avocado
Tuesday	Quinoa Cereal- Boil quinoa, simmer 15 min. Top with blueberries, sliced pecans & almonds, almond milk, & honey if desired	Black Bean Soup - Mince onion & press garlic. Mix black beans, cucumber, olives, shredded pumpkin seeds, chopped cilantro, extra virgin olive oil, lemon juice	Veggie Scramble with brown rice tortilla. Combine eggs, sautéed zucchini, spinach, onions, mushrooms, garlic, shredded almond or rice cheese and sliced avocado. Season to taste.	NutriClear Shake or celery stick with almond or cashew butter
Wednesday	Eggs & Beans-Poach egg, heat beans of choice, add olive oil, lemon juice, sliced avocado, shredded almond or rice cheese, cilantro to taste	Quick Chicken Soup-chop & sauté onion & garlic add chicken broth, ginger, shiitake mushrooms, celery. Cook chicken cut into strips. Add chicken.	Rosemary Chicken - Pan seared free range breast or thigh, 2-3 sprigs fresh rosemary, 1T garlic or herb oil, sea salt with sautéed greens, 1/2 c brown rice	NutriClear Shake or raw vegetables with balsamic vinegar mixed with avocado to make a dip
Thursday	Oats & Fruit-Steel cut oats, blueberries, raspberries, strawberries, sliced almonds, almond milk or rice milk	Seared Tuna Salad-chop bean sprouts. Mix cucumber, lemon juice, snow peas, chopped scallion, chopped cilantro, sesame seeds. Rub tuna with lemon juice; cook on hot stove top, few minutes each side. Cut tuna & toss with rest of ingredients.	Seafood Stew - MSG free Vegetable stock, shrimp, red snapper, onions, celery, carrots and string beans. Season with sea salt, white pepper and lemon juice. 2-3 Rice crackers.	NutriClear Shake or fruit cup with organic seasonal fruits, unsweetened toasted coconut, 1/2 T agave
Friday	Breakfast Bread - Toasted gluten free or Ezekiel Bread, 1 poached egg, place sliced avocado & cheese on bread - place cooked egg on top!	Spinach & Salmon Salad-combine olive oil, lemon juice, garlic, heat until warm. Drizzle over spinach leaves & top with salmon	"Urban" Onion Melt - Sliced Turkey, sprouts, onion, avocado, spinach, shredded carrots on Ezekiel or Gluten-free Bread. Melt rice or almond cheese over top.	NutriClear Shake or sliced cucumber marinated with rice vinegar and red pepper flakes
Saturday	Green Eggs-sauté chopped kale with onion, lemon juice & garlic. Poach egg add on top greens	Shrimp & Avocado Salad-Mix scallions, pressed garlic, lemon juice, balsamic vinegar, avocado, cilantro, fresh mint, pumpkin seeds, extra virgin olive oil. Serve on chopped lettuce.	Asian Stir Fry - Cubed chicken breast, sliced carrots, broccoli, onions, snow peas, mushrooms, bok choy over rice. Sauce - Mix sesame or coconut oil, garlic, 1T Tamari fermented soy	NutriClear Shake or brown rice tortilla with almond or rice cheese

Reminder!!! Chew your foods (each bite of food should be chewed for a minimum of 30 times/seconds before you swallow) and drink your liquids!!!

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Sunday	Eggs & Bacon - sizzle bacon until crispy. Cook eggs to your liking, place cooked bacon over eggs or on side. Add salt & pepper as needed	Chicken & Vegetable Soup-Boil broth, simmer & add chicken until cooked, carrots, celery, zucchini, onions, & broccoli simmer until soft. Season with salt & pepper	Steak with Zucchini & Broccoli-Coat steak w/lemon juice, salt, pepper, rosemary. Sear steak for 5min per side. Meanwhile boil zucchini & broccoli.	NutriClear Shake OR Crispy Nuts-mix nuts of choice with salt & water leave in warm place overnight. Drain. Bake at 150 degrees until completely dry or crisp
Monday	Leftovers Frittata-Sauté leftover meat & vegetables. Whisk eggs with salt & pepper. Remove leftovers from heat & stir in eggs. Place in oven at 400 for 5-8min sprinkle with almond cheese	Veggie Sandwich-Roast vegetables in olive oil, zucchini, spinach, red onion, (optional add fried egg). Pile onto toasted Ezekiel bread, top with rice or almond cheese.	Asian Style Stir Fry-Sauté garlic. Add broccoli & mixed vegetables. Stir in sliced steak add salt & pepper. Stir in green onion, sesame oil, tamari & arrowroot powder simmer until thick.	NutriClear Shake OR - sautéed zucchini in olive oil with garlic, add beans, toss. Cook brown rice pasta. Toss pasta with beans, olives & parsley, add extra vinegar or sea salt as needed. Serve warm or chilled.
Tuesday	Sunny Salmon Eggs-fry eggs sunny side up. Season salmon with salt & pepper, drizzle with oil. Place fried eggs on salmon, sprinkle with almond or rice cheese & mixed herbs.	Green Goddess Salad-Mixed greens, spinach, kale, snow peas, olives, parsley, garlic, grated carrots & cucumbers. Top with olive oil & cider vinegar	Fresh herbed chicken breast-season chicken with sea salt & pepper, broil. Heat lemon juice, broth, garlic, salt & pepper. Remove skin & slice chicken, place on plate, drizzle with oil & herbs	NutriClear Shake OR - Fruit mix - toss strawberries, blueberries, & raspberries in bowl.
Wednesday	Irish Steel Cut Oatmeal-Cook oats, top with dried fruit, flax seed & agave nectar or honey	Chard & Lentil Soup-Sauté onion, garlic, thyme, carrots. Add lentils, salt, pepper, water; boil 40min. Add chard until wilted 5min. Drizzle with olive oil.	Warm Spinach Salad with Tuna-combine olive oil, lemon juice, garlic salt & pepper heat until warm, drizzle over spinach leaves & top with tuna	NutriClear Shake OR - Trail Mix. Mix almonds, cashews, pecans & walnuts with dried mangos
Thursday	Green Quickie -sliced avocados & green apples, top with crushed pecans & honey	Bean Salad-combine oil, vinegar, sea salt & garlic, add beans, toss. Cook brown rice pasta. Toss pasta with beans, olives & parsley, add extra vinegar or sea salt as needed. Serve warm or chilled.	Baked Halibut with herbs-place fish in baking dish add chicken or vegetable broth, lemon juice, garlic, parsley, salt & pepper. Serve with steamed broccoli	NutriClear Shake OR - hard boiled egg
Friday	Bacon & Egg - cut gluten free bread in half top with rice or almond cheese, broil 3-5min. Cook bacon, then eggs in same skillet, add to toast top with avocado slices	Five minute Rice & Beans-heat rice & beans, mix in onions or celery, add sea salt.	Lamb & Sweet Potato-Sauté onions, garlic & lamb in chicken broth 5min. Add remaining broth add sweet potato & kale, simmer 15min, and add salt & pepper.	NutriClear Shake OR - avocado, rice cheese wrapped in nitrate free turkey
Saturday	Combine almond butter & Dijon mustard, spread over toasted bread add leftover chicken, turkey breast, or bacon top with almond cheese & broil.	Quinoa Blueberry Walnut & Bean Salad Cook quinoa, mix together olive oil, pepper & vinegar. Add sea salt, blueberries, peas, beans, garlic, serve over a bed of lettuce leaves	Vegetarian stir fry-saute onion in vegetable broth, add mushrooms & cabbage. Add garlic. Add tamari, cilantro, and vinegar. Top with sesame seeds, salt & pepper.	NutriClear Shake OR - Toasted brown rice tortilla with almond butter & sliced apple