



### PROTEIN TYPE (example menu)

MEAL	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
Breakfast	bacon, scrambled eggs, small serving of potatoes fried in butter	2 poached eggs, Canadian bacon, 1 slice of spelt toast with butter	pork, turkey or chicken sausages, buckwheat cereal (whole grain) with butter	vegetable omelette, smoked salmon, sprouted rye bread with butter	2 fried eggs, 3 mini sausages, small serving of oatmeal with butter or cream
Lunch	dark meat chicken, raw carrots, celery and cauliflower with olive spread or mayonnaise/yogurt dip	tunafish salad with celery and natural mayonnaise, 1 piece spelt bread, small lentil soup	hamburger patty, steamed corn with butter, spinach salad with artichokes and mushrooms, olive oil and lemon juice	shrimp salad with celery and mayonnaise, avocado with olive oil and lemon, small serving of wild and brown rice	pot roast with small serving of potatoes and carrots
Snack	full-fat cottage cheese mixed with flax seed oil, ½ sliced green apple	peanut butter or almond butter on celery sticks	full-fat cheese with either ½ pear or Rye-Krisp crackers	½ banana with almonds	full-fat yogurt with sunflower seeds and cashews
Dinner	broiled salmon, steamed green beans, quinoa, and butter, spinach salad with sliced olives and vinaigrette dressing	broiled lamb chops, steamed asparagus, baked winter squash with butter	broiled steak, butter peas and corn, sliced avocado marinated in olive oil and vinegar	chicken thigh and drumstick, steamed artichoke and butter or mayonnaise, buttered string beans and slivered almonds	roast beef, steamed cauliflower, barley, spinach salad with bacon, mushrooms, vinaigrette dressing