

Week 1 Menu

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By Nadia Mills

Shopping/Ingredients

| | | |
|-------------------|----------------------|-----------------|
| Black beans | oatmeal | Romaine Lettuce |
| Quinoa | Raisins | Spinach |
| Northern Beans | Almond/peanut | Flax seed |
| Chick Peas | butter (natural with | Vanilla extract |
| Cucumbers | sea salt or | Cinnamon/apple |
| Tomatoes | unsalted) | pie spice |
| Onions | Lentils | Pecans (or |
| Green/red peppers | Sugar peas | walnuts) |
| Carrots | Apple | Cabbage |
| Broccoli | Bananas | Corn |
| Sweet potatoes | Frozen berries | |
| Quick cooking | Frozen pineapples | |

Breakfast

I will alternate between the following for this week. The challenge with breakfast is to always include enough protein, which keeps you full. If there is a protein powder that is dairy free without sugar, then add to your smoothie. You can get vegan (Daniel Fast Friendly) protein powder at www.fitWithPhil.com

*(Drink 16 oz of water with breakfast or a short while afterwards if having a smoothie)

Option 1- Smoothies

Banana-Almond butter

Bananas (1-1 ½ depending on how sweet you want it)

Half of an apple

Sugar-free almond milk (begin with ½ cup)

2 tablespoons almond butter

1-2 tablespoons flax seed

oatmeal (begin with ½ cup and add more for a thicker consistency).

ice

Fruit Smoothie

½ banana
strawberries
blueberries
pineapple
½ apple
1-2 tablespoons flax seed
water to blend
Green Smoothie
Spinach or kale
Pineapple
½ apple
small piece of ginger
water
(if using fresh fruit, add ice)

Green Smoothie

Spinach or kale
Pineapple
½ apple
small piece of ginger
water
1-2 tablespoons flax seed
ice

Breakfast Option 2- Oatmeal

Fruit and Nut Oatmeal

½ cup oatmeal
Water
Diced apples
Toasted walnuts or pecans
Raisins
Pinch of Cinnamon
Vanilla extract

Microwave the oatmeal, raisins and water until desired doneness. Mix in cinnamon and vanilla extract. Top with apples and nuts.

Banana and Strawberry Oatmeal

½ cup oatmeal
water
1 banana
strawberries
vanilla extract

Microwave the oatmeal and water to desired doneness. Stir in vanilla extract. Top with sliced bananas and strawberries.

.Almond Butter and Banana (or pumpkin) Oatmeal

½ cut oatmeal

water

cinnamon

vanilla extract

1-2 tablespoon almond butter or peanut butter

toasted pecans

Microwave the oatmeal and water to desired doneness. Stir in vanilla extract, cinnamon, and almond butter. Top with pecans and sliced bananas.

For Pumpkin oatmeal, add ¼ cup pumpkin puree with the oatmeal and water. Stir in vanilla extract, cinnamon, and almond butter. Top with pecans.

Snacks

½ apple with 1-2 tablespoons almond butter
cucumber slices, carrot sticks with hummus

½ apple with a handful of almonds

Any fruits along with nuts or some type of protein
(Drink 16 oz of water with snack)

Lunch/Dinner

Lunch Ideas

Black bean salad with a green salad

Black bean burger with a green salad

Quinoa and black bean salad

Salad with hummus

(Drink at least 16 oz of water)

Dinner

Black Bean Burgers (Protein)

Chick Peas burgers (Protein)

Lentils Meatloaf (Protein)

Curried northern beans (Protein)

Quinoa with roasted sweet potatoes and cilantro (Side)

Quinoa with corn and green onions (Side)

Curried cabbage, carrots, onions, green peppers (Side)

Steamed broccoli (Green Veg)

Steamed sugar peas (Green Veg)

Sautéed spinach or kale (Green Veg)

Mix and match a protein with a side and always include a green vegetable.