

MENU IDEAS FOR FAST DIET PLAN

Macronutrient Ratios: 30% Carbohydrates 40% Protein 30% Fat
(Adjust serving size and macronutrient ratios to meet individual needs.)

C = Carbohydrate
SC = Starchy Carb

F = Fat
P = Protein

Pf = Protein w/small amount of fat
Fp = Fat w/small amount of protein

X = Condiment or Extra

The menus in this category are to stimulate ideas, and are based primarily on a fast oxidizer type food list. Please adjust according to individual taste preferences and macronutrient needs. You may also choose from the Parasympathetic menus for additional ideas. Suggestions and ratios may not work for everyone. Be aware of how you feel after each meal. You should have energy, zero cravings, and be satisfied between meals – if you are not, then you need to adjust your ratios or food choices.

Be creative and add foods from your allowable food list and spices – staying within your macronutrient ratio. It is important to use organic foods at least 85-90% of the time. This ratio may vary if you are someone who travels often.

Preparation time on all or most menu ideas is 15 minutes or less. These menu ideas are designed for the busy person's lifestyle. For more extravagant ideas such as casseroles and recipes, you may want to refer to the book "Nourishing Traditions" by Sally Fallon: newtrendspublishing.com

Tips on following your menu guidelines

- Avoid gluten and Dairy for 3 months to identify and heal from any potential allergies
- Alternate foods, i.e., choose different nuts and seeds, different meats, different fruits/vegetables every week.
- Feel free to mix up the menus as long as you are staying within your proper ratios of carbs/proteins/fats
- Some of the spices suggested are excellent for the circulatory system
- Snacks can be used as part of a meal as long as a protein is chosen to go with them
- AVOID or MINIMIZE PORK, AVOID OR MINIMIZE WHEAT, AVOID PASTEURIZED DAIRY, AVOID CANOLA OIL
- Avoid using the microwave, even if only to warm water

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BREAKFAST

<p>P 2 eggs (cooked as omelet in coconut oil) C Mushroom, chopped asparagus F Mozzarella and feta Cf 1/2 finely chopped tomato over omelet X Celtic Salt/ pepper</p>	<p>P 1 beef patty C Fruit salad (1/2 banana, 1/2 chopped pear, 1/4 avocado) F 2 TBS Hemp Seeds F 1tsp ground flax</p>	<p>C 8-10 ounces coconut or almond milk C 1/2 apple Cf 1/2 Avocado F 1 raw egg F 1 tbs Almond butter of crushed walnuts P 2 slices turkey meet roll ups on side</p>
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SNACK

<p>C Banana (green) F 2tbs coconut flakes F 1/2 ounce whipped cream</p>	<p>C Apple sauce F Coconut flakes F Crushed walnuts</p>	<p>C Chopped carrots F Pecans F Olive oil and sea salt</p>
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LUNCH

<p>P 1 can of sardines – or tuna C 1/2 avocado chopped celery, graded carrot, F 2 TBS olive oil C, F Grated cheddar, goat or feta cheese X Spices C 5-8 Olives</p>	<p>P 1/4lb natural ground buffalo patties F Cheddar over buffalo F 2-5 asparagus cooked with coconut oil & almonds</p>	<p>P 1/4 lb Natural lunch meat (roast beef, turkey, or chicken) C 1 chopped green apple Cf 1 chopped avocado F Olive Oil sea salt, pepper F Sprinkle crushed nuts over top</p>
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DINNER

<p>P, F 1-2 chicken legs and thighs baked in glass Pyrex dish with butter, salt and pepper. C, F Chopped celery, mushrooms, and spinach in pan with butter F Sprinkle parm over plate if needed</p>	<p>P 4-8 ounces steak C 5 ounces cauliflower, mushrooms, celery mixed – sautéed in butter or coconut oil F 1 ounce feta cheese over cauliflower or handful sunflower seeds.</p>	<p>P Ground Turkey cooked with coconut oil. F Drizzle olive oil over after cooked + add sea salt + pepper C Steamed Spinach with Olives- add 2 TBS Olive Oil over F Handful of walnuts</p>
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