

MENU IDEAS FOR SYMPATHETIC OR SLOW DIET PLAN

Macronutrient Ratios: 60% Carbohydrates 25% Protein 15% 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 sympathetic or slow type food list. Please adjust according to individual taste preferences and macronutrient needs. 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 15minutes 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>Fp 3-6ounces organic cottage cheese C Handful of fresh or frozen organic blueberries, gogi or mulberries F Ground flax seed or powdered cashews P 1 boiled egg</p>	<p>C 1 chopped pear Fp Handful of crushed pecan or sunflower seeds Fp 2TBS Feta or Goat Cheese, mix with pear and nuts P 1 natural chicken or turkey sausage, or roll-up of turkey or chicken meat.</p>	<p>C 1 Slice Manna multi grain sprouted bread F Neufchatel cream cheese C Small amount of black current jam, or raw honey P 1 Boiled egg</p>
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SNACK

<p>C Bowl of 1/2 banana chopped -- or berries F Coat with coconut flakes</p>	<p>C 6-10 slices of pineapple F Handful of raw cashews</p>	<p>C 5-6 dates F Dip in Almond butter</p>
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LUNCH

<p>P Several slices of natural turkey breast C Large salad with 1/2 cucumber, 1 tomato, chopped cilantro, chopped radishes over romaine lettuce, spinach or arugula F Olive oil with Celtic sea salt and pepper for dressing</p>	<p>C Salad with dandelion greens, small amount of orange or pineapple chopped into segments, 8 Kalamata olives pitted C small handful of gogi berries and mulberries X 1 sprig fresh rosemary minced, olive oil, sea salt, paprika F 1 TBS shelled hemp P Side of grilled chicken breast or chicken deli meat</p>	<p>C Sprouted Ezekiel wrap with lettuce or spinach Cp Heavily coat wrap with hummus C Add slice of mozzarella cheese F Add slice of onion and tomato C Chopped apple and pecan salad with small amount of olive oil, sea salt to taste</p>
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DINNER

<p>P Chicken Breast C Chopped and steamed or baked with bouillon cube: broccoli, red pepper, zucchini, radish (generous amount) F slice butter or coconut oil over vegetables before baking or steaming</p>	<p>P Turkey Breast C Steamed spinach with butter C Chopped tomato, cucumber, onion, pepper salad with olive oil and sea salt</p>	<p>P 1/4LB Flounder or Cod Fish Cf Coat fish in butter and spelt flour (optional) then layer fish in pyrex dish C Add: 1 sliced turnip, 1 sliced sweet potato, 1/2 onion, 2 garlic cloves, 2 slices tomato, 2 slices lemon F Add 1 TBS butter and 1 TBS coconut oil over veggies - bake 375-395 until tender X Add spices to taste before baking (turmeric, curry, cumin, paprika, black pepper and Celtic sea salt)</p>
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