



The following is a week's menu at a glance. All meals in bold are recipes from Grain Brain.

## Sunday:

**Breakfast: Huevos Rancheros.**

**Lunch: Nicoise Salad.**

**Dinner: Grilled Sardines with Tomato, Arugula, and Pecorino Cheese.**

**Dessert:** 2 squares of dark chocolate dipped in 1 tablespoon almond butter.

## Monday:

**Breakfast:** two scrambled eggs with 1 ounce cheddar cheese and unlimited stir- (fried veggies (e.g., onions, mushrooms, spinach, broccoli)).

**Lunch: Chicken with Mustard Vinaigrette** with a side of leafy greens dressed with balsamic vinegar and olive oil.

**Dinner:** 3 ounces grass-fed sirloin steak, organic roasted chicken, or wild fish with a side of greens and vegetables sautéed in butter and garlic.

**Dessert:** half a cup of berries topped with a drizzle of fresh, unsweetened cream.

## Tuesday:

**Breakfast:** Half an avocado drizzled with olive oil; and two poached eggs topped (with salsa).

**Lunch: Lemon Chicken** with Herb Garden Salad.

**Dinner: Quick Salmon with Mushrooms** and unlimited roasted vegetables.

**Dessert:** 2 Chocolate Truffles.

## Wednesday:

**Breakfast:** Gruyere Frittata.

**Lunch:** Lemon Arugula Salad with 3 ounces diced grilled chicken.

**Dinner:** Chardonnay Baked Fish with 1/2 cup wild rice and unlimited steamed vegetables.

**Dessert:** 1 whole apple sliced and topped with a sprinkle of stevia and cinnamon.

## Thursday:

**Breakfast:** 3-4 slices of lox or smoked salmon with 1 ounce goat cheese and 1 serving of Quick Crunchy "Cereal."

**Lunch:** 1 1/2 cups Zucchini Yogurt Gazpacho with Saffron Marinated Chicken Breast.

**Dinner:** Balsamic-Glazed Steaks; Green Beans with Garlic Dressing.

**Dessert:** 2 to 3 squares of dark chocolate.

## Friday:

**Breakfast:** Coconut Oil Omelet.

**Lunch:** Roasted Walnut Oil Mesclun Salad and 3 ounces grilled salmon.

**Dinner:** Chicken Curry with Black Pepper; unlimited green beans and broccoli.

**Dessert:** Chocolate Coconut Mousse.

## Saturday:

**Breakfast:** No Oat "Oatmeal."

**Lunch:** Ahi Tuna Carpaccio with Red Onion, Parsley, Pink Peppercorn.

**Dinner:** Akushi Beef Tenderloin with Brussels Sprouts.

**Dessert:** 3/4 cup whole strawberries dipped in 3 squares melted dark chocolate.