



Grain Brain One-Week Menu

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](#).*

*Recipes from Grain Brain. Included in the Recipes section of www.drperlmutter.com

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: [Greek Lemon Lamb](#)*; 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: [Akaushi Beef Tenderloin with Brussels Sprouts](#).*

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