

Center Infinity Wellness *Combining Science and Nature*

Providing the finest choices in natural hormone and health solutions

The following 14-day menu is provided to aid in the healing of your intestinal tract. This menu is a basic guideline to help you plan your meals and to get ideas about what a daily menu looks like. You will notice repeated snack and meals within the 14 day menu due to the limits of acceptable foods on this diet. You may find it difficult to get creative using so few ingredients. The goal of this diet is not to get creative but to heal your gut. Do not focus on what you can't have, or what you are denying yourself. Remember, it is the food you have already consumed that resulted in your condition.

To make it through the next 45-90 days, plan your meals and snacks a week in advance. By doing so, you will have your fridge stocked with acceptable foods. Coming home to a bare fridge makes it difficult to stay on track. Provided for you are some delicious recipes I have served in my test kitchen with great results. Make your meal plan and write down the ingredients. Take that list to the grocery store and buy what you need for the week (5 days' worth). This will help keep your kitchen full and your tummy happy. It will also cut down on waste since produce doesn't last long. Another helpful idea is to make 3 or 4 meals over the weekend, store them in airtight containers and keep them in the fridge. And finally, you may be the only one in your family (ok, let's face it, the only one in your city!) on this beneficial diet. Each recipe serves 4-6 even though you may only be cooking for one. This means leftovers! Use this to your advantage and store for another meal. Note: Eat fresh salads, guacamole and any fish recipes within 2 days of preparing it.

Additional recipes that were not factored into the 14-day menu are included at the end of this packet. Salad ideas are also "tossed" in there for you. By cutting the vegetables in different shapes (i.e.: slices, cubes, on a bias, julienned) changes the texture, therefore changing the way you taste it.

- Dressings can be made of: Olive oil, grape seed oil, lemon juice, sea salt and pepper, and apple cider vinegar
- Sautéed cooking: Olive oil, canola, grape seed or coconut oil, light seasonings
- Thin sliced Lunch meats from AppleGate Farms found at Whole Foods: turkey, roast beef, chicken, turkey (do not buy processed pre-packaged) Small amounts of sugar (less than 2%) are permissible if already within packaging. Do not add any sweeteners.
- Cucumbers are a great substitute for "chips" or salty snacks. My favorite is making guacamole and then using the cucumber with a little bit of salt on it as the tortilla chip.
- Low-glycemic fruits in moderation to quench a sweet tooth with a glass of unsweetened coconut milk. Best to eat fruits with meals. Specialty items such as the Kombucha and pickled ginger can be found at Whole Foods, Sprouts, Henry's, or other health food store.

An amazing food journey awaits you as you restore your health. We will be supporting you along the way. Take time each day to be thankful for the abundance of fresh fruits and vegetables you enjoy.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Carrot Juice (1/2) Water Turkey Sausage sautéed zucchini & basil Strawberries	Sliced lunchmeats Sautéed yellow squash & Onions Apple	Thin Sliced Sirloin Steak Warm Sauerkraut Steamed Broccoli Nectarine	Ground Turkey & Vegetables (4) Plum	Turkey bacon Sautéed zucchini and fresh basil Blueberries	Sauteed ground chickem Strawberries	Beef Bacon Sautéed yellow squash & onions Grapefruit
Snack	Cucumbers with sea salt Herbal Tea	Carrot sticks Kombucha Tea	Kim Chi cabbage Herbal Tea	Cucumbers with olive oil, lemon juice, salt, pepper dressing Herbal tea	Dill pickles Sliced lunch meat Kombucha tea Apple	Pikled cucumbers Herbal tea	Cucumbers with olive oil, lemon juice, salt, pepper dressing Herbal tea
Lunch	Salad with chicken Avocado slices Olive-oil lemon dressing	Chicken Curry Salad (1) Celery Stick Grapefruit	Leftover fish soup (2) Plum Cucumber slices	Salad with cubed turkey, lemon juice, olive oil, sea salt, and pepper dressing Orange	Ground turkey patty Steamed Artichoke Mixed berries	Spinach salad with cold salmon cubes, olive oil, lemon juice, sea salt & pepper dressing Kombucha tea	Pan fried trout Steamed asparagus Orange
Snack	Pickled ginger Celery sticks Kombucha tea	Chicken Cubes Dill pickles Herbal tea	Carrot & Celery sticks Herbal tea	Celery sticks Kombucha tea Dill pickles Peach	Cucumber with sea salt Herbal tea	Celery sticks Kombucha tea Pear	Cold blanched broccoli & cauliflower with sea salt Herbal tea
Dinner	Grilled lamb chops Steamed mix vegetables Sauerkraut	Fish Soup (2) Salad Olive Oil- Lemon Dressing	Lettuce Wraps (3)	Pan fried Tilapia (5) Salad with black olives, olive oil, salt & pepper	Grilled Salmon Guacamole(6) Steamed Veggies	Casablanca Carrot Soup(7)Salad- Kalamata olives, lemon juice, olive oil, sea salt, & pepper dressing	Leftover Casablanca carrot soup (7) Mixed Berries

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Sausage with Spinach & Fennel (8) Berries	Thin Sliced Sirloin Steak Mashed cauliflower Grapefruit	Sliced Lunchmeat Steamed Broccoli Apple	Turkey bacon Sautéed zucchini and fresh basil Blueberries	Leftover Kale and Roasted Vegetable Soup (11)	Sausage with Spinach & Fennel (8) Berries	Turkey bacon Sautéed zucchini and fresh basil Blueberries
Snack	Olive, cucumber Herbal Tea	Celery sticks Herbal Tea	Kim Chi cabbage Kombucha Tea	Dill pickles Sliced lunch meat Kombucha tea Apple	Pickled Ginger Celery sticks Herbal tea	Cucumbers with olive oil, lemon juice, salt, pepper dressing Herbal tea	Kim Chi cabbage Kombucha Tea
Lunch	Roasted turkey Cucumber slices Guacamole (6)	Leftover Coconut Curry Fish or Chicken (9)	Chicken Celery sticks Grapefruit	Salad with chicken, avocado slices, olive oil-lemon dressing	Salad with Turkey Apple slices	Leftover Coconut Thai Delight (12)	Lemon Chicken Recipe (13) Salad with Avocado slices, olive oil-lemon dressing
Snack	Lunchmeat slices Pickled ginger Kombucha tea	Chicken Cubes Dill pickles Kombucha tea	Lunchmeat Pickled Ginger Herbal tea	Celery sticks Herbal tea Pear	Carrot & celery sticks Kombucha tea Dill pickles Peach	Lunchmeat Pickled Ginger Herbal tea	Cucumbers with olive oil, lemon juice, sea salt & pepper dressing Herbal tea
Dinner	Coconut Curry Fish or Chicken (9)	Vegetable Soup with Sweet Basil (10) Salad, olive oil-lemon dressing	Leftover Vegetable Soup with Sweet Basil (10)	Kale and Roasted Vegetable Soup (11)	Coconut Thai Delight (12)	Stir Fry with coconut oil and chicken or beef	Chicken-Vegetable Tagine (14)

(1) Chicken Curry Salad Recipe

Ingredients

1-1/2 lbs cooked chicken

2 Tbsp oil

1 yellow onion, roughly chopped

1-2 heaping Tbsp yellow curry powder to taste

1 apple (tart or sweet, your preference), peeled, cored, and diced

½ cup chopped fresh cilantro (just lightly packed)

2 green onions, sliced

Directions:

1. Add yellow onion to large fry pan and cook. After a few minutes, when the onions are beginning to get translucent, add 2 heaping tablespoons of yellow curry powder. Cook a few minutes more, stirring frequently. If the curry sticks to the bottom or the mixture gets dry, add a bit more olive oil to the pan. As you stir, scrape up the stuck curry bits.
2. Add onion mixture to chicken and mix well, coating the chicken pieces with the curry infused olive oil. Refrigerate until cool.
3. Mix in the apple, green onions, and cilantro. Serve.

(2) Fish Soup

Ingredients

- 2 Tbsp coconut oil
- 2 Leek onions sliced
- 4 cloves of garlic, pressed
- 3 inches of fresh ginger, peeled, grated
- 3 celery, sliced
- 6 carrots, peeled, sliced
- 2 yellow squash, diced
- 2 boxes of Pacific Low Sodium Chicken Broth
- 2 Cups of water
- 1 ½ Lbs of cubed cod, tilapia, mahi mahi, or orange roughy

Directions:

1. Heat large stockpot over medium high heat and add oil. After prepping vegetables, add onion and garlic for 4-5 minutes until wilted and slightly golden.
2. Next add ginger and celery, stirring well for 1 minute.
3. Turn up heat to High and add 1 cup of broth and carrots. Cover pot and let broth come to boil. Boil carrots for 5 minutes.
4. Next add yellow squash, rest of the broth and the water.
5. Wait until the broth begins to boil then add cubed fish. Reduce heat to medium and cover for 5-10 minutes until fish is bright white and flakes easily.
6. Serve hot and enjoy.

(3) Lettuce Wraps

Ingredients

- 1 Lb ground turkey
- 2 inches fresh ginger, peeled, grated
- 3 cloves of garlic, pressed
- ½ C water chestnuts chopped
- 4 carrots, shredded
- ½-¾ C Chicken Broth
- ¼ C Sesame Seasoning from Costco
- Head of Iceberg lettuce or romaine leaves

Directions:

1. Heat large pot to medium high to brown turkey
2. Add in garlic and ginger when meat is almost cooked through
3. Reduce heat to medium when meat is fully cooked.
4. Stir in chestnuts, carrots, broth and Sesame dressing.

Spoon onto lettuce and eat like a taco.

Enjoy!

(4) Ground Turkey and Vegetables

Ingredients:

- 3 cloves of garlic
- ½ onion, diced
- 2 Tbs seasoning
- 1 lb ground turkey
- 1-½ C baby carrots
- 1 C green beans, trimmed, cut in half
- 2 Zucchini, sliced

Directions:

1. In a large pan on medium heat, begin to brown the meat. When the meat is almost done cooking, add in garlic, onion and seasoning.
2. Meanwhile, in a steamer basket steam carrots for 5 minutes covered. Add in green beans for 5 minutes. Finally zucchini. Turn off heat and leave covered until meat is cooked through.
3. Spoon meat into bowl and top with vegetables.

(5) Pan Fried Tilapia

Ingredients:

- 1lb fresh Tilapia, rinsed and patted dry
- 1 Tbsp Trader Joe's 21 Season Salute
- 2 Tbsp oil

Directions:

1. Heat oil in frying pan on medium-high heat
2. Place fish in pan then sprinkle lightly with seasoning
3. Cook each side 5-7 minutes until fish flakes

(6) Guacamole

Ingredients:

- 4 Avocados
- 3 cloves of garlic (or more if you like it) pressed
- ½ red onion, diced
- ½ tsp cumin
- ½ tsp coriander
- 1 tsp or more of 21 Season Salute from Trader Joes
- 1 Lime, juiced
- ½ lemon, juiced

Directions:

1. Cut avocados in half length-wise. Remove seeds. Scoop out avocados from peel and put in a mixing bowl. Reserve one seed.
2. Add in garlic, onion and spices and stir to mix. Do not mix or you will have “runny” guacamole.
3. Stir in lime and lemon juice, and to keep from browning. Place reserved seed in the guacamole then store in airtight container to help preserve freshness.

(7) Casablanca Carrot Soup

Ingredients:

- 2 Tbsp. olive oil
- 1 lb. carrots, cut into 1/4inch rounds
- 2 green onions, minced (2 Tbs.)
- 1 garlic clove, minced (1tsp)
- ¼ tsp. ground cinnamon
- ½ tsp. ground turmeric
- ½ tsp. ground cumin
- 2- 14.5oz cans low sodium vegetable/chicken broth
- 2 cups carrot juice
- ¼ cup chopped fresh mint
- 1 Tbsp. lemon juice
- 1 tsp. lemon zest
- (mint springs for garnish, optional)

Directions:

1. Heat oil in large pot over medium high heat. Add carrots, onion, garlic, cinnamon, turmeric, and cumin; stir 3 minutes. Add broth, and bring to boil. Reduce heat to medium-low, cover, and simmer 30-35 minutes, until carrots are very tender.
2. Puree carrot mixture with carrot juice and mint in blender until smooth. Stir in lemon juice zest. Return to pot to warm, if necessary. Serve hot or chilled, garnished with mint.

(8) Sausage with Wilted Spinach and Fennel

Ingredients:

- 1 pkg Trader Joe's Sweet Italian Chicken Sausage (raw)
- 2 tbsp almond oil
- 1 bulb fresh fennel, thinly sliced
- 3 cloves of garlic, sliced
- ½ c chicken broths
- 1 bag baby spinach, washed

Directions:

1. Put sausage on lipped baking sheet in oven set to broil
2. Meanwhile, in a large frying pan, heat oil on medium high.
3. Add garlic and fennel. Cook for 4 minutes.
4. Turn sausage to finish cooking in the broiler
5. Add broth and spinach to pan. Stir until spinach wilts.
6. Spoon spinach mixture onto plate and top with sausage.

(9) Coconut Curry Fish or Chicken

Ingredients:

- 2 Tbsp coconut oil
- 4 Cloves of garlic, pressed
- 3 ribs of celery, sliced
- 2 inches of ginger, peeled, grated
- 4 carrots, shredded
- 1 tsp Fish Sauce (optional)
- ½ tsp Thai Kitchen green curry paste
- 3 small zucchini sliced
- 1 cup green beans, trimmed and cut in half
- 1 can Thai Kitchen Coconut milk

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1 box Pacific Low Sodium Chicken Broth

1 lb of cubed chicken or white fish

5 leaves fresh basil, thinly sliced

Directions:

1. Heat oil in large frying pan on medium high
2. Add garlic and celery. Stir for 4-5 minutes until crisp-tender
3. Add carrots and ginger. Stir for 5 minutes
4. Add fish sauce, curry, 1cup of broth, zucchini, and green beans
5. Cover and let cook for 5 minutes
6. Shake can