

Sample Menu

Grain Free



BREAKFAST

- 1 cup hot water and lemon
- garden feta cheese omelet (see recipes)
- ½ cup mixed berries



LUNCH

- 6 ounces fish or chicken
- 2 cups salad (top with healthy nuts and flax seeds)
- 2 tablespoons olive oil and red wine vinegar



DINNER

- 2 cups spaghetti squash + meat balls (see recipes)
- 1 cup steamed veggies
- 1 cup salad with oil and red vinegar or lemon



HYDRATE with WATER

