

# Sample Daily Menus for Step One

Day One	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet	Lean Protein	Chicken	Apple
	½ Avocado	½ Avocado	Vegetable	Raw Almonds
	1 Kiwi	Salad	Vegetable	Strawberries
	1 Orange	Strawberries	1 Banana	
Day Two	Breakfast	Lunch	Dinner	Snacks
	2 eggs, scrambled	Chicken	Turkey	Pear
	Large Grapefruit	Salad	Vegetable	Plum
	Cantaloupe	Apple	Vegetable	Raw Almonds
	1 Orange	1 Kiwi	½ Avocado	
Day Three	Breakfast	Lunch	Dinner	Snacks
	Chicken breast	Turkey	Fish	Strawberries
	1 Banana	Vegetable	Vegetable	Banana
	½ Avocado	Salad	Vegetable	Orange
	Grapes	Cantaloupe	1 Kiwi	
Day Four	Breakfast	Lunch	Dinner	Snacks
	Turkey	Fish	Beef	Apple
	1 Grapefruit	Salad	Vegetable	Cantaloupe
	1 Orange	Grapes	Vegetable	Grapes
	4 Strawberries	Honeydew Melon	1 Pear or Plum	
Day Five	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet	Beef	Chicken	Raw Almonds
	½ Avocado	Salad	Vegetable	Honeydew Melon
	Grapes	Vegetable	Vegetable	Pear or Plum
	1 Orange	1 Banana	½ Avocado	
Day Six	Breakfast	Lunch	Dinner	Snacks
	Chicken	Chicken	Turkey	Orange
	1 Grapefruit	Vegetable	Vegetable	Grapes
	1 Banana	Salad	Vegetable	Bananas
	Cantaloupe	Apple	1 Kiwi	
Day Seven	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet	Turkey	Fish	Strawberries
	½ Avocado	Vegetable	Vegetable	Raw Almonds
	Orange	Salad	Vegetable	Grapefruit
	1 Pear or Plum	1 Banana	½ Avocado	