

Recipes for Repair: **PHASE 1** Meal Planner

Day (date)

Breakfast	
Lunch	
Snacks	
Dinner	
Dessert	

Day (date)

Breakfast	
Lunch	
Snacks	
Dinner	
Dessert	

Disclaimer: All matters regarding your health, including food choices and changes in your diet, require consultation with a physician. Those who might be at risk from the effects of salmonella or other infections should consult with their doctor before consuming raw eggs, raw honey or raw dairy. Neither the authors nor the publisher assume any responsibility or liability for any possible adverse effects resulting from the use of information contained herein. Copyright © 2014. All rights reserved.

Recipes for Repair: **PHASE 1** Meal Suggestions

Day 1 (date)

Breakfast	Poached Eggs Florentine with Béarnaise Sauce (page 74)
Lunch	Steamed Vegetables and Brown and Wild Rice (page 79) with Fresh Herb Vinaigrette (page 79)
Snacks	Cherry Vanilla Almond Blast (page 77)
Dinner	Sautéed Filet of Sole with Artichoke Pesto (page 101) served steamed asparagus or broccoli
Dessert	Cinnamon Applesauce (page 250) and a Chewy Coconut Almond Cookie (online exclusive)

Day 2 (date)

Breakfast	Carrot Almond Pancakes (page 75)
Lunch	"Cream" of Asparagus Soup (online exclusive) with Savory Vegetable and Herb Biscotti (online exclusive) on the side
Snacks	Blueberry "Yogurt" (online exclusive)
Dinner	Slow Cooked Brown Rice Risotti and Mushrooms (online exclusive)
Dessert	Nutty Coconut Delight

Day 3 (date)

Breakfast	Make-Ahead Brown Rice Porridge with Mixed Berry Compote (online exclusive)
Lunch	Carrot Cauliflower Soup (online exclusive)
Snacks	Cherry Vanilla Almond Blast (page 77)
Dinner	Moroccan Spice-Rubbed Salmon (page 93) served with wild and brown rice and steamed green beans
Dessert	Cinnamon Applesauce (page 250) and a Chewy Coconut Almond Cookie (online exclusive)

Day 4 (date)

Breakfast	Cherry Vanilla Almond Blast (page 77)
Lunch	Grilled Salmon over Assorted Greens (page 90) with Fresh Herb Vinaigrette (page 79)
Snacks	Blueberry "Yogurt" (online exclusive)
Dinner	Brown and Wild Rice Cauliflower and Mushroom Curry (online exclusive) served with an arugula salad dressed with Fresh Herb Vinaigrette (page 79)
Dessert	Warm Berry Compote (online exclusive)

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Day 5 (date)

Breakfast	Brown Rice Pancake (online exclusive)
Lunch	Brown rice pasta with Artichoke Pesto (page 101) pine nuts and spinach with a side of cultured carrot
Snacks	Sliced green apple with Almond Butter (page 238)
Dinner	Almond and Herb Crusted Tilapia (page 97) served with Green Beans with Shiitake Mushrooms and Almonds (page 84)
Dessert	Chewy Coconut Almond Cookie (online exclusive)

Day 6 (date)

Breakfast	Herb Scrambled Eggs with Shitake Mushrooms (online exclusive)
Lunch	Artichoke Leek Soup (page 89) with Savory Vegetable and Herb Biscotti (online exclusive) on the side
Snacks	Cinnamon Applesauce (page 250) and mixed nuts
Dinner	Stir-Fried Brown Rice and Vegetables (page 95) served with a green salad dressed with Fresh Herb Vinaigrette (page 79)
Dessert	Nutty Coconut Delight (page 103)

Day 7 (date)

Breakfast	Apple and Nut Skillet (online exclusive)
Lunch	Egg Salad (page 87) with assorted greens with Fresh Herb Vinaigrette (page 79)
Snacks	Raw carrots, celery and broccoli with Avocado Dip (page 252)
Dinner	Broiled Flounder (page 100) with Herb Mayonnaise (page 248) served with steamed spinach and broccoli
Dessert	Chewy Coconut Almond Cookie (online exclusive)

This meal plan can be found at www.recipesforrepair.com/lyme-inflammation-diet/phase-1

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