

Meal Plans from Dr. Gold

*For recipes check out: <https://maxliving.com/category/healthy-recipes/> In addition here's some meal ideas.

Breakfast:

*When first wake up 2 cups water with lemon, wheat grass (Amazing grass) 1 cup of water with 1 scoop

1.2 Eggs, 1 Avocado, Salmon 3oz, sweet potato (boiled 30min)

2.Spinach Frittata, (can substitute tempeh), chia, flax seeds on top, can add bell peppers, onions, garlic, ginger for flavor and cinnamon. If sensitive stomach just use ginger, cinnamon and spinach

3.Steel cut oatmeal, with real dates or figs

4.Can create your own cereal with nuts, seeds, berries ie almonds, walnuts, hemp seeds, chia seeds, flaxseeds

Oils: avocado oil, olive oil

Lunch/Dinner:

1.lentil soup with black bean burger

<https://www.donleefarms.com/product-page/organic-chipotle-black-bean-burger>

2.Salmon or Cod 3oz with asparagus sauteed in garlic, onions and olive oil, with green plantains (3.5oz)

3.turkey Chili with quinoa and broccoli

4.Hearty salad: dark greens ie spinach, kale, arugula, add chia seeds, almonds, blueberries, 3oz pasteur raised chicken

5.Pumpkin soup with walnuts or almonds on top and flaxseed. Eat with veggie burger or beyond burger and baked beets

Snacks: apples, berries, cherries, pumpkin seeds, almonds, walnuts. With warmest wishes, Dr. Gold ♥