



LOSE IT - Starter Menus

Use the following menus as they are written or as a starting point to creating your own meals. Make sure to ONLY use foods from your food list.

Day One: 704 calories

Lunch: Chicken/Zucchini Soup. (254 calories)

1. Mix 4oz of diced chicken (cooked) with ½ cup low sodium chicken broth. Sprinkle with garlic and onion powder.
2. When Chicken is cooked completely (about 10 minutes) add 1 cup or 6oz of chopped zucchini.
3. Add 1 cup of water and any other seasonings (poultry seasoning, Mrs. Dash, Garlic powder, onion powder, etc.)
4. Cook until Zucchini is tender.

Dessert: Sliced apple sprinkled with Cinnamon and Stevia powder. (95 calories)

Dinner: Meatloaf (300 calories)

1. Mix 4oz ground beef with a sprinkle of garlic powder, onion powder and any other seasonings.
2. Form into a loaf and bake at 350° for 20 minutes.
3. Serve over a bed (4oz) of lettuce

Dessert: 6oz of Strawberries. (55 calories)

Day Two: 660 calories

Lunch: Buffalo and Tomato Stew (308 calories)

1. Cook 4oz of small diced pieces of lean buffalo in 1/2 cup of beef broth and a splash of Bragg's Liquid Aminos.
2. Add 1/2 cup of diced onions and one diced clove of garlic, along with a dash or two of Italian herb seasoning (make sure there is no added sugar, oil, or starch).
3. Once meat is completely cooked add two cups of diced fresh tomatoes and 1 cup of water. Cover and cook on medium heat for about 10 minutes.

Dessert: Orange Dream Spritzer Smoothie (65 calories)

1. Peel and slice one orange and put it in a blender.
2. Add ice, 1 cup of sparkling mineral water, and 1 dropperful of vanilla sweet leaf stevia.
3. Blend and enjoy.

Dinner: Spicy Shrimp and Mustard. (276 Calories)

1. Saute' 5 oz of shrimp with 2 Tbsp. of onion, 2 cloves of garlic, 2 Tbsp. Bragg's Liquid Aminos, 1 Tbsp. Bragg's apple cider vinegar, 2 Tbsp. lemon juice, and 3 Tbsp. of Stone Ground Mustard.
2. Remove shrimp from pan and add Vegetable broth to the remaining mixture. Add 16oz of Spinach and cook. Stir occasionally until spinach cooks down. Stir in mustard shrimp and Enjoy!

Dessert: Mexican Grapefruit (41 calories)

Sprinkle 1/2 Grapefruit with Cinnamon and powdered stevia.

Day Three: 720 calories

Lunch: Cold Curried Chicken and Celery Salad. (337 calories)

1. Saute' 4oz of chicken in a pan over medium heat with ½ cup of chicken broth.
2. Add a dash of garlic powder, onion powder, cumin, and curry.
3. Add 1 cup of water and simmer until liquid reaches a desired consistency (thickens like a sauce). Refrigerate until cold.
4. Chop up two cups of celery, put in a bowl, add salt and pepper to taste, along with a sprinkle of celery seeds.
5. Add cold curried chicken sauce and mix well; add ½ diced apple.

Dessert: Enjoy the rest of the apple sprinkled with cinnamon. (50 Calories)

Dinner: Steamed Cajun Cod and Spinach. (261 calories)

1. Place 5oz of cod in a steamer and sprinkle with Cajun seasoning. Cook until done (Between 10-15 minutes).
2. Add 16oz of spinach and let cook for 10 more minutes.
3. Serve on a plate and sprinkle with white wine vinegar and salt and pepper to taste

Dessert: Strawberry Smoothie. (72 calories)

1. Place 8oz of frozen strawberries in a blender.
2. Add 1 dropperful of vanilla cream stevia and ¾ cup of water.
3. Blend and enjoy!

Day Four: 604 Calories

Lunch: Steamed Cajun Shrimp. (212 calories)

1. Place 5oz of shrimp in a steamer with Cajun Seasoning. Add 8oz of asparagus to steamer and cook 10-15 minutes or until done.

Dessert: Bowl of sliced strawberries. (72 calories)

Dinner: Buffalo Chili. (225 calories)

1. Cook 4oz of Buffalo (or Bison) in a pan with garlic powder, onion powder, pepper, and pink salt.
2. Add in 1 16oz can of diced tomatoes (make sure there is no added sugar in these tomatoes).
3. Add additional seasonings if desired. Let simmer for 10 minutes.

Dessert: Baked Apple Pie (95 calories)

1. Slice apple and place on over safe plate (i.e. Pyrex)
2. Sprinkle with cinnamon and Stevia.
3. Place in oven until apples are soft.

Day Five: 694 calories

Lunch: Ground Meat Tacos. (320 calories)

1. Brown portion (4 oz.) of ground beef.
2. Simmer in saucepan with ½ cup of beef broth and a splash of Bragg's Aminos.
3. Add a dash of garlic powder, onion powder, diced onions, and Mexican seasonings, freshly chopped cilantro and cayenne pepper to taste.
4. Serve wrapped in lettuce leaves with chopped tomatoes on top.
5. Eat extra lettuce and tomato if you desire.

Dessert: Sliced orange sprinkled with cinnamon and stevia. (62 calories)

Dinner: Tuna and Salad. (217 calories)

1. 5 oz. of Albacore tuna packed in water Seasoned with pink salt, pepper, onion powder, and garlic powder.
2. Place tuna over a 6oz bed of ice burg lettuce.
3. Sprinkle with 2 Tbsp. of finely chopped white onion.
4. In a separate bowl mix 2 Tbsp. of apple cider vinegar, 1 Tbsp. of Dijon mustard, 1 tsp. of lemon zest, ½ tsp. of Italian seasoning, ¼ tsp. of pink salt, 1/8 tsp. black pepper, 1 clove of minced garlic, and stevia to taste.
5. Pour dressing over tuna and lettuce and enjoy!

Dessert: Sliced apple sprinkled with cinnamon and stevia. (95 calories)

Day Six: 519 calories

Lunch: Creamy Tomato Basil Soup with Shrimp. (204 calories)

1. Chop 2 large tomatoes and place in 2 quart sauce pan.
2. Add ½ cup of finely minced onion, 1 cup of vegetable broth, 1 cup of water, 2 Tbsp. of basil, ¼ tsp. of baking soda, and stevia to taste.
3. Simmer for 10 minutes.
4. In a separate pot, steam 5oz of shrimp with lemon juice and dill. Serve with soup.

Dessert: 7 oz of strawberries with stevia. (63 calories)

Dinner: Lemon Dill Mahi-Mahi (211 Calories)

1. Saute' 5oz of Mahi-Mahi with 4 Tbsp. of lemon juice, ¼ cup of vegetable broth, and 1 tsp. of apple cider vinegar.
2. Add 1 tsp. of dill, 1 clove of finely minced garlic, and 1 tsp. of onion minced.
3. Cook for an additional 5-10 minutes, or until fish is completely cooked.
4. Garnish with lemon wedges.
5. Serve with 6 oz. of steamed asparagus.

Dessert: ½ Grapefruit sprinkled with cinnamon and stevia. (41 calories)

Day Seven: 709 Calories

Lunch: Hamburgers. (332 calories)

1. Mix together: 4oz of lean hamburger, 1 Tbsp. finely chopped onion, 1 clove of finely minced garlic, 1 tsp. of onion powder, 1 tsp. garlic powder, salt and pepper to taste, and a splash of liquid aminos.
2. Form mixture into a patty and either grill on a George Foreman Grill, or in a pan with a bit of beef broth until the patty is cooked to your liking.
3. While your burger is cooking slice up 3 cups of cucumbers.
4. In a blender mix together $\frac{1}{4}$ cup of white wine vinegar, $\frac{1}{8}$ cup of sherry vinegar, 1 Tbsp. of celery seeds, and 1 cup of water.
5. Pour dressing over cucumbers and add salt and pepper to taste.

Dessert: Grapefruit Spritzer. (41 calories)

- Cut up $\frac{1}{2}$ of a grapefruit and put in blender with 1 cup of sparkling mineral water and ice. Add stevia to taste, blend and enjoy!

Dinner: Grilled Oriental Chicken Salad. (274 calories)

1. Grill 4oz of chicken and let get cold, dice and pour over several cups of finely shredded cabbage (use several types to add variety).
2. In a blender mix together $\frac{1}{4}$ cup white wine vinegar, $\frac{3}{4}$ cup of water, $\frac{1}{2}$ cup fresh squeezed orange juice, 1 inch peeled ginger, $\frac{1}{4}$ tsp. powdered ginger, $\frac{1}{4}$ tsp. Chinese 5 spice, stevia to taste, salt and pepper to taste.
3. Pour dressing over chicken and cabbage. Mix in $\frac{1}{2}$ orange slices. Enjoy!

Dessert: Eat the other half of your orange. (62 Calories)

Day Eight: 705 calories

Lunch: Buffalo Chili. (224 calories)

1. Brown 4oz of ground buffalo/bison in a pan.
2. Season with pink salt, onion powder, garlic powder, pepper, Italian seasonings, basil, oregano, fennel to taste.
3. Add in 10oz of canned diced tomatoes.
4. Simmer for 10 minutes. Enjoy!

Dessert: Apple sprinkled with cinnamon and stevia. (95 calories)

Dinner: Steak and asparagus. (332 calories)

1. Season a 4.5oz steak with pink salt, pepper, onion powder, garlic powder, and steak seasoning (be sure there is no added sugar in this.).
2. Grill steak to your liking.
3. While steak is cooking, sprinkle pink salt, onion powder, garlic powder and lemon juice over 8oz of asparagus.
4. Grill asparagus for 5-7 minutes, or until done. Enjoy!

Dessert: Strawberry smoothie. (54 calories)

- Place 1 cup of frozen strawberries, 1 cup of water, and 1 dropperful of vanilla cream stevia in a blender. Blend until desired consistency is reached. Enjoy

Day nine: 704 calories

Lunch: Chicken/Zucchini Soup. (254 calories)

1. Mix 4oz of diced chicken (cooked) with ½ cup low sodium chicken broth. Sprinkle with garlic and onion powder.
2. When Chicken is cooked completely (about 10 minutes) add 1 cup or 6oz of chopped zucchini.
3. Add 1 cup of water and any other seasonings (poultry seasoning, Mrs. Dash, Garlic powder, onion powder, etc.)
4. Cook until Zucchini is tender.

Dessert: Sliced apple sprinkled with Cinnamon and Stevia powder. (95 calories)

Dinner: Meatloaf (300 calories)

1. Mix 4oz ground beef with a sprinkle of garlic powder, onion powder and any other seasonings.
2. Form into a loaf and bake at 350° for 20 minutes.
3. Serve over a bed (4oz) of lettuce

Dessert: 6oz of Strawberries. (55 calories)

Day Ten: 660 calories

Lunch: Buffalo and Tomato Stew (308 calories)

1. Cook 4oz of small diced pieces of lean buffalo in 1/2 cup of beef broth and a splash of Bragg's Liquid Aminos.
2. Add 1/2 cup of diced onions and one diced clove of garlic, along with a dash or two of Italian herb seasoning (make sure there is no added sugar, oil, or starch).
3. Once meat is completely cooked add two cups of diced fresh tomatoes and 1 cup of water. Cover and cook on medium heat for about 10 minutes.

Dessert: Orange Dream Spritzer Smoothie (65 calories)

1. Peel and slice one orange and put it in a blender.
2. Add ice, 1 cup of sparkling mineral water, and 1 dropperful of vanilla sweet leaf stevia.
3. Blend and enjoy.

Dinner: Spicy Shrimp and Mustard. (276 Calories)

1. Saute' 5 oz of shrimp with 2 Tbsp. of onion, 2 cloves of garlic, 2 Tbsp. Bragg's Liquid Aminos, 1 Tbsp. Bragg's apple cider vinegar, 2 Tbsp. lemon juice, and 3 Tbsp. of Stone Ground Mustard.
2. Remove shrimp from pan and add Vegetable broth to the remaining mixture. Add 16oz of Spinach and cook. Stir occasionally until spinach cooks down. Stir in mustard shrimp and Enjoy!

Dessert: Mexican Grapefruit (41 calories)

Sprinkle 1/2 Grapefruit with Cinnamon and powdered stevia.

Day Eleven: 720 calories

Lunch: Cold Curried Chicken and Celery Salad. (337 calories)

1. Saute' 4oz of chicken in a pan over medium heat with ½ cup of chicken broth.
2. Add a dash of garlic powder, onion powder, cumin, and curry.
3. Add 1 cup of water and simmer until liquid reaches a desired consistency (thickens like a sauce). Refrigerate until cold.
4. Chop up two cups of celery, put in a bowl, add salt and pepper to taste, along with a sprinkle of celery seeds.
5. Add cold curried chicken sauce and mix well; add ½ diced apple.

Dessert: Enjoy the rest of the apple sprinkled with cinnamon. (50 Calories)

Dinner: Steamed Cajun Cod and Spinach. (261 calories)

1. Place 5oz of cod in a steamer and sprinkle with Cajun seasoning. Cook until done (Between 10-15 minutes).
2. Add 16oz of spinach and let cook for 10 more minutes.
3. Serve on a plate and sprinkle with white wine vinegar and salt and pepper to taste

Dessert: Strawberry Smoothie. (72 calories)

1. Place 8oz of frozen strawberries in a blender.
2. Add 1 dropperful of vanilla cream stevia and ¾ cup of water.
3. Blend and enjoy!

Day Twelve: 604 Calories

Lunch: Steamed Cajun Shrimp. (212 calories)

1. Place 5oz of shrimp in a steamer with Cajun Seasoning. Add 8oz of asparagus to steamer and cook 10-15 minutes or until done.

Dessert: Bowl of sliced strawberries. (72 calories)

Dinner: Buffalo Chili. (225 calories)

1. Cook 4oz of Buffalo (or Bison) in a pan with garlic powder, onion powder, pepper, and pink salt.
2. Add in 1 16oz can of diced tomatoes (make sure there is no added sugar in these tomatoes).
3. Add additional seasonings if desired. Let simmer for 10 minutes.

Dessert: Baked Apple Pie (95 calories)

1. Slice apple and place on over safe plate (i.e. Pyrex)
2. Sprinkle with cinnamon and Stevia.
3. Place in oven until apples are soft.

Day Thirteen: 694 calories

Lunch: Ground Meat Tacos. (320 calories)

1. Brown portion (4 oz.) of ground beef.
2. Simmer in saucepan with ½ cup of beef broth and a splash of Bragg's Aminos.
3. Add a dash of garlic powder, onion powder, diced onions, and Mexican seasonings, freshly chopped cilantro and cayenne pepper to taste.
4. Serve wrapped in lettuce leaves with chopped tomatoes on top.
5. Eat extra lettuce and tomato if you desire.

Dessert: Sliced orange sprinkled with cinnamon and stevia. (62 calories)

Dinner: Tuna and Salad. (217 calories)

1. 5 oz. of Albacore tuna packed in water Seasoned with pink salt, pepper, onion powder, and garlic powder.
2. Place tuna over a 6oz bed of ice burg lettuce.
3. Sprinkle with 2 Tbsp. of finely chopped white onion.
4. In a separate bowl mix 2 Tbsp. of apple cider vinegar, 1 Tbsp. of Dijon mustard, 1 tsp. of lemon zest, ½ tsp. of Italian seasoning, ¼ tsp. of pink salt, 1/8 tsp. black pepper, 1 clove of minced garlic, and stevia to taste.
5. Pour dressing over tuna and lettuce and enjoy!

Dessert: Sliced apple sprinkled with cinnamon and stevia. (95 calories)

Day Fourteen: 519 calories

Lunch: Creamy Tomato Basil Soup with Shrimp. (204 calories)

1. Chop 2 large tomatoes and place in 2 quart sauce pan.
2. Add ½ cup of finely minced onion, 1 cup of vegetable broth, 1 cup of water, 2 Tbsp. of basil, ¼ tsp. of baking soda, and stevia to taste.
3. Simmer for 10 minutes.
4. In a separate pot, steam 5oz of shrimp with lemon juice and dill. Serve with soup.

Dessert: 7 oz of strawberries with stevia. (63 calories)

Dinner: Lemon Dill Mahi-Mahi (211 Calories)

1. Saute' 5oz of Mahi-Mahi with 4 Tbsp. of lemon juice, ¼ cup of vegetable broth, and 1 tsp. of apple cider vinegar.
2. Add 1 tsp. of dill, 1 clove of finely minced garlic, and 1 tsp. of onion minced.
3. Cook for an additional 5-10 minutes, or until fish is completely cooked.
4. Garnish with lemon wedges.
5. Serve with 6 oz. of steamed asparagus.

Dessert: ½ Grapefruit sprinkled with cinnamon and stevia. (41 calories)

Day Fifteen: 709 Calories

Lunch: Hamburgers. (332 calories)

1. Mix together: 4oz of lean hamburger, 1 Tbsp. finely chopped onion, 1 clove of finely minced garlic, 1 tsp. of onion powder, 1 tsp. garlic powder, salt and pepper to taste, and a splash of liquid aminos.
2. Form mixture into a patty and either grill on a George Foreman Grill, or in a pan with a bit of beef broth until the patty is cooked to your liking.
3. While your burger is cooking slice up 3 cups of cucumbers.
4. In a blender mix together $\frac{1}{4}$ cup of white wine vinegar, $\frac{1}{8}$ cup of sherry vinegar, 1 Tbsp. of celery seeds, and 1 cup of water.
5. Pour dressing over cucumbers and add salt and pepper to taste.

Dessert: Grapefruit Spritzer. (41 calories)

- Cut up $\frac{1}{2}$ of a grapefruit and put in blender with 1 cup of sparkling mineral water and ice. Add stevia to taste, blend and enjoy!

Dinner: Grilled Oriental Chicken Salad. (274 calories)

1. Grill 4oz of chicken and let get cold, dice and pour over several cups of finely shredded cabbage (use several types to add variety).
2. In a blender mix together $\frac{1}{4}$ cup white wine vinegar, $\frac{3}{4}$ cup of water, $\frac{1}{2}$ cup fresh squeezed orange juice, 1 inch peeled ginger, $\frac{1}{4}$ tsp. powdered ginger, $\frac{1}{4}$ tsp. Chinese 5 spice, stevia to taste, salt and pepper to taste.
3. Pour dressing over chicken and cabbage. Mix in $\frac{1}{2}$ orange slices. Enjoy!

Dessert: Eat the other half of your orange. (62 Calories)

Day Sixteen: 705 calories

Lunch: Buffalo Chili. (224 calories)

1. Brown 4oz of ground buffalo/bison in a pan.
2. Season with pink salt, onion powder, garlic powder, pepper, Italian seasonings, basil, oregano, fennel to taste.
3. Add in 10oz of canned diced tomatoes.
4. Simmer for 10 minutes. Enjoy!

Dessert: Apple sprinkled with cinnamon and stevia. (95 calories)

Dinner: Steak and asparagus. (332 calories)

1. Season a 4.5oz steak with pink salt, pepper, onion powder, garlic powder, and steak seasoning (be sure there is no added sugar in this.).
2. Grill steak to your liking.
3. While steak is cooking, sprinkle pink salt, onion powder, garlic powder and lemon juice over 8oz of asparagus.
4. Grill asparagus for 5-7 minutes, or until done. Enjoy!

Dessert: Strawberry smoothie. (54 calories)

- Place 1 cup of frozen strawberries, 1 cup of water, and 1 dropperful of vanilla cream stevia in a blender. Blend until desired consistency is reached. Enjoy

Day Seventeen: 704 calories

Lunch: Chicken/Zucchini Soup. (254 calories)

1. Mix 4oz of diced chicken (cooked) with ½ cup low sodium chicken broth. Sprinkle with garlic and onion powder.
2. When Chicken is cooked completely (about 10 minutes) add 1 cup or 6oz of chopped zucchini.
3. Add 1 cup of water and any other seasonings (poultry seasoning, Mrs. Dash, Garlic powder, onion powder, etc.)
4. Cook until Zucchini is tender.

Dessert: Sliced apple sprinkled with Cinnamon and Stevia powder. (95 calories)

Dinner: Meatloaf (300 calories)

1. Mix 4oz ground beef with a sprinkle of garlic powder, onion powder and any other seasonings.
2. Form into a loaf and bake at 350° for 20 minutes.
3. Serve over a bed (4oz) of lettuce

Dessert: 6oz of Strawberries. (55 calories)

Day Eighteen: 660 calories

Lunch: Buffalo and Tomato Stew (308 calories)

1. Cook 4oz of small diced pieces of lean buffalo in 1/2 cup of beef broth and a splash of Bragg's Liquid Aminos.
2. Add 1/2 cup of diced onions and one diced clove of garlic, along with a dash or two of Italian herb seasoning (make sure there is no added sugar, oil, or starch).
3. Once meat is completely cooked add two cups of diced fresh tomatoes and 1 cup of water. Cover and cook on medium heat for about 10 minutes.

Dessert: Orange Dream Spritzer Smoothie (65 calories)

1. Peel and slice one orange and put it in a blender.
2. Add ice, 1 cup of sparkling mineral water, and 1 dropperful of vanilla sweet leaf stevia.
3. Blend and enjoy.

Dinner: Spicy Shrimp and Mustard. (276 Calories)

1. Saute' 5 oz of shrimp with 2 Tbsp. of onion, 2 cloves of garlic, 2 Tbsp. Bragg's Liquid Aminos, 1 Tbsp. Bragg's apple cider vinegar, 2 Tbsp. lemon juice, and 3 Tbsp. of Stone Ground Mustard.
2. Remove shrimp from pan and add Vegetable broth to the remaining mixture. Add 16oz of Spinach and cook. Stir occasionally until spinach cooks down. Stir in mustard shrimp and Enjoy!

Dessert: Mexican Grapefruit (41 calories)

Sprinkle 1/2 Grapefruit with Cinnamon and powdered stevia.

Day Nineteen: 720 calories

Lunch: Cold Curried Chicken and Celery Salad. (337 calories)

1. Saute' 4oz of chicken in a pan over medium heat with ½ cup of chicken broth.
2. Add a dash of garlic powder, onion powder, cumin, and curry.
3. Add 1 cup of water and simmer until liquid reaches a desired consistency (thickens like a sauce). Refrigerate until cold.
4. Chop up two cups of celery, put in a bowl, add salt and pepper to taste, along with a sprinkle of celery seeds.
5. Add cold curried chicken sauce and mix well; add ½ diced apple.

Dessert: Enjoy the rest of the apple sprinkled with cinnamon. (50 Calories)

Dinner: Steamed Cajun Cod and Spinach. (261 calories)

1. Place 5oz of cod in a steamer and sprinkle with Cajun seasoning. Cook until done (Between 10-15 minutes).
2. Add 16oz of spinach and let cook for 10 more minutes.
3. Serve on a plate and sprinkle with white wine vinegar and salt and pepper to taste

Dessert: Strawberry Smoothie. (72 calories)

1. Place 8oz of frozen strawberries in a blender.
2. Add 1 dropperful of vanilla cream stevia and ¾ cup of water.
3. Blend and enjoy!

Day Twenty: 604 Calories

Lunch: Steamed Cajun Shrimp. (212 calories)

1. Place 5oz of shrimp in a steamer with Cajun Seasoning. Add 8oz of asparagus to steamer and cook 10-15 minutes or until done.

Dessert: Bowl of sliced strawberries. (72 calories)

Dinner: Buffalo Chili. (225 calories)

1. Cook 4oz of Buffalo (or Bison) in a pan with garlic powder, onion powder, pepper, and pink salt.
2. Add in 1 16oz can of diced tomatoes (make sure there is no added sugar in these tomatoes).
3. Add additional seasonings if desired. Let simmer for 10 minutes.

Dessert: Baked Apple Pie (95 calories)

1. Slice apple and place on over safe plate (i.e. Pyrex)
2. Sprinkle with cinnamon and Stevia.
3. Place in oven until apples are soft.

Day Twenty-one: 694 calories

Lunch: Ground Meat Tacos. (320 calories)

1. Brown portion (4 oz.) of ground beef.
2. Simmer in saucepan with ½ cup of beef broth and a splash of Bragg's Aminos.
3. Add a dash of garlic powder, onion powder, diced onions, and Mexican seasonings, freshly chopped cilantro and cayenne pepper to taste.
4. Serve wrapped in lettuce leaves with chopped tomatoes on top.
5. Eat extra lettuce and tomato if you desire.

Dessert: Sliced orange sprinkled with cinnamon and stevia. (62 calories)

Dinner: Tuna and Salad. (217 calories)

1. 5 oz. of Albacore tuna packed in water Seasoned with pink salt, pepper, onion powder, and garlic powder.
2. Place tuna over a 6oz bed of ice burg lettuce.
3. Sprinkle with 2 Tbsp. of finely chopped white onion.
4. In a separate bowl mix 2 Tbsp. of apple cider vinegar, 1 Tbsp. of Dijon mustard, 1 tsp. of lemon zest, ½ tsp. of Italian seasoning, ¼ tsp. of pink salt, 1/8 tsp. black pepper, 1 clove of minced garlic, and stevia to taste.
5. Pour dressing over tuna and lettuce and enjoy!

Dessert: Sliced apple sprinkled with cinnamon and stevia. (95 calories)

Day Twenty-Two: 519 calories

Lunch: Creamy Tomato Basil Soup with Shrimp. (204 calories)

1. Chop 2 large tomatoes and place in 2 quart sauce pan.
2. Add ½ cup of finely minced onion, 1 cup of vegetable broth, 1 cup of water, 2 Tbsp. of basil, ¼ tsp. of baking soda, and stevia to taste.
3. Simmer for 10 minutes.
4. In a separate pot, steam 5oz of shrimp with lemon juice and dill. Serve with soup.

Dessert: 7 oz of strawberries with stevia. (63 calories)

Dinner: Lemon Dill Mahi-Mahi (211 Calories)

1. Saute' 5oz of Mahi-Mahi with 4 Tbsp. of lemon juice, ¼ cup of vegetable broth, and 1 tsp. of apple cider vinegar.
2. Add 1 tsp. of dill, 1 clove of finely minced garlic, and 1 tsp. of onion minced.
3. Cook for an additional 5-10 minutes, or until fish is completely cooked.
4. Garnish with lemon wedges.
5. Serve with 6 oz. of steamed asparagus.

Dessert: ½ Grapefruit sprinkled with cinnamon and stevia. (41 calories)

Day Twenty-Three: 709 Calories

Lunch: Hamburgers. (332 calories)

1. Mix together: 4oz of lean hamburger, 1 Tbsp. finely chopped onion, 1 clove of finely minced garlic, 1 tsp. of onion powder, 1 tsp. garlic powder, salt and pepper to taste, and a splash of liquid aminos.
2. Form mixture into a patty and either grill on a George Foreman Grill, or in a pan with a bit of beef broth until the patty is cooked to your liking.
3. While your burger is cooking slice up 3 cups of cucumbers.
4. In a blender mix together $\frac{1}{4}$ cup of white wine vinegar, $\frac{1}{8}$ cup of sherry vinegar, 1 Tbsp. of celery seeds, and 1 cup of water.
5. Pour dressing over cucumbers and add salt and pepper to taste.

Dessert: Grapefruit Spritzer. (41 calories)

- Cut up $\frac{1}{2}$ of a grapefruit and put in blender with 1 cup of sparkling mineral water and ice. Add stevia to taste, blend and enjoy!

Dinner: Grilled Oriental Chicken Salad. (274 calories)

1. Grill 4oz of chicken and let get cold, dice and pour over several cups of finely shredded cabbage (use several types to add variety).
2. In a blender mix together $\frac{1}{4}$ cup white wine vinegar, $\frac{3}{4}$ cup of water, $\frac{1}{2}$ cup fresh squeezed orange juice, 1 inch peeled ginger, $\frac{1}{4}$ tsp. powdered ginger, $\frac{1}{4}$ tsp. Chinese 5 spice, stevia to taste, salt and pepper to taste.
3. Pour dressing over chicken and cabbage. Mix in $\frac{1}{2}$ orange slices. Enjoy!

Dessert: Eat the other half of your orange. (62 Calories)

Day Twenty-Four: 705 calories

Lunch: Buffalo Chili. (224 calories)

1. Brown 4oz of ground buffalo/bison in a pan.
2. Season with pink salt, onion powder, garlic powder, pepper, Italian seasonings, basil, oregano, fennel to taste.
3. Add in 10oz of canned diced tomatoes.
4. Simmer for 10 minutes. Enjoy!

Dessert: Apple sprinkled with cinnamon and stevia. (95 calories)

Dinner: Steak and asparagus. (332 calories)

1. Season a 4.5oz steak with pink salt, pepper, onion powder, garlic powder, and steak seasoning (be sure there is no added sugar in this.).
2. Grill steak to your liking.
3. While steak is cooking, sprinkle pink salt, onion powder, garlic powder and lemon juice over 8oz of asparagus.
4. Grill asparagus for 5-7 minutes, or until done. Enjoy!

Dessert: Strawberry smoothie. (54 calories)

- Place 1 cup of frozen strawberries, 1 cup of water, and 1 dropperful of vanilla cream stevia in a blender. Blend until desired consistency is reached. Enjoy

Day Twenty-Five: 704 calories

Lunch: Chicken/Zucchini Soup. (254 calories)

1. Mix 4oz of diced chicken (cooked) with ½ cup low sodium chicken broth. Sprinkle with garlic and onion powder.
2. When Chicken is cooked completely (about 10 minutes) add 1 cup or 6oz of chopped zucchini.
3. Add 1 cup of water and any other seasonings (poultry seasoning, Mrs. Dash, Garlic powder, onion powder, etc.)
4. Cook until Zucchini is tender.

Dessert: Sliced apple sprinkled with Cinnamon and Stevia powder. (95 calories)

Dinner: Meatloaf (300 calories)

1. Mix 4oz ground beef with a sprinkle of garlic powder, onion powder and any other seasonings.
2. Form into a loaf and bake at 350° for 20 minutes.
3. Serve over a bed (4oz) of lettuce

Dessert: 6oz of Strawberries. (55 calories)

Day Twenty-Six: 660 calories

Lunch: Buffalo and Tomato Stew (308 calories)

1. Cook 4oz of small diced pieces of lean buffalo in 1/2 cup of beef broth and a splash of Bragg's Liquid Aminos.
2. Add 1/2 cup of diced onions and one diced clove of garlic, along with a dash or two of Italian herb seasoning (make sure there is no added sugar, oil, or starch).
3. Once meat is completely cooked add two cups of diced fresh tomatoes and 1 cup of water. Cover and cook on medium heat for about 10 minutes.

Dessert: Orange Dream Spritzer Smoothie (65 calories)

1. Peel and slice one orange and put it in a blender.
2. Add ice, 1 cup of sparkling mineral water, and 1 dropperful of vanilla sweet leaf stevia.
3. Blend and enjoy.

Dinner: Spicy Shrimp and Mustard. (276 Calories)

1. Saute' 5 oz of shrimp with 2 Tbsp. of onion, 2 cloves of garlic, 2 Tbsp. Bragg's Liquid Aminos, 1 Tbsp. Bragg's apple cider vinegar, 2 Tbsp. lemon juice, and 3 Tbsp. of Stone Ground Mustard.
2. Remove shrimp from pan and add Vegetable broth to the remaining mixture. Add 16oz of Spinach and cook. Stir occasionally until spinach cooks down. Stir in mustard shrimp and Enjoy!

Dessert: Mexican Grapefruit (41 calories)

Sprinkle 1/2 Grapefruit with Cinnamon and powdered stevia.

Day Twenty-Seven: 720 calories

Lunch: Cold Curried Chicken and Celery Salad. (337 calories)

1. Saute' 4oz of chicken in a pan over medium heat with ½ cup of chicken broth.
2. Add a dash of garlic powder, onion powder, cumin, and curry.
3. Add 1 cup of water and simmer until liquid reaches a desired consistency (thickens like a sauce). Refrigerate until cold.
4. Chop up two cups of celery, put in a bowl, add salt and pepper to taste, along with a sprinkle of celery seeds.
5. Add cold curried chicken sauce and mix well; add ½ diced apple.

Dessert: Enjoy the rest of the apple sprinkled with cinnamon. (50 Calories)

Dinner: Steamed Cajun Cod and Spinach. (261 calories)

1. Place 5oz of cod in a steamer and sprinkle with Cajun seasoning. Cook until done (Between 10-15 minutes).
2. Add 16oz of spinach and let cook for 10 more minutes.
3. Serve on a plate and sprinkle with white wine vinegar and salt and pepper to taste

Dessert: Strawberry Smoothie. (72 calories)

1. Place 8oz of frozen strawberries in a blender.
2. Add 1 dropperful of vanilla cream stevia and ¾ cup of water.
3. Blend and enjoy!

Day Twenty-Eight: 604 Calories

Lunch: Steamed Cajun Shrimp. (212 calories)

1. Place 5oz of shrimp in a steamer with Cajun Seasoning. Add 8oz of asparagus to steamer and cook 10-15 minutes or until done.

Dessert: Bowl of sliced strawberries. (72 calories)

Dinner: Buffalo Chili. (225 calories)

1. Cook 4oz of Buffalo (or Bison) in a pan with garlic powder, onion powder, pepper, and pink salt.
2. Add in 1 16oz can of diced tomatoes (make sure there is no added sugar in these tomatoes).
3. Add additional seasonings if desired. Let simmer for 10 minutes.

Dessert: Baked Apple Pie (95 calories)

1. Slice apple and place on over safe plate (i.e. Pyrex)
2. Sprinkle with cinnamon and Stevia.
3. Place in oven until apples are soft.

Day Twenty-Nine: 694 calories

Lunch: Ground Meat Tacos. (320 calories)

1. Brown portion (4 oz.) of ground beef.
2. Simmer in saucepan with ½ cup of beef broth and a splash of Bragg's Aminos.
3. Add a dash of garlic powder, onion powder, diced onions, and Mexican seasonings, freshly chopped cilantro and cayenne pepper to taste.
4. Serve wrapped in lettuce leaves with chopped tomatoes on top.
5. Eat extra lettuce and tomato if you desire.

Dessert: Sliced orange sprinkled with cinnamon and stevia. (62 calories)

Dinner: Tuna and Salad. (217 calories)

1. 5 oz. of Albacore tuna packed in water Seasoned with pink salt, pepper, onion powder, and garlic powder.
2. Place tuna over a 6oz bed of ice burg lettuce.
3. Sprinkle with 2 Tbsp. of finely chopped white onion.
4. In a separate bowl mix 2 Tbsp. of apple cider vinegar, 1 Tbsp. of Dijon mustard, 1 tsp. of lemon zest, ½ tsp. of Italian seasoning, ¼ tsp. of pink salt, 1/8 tsp. black pepper, 1 clove of minced garlic, and stevia to taste.
5. Pour dressing over tuna and lettuce and enjoy!

Dessert: Sliced apple sprinkled with cinnamon and stevia. (95 calories)

Day Thirty: 519 calories

Lunch: Creamy Tomato Basil Soup with Shrimp. (204 calories)

1. Chop 2 large tomatoes and place in 2 quart sauce pan.
2. Add ½ cup of finely minced onion, 1 cup of vegetable broth, 1 cup of water, 2 Tbsp. of basil, ¼ tsp. of baking soda, and stevia to taste.
3. Simmer for 10 minutes.
4. In a separate pot, steam 5oz of shrimp with lemon juice and dill. Serve with soup.

Dessert: 7 oz of strawberries with stevia. (63 calories)

Dinner: Lemon Dill Mahi-Mahi (211 Calories)

1. Saute' 5oz of Mahi-Mahi with 4 Tbsp. of lemon juice, ¼ cup of vegetable broth, and 1 tsp. of apple cider vinegar.
2. Add 1 tsp. of dill, 1 clove of finely minced garlic, and 1 tsp. of onion minced.
3. Cook for an additional 5-10 minutes, or until fish is completely cooked.
4. Garnish with lemon wedges.
5. Serve with 6 oz. of steamed asparagus.

Dessert: ½ Grapefruit sprinkled with cinnamon and stevia. (41 calories)

Day Thirty-one: 709 Calories

Lunch: Hamburgers. (332 calories)

1. Mix together: 4oz of lean hamburger, 1 Tbsp. finely chopped onion, 1 clove of finely minced garlic, 1 tsp. of onion powder, 1 tsp. garlic powder, salt and pepper to taste, and a splash of liquid aminos.
2. Form mixture into a patty and either grill on a George Foreman Grill, or in a pan with a bit of beef broth until the patty is cooked to your liking.
3. While your burger is cooking slice up 3 cups of cucumbers.
4. In a blender mix together $\frac{1}{4}$ cup of white wine vinegar, $\frac{1}{8}$ cup of sherry vinegar, 1 Tbsp. of celery seeds, and 1 cup of water.
5. Pour dressing over cucumbers and add salt and pepper to taste.

Dessert: Grapefruit Spritzer. (41 calories)

- Cut up $\frac{1}{2}$ of a grapefruit and put in blender with 1 cup of sparkling mineral water and ice. Add stevia to taste, blend and enjoy!

Dinner: Grilled Oriental Chicken Salad. (274 calories)

1. Grill 4oz of chicken and let get cold, dice and pour over several cups of finely shredded cabbage (use several types to add variety).
2. In a blender mix together $\frac{1}{4}$ cup white wine vinegar, $\frac{3}{4}$ cup of water, $\frac{1}{2}$ cup fresh squeezed orange juice, 1 inch peeled ginger, $\frac{1}{4}$ tsp. powdered ginger, $\frac{1}{4}$ tsp. Chinese 5 spice, stevia to taste, salt and pepper to taste.
3. Pour dressing over chicken and cabbage. Mix in $\frac{1}{2}$ orange slices. Enjoy!

Dessert: Eat the other half of your orange. (62 Calories)

Day Thirty-Two: 705 calories

Lunch: Buffalo Chili. (224 calories)

1. Brown 4oz of ground buffalo/bison in a pan.
2. Season with pink salt, onion powder, garlic powder, pepper, Italian seasonings, basil, oregano, fennel to taste.
3. Add in 10oz of canned diced tomatoes.
4. Simmer for 10 minutes. Enjoy!

Dessert: Apple sprinkled with cinnamon and stevia. (95 calories)

Dinner: Steak and asparagus. (332 calories)

1. Season a 4.5oz steak with pink salt, pepper, onion powder, garlic powder, and steak seasoning (be sure there is no added sugar in this.).
2. Grill steak to your liking.
3. While steak is cooking, sprinkle pink salt, onion powder, garlic powder and lemon juice over 8oz of asparagus.
4. Grill asparagus for 5-7 minutes, or until done. Enjoy!

Dessert: Strawberry smoothie. (54 calories)

- Place 1 cup of frozen strawberries, 1 cup of water, and 1 dropperful of vanilla cream stevia in a blender. Blend until desired consistency is reached. Enjoy

Day Thirty-Three: 704 calories

Lunch: Chicken/Zucchini Soup. (254 calories)

1. Mix 4oz of diced chicken (cooked) with ½ cup low sodium chicken broth. Sprinkle with garlic and onion powder.
2. When Chicken is cooked completely (about 10 minutes) add 1 cup or 6oz of chopped zucchini.
3. Add 1 cup of water and any other seasonings (poultry seasoning, Mrs. Dash, Garlic powder, onion powder, etc.)
4. Cook until Zucchini is tender.

Dessert: Sliced apple sprinkled with Cinnamon and Stevia powder. (95 calories)

Dinner: Meatloaf (300 calories)

1. Mix 4oz ground beef with a sprinkle of garlic powder, onion powder and any other seasonings.
2. Form into a loaf and bake at 350° for 20 minutes.
3. Serve over a bed (4oz) of lettuce

Dessert: 6oz of Strawberries. (55 calories)

Day Thirty-Four: 660 calories

Lunch: Buffalo and Tomato Stew (308 calories)

1. Cook 4oz of small diced pieces of lean buffalo in 1/2 cup of beef broth and a splash of Bragg's Liquid Aminos.
2. Add 1/2 cup of diced onions and one diced clove of garlic, along with a dash or two of Italian herb seasoning (make sure there is no added sugar, oil, or starch).
3. Once meat is completely cooked add two cups of diced fresh tomatoes and 1 cup of water. Cover and cook on medium heat for about 10 minutes.

Dessert: Orange Dream Spritzer Smoothie (65 calories)

1. Peel and slice one orange and put it in a blender.
2. Add ice, 1 cup of sparkling mineral water, and 1 dropperful of vanilla sweet leaf stevia.
3. Blend and enjoy.

Dinner: Spicy Shrimp and Mustard. (276 Calories)

1. Saute' 5 oz of shrimp with 2 Tbsp. of onion, 2 cloves of garlic, 2 Tbsp. Bragg's Liquid Aminos, 1 Tbsp. Bragg's apple cider vinegar, 2 Tbsp. lemon juice, and 3 Tbsp. of Stone Ground Mustard.
2. Remove shrimp from pan and add Vegetable broth to the remaining mixture. Add 16oz of Spinach and cook. Stir occasionally until spinach cooks down. Stir in mustard shrimp and Enjoy!

Dessert: Mexican Grapefruit (41 calories)

Sprinkle 1/2 Grapefruit with Cinnamon and powdered stevia.

Day Thirty-Five: 720 calories

Lunch: Cold Curried Chicken and Celery Salad. (337 calories)

1. Saute' 4oz of chicken in a pan over medium heat with ½ cup of chicken broth.
2. Add a dash of garlic powder, onion powder, cumin, and curry.
3. Add 1 cup of water and simmer until liquid reaches a desired consistency (thickens like a sauce). Refrigerate until cold.
4. Chop up two cups of celery, put in a bowl, add salt and pepper to taste, along with a sprinkle of celery seeds.
5. Add cold curried chicken sauce and mix well; add ½ diced apple.

Dessert: Enjoy the rest of the apple sprinkled with cinnamon. (50 Calories)

Dinner: Steamed Cajun Cod and Spinach. (261 calories)

1. Place 5oz of cod in a steamer and sprinkle with Cajun seasoning. Cook until done (Between 10-15 minutes).
2. Add 16oz of spinach and let cook for 10 more minutes.
3. Serve on a plate and sprinkle with white wine vinegar and salt and pepper to taste

Dessert: Strawberry Smoothie. (72 calories)

1. Place 8oz of frozen strawberries in a blender.
2. Add 1 dropperful of vanilla cream stevia and ¾ cup of water.
3. Blend and enjoy!

Day Thirty-Six: 604 Calories

Lunch: Steamed Cajun Shrimp. (212 calories)

1. Place 5oz of shrimp in a steamer with Cajun Seasoning. Add 8oz of asparagus to steamer and cook 10-15 minutes or until done.

Dessert: Bowl of sliced strawberries. (72 calories)

Dinner: Buffalo Chili. (225 calories)

1. Cook 4oz of Buffalo (or Bison) in a pan with garlic powder, onion powder, pepper, and pink salt.
2. Add in 1 16oz can of diced tomatoes (make sure there is no added sugar in these tomatoes).
3. Add additional seasonings if desired. Let simmer for 10 minutes.

Dessert: Baked Apple Pie (95 calories)

1. Slice apple and place on over safe plate (i.e. Pyrex)
2. Sprinkle with cinnamon and Stevia.
3. Place in oven until apples are soft.

Day Thirty-Seven: 694 calories

Lunch: Ground Meat Tacos. (320 calories)

1. Brown portion (4 oz.) of ground beef.
2. Simmer in saucepan with ½ cup of beef broth and a splash of Bragg's Aminos.
3. Add a dash of garlic powder, onion powder, diced onions, and Mexican seasonings, freshly chopped cilantro and cayenne pepper to taste.
4. Serve wrapped in lettuce leaves with chopped tomatoes on top.
5. Eat extra lettuce and tomato if you desire.

Dessert: Sliced orange sprinkled with cinnamon and stevia. (62 calories)

Dinner: Tuna and Salad. (217 calories)

1. 5 oz. of Albacore tuna packed in water Seasoned with pink salt, pepper, onion powder, and garlic powder.
2. Place tuna over a 6oz bed of ice burg lettuce.
3. Sprinkle with 2 Tbsp. of finely chopped white onion.
4. In a separate bowl mix 2 Tbsp. of apple cider vinegar, 1 Tbsp. of Dijon mustard, 1 tsp. of lemon zest, ½ tsp. of Italian seasoning, ¼ tsp. of pink salt, 1/8 tsp. black pepper, 1 clove of minced garlic, and stevia to taste.
5. Pour dressing over tuna and lettuce and enjoy!

Dessert: Sliced apple sprinkled with cinnamon and stevia. (95 calories)

Day Thirty-Eight: 519 calories

Lunch: Creamy Tomato Basil Soup with Shrimp. (204 calories)

1. Chop 2 large tomatoes and place in 2 quart sauce pan.
2. Add ½ cup of finely minced onion, 1 cup of vegetable broth, 1 cup of water, 2 Tbsp. of basil, ¼ tsp. of baking soda, and stevia to taste.
3. Simmer for 10 minutes.
4. In a separate pot, steam 5oz of shrimp with lemon juice and dill. Serve with soup.

Dessert: 7 oz of strawberries with stevia. (63 calories)

Dinner: Lemon Dill Mahi-Mahi (211 Calories)

1. Saute' 5oz of Mahi-Mahi with 4 Tbsp. of lemon juice, ¼ cup of vegetable broth, and 1 tsp. of apple cider vinegar.
2. Add 1 tsp. of dill, 1 clove of finely minced garlic, and 1 tsp. of onion minced.
3. Cook for an additional 5-10 minutes, or until fish is completely cooked.
4. Garnish with lemon wedges.
5. Serve with 6 oz. of steamed asparagus.

Dessert: ½ Grapefruit sprinkled with cinnamon and stevia. (41 calories)

Day Thirty-Nine: 709 Calories

Lunch: Hamburgers. (332 calories)

1. Mix together: 4oz of lean hamburger, 1 Tbsp. finely chopped onion, 1 clove of finely minced garlic, 1 tsp. of onion powder, 1 tsp. garlic powder, salt and pepper to taste, and a splash of liquid aminos.
2. Form mixture into a patty and either grill on a George Foreman Grill, or in a pan with a bit of beef broth until the patty is cooked to your liking.
3. While your burger is cooking slice up 3 cups of cucumbers.
4. In a blender mix together $\frac{1}{4}$ cup of white wine vinegar, $\frac{1}{8}$ cup of sherry vinegar, 1 Tbsp. of celery seeds, and 1 cup of water.
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3. Pour dressing over chicken and cabbage. Mix in $\frac{1}{2}$ orange slices. Enjoy!

Dessert: Eat the other half of your orange. (62 Calories)

Day Forty: 705 calories

Lunch: Buffalo Chili. (224 calories)

1. Brown 4oz of ground buffalo/bison in a pan.
2. Season with pink salt, onion powder, garlic powder, pepper, Italian seasonings, basil, oregano, fennel to taste.
3. Add in 10oz of canned diced tomatoes.
4. Simmer for 10 minutes. Enjoy!

Dessert: Apple sprinkled with cinnamon and stevia. (95 calories)

Dinner: Steak and asparagus. (332 calories)

1. Season a 4.5oz steak with pink salt, pepper, onion powder, garlic powder, and steak seasoning (be sure there is no added sugar in this.).
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3. While steak is cooking, sprinkle pink salt, onion powder, garlic powder and lemon juice over 8oz of asparagus.
4. Grill asparagus for 5-7 minutes, or until done. Enjoy!

Dessert: Strawberry smoothie. (54 calories)

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