



7 Day FAB Menu Plan

NOTES:

Eggs are limited to 4 per week.

Red meat/pork limited to 3 times per week.

Avoid balsamic and all gourmet flavored vinegar.

This menu follows the basic plan. See food plan for basic plus plan for men, maintenance, pregnant or nursing mothers, and athletes.

DAY 1

BREAKFAST

PROTEIN	2 large eggs, scrambled
STARCH	1 cup cooked steel cut oats
DAIRY	1 cup fat free milk
FRUIT	6 oz blueberries
FAT	
OTHER	cinnamon
NOTES	

LUNCH

PROTEIN	4 oz lean ground turkey burger
STARCH	8 oz baked sweet potato w/ cinnamon
VEGETABLE	1 cup steamed broccoli
VEGETABLE	1 cup steamed baby carrots
FAT	
OTHER	Himalayan pink salt on veggies
NOTES	Use spice to enhance the flavor of your veggies, but remember to check the ingredients in your spices for hidden sugars.

DINNER

PROTEIN	4 oz lean steak such as filet or sirloin
STARCH	8 oz baked potato
VEGETABLE	2 cups raw vegetable salad
VEGETABLE	
FAT	1 T. olive oil with clean Italian seasoning
OTHER	
NOTES	

METABOLIC ADJUSTMENT

DAIRY	1 cup plain non fat yogurt
FRUIT	6 oz cantaloupe
NOTES	

DAY 2

BREAKFAST

PROTEIN	4 oz turkey sausage - see recipe
STARCH	1 cup cooked brown rice
DAIRY	1 cup plain yogurt
FRUIT	6 oz. pineapple
FAT	
OTHER	
NOTES	Mix together yogurt and pineapple.

LUNCH STEAK SALAD

PROTEIN	4 oz steak - left over
STARCH	1 cup cooked quinoa
VEGETABLE	2 cups raw vegetable salad
VEGETABLE	
FAT	1 T Dukes mayonnaise
OTHER	1 T salsa, 1 T yogurt
NOTES	Mix dukes, salsa and yogurt for dressing.

DINNER

PROTEIN	4 oz baked white fish
STARCH	1 cup millet
VEGETABLE	2 cups steamed onions and green beans w/ Himalayan pink salt & pepper
VEGETABLE	
FAT	
OTHER	old bay seasoning
NOTES	Sprinkle fish with old bay, bake in sprayed dish & bake at 350°F for about 20 minutes.

METABOLIC ADJUSTMENT

DAIRY	1 cup fat free milk
FRUIT	6 oz frozen blueberries
NOTES	Blend together to make it a smoothie.

DAY 3

BREAKFAST MUFFINS

PROTEIN	2 eggs
STARCH	1/2 cup dry oat bran
DAIRY	1/3 cup fat free dry milk
FRUIT	6 oz raspberries
FAT	
OTHER	
NOTES	All baked together in muffin pan or just drop on cookie sheet for "plops". Bake at 350°F for about 15 - 20 minutes.

LUNCH

PROTEIN	4 oz lean ground turkey
STARCH	1 cup clean fat-free refried beans - free from added starch/sugars, natural flavors
VEGETABLE	2 cups raw baby carrots, pea pod, sliced peppers
VEGETABLE	
FAT	1 T Dukes mayonnaise
OTHER	2 T salsa, crushed red pepper
NOTES	Mix turkey, beans, mayo, salsa, crushed red pepper. Bake at 375°F for about 20-25 minutes in sprayed casserole dish. Use as dip for raw veggies.

DINNER

PROTEIN	4 oz shrimp
STARCH	1 cup cooked brown rice
VEGETABLE	2 cups stir fry vegetables, cooked
VEGETABLE	
FAT	
OTHER	1 T Braggs amino, ginger, garlic
NOTES	

METABOLIC ADJUSTMENT

DAIRY	6 oz plain fat free Greek yogurt
FRUIT	6 oz peaches
NOTES	

DAY 4

BREAKFAST

PROTEIN	4 oz. baked chicken breast
STARCH	1 cup cooked steel cut oats
DAIRY	1 cup fat free milk
FRUIT	6 oz sliced strawberries
FAT	
OTHER	
NOTES	

LUNCH

PROTEIN	4 oz white tuna canned in water
STARCH	1 cup peas
VEGETABLE	2 cups raw shredded cabbage (coleslaw)
VEGETABLE	diced onion
FAT	1 T Dukes mayonnaise
OTHER	2 T yogurt, 1/2 t. dill weed
NOTES	All mixed together.

DINNER CAREY'S TURKEY SAUSAGE RECIPE*

PROTEIN	4 oz turkey sausage
STARCH	1 cup cooked millet
VEGETABLE	2 cups cooked peppers
VEGETABLE	onions, diced tomatoes
FAT	
OTHER	Italian seasoning, garlic
NOTES	Mix together and add 2 T Franks hot sauce. * See over for recipe

METABOLIC ADJUSTMENT

DAIRY	2 oz ground turkey (dairy sub)
FRUIT	6 oz pears
NOTES	

DAY 5

BREAKFAST

PROTEIN 4 oz. Baked salmon with old bay

STARCH 1 cup cooked quinoa

DAIRY 1 cup non fat milk

FRUIT 6 oz peaches

OTHER

NOTES

LUNCH

PROTEIN 4 oz lean boneless pork chop

STARCH 8 oz. baked potato

VEGETABLE 2 cups raw salad vegetables

VEGETABLE

FAT 1 T. olive oil

OTHER 1 T red wine vinegar

NOTES Mix vinegar and oil with Italian seasoning for a flavorful dressing. (see note on vinegars)

DINNER

PROTEIN 4 oz grilled white fish

STARCH 1 cup cooked butternut squash

VEGETABLE 2 cups steamed

VEGETABLE Brussel sprouts

FAT

OTHER

NOTES Suggested spices to enhance vegetable flavors: garlic powder, onion powder, Himalayan pink salt, pepper, crushed red pepper, Italian seasoning.

METABOLIC ADJUSTMENT

DAIRY 6 oz Greek yogurt

FRUIT 6 oz mandarin oranges

NOTES

DAY 6

BREAKFAST

4 oz grilled chicken breast

1 cup cooked cream of buckwheat

1 cup plain non fat yogurt

6 oz pineapple

LUNCH

4 oz baked white fish

1 cup brown rice

2 cups raw shredded cabbage (cole slaw)

green onions, carrots

1 T toasted sesame oil

DINNER

4 oz cooked lean ground turkey burger

8 oz baked potato

2 cups steamed broccoli and

cauliflower

garlic powder & crushed red pepper to season vegetables

METABOLIC ADJUSTMENT

1 cup milk

6 oz apples

Warm apples in microwave with cinnamon and add cold milk.

DAY 7

BREAKFAST CAREY'S TURKEY SAUSAGE RECIPE*

4 oz turkey sausage

1 cup cooked butternut squash

1 cup fat free milk

6 oz apples

cinnamon

Milk on the side, the rest warmed and mixed together! *See recipe this page

LUNCH

4 oz broiled shrimp

1 cup edamame

2 cups chopped raw carrots, onions, peppers, broccoli ,celery

1 T Dukes mayonnaise

1 T Yogurt, 1 T salsa

Mix all together.

DINNER

4 oz grilled chicken breast tenders

1 cup cooked spaghetti squash

2 cups cooked onions, yellow

squash, and zucchini

Sautee cooked spaghetti squash in sprayed pan with garlic and crushed red pepper.

METABOLIC ADJUSTMENT

6 oz Greek yogurt

6 oz pumpkin

Bake pumpkin with cinnamon till warm and add cold yogurt; mix together.

NOTES:

Eggs are limited to 4 per week.

Red meat/pork limited to 3 times per week.

Avoid balsamic and all gourmet flavored vinegar.

This menu follows the basic plan. See food plan for **basic plus plan** for men, maintenance, pregnant or nursing mothers, and athletes.

Carey's Turkey Sausage Recipe

4 Tbs Penzeys Tucson / Italian Seasoning

2TBS Smoked Paprika

3 TBS fennel seeds

3 Tbs Salt

6 tbs minced garlic

1 tbs sage

3 tbs med hot crushed red pepper

4 tbs chopped onion dry

1 tbs ground black pepper

1 cup water

7 lb raw lean ground Turkey

Let contents mix and soak for about a hour.

Cook until well done.

Weigh 4 oz portions and freeze for an easy to grab protein.