



## Sample Meal Plans for Balanced Dominant Types

Try your best to eat mostly the “ideal” food items on your Eating Plan. **You do not need to weigh your foods, measure out serving sizes or count calories.** Eat according to your appetite. Eat at least 3 meals a day. Snack if you need to and always try to eat before you get hungry to stabilize your blood sugar. Eat protein and fat with each food intake. Although you can eat many of your foods in any combination if they belong to the correct color group, here are some meal suggestions to help get you started. Adjust your intake of grains and other starches if required as per your **Diet Check Record Sheet** reactions.

**Mix and Match meal suggestions as you wish but always alternate between green and purple food items.**

<b>Breakfast</b>	½ grapefruit, beef patty, steamed kale & shallots, Butter, toast	fresh vegetable juice, mushroom & mozzarella omelet, cooked quinoa with butter	pineapple, chopped walnuts, cottage cheese, toast, coconut butter, green tea	oatmeal, raw milk, chopped apple & almonds, soft-boiled egg (optional)	whole milk shake with 1egg, protein powder, flax oil and banana
<b>Lunch</b>	red snapper, steamed asparagus, sliced avocado, olive oil, lemon, herb dressing	baked salmon, mixed salad, steamed zucchini, steamed wild rice with ghee	chicken breast, cold artichoke with butter or ghee, carrot stick, slivered almonds	chili con carne, cheddar cheese, garden salad	ham and split pea soup, grated cheese, celery and turnip sticks
<b>Snack</b>	cottage cheese (not low-fat) with flax oil, fruit, chopped almonds	whole milk raw cheese, rye-krisp cracker, raw carrot sticks	tahini on celery sticks	½ “green” pear with cheese, assorted nuts	thin slice 100% rye bread with cashew butter, fruit
<b>Dinner</b>	roast chicken breast, steamed asparagus & collard greens, raw carrot sticks cooked quinoa, butter	roast lamb, tomato, cucumber, onion salad, oil & vinegar, wild rice with ghee	baked cod, steamed cauliflower & turnip greens, butter, cooked barley	roasted chicken leg & thigh, wild rice, steamed cabbage, butter, raw sliced tomato and onion, olive oil & vinegar	baked Cornish hen, steamed green beans and spinach, cooked millet, butter

NOTE: Some foods in your Eating Plan may conflict with foods in your Meal Plans if you indicated that you had a particular health problem. If your Eating Plan indicates that you should not eat a food and if that food appears in your Meal Plan, do not eat that food.