

This meal plan is optional. Feel free to follow this or use your own meals following the no sugar or grains guidelines. Also swap out recipes not listed on this weeks plan with others in the Eat Live Thrive Diet book.

Breakfast Options:

For those Intermittent Fasting using the ELT Eating Cycle, you may be skipping your morning meal and having two meals per day and 1-2 snacks instead. Simply choose the meals you most prefer!

Any breakfast (or meal) may be substituted with your choice of an ELTD smoothie (page 186). Note: You may substitute 1 tablespoon nut butter in place of coconut oil in any recipe.

Quick Meal Options:

For a quick easy meal, create a "Meal bowl" using pre-cooked or frozen cauliflower rice, chopped veggies, grilled chicken, beef or shrimp, shredded cheese, avocado, salsa, diced chilies, chopped scallion and cilantro.

Drinks:

- Sparkling water – plain, with splash of unsweetened cranberry juice, or 2 tablespoons of ELTD cleansing drink, sweetened with stevia or Monk Fruit Extract
- Coffee
- Herbal Tea (hot or cold)
- Water - optional lemon or cucumber

Snack Options:

Maximum 2 per day:

- Turkey roll up: 2 oz. sliced turkey wrapped around 1/4 of avocado (mustard optional)
- 1/2 an apple or 1/2 banana with 1 tablespoon sunflower, almond or peanut butter
- 1/2 an apple or pear with 1 ounce of cheese
- Anytime Egg Muffin ([see recipe](#))
- Leftover Salmon/Tuna patty (page 207)
- Hardboiled egg and 1/2 apple
- 1 orange & 10 almonds
- One ELTD muffin of choice (lemon poppy-seed, snicker-doodle or carrot apple pumpkin)
- 1 oz. Chocolate Bliss Squares (page 232)
- 1 Energy Bite (page 233)
- 1/4 cup of nuts
- 3/4 cup fresh or frozen berries
- 10 medium black or green olives
- 1 Sun Cookie (page 231)
- 1 Chocolate Coconut Macaroon (page 232)
- 1 Serving - Fast Creamy Sorbet (page 230)
- 1/2 Banana Mug Cake (page 233)

No Grain Noodle Alternatives

[Better Than Pasta](#), [Miracle Noodles](#), Zoodles, Spaghetti Squash, Sautéed shredded cabbage, [Heart of Palm Pasta](#).

Frozen Pizza Crust & Sandwich Thins

We choose [Outer Isle](#) because it only has 4 simple ingredients. Most others we have found have some form of grain or ingredients that we don't care for.

Mikey's Grain-Free English Muffins

Find these in the freezer section of many markets. They may be used as an alternative to our ELTD Grain-Free English Muffins (page 188)