

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)

Flatbread Pizza

INGREDIENTS:

Crust – All ingredients for [Grain-Free and Delicious Flatbread](#) (page 224) Or [Outer Isle](#) Sandwich Thins

Choice of Toppings:

- Sugar Free Marinara
- Fresh Pesto (page 229)
- Choice cheese - mozzarella, feta, goat, gouda, pecorino, parmesan, manchego etc.
- Fresh veggies - mushrooms, spinach, bell pepper, broccoli, tomato, onion etc.
- Other veggies - olives, roasted red pepper, sundried tomato, peppercini
- Proteins – sausage, chicken, pepperoni, hamburger

Directions:

Pre-heat oven to broil. Follow recipe instructions for Flatbread. Top finished flatbread with options of your choice, place under broiler for 1-2 minutes until cheese is bubbling! Enjoy!

Serving size is 1 Flatbread Pizza

Asian Zoodle Salad

INGREDIENTS:

- 3 to 4 zucchini (1 1/2 pounds total)
- 1/2 teaspoon salt
- 1 1/2 cups thinly sliced and roughly chopped red cabbage

- 1 large carrot, grated (about 1 cup)
- 1/2 large red bell pepper, thinly sliced then cut into 1-inch segments
- 2 green onions, thinly sliced on the diagonal
- 1/2 bunch cilantro, chopped, leaves and tender stems (about 1/2 cup)

Dressing:

- 1/3 cup seasoned rice vinegar
- 2 tablespoons extra virgin olive oil
- 1 1/2 teaspoons dark roasted sesame oil
- 1 clove garlic, minced (about 1 teaspoon)
- Pinch of red pepper flakes
- 1-2 tablespoons bragg's aminos or to taste
- Salt & pepper to taste
- **Optional:** Sweeten with 1/2 teaspoon of honey or use a smidge of stevia or monk fruit extract.

Make zucchini noodles using a [spiralizer](#) or a vegetable peeler. Place in a colander set over a bowl and toss with salt. Let the noodles drain a bit of their excess moisture while you prep the other vegetables. Cut the noodles to shorten them to say 8 inch length.

Combine zucchini noodles with cabbage, carrot, bell pepper, onions, cilantro in a large bowl.

Whisk together in a medium bowl the seasoned rice vinegar, olive oil, dark sesame oil, minced garlic, and red pepper flakes.

Pour the dressing over the zucchini noodles and vegetables and gently toss to combine.

Option: Add a protein of your choices such as chicken, salmon or shrimp

Serves 4

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)