

7-Day Rejuv Diet

Day 1

Breakfast

Scrambled eggs with real cheese
2 sausage links or 2 slices of bacon
Coffee (black or with half-and-half or heavy cream)
1 piece of toast with real butter (no margarine) or cream cheese ("full-fat")

Lunch

Tuna sandwich on 1 slice of bread with salted tomato or cucumber
Small salad with choice of dressing (full-fat)
1 piece of fruit (or equivalent berries or melon)

Dinner

Pork chops or any type of chop
Broccoli with real cheese
3 medium strawberries with real whipped cream
Nuts (if desired), and a small serving of bittersweet, or semisweet chocolate with whipped cream

Day 2

Breakfast

Ham and cheese quiche or omelet (egg yolks are fine)
Small bowl of cottage cheese (full-fat)
Unsweetened tea or coffee with real cream or half-and-half

Lunch

Egg or chicken salad
Coleslaw
Real cheddar cheese slices

Dinner

Beef Stew (lots of beef and minimize the potatoes)
Green beans with Martin Seasoning or Sprinkle and real butter
Small bowl of full-fat ice cream

Day 3

Breakfast

Selection of cold deli meats and cheeses (not a standard American breakfast, but quick and easy)
1 piece of toast or half a bagel with natural peanut butter, butter or cream cheese

Lunch

B.L.T on one slice of bread with mayonnaise
Small bowl of berries or some nuts

Dinner

Baked lemon chicken (put 2 cut up lemons in chicken cavity before baking)
Asparagus tips with real butter or hollandaise sauce

Day 4

Breakfast

Poached or scrambled eggs
Side of bacon, ham, or sausage
1 slice of bread with butter or cream cheese if desired and as much real cheese as you like

Lunch

Chicken salad with organic mayonnaise and small side salad
1 slice of toast with real butter

Dinner

Stir-fry beef and vegetables on a bed of lettuce (instead of rice)

Day 5

Breakfast

Smoked sausage
Real swiss cheese
1 piece of toast

Lunch

Cold ham, real cheese, and turkey slices
Green salad with roquefort cheese and small piece of fruit

Dinner

Choice of fish baked or broiled with lots of real butter
Small serving of coleslaw or salad

Day 6

Breakfast

2 fried eggs
2 slices of canadian bacon
Sliced cheese of choice

Lunch

Ham slices filled with cream cheese and chives
Small side salad
1 piece of fruit

Dinner

Tacos on a bed of lettuce instead of the shell
Real "full-fat" sour cream
Shredded cheese and guacamole

Day 7

Breakfast

2 eggs cooked as you like
Bacon and sausage
1 piece of toast with real butter

Lunch

2 chicken drumsticks
Broccoli and real cheddar cheese
Small serving of nuts (macadamia or Pistachio are lowest in carbs)

Dinner

Shrimp and avocado on a bed of lettuce
1 piece of fruit