

## DAILY SAMPLE MENUS

<p><b>Day 1</b> Breakfast 8 a.m. NutriClear Mix Snack NutriClear Mix</p>	<p>Lunch 12 noon Spinach salad: ½ cup of fresh organic spinach leaves, ¼ or ½ cup of sliced fresh mushrooms, ½ sliced tomato. Add extra-virgin olive oil seasoned with lemon or lime with baked chicken breast or fish.. Dinner 6 p.m. 4-6 oz. baked turkey breast with either 4-5 oz. baked winter squash or 1 medium sweet potato. Enjoy this with steamed asparagus or green beans.</p>
<p><b>Day 2</b> Breakfast NutriClear Mix Snack NutriClear Mix</p>	<p>Lunch Mixed-green salad or green veggies stir-fried in olive oil, plus sliced cucumber or steamed broccoli with baked haddock or flounder. Dinner Oven-roasted vegetables (recipe #10) and 4-6 oz. baked salmon.</p>
<p><b>Day 3</b> Breakfast NutriClear Mix Snack NutriClear Mix</p>	<p>Lunch Fresh mixed greens, stir-fried with chicken, or a salad with chicken. Use olive oil and lemon dressing. Dinner Pinto beans and rice with steamed broccoli, cauliflower or stir-fried vegetables, or a mixed-green salad with salmon.</p>
<p><b>Day 4</b> Breakfast NutriClear Mix breast. Snack NutriClear Mix</p>	<p>Lunch Mixed-green salad with olive oil and lemon, and an organic chicken Dinner Almond butter on rice crackers, with red-leaf or romaine lettuce. Use extra-virgin olive oil with lemon/lime as dressing, and add 1 can water-based tuna.</p>
<p><b>Day 5</b> Breakfast NutriClear Mix may add basil or oregano with sliced cucumber, and green onion with turkey breast or chicken breast. Snack NutriClear Mix baked Flounder filet with mixed green salad (recipe #11).</p>	<p>Lunch Lightly steamed broccoli, with olive oil and lemon/lime dressing. You Dinner Chicken breast with green beans and baked winter squash, or spicy</p>
<p><b>Day 6</b> Breakfast NutriClear Mix Snack NutriClear Mix</p>	<p>Lunch Stir-fried mixed vegetables, with almonds and steamed white rice. Dinner Steamed vegetables with baked Haddock and Tahini (recipe #9).</p>
<p><b>Day 7</b> Breakfast NutriClear Mix breast. Snack NutriClear Mix</p>	<p>Lunch Marinated vegetables (recipe #1). Optional: add lamb chops or chicken Dinner Halibut or Cod filet with steamed spinach.</p>
<p><b>Day 8</b> Breakfast NutriClear Mix lemon/lime with a slice of broiled or steamed fish, such as Salmon, Tuna, or Halibut. Snack NutriClear Mix mixed greens <b>OR</b> stir-fried beef with vegetables (recipe #13).</p>	<p>Lunch Salad; shredded cabbage, <b>OR</b> fresh greens with olive oil and Dinner Falafel (recipe #6) and steamed broccoli <b>OR</b> stir-fried chicken with</p>
<p><b>Day 9</b> Breakfast NutriClear Mix baked flank steak. Snack NutriClear Mix</p>	<p>Lunch Mixed-green salad with a chicken or turkey breast <b>OR</b> 4-6 oz. grilled or Dinner Turkey salad (recipe #5) or baked Haddock Italiano (recipe #12).</p>
<p><b>Day 10</b> Breakfast NutriClear Mix Snack NutriClear Mix rice soup with lamb.</p>	<p>Lunch Spinach salad (recipe #4). Dinner Hurry-up hearty hash (recipe #7), steamed asparagus <b>OR</b> zucchini <b>OR</b></p>