

## Phase 1 (Monday–Tuesday)

*High-carb, moderate protein, NO fat*

This phase is aimed at telling your body it no longer needs to store fat – it is very important to avoid fats during this phase! Just eat these high-glycemic, high-carb foods from this list and you'll nail it.

### Phase 1 Food List

**Fruits:** pears, pineapples, cantaloupes, oranges, kiwi

**Vegetables:** broccoli, tomatoes, winter squash, carrots, celery, cucumber, butternut squash, beans, zucchini, parsnips, beets, bean sprouts, green leaf lettuce, onions, radish, pumpkin, peppers

**Grains / Starches:** healthy cereals, fusilli, sprouted grain bread, nut flours, rice milk, tapioca flour, oats, multigrain biscuits, lentils, brown rice, brown rice pasta, black barley, quinoa

**Proteins:** tuna, lean fish, beans

### Phase 1 Sample Menu

**Breakfast:** DIY smoothie (no dairy)

**Snack:** Kiwi

**Lunch:** Black bean and rice veggie bowl

**Snack:** Healthy cereal with dairy-free milk

**Dinner:** Grilled tilapia and rice

## Phase 1 Recipes

**Cinnamon-Apple Pancakes** - For the sweet tooth out there. These pancakes are a wonderful way to kick off your cycle!

**Grilled Stone Fruits With Balsamic And Black Pepper Syrup** - I was skeptical of grilling fruits until I went to this incredible restaurant in D.C. called The Izakaya. Believe me, these are so good.

**White Bean Wrap** - Wraps are great for phase 1 because you can make a bunch of them and use them to get through the phase if you don't have time to make a bunch of separate meals. This recipe makes whipping them up quick and easy!

**Singapore Noodles** - Bust out that wok and try this recipe out. I love wok recipes because they are almost always fast and super tasty. And don't forget to turn that heat up!

**Fava, Spinach, and Quinoa Cakes** - These take a bit more time but are a great way to prepare ahead of time for your FMD experience! And who doesn't love quinoa!

## PHASE 1 RECIPES

### PHASE 1 CRASH STASH

Don't be caught hungry without a Crash Stash snack! During Phase 1, snack time is all about fruit, so keep travel-worthy fruit stashed in your desk, in your car, in your purse. Apples, oranges, and tangerines travel well.

One of my favorite fruits is mango, but fresh mangos aren't really practical for eating at my desk. When I peel and eat a mango and chew on the seed, I make a big mess! But I figured out a way to have mangos on the run. I just stash a bag of frozen mangos in my purse or car. By mid-morning snack time, they are defrosted but still chilled and absolutely delicious! Buy a large bag of frozen mangos and divide it up into individual baggies so you can have mangos whenever you want them.

### PHASE 1 BREAKFASTS

Frozen Mango Fat-Burning Smoothie

Oatmeal Fruit Smoothie

Oatmeal

Strawberry French Toast

### PHASE 1 SALADS, SANDWICHES, SOUPS, AND CHILIS

Tuna, Green Apple, and Spinach Salad

Open-Faced Chicken/Turkey Sandwich

Sprouted-Grain Turkey Wrap

Chicken and Barley Soup

Turkey or Buffalo Chili

Turkey, White Bean, and Kale Soup

Phase 1 Salad Dressing and Veggie Dip

## PHASE 1 MAIN COURSES

Chicken and Broccoli Bowl

Chicken Sausage with Brown Rice Fusilli

Italian Chicken and Wild Rice

Filet Mignon with Brown Rice

Pork Tenderloin with Broccoli and Pineapple

## PHASE 1 SNACKS

Baked Cinnamon Grapefruit

Cacao Asian Pear

Fat-Burning Watermelon Slices

Watermelon Smoothie

## FROZEN MANGO FAT-BURNING SMOOTHIE

### PHASE 1

Serves 1

½ cup frozen mango (or strawberries or pineapple)

½ cup ice cubes

½ lemon

¼ teaspoon Stevia or Xylitol (optional)

2 mint leaves or ¼ teaspoon peppermint tea leaves

Add the mango and ice to a blender along with ¾ cup water. Juice the lemon and add along with the Stevia or Xylitol. Sprinkle the mint into the mix and puree until smooth. Enjoy with 8 to 10 rice crackers.

## OATMEAL FRUIT SMOOTHIE

### PHASE 1

Serves 1

½ cup steel-cut oats  
½ cup frozen fruit, such as pineapple or strawberries  
½ cup ice cubes  
1 packet Stevia or Xylitol  
Ground cinnamon, to taste

Put the oats in a blender and pulse until they reach a powdery consistency. Turn off the blender and add 1 cup water. Incorporate the remaining ingredients into the mix and blend until smooth. Serve.

## OATMEAL

### PHASE 1

Serves 4

I like to make the whole box of oats at one setting and then freeze it with berries, cinnamon, and Stevia in 1½-cup serving portions. This way, I can easily remove them from the freezer and reheat in minutes when doing Phase 1 again. You can also cook steel-cut oats overnight in a slow cooker.

1 cup steel-cut oats  
2 cups fresh berries  
Stevia and ground cinnamon, to taste

Add the oats to 4 cups water in a large bowl. Cover and put in fridge to soak overnight. The next morning, place the mixture in a saucepan and simmer for approximately 30 minutes. When the oats finish cooking, top with the berries, then sprinkle with Stevia and cinnamon.

## **STRAWBERRY FRENCH TOAST**

### **PHASE 1**

Serves 1

- 1 egg white
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 slice sprouted-grain bread
- ½ cup frozen strawberries
- 2 teaspoons lemon juice
- ⅛ teaspoon Stevia or Xylitol

Whisk together the egg white, vanilla, and cinnamon in a small mixing bowl. Soak the bread well in the mix, coating both sides.

Heat a nonstick skillet and place the bread onto the hot surface, turning occasionally to toast both sides.

While it cooks, heat the strawberries in a pan over low heat. When they are halfway softened, add the lemon juice and Stevia or Xylitol and cook until warm. Immediately pour over the French toast and eat!

## **TUNA, GREEN APPLE, AND SPINACH SALAD**

### **PHASE 1**

Serves 2

- 5-ounce can solid white tuna, packed in water
- 1 cup chopped green apple (or red apple or pineapple)
- ½ cup peeled and diced cucumber
- ½ cup diced carrot
- 1 tablespoon minced red onion
- ½ lemon
- 1 to 2 cups fresh spinach

Drain the tuna well and put in a small mixing bowl. Add the apple, cucumber, carrot, and red onion and mix well.

Juice the lemon into the mixture and stir well. Serve over the spinach.

Note: If preferred, use balsamic vinegar to taste instead of lemon, but no oil.

## **OPEN-FACED TURKEY SANDWICH**

### **PHASE 1**

Serves 1

1 slice sprouted-grain bread  
1 tablespoon prepared mustard  
2 large lettuce leaves  
2 slices nitrate-free turkey or chicken deli meat  
A few slices red onion  
Several tomato slices  
Sea salt and freshly ground pepper

Spread the bread with the mustard. Layer the lettuce leaves and turkey slices on top. Add the onion and tomato. Season with salt and pepper. Serve.

## **SPROUTED-GRAIN TURKEY WRAP**

### **PHASE 1**

Serves 1

4 strips turkey bacon or ½ cup lean ground turkey  
¼ teaspoon sea salt  
¼ teaspoon dry mustard  
¼ teaspoon black pepper  
¼ teaspoon dried oregano  
1 to 2 tablespoons prepared mustard  
1 sprouted-grain tortilla

½ to 1 cup dark leafy greens, such as arugula or spring mix or spinach  
½ ripe medium tomato, sliced

Cook the turkey bacon or ground turkey in a nonstick pan. Season with the sea salt, dry mustard, pepper, and oregano.

Spread the prepared mustard on the tortilla, and add the greens and tomato sliced.

Top with the bacon or ground turkey, roll tortilla up, and enjoy!

## **CHICKEN AND BARLEY SOUP**

### **PHASE 1**

Serves 4–6 (portion size: 3 cups)

4 cups chicken broth  
4 cups vegetable broth  
2½ pounds skinless, boneless chicken breast  
1 cup diced onion  
1 tablespoon crushed garlic  
1 whole bay leaf  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
2 cups peeled and cubed butternut squash  
2 cups cubed yellow summer squash  
2 cups cubed zucchini  
1 cup broccoli florets  
1 cup chopped fresh mushrooms  
1 cup barley

Put 4 cups of water into a large soup pot and add the broths. Add the chicken, onion, garlic, bay leaf, salt, and pepper. Bring all ingredients to a boil. Turn down the heat to low and allow the soup to simmer for 1 hour.

Add the vegetables and barley to the soup pot. Bring back to a boil and simmer on low for another hour or two, until vegetables are desired texture.



## TURKEY OR BUFFALO CHILI

### PHASE 1

Serves approximately 6 (single portion: 1½ cups)

Please note: Because this recipe contains such a large amount of starchy legumes, it counts as a Grain as well as Protein and Veggie servings. No need to add an additional Grain to the meal, even if the meal map specifies a Grain.

1 to 1½ pounds lean ground turkey or buffalo meat  
½ cup diced red onion, or more, if desired  
2 tablespoons parsley or cilantro  
1 heaping tablespoon chili powder  
1 tablespoon minced garlic  
½ teaspoon crushed red pepper flakes (see Note)  
15-ounce can white beans  
15-ounce can kidney beans  
15-ounce can black beans  
15-ounce can pinto beans  
15-ounce can lentils or adzuki beans  
4 cups chopped zucchini  
4 cups (32 ounces) organic bell pepper–tomato soup or plain tomato soup  
(Just be sure it is not milk-based. For brands I use, visit my website.)  
1 heaping teaspoon sea salt

Brown the turkey in a skillet and drain.

Turn a slow cooker to high setting. Add the meat, onion, parsley, chili powder, garlic, and red pepper flakes to the pot. Stir, cover, and set aside.

Open and partially drain all five cans of beans; I leave a little liquid in to make my chili a little juicier. Add the beans, zucchini, and soup to the cooker. Stir well. Keep the cooker set on high for 4 to 5 hours, or adjust heat to low and simmer for 6 to 8 hours.

Stir and taste occasionally, adjusting seasonings as needed. Add the salt just before serving to best preserve its nutrients.

Note: Adds a little kick, and you can always add more when serving if you like it with kick, but the rest of the family doesn't. Also, I will make this chili before I get the kids up in the morning and set it to low so it is hot and ready to go for dinner. Or, if I am slow cooking for the future, I will throw it in right before I go to bed and fridge or freeze it in the morning before I leave for work.

## **TURKEY, WHITE BEAN, AND KALE SOUP**

### **PHASE 1**

Serves 4

2 pounds lean ground turkey  
3 cups diced red onions  
2 cups diced celery (including green tops)  
2 tablespoons minced garlic  
1 tablespoon minced ginger  
8 cups vegetable broth  
6 cups peeled and cubed kabocha or butternut squash  
6 cups roughly chopped kale (ribs removed)  
15-ounce can baby butter beans, drained and rinsed  
15-ounce can great northern beans, drained and rinsed  
15-ounce can adzuki or black beans, drained and rinsed  
2 teaspoons dried basil  
2 teaspoons dried thyme  
1 teaspoon ground cumin  
½ teaspoon sea salt  
¼ teaspoon freshly ground black pepper

In a large nonstick soup pot, sauté the turkey, onions, celery, garlic, and ginger in 2 tablespoons of water until soft. Add the broth, squash, kale, beans, and spices. Bring to a boil.

Cover the pot, reduce the heat to low, and simmer for 15 to 20 minutes or until the vegetables are tender. Taste and adjust seasonings with salt and pepper as needed.

## **SALAD DRESSING AND VEGGIE DIP**

### **PHASE 1**

Makes about  $\frac{3}{4}$  cup

- $\frac{1}{2}$  cup fresh or frozen mango puree
- 2 teaspoons balsamic vinegar
- 2 teaspoons chopped fresh cilantro or parsley
- 1 teaspoon lime juice
- $\frac{1}{4}$  teaspoon Stevia or Xylitol

Blend all the ingredients in a blender. Enjoy with cut vegetables!

## **CHICKEN AND BROCCOLI BOWL**

### **PHASE 1**

Serves 4

- 4 cups vegetable or chicken broth
- $\frac{1}{2}$  cup chopped red onion
- $\frac{1}{2}$  cup chopped carrot
- $\frac{1}{2}$  cup chopped celery
- 1 tablespoon parsley or cilantro
- 1 teaspoon minced garlic
- $\frac{1}{2}$  cup brown rice
- 1 pound skinless, boneless chicken breast, chopped into 2-inch pieces
- 4 cups broccoli florets
- 1 tablespoon lime juice
- $\frac{1}{2}$  teaspoon minced parsley
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{2}$  teaspoon black pepper

Preheat the oven to 375 degrees.

Mix the broth, vegetables, 1 tablespoon parsley, and garlic in a large pot. Add 1 cup of water and bring to a boil. Add the rice and bring back to a

boil. Cover and simmer for 25 minutes. Remove the lid and simmer for 5 more minutes. Set aside.

While the rice cooks, put the chicken and broccoli in a mixing bowl. Add the lime juice, parsley, salt, and pepper. Mix well until the chicken and broccoli are coated with the flavorings. Transfer the chicken and broccoli mixture to a larger baking pan, spreading it evenly in the bottom with a spatula. Bake for 30 to 35 minutes.

Remove the chicken from the oven and allow to cool. Divide the rice into four ½ cup servings. Divide the chicken and broccoli mixture into four equal portions and place on top of the rice. Serve and enjoy. (Don't hesitate to double this recipe and freeze more portions.)

## **CHICKEN SAUSAGE WITH BROWN RICE FUSILLI**

### **PHASE 1**

Serves 4

2 cups brown rice fusilli

12 ounces chicken sausage

2 cups cubed zucchini

1 cup broccoli florets

¼ cups minced red onion

1 tablespoon crushed garlic

¼ teaspoon sea salt

⅛ teaspoon black pepper

Prepare the pasta according to package directions, being careful to not overcook the pasta. When the pasta is done, strain and rinse it. Set aside.

Cut the chicken sausage into 1-inch pieces.

Preheat a large nonstick skillet. Add 1 tablespoon of water and stir in the sausage, onion, and garlic. Cook on medium heat until lightly browned. Incorporate the zucchini, broccoli, salt, and pepper, and cook until vegetables are crisp-tender, about 3–5 minutes.

Add the pasta to the skillet and toss until warmed through. Serve immediately.

## **ITALIAN CHICKEN AND WILD RICE**

### **PHASE 1**

Serves 6–8 (portion size: 1½ to 2 cups)

2½ pounds skinless, boneless chicken breast, cubed  
2 cups chicken broth  
1 cup wild rice, rinsed and drained  
¼ cup diced onion  
½ teaspoon minced garlic  
2 cups chopped fresh mushrooms  
14.5-ounce can diced tomatoes  
1 teaspoon sea salt  
½ teaspoon dried oregano  
½ teaspoon dried basil  
¼ teaspoon freshly ground black pepper

Put the chicken breast, broth, wild rice, onion, and garlic in a slow cooker. Stir in the mushrooms, tomatoes, salt, oregano, basil, and pepper. Cover and simmer for 4 hours on high or 6 hours on low. Serve and enjoy!

## **FILET MIGNON WITH BROWN RICE**

### **PHASE 1**

Serves 4

#### **BROWN RICE**

1¼ cups chicken or vegetable broth  
2 cups uncooked brown rice  
1 cup diced zucchini  
½ cup diced ripe tomatoes

2 tablespoons diced red onion  
1 teaspoon (fresh or dried) cilantro  
1 teaspoon crushed garlic

**FILET MIGNON**

Juice of ¼ lemon or lime  
½ sprig fresh rosemary  
1 teaspoon crushed garlic  
⅛ teaspoon sea salt  
⅛ teaspoon black pepper  
12-ounce beef filet

Make the rice. Put the broth in a saucepan and bring to a boil. Once boiling, add all the remaining rice ingredients, cover, and bring back to a boil. Allow to simmer, covered, stirring occasionally, for 30 minutes or until desired consistency.

Make the filet. Preheat the broiler with broiler pan in place. Mix the lemon or lime juice, rosemary, garlic, sea salt, and black pepper and rub generously all over the filet. Broil the filet on high until desired doneness. Serve with the rice.

**PORK TENDERLOIN WITH BROCCOLI AND PINEAPPLE**

**PHASE 1**

Serves 1

Juice of ½ lemon  
¼ teaspoon minced garlic  
¼ teaspoon dried parsley  
⅛ teaspoon dried rosemary  
⅛ teaspoon dried oregano  
⅛ teaspoon sea salt  
Pinch of Stevia  
Pinch of ground cinnamon

4 to 6 ounces sliced pork tenderloin  
3 cups broccoli florets  
½ cup grilled pineapple or 2 slices

Prepare the marinade: Mix the lemon juice, garlic, parsley, rosemary, oregano, salt, Stevia, and cinnamon in a small bowl. Put the pork in a large zippered plastic bag and pour the marinade into the bag. Close tightly. Marinate in the refrigerator for a minimum of 30 minutes, although overnight is best.

Prepare a charcoal or gas grill. Drain and grill the pork over high heat, turning only one to two times, about 5 to 6 minutes total. (A high temperature keeps the tenderloin from drying out.)

Remove the tenderloin from the grill and keep warm. Place the broccoli florets in a grill basket and put along with pineapple onto the grill and cook for 30 seconds on each side, to char. Remove and serve with the tenderloin.

Note: If you don't have a grill, you can broil the tenderloin. Heat the broiler pan first, then add the loin, and throw the pineapple slices into the pan just before serving.

## **BAKED CINNAMON GRAPEFRUIT**

### **PHASE 1**

Serves 1

1 pink grapefruit  
¼ teaspoon of cinnamon  
Pinch of cardamom (optional)  
Pinch of nutmeg (optional)

Peel and section grapefruit. Sprinkle with cinnamon, cardamom, and nutmeg. Bake for 20 minutes at 375 degrees or until cinnamon has caramelized.

## **CACAO ASIAN PEAR**

### **PHASE 1**

Serves 1

1 Asian pear

½ to 1 teaspoon cacao powder

Slice pear and sprinkle with cacao powder. Eat raw or bake for 10 minutes (or microwave for 30 seconds) before serving.

## **FAT-BURNING WATERMELON SLICES**

### **PHASE 1**

Serves 1

½ cup sliced watermelon

¼ teaspoon chili powder

1 teaspoon lime juice

Sprinkle the watermelon with chili powder and then pour lime juice on top.

## **WATERMELON SMOOTHIE**

### **PHASE 1**

Serves 1

½ cup watermelon cubes

2 tablespoons lime juice

2 drops peppermint extract

1 mint leaf

Freeze watermelon. Blend watermelon cubes in blender with lime juice and peppermint extract. Garnish with mint leaf.