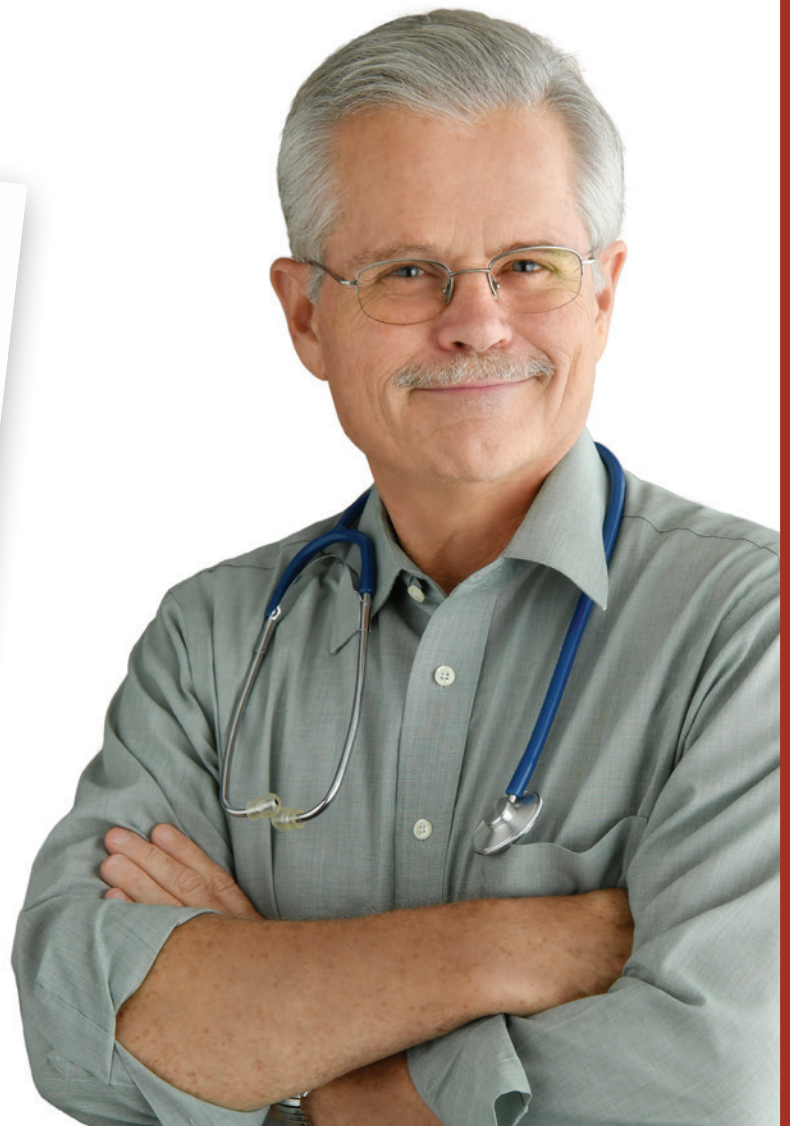
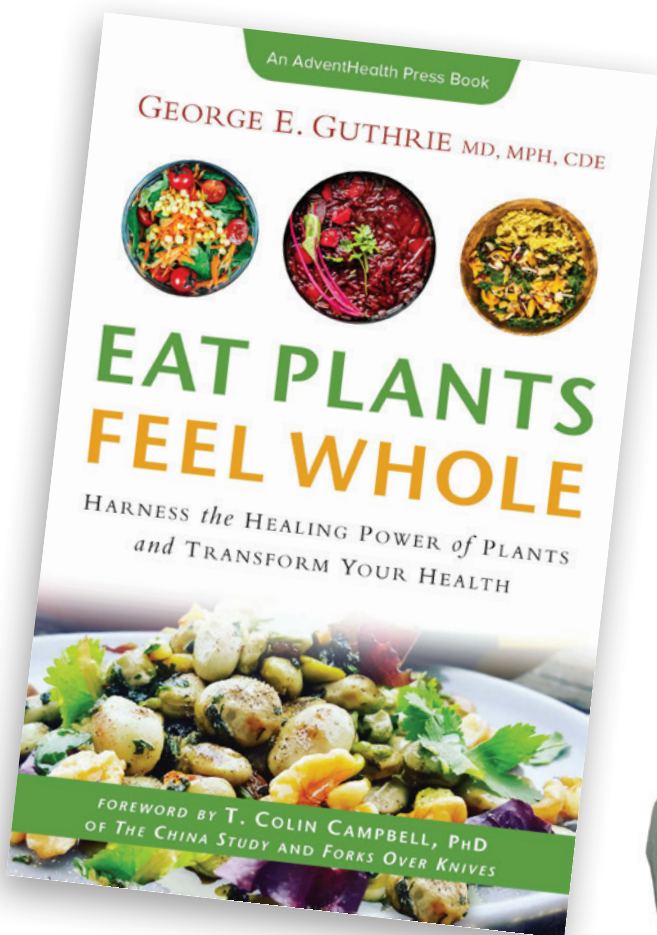


GEORGE E. GUTHRIE MD, MPH, CDE

EAT PLANTS FEEL WHOLE

18-DAY MENU



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Days 1–3: TWO TRACKS AND THREE OPTIONS

(Refer to the section above for details)

TRACK 1: Inductive Phase

Choose from the following vegetables and herbs:

Above-ground, non-starchy vegetables

Artichokes, asparagus, arugula, bok choy, broccoli, broccoli rabe, Brussels sprouts, butternut squash, cabbage, cauliflower, celery, collard greens, cucumbers, eggplant, escarole, garlic, green beans, kale, kohlrabi, lettuce, okra, peppers, radicchio, rapini, rhubarb, spinach, squash, Swiss chard, tomatillos, tomatoes, turnip greens, watercress, zucchini

Herbs

Anise, basil, caraway, chives, cilantro, coriander, chamomile, dill, fennel, lavender, lemongrass, marjoram, oregano, parsley, rosemary, sage, thyme

TRACK 2: Therapeutic Phase — for those who cannot or do not want to follow the Inductive Phase for the first three days.

THREE OPTIONS FOR EVENING MEALS

Option 1: A light evening meal using fruit and grains, soups or salads

Option 2: A lighter evening meal of fruit only

Option 3: (not shown) No evening meal

Days 4–18: THERAPEUTIC PHASE

If you followed the Inductive Phase for the first three days, you should now begin the Therapeutic Phase. If you have already been following the Therapeutic Phase, continue.

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DAY 1	
TRACK 1	
BREAKFAST	Roast butternut squash and toss with lemon juice, cinnamon, and nutmeg.
LUNCH	Combine arugula and spinach; top with tomato, raw zucchini, and raw broccoli; toss with lemon juice and basil.
DINNER	Roast cabbage slices or “steaks” and top with mustard.
TRACK 2	
BREAKFAST	On-the-Go Morning Oats
LUNCH	3 Asian Bowls with Peanut Sauce, variation #1: Spinach-Tofu Bowl with Peanut Sauce Slow Cooker Baked Winter Squash
DINNER	Option 1: Romaine-Spinach Salad with Garlicky Lemon Dressing, combination #2 (garbanzo) Option 2: 2 small fresh fruits or 1 large fresh fruit
DAY 2	
TRACK 1	
BREAKFAST	Combine escarole and spring greens; top with tomatoes, raw or roasted red and yellow peppers, and raw or roasted cauliflower; toss with lemon juice, garlic, and chili powder.
LUNCH	Roast eggplant and toss with lime juice and cumin.
DINNER	Combine lettuce and shredded cabbage; top with tomato, cucumber, roasted asparagus, and roasted green beans; toss with balsamic vinegar.
TRACK 2	
BREAKFAST	Easy Morning Quinoa and Fruit
LUNCH	Zucchini Creole with whole-grain cooked pasta Roasted Cabbage Wedges
DINNER	Option 1: Creamy Broccoli Cheese Soup Option 2: 2 small fresh fruits or 1 large fresh fruit
DAY 3	
TRACK 1	
BREAKFAST	Roast zucchini and yellow squash and toss with lime juice and cilantro.
LUNCH	Combine butter lettuce and green leaf lettuce; top with steamed cubes of butternut squash; add chopped raw tomatillos; toss with lime juice, cayenne pepper, and cinnamon.
DINNER	Roast Brussels sprouts and cauliflower and toss with balsamic vinegar and oregano.

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TRACK 2	
BREAKFAST	Crispy Almond-Coconut Granola Pineapple-Mango Slushie
LUNCH	Middle Eastern Falafel Patties Rich Black Bean Hummus Spread, whole grain pita
DINNER	Option 1: Cauliflower Rice Salad Option 2: 2 small fresh fruits or 1 large fresh fruit
DAY 4	
BREAKFAST	On-the-Go Morning Oats
LUNCH	Sesame-Style Quick Beans and Rice Tender Golden Cornbread Naturally Sweet Banana-Date Mounds
DINNER	Option 1: Very Versatile Pineapple-Cranberry Spread with Scottish Oat Cakes Option 2: 2 small fresh fruits or 1 large fresh fruit
DAY 5	
BREAKFAST	Easy Morning Quinoa and Fruit
LUNCH	3 Asian Bowls with Peanut Sauce, variation #3: Kale-Rice Bowl with Peanut Sauce Roasted Cabbage Wedges Naturally Sweet Banana Date Mounds
DINNER	Option 1: Leafy Holiday Salad with Lemon Ginger Dressing Option 2: Pineapple-Mango Slushie
DAY 6	
BREAKFAST	Vegan Frittata with Tofu Light and Airy Low-Fat Biscuits
LUNCH	Simple but Simply Delicious Beans Zippy Pineapple Salsa with Jalapeño Crispy Zucchini Fritters Naturally Sweet Banana-Date Mounds
DINNER	Option 1: Power Greens Soup Option 2: Strawberry-Kiwi Morning Smoothie

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DAY 7

BREAKFAST	Crispy Almond-Coconut Granola Pineapple-Mango Slushie
LUNCH	Tofu Meatballs with Sweet and Sour Sauce Hearty Whole Wheat Dinner Rolls Maple Walnut Vanilla Bean Ice Cream
DINNER	Option 1: Jerusalem Couscous with Cinnamon Ginger Option 2: 2 small fresh fruits or 1 large fresh fruit

DAY 8

BREAKFAST	Savory Breakfast "Sausag" Patties Scottish Oat Cakes Very Versatile Pineapple Cranberry Spread
LUNCH	Sesame-Style Quick Beans and Rice Asian Cucumber Salad Maple Walnut Vanilla Bean Ice Cream
DINNER	Option 1: Colorful Quinoa Salad Option 2: Pineapple-Mango Slushie

DAY 9

BREAKFAST	Eggless French Toast
LUNCH	Creamy Broccoli Cheese Soup Hearty Whole Wheat Dinner Rolls Maple Walnut Vanilla Bean Ice Cream
DINNER	Option 1: 3 Asian Bowls with Peanut Sauce, variation #1: Spinach-Tofu Bowl with Peanut Sauce Option 2: Strawberry-Kiwi Morning Smoothie

DAY 10

BREAKFAST	Whole Wheat Kickstart Pancakes Very Versatile Pineapple-Cranberry Spread
LUNCH	Italian Minestrone Ragout Scottish Oat Cakes Chocolate Date Cake
DINNER	Option 1: Cauliflower Rice Salad Option 2: 2 small fresh fruits or 1 large fresh fruit

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DAY 11	
BREAKFAST	On-the-Go Morning Oats
LUNCH	Taco Lunch Bowl Quick Chop Rustic Tomato Salsa Romaine-Spinach Salad with Garlicky Lemon Dressing, combination #1 (avocado) Chocolate Date Cake
DINNER	Option 1: Crispy Zucchini Fritters 8-Minute Corn and Red Pepper Salsa Option 2: Pineapple Mango Slushie
DAY 12	
BREAKFAST	Easy Morning Quinoa and Fruit
LUNCH	Mediterranean Mazidra Asian Cucumber Salad Chocolate Date Cake
DINNER	Option 1: Jerusalem Couscous with Cinnamon Ginger Option 2: Strawberry-Kiwi Morning Smoothie
DAY 13	
BREAKFAST	Crispy Almond-Coconut Granola Pineapple-Mango Slushie
LUNCH	Roasted Vegetable Wraps with Seasoned Marinade Rich Black Bean Hummus Spread Naturally Sweet Banana-Date Mounds
DINNER	Option 1: Creamy Broccoli Cheese Soup Option 2: 2 small fresh fruits or 1 large fresh fruit
DAY 14	
BREAKFAST	On-the-Go Morning Oats
LUNCH	Tuscan Bean Stew Slow Cooker Baked Winter Squash Naturally Sweet Banana-Date Mounds
DINNER	Option 1: Romaine-Spinach Salad with Garlicky Lemon Dressing, combination #1 (avocado) Option 2: Pineapple-Mango Slushie

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DAY 15

BREAKFAST	Firm Tofu and Sautéed Pepper Scramble
LUNCH	Cheesy Vegetable Pasta Bowl Romaine-Spinach Salad with Garlicky Lemon Dressing, combination #2 (garbanzo) Naturally Sweet Banana-Date Mounds
DINNER	Option 1: Colorful Quinoa Salad Option 2: Strawberry-Kiwi Morning Smoothie

DAY 16

BREAKFAST	Savory Breakfast "Sausage" Patties Puerto Rican Pepper, Onion, and Garlic Sofrito Light and Airy Low-Fat Biscuits
LUNCH	Vegetable Barley and Brown Rice Soup Tender Golden Cornbread Maple Walnut Vanilla Bean Ice Cream
DINNER	Option 1: Power Greens Soup Option 2: 2 small fresh fruits or 1 large fresh fruit

DAY 17

BREAKFAST	Eggless French Toast
LUNCH	3 Asian Bowls with Peanut Sauce, variation #2: Steamed Broccoli-Noodle Bowl with Peanut Sauce Asian Cucumber Salad Maple Walnut Vanilla Bean Ice Cream
DINNER	Option 1: Leafy Holiday Salad with Lemon Ginger Dressing Option 2: Pineapple-Mango Slushie

DAY 18

BREAKFAST	Whole Wheat Kickstart Pancakes Very Versatile Pineapple-Cranberry Spread
LUNCH	Italian Minestrone Ragout Light and Airy Low-Fat Biscuits Maple Walnut Vanilla Bean Ice Cream
DINNER	Option 1: 3 Asian Bowls with Peanut Sauce, variation #3 (small): Kale-Rice Bowl with Peanut Sauce Option 2: Strawberry Kiwi Morning Smoothie

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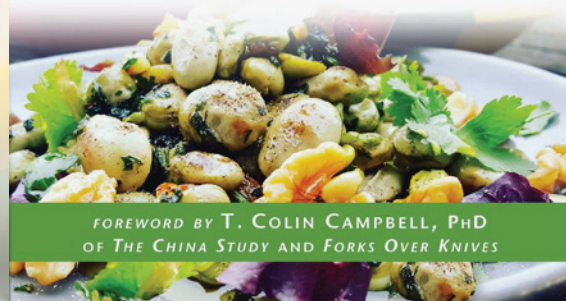
An AdventHealth Press Book

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FOREWORD BY T. COLIN CAMPBELL, PhD
OF THE CHINA STUDY AND FORKS OVER KNIVES



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