

## **Sample menus for beginning The 7 Systems Plan**

### **1300 CALORIE MENUS**

#### **MENU 1**

##### **Breakfast (230 cal.)**

Berry Shake

- 2 scoops of Medical Food 150 cal.
- 1 cup berries 80 cal.

##### **Lunch (680 cal.)**

Raw carrots and celery 50 cal.

Hummus dip 1/4 cup 110 cal.

Tasty Burger (380)

- Veggie or bean burger 1 patty 120 cal.
- Olive oil mayo 2 tsp 80
- Tomato 2 slices 6 cal.
- Ketchup (no sugar added) 4 cal.
- 1 piece of whole grain bread 70 cal.

6 sweet potato fries 40 cal.

Medical Food 150 cal.

##### **Dinner (510 Cal.)**

Roasted chicken and vegetables (370)

- 3 oz. roasted chicken 200 cal.
- 1 cup roasted beats 50 cal., 1 cup roasted brussels sprouts 40 cal.
- 2 tsp oil 80 cal. sprinkle over the vegetables and rice and add seasonings.

1 cup cauliflower rice 40 cal.

Walnut or Pecan Halves, 7–8 100 cal.

**Total 1370 calories**

## MENU 2

### **Breakfast (150 cal.)**

Medical Food 150 cal.

### **Lunch (575 cal.)**

Crackers 6 small whole grain crackers 75 cal.

Humus ¼ cup 110

Raw vegetables 2 cup, 50 cal.

Garlic stuffed olives 5, 50 cal.

Almonds 12, 100 cal.

Medical Food- Chocolate Chip Cookie Dough UltraMeal Bar 190

### **Dinner (600 cal.)**

Veggie Chicken and Rice

- Chicken 200 cal.
- Cauliflower rice 1 cup, ½ cup of black beans, peas, and carrots 200 cal
- Creole Seasoning and Sriracha

Avocado ½ 120 cal.

Peaches 2 small 80 cal.

**Total calories 1325**

## MENU 3

### **Breakfast: 8 a.m. (280 cal.)**

3 cups spinach—20 cal.

1 Tbsp. chia or flax seeds—60 cal.

1/2 banana—50 cal.

2 scoops Medical Food—150 cal.

Place in blender with 8 ounces of water and blend for 30 seconds.

### **Lunch: 1 p.m. (452cal.)**

2 scoops Medical Food —150 cal.

Heavenly chicken and rice- prepare the night before and just warm up

- 3oz. chicken breast—135 cal.
- 1/2 cup steamed broccoli 30
- 1/2 cup brown rice 107 cal
- 1/2 cup chopped onion—30 cal.

### **Dinner: 6:30 p.m. (571 cal.)**

3 oz. baked salmon—175 cal.

2 cup green beans—60 cal.

Yummy cheesy potato

- 1 Yukon Gold potato—82 cal.
- Sprinkle with nutrition yeast 2 tsp 14 cal
- (drizzle all of the above with 1 tbsp. of avocado oil and cracked salt & pepper )—130 cal.

1/3 cup black beans—110 cal.

**Total calories 1303**

## MENU 4

### **Breakfast: 8 a.m. (330 cal.)**

- 3 cups spinach—20 cal.
- 1 Tbsp. chia seeds—60 cal.
- 1 small organic green apple—55 cal.
- 8 oz. coconut almond milk—45 cal.
- 2 scoops Medical Food—150 cal.

### **Lunch: 12:30 p.m. (313 cal.)**

2 scoops Medical Food—150 cal.

#### **Tasty omelet (163)**

- 1-egg —55 cal.
- 1/2 cup portabella mushrooms—20 cal.
- 1 cup spinach—7 cal.
- 1/4 of an onion—16 cal.
- sautéed veggies in 1/2 Tbsp. of avocado oil)—65 cal.
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### **Dinner: 6 p.m. (492 cal.)**

- 4 oz. baked lemon pepper white lake fish 152-- cal.
- 2 cup steamed asparagus w/ a squeeze of fresh lemon—80 cal.
- 1/4 cup slivered almonds—170 cal.
- large romaine salad w/ 2 tbsp. Healthy Italian dressing (see DrPatLuse.com for recipes) —90 cal.
- 1/4 cup hummus 110 cal.

**Total calories 1245**

## **MENU 5**

### **Breakfast**

Medical Food 150

### **Lunch (600)**

Loaded Romain lettuce salad (410)

- Romaine lettuce, spinach, grape tomatoes, red onion, black olives, Parmesan cheese, sunflower seeds, carrots alfalfa sprouts 150 cal. Avocado 1/4 60 cal. Quinoa 1/2 cup 100 cal
- Healthy salad dressing 100 cal

Watermelon 2 cups 100 cal

Medical Food 150

### **Dinner (635 or 545)**

Tasty nutritious Spaghetti (425 or 335)

- Spaghetti squash 3 cups 90 cal. (or miracle noodle 0 cal.)
- Spaghetti sauce (no sugar added) 1 cup 70 cal.
- organic ground beef 3 oz. 210 cal.
- Sauté carrots, onions, red, yellow and green sweet peppers, garlic and spices to add to the sauce 60 cal.
- Parmesan freshly grated 1 Tbsp. 22 cal.

Whole grain bread 1 slice spread with coconut oil and garlic powder 100 cal.

12 almonds 110 cal.

**Total calories 1385**

## **MENU 6**

### **Breakfast 415**

- 1 piece Ezekiel bread 80 cal.
- 1 Tbsp. Almond Butter 75 cal.
- 1 1/2 cup whole Strawberries 80 cal.
- Medical Food 180 cal.

### **Lunch**

- 2 cups mixed greens 20 cal.
- 2 Tbsp. Thousand Island Dressing (recipe on our website) 44 cal.
- 1/2 cup rinsed black beans 110 cal.
- 1/2 cup diced tomatoes 13 cal.
- 1/2 cup diced cucumbers 8 cal.
- 4 oz. baked Salmon on the side 173 cal.

### **Dinner**

Omelet:

- Sauté 3/4 cup asparagus 20 cal., 3/4 cup mushrooms 12 cal., 3 tsp coconut oil 80 cal.
- Add 2 beaten eggs 144 cal.

Medical food 180

**Totals calories 1259**

## **MENU 7**

### **Breakfast 457**

Scrambled eggs with peppers and spinach wrapped in a low-carb tortilla 197 cal.

One cup cantaloupe 60 cal.

Medical food with 2 Tbsp.of canned pumpkin, 1 Tbsp. pumpkin spice, 15 ice cubes, and 8 ounces of water, blend well. 200 cal.

### **Dinner 387**

Two veggie dogs 100 cal.

1 cup Yukon gold potato 114 cal., green peppers, red peppers, onions, and 1 Tbsp. olive oil 130 cal. Grill together in a skillet.

1 Tbsp. pistachios 43 cal.

### **Lunch 450**

Lettuce wrap with two slices of turkey bacon 60 cal.

Tomato and 1/2 avocado 140 cal.

1/4 cup ready to eat northern beans (glass jar) 100 cal.

3 cups watermelon 150 cal.

**Total calories 1294**

## **1600 CALORIE MENUS**

The 1600 calorie menus will be the same as the above with one more concentrated protein, one more legume serving and more vegetables. Here are two examples.

### **MENU 1**

#### **Breakfast 330**

Berry Delight Shake

- 2 scoops of Medical Food 150 cal.
- 1 1/2 Tbsp. chia seeds 100 cal.
- 1 cup berries 80 cal.

#### **Lunch 657**

Chicken corn tortilla

- tortilla 60 cal.
- 4 oz. diced chicken breast 250 cal.
- Black beans 1/2 cup 110 cal.
- 1/4 cup hummus 100
- Guacamole 1/8 cup 45 cal.
- Romaine lettuce 1 cup 8 cal.
- Tomato 1 medium 22 cal.
- Salsa 1/4 cup 17 cal.
- 1 orange 45 cal.

#### **Dinner 684**

4 ounces of Salmon 240 cal.

1 cup broccoli 30 cal. with 2 tsp. coconut oil 80 cal.

1 cup baked sweet potato 114 cal. with 1 pat of ghee butter 30 cal.

Salted Caramel UltraMeal bar 190 cal.

**Total 1671 calories**



## MENU 2

### Breakfast: 8 a.m. (330 cal.)

Greens and fruit shake  
3 cups spinach—20 cal.  
1 Tbsp. chia seeds—60 cal.  
1 small organic green apple—55 cal.  
8 oz. coconut almond milk—45 cal.  
2 scoops Medical Food—150 cal.

### Lunch (670)

Sardines one can 190 cal.  
Crackers, 8 small whole grain 80 cal.  
Carrots and celery sticks 50 cal.  
Pistachios 2 Tbsp. 100 cal.  
Applesauce (no sugar) 1/2 cup 50 cal.  
UltraMeal bar 150

### Dinner (590)

Two egg Omelet (290)

- Two eggs 140 cal.
- Sauté onions, sweet peppers, garlic and 1 Tbsp. coconut oil 150 cal.

Whole grain toast 70 cal., with 1/4 avocado 70 cal., sprinkle with sesame seeds 10 cal.

Carrot and celery sticks dipped in hummus 1/4 cup 150 cal.

**Total calories 1690**

## 300 CALORIE MEALS IN ABOUT 5 MINUTES

**Power Shake** (270 cal.), medical food, oils, nuts, and vegetables

- 3 cups of spinach 20 cal.
- 2 Tbsp. guacamole 40 cal.
- 1 Tbsp. chia seeds 60 cal.
- Blend well, add medical food 150 cal. and blend briefly

**Salmon Melt** (342 cal.)- grain, protein, dairy, oil

- 1 piece of whole grain bread 70 cal.
- 3 oz. canned Alaskan Salmon 175 cal. with 1 Tbsp. olive oil mayo 60 cal.
- Tomato 12 cal., cheese 1/4 cup 25 cal.
- Broil and enjoy

**Combo meal** (340 cal.)- protein, medical food and vegetables

- 2 hardboiled eggs 150 cal.
- UltraMeal bar 190 cal.
- 3 cups of vegetables 50 cal.

**Mackerel patty** (320cal.)- protein, grain, oil

- 3 oz. mackerel 150 cal.
- 1 egg 70 cal.
- 1 slice of bread crumbed 70 cal.
- Mix well and form into patty and fry with 2 tsp olive oil 80 cal.

**Shake and apple witch** (330 cal.)- medical food, fruit and nut

UltraMeal 150 cal.

Apple 80 cal. with Almond butter 1 Tbsp. 100 cal.

**BLT** (300 cal.)- protein, grain, oil and fruit

3 slices cooked turkey bacon 120 cal.

Lettuce and tomato

1 piece of whole grain bread 70 cal.

2 tsp olive oil mayo 60 cal.

1 apple 80 cal.

**Oatmeal and fruit** (290 cal.)- grain, dairy, fruit

1/2 cup old fashion oatmeal. Cook and add a splash of almond milk and pinch of Stevia 150 cal.

1/2 cup of low-fat cottage cheese 81 cal.

1 peach 59 cal.

**Tasty Toast** (248 cal.)- grain, oil, and vegetable

One slice of whole-grain toast with hummus and avocado, topped with spinach.

**Lasagna** (350 cal.)- vegetable, protein, dairy and vegetable

Zucchini lasagna

Thinly slice zucchini and top with browned ground turkey, sauce, mozzarella cheese, and sprinkle with spinach. Bake

**Soup and Sandwich** (300 cal.)- vegetable, grain, protein, vegetable

Canned healthy soup 110 cal.

Low-carb tortilla 50 cal. with 2 ounces of Chicken 140 cal., spinach, lettuce, mustard and pickles.

Celery and carrot sticks

**Stir Fry** (307 cal.)- legume, oil, vegetable and dairy substitute

Sauté miracle noodles, 1/2 red pepper, olive oil and a dash of Chipotle seasoning.

One black bean veggie burger

One cucumber

Glass of almond milk

**Cauliflower Rice Pizza** (300 cal.)- vegetable, protein, dairy, and vegetables

Combine one fully cooked cup of cauliflower rice with 1/8 cup of beaten egg whites, form into crust

Add tomato sauce, Italian seasoning, 1/4 cup cheese, pepper, olives, spinach, and cooked turkey bacon. Bake like a regular pizza