

30 DAY KALISH HEALING DIET PLAN

MONDAY

Breakfast	8 – 12 oz hot water with the juice of ½ lemon 5 minute breakfast: 1-2 organic, nitrate-free chicken sausages, spinach and ¼ avocado
Lunch	Leftover roasted chicken (make on Sunday) with dairy free pesto over roasted spaghetti squash (roast the night before)
Dinner	Cauliflower mash with 5-minute grilled herbed fish, mixed greens

TUESDAY

Breakfast	8 – 12 oz hot water with the juice of ½ lemon Smoothie
Lunch	Leftover cauliflower mash with chicken salad (mix leftover chicken with mustard & chopped celery)
Dinner	Grass fed burger (bunless, wrap in butter lettuce if desired) with kale, raw sauerkraut

WEDNESDAY

Breakfast	8 – 12 oz hot water with the juice of ½ lemon 2 poached eggs over leftover kale from dinner, salsa
Lunch	Leftover bunless grass fed burger, steamed veggies drizzled with extra virgin olive oil
Dinner	Pork chop with leftover steamed veggies, baked apple with cinnamon

THURSDAY

Breakfast	8 – 12 oz hot water with the juice of ½ lemon Frittata, piece of seasonal fruit
Lunch	Leftover pork chop Mixed green salad with chopped veggies, topped with tahini dressing
Dinner	Paleo Tacos: Ground turkey sautéed with cumin, chili powder, avocado, salsa, serve in butter lettuce or romaine, raw sauerkraut

FRIDAY

Breakfast	8 – 12 oz hot water with the juice of ½ lemon Leftover frittata with mixed greens
Lunch	Dinner leftovers
Dinner	Roasted root vegetables with grilled meat

SATURDAY

Breakfast	8 – 12 oz hot water with the juice of ½ lemon Smoothie
Lunch	Dinner leftovers
Dinner	Easy baked protein, raw sauerkraut, veggie stir-fry

SUNDAY

Breakfast	8 – 12 oz hot water with the juice of ½ lemon Brunch hash, raw sauerkraut
Lunch	Dinner leftovers
Dinner	Roasted chicken with root vegetables and Brussels sprouts