

Day 1

Breakfast: Kale-Shallot Frittata*

Snack: Plain Greek-style yogurt, 1/3 cup berries, 2 tablespoons granola

Lunch: Broccoli Soup* with side salad and gluten free roll/crackers

Snack: 25 almonds

Dinner: Honey-Lime Shrimp, Quinoa, Cucumber/Tomato Salad*

Day 2

Breakfast: Quinoa porridge (1/2 cup cooked quinoa, ½ teaspoon cinnamon, dash of vanilla, 2 tablespoons organic milk or almond milk) with ½ sliced pear and 1 tablespoon walnuts

Snack: 1 apple, sliced with 1 tablespoon nut butter

Lunch: Roasted Beet Salad with Chicken, Goat Cheese and Walnuts*

Snack: 2 slices Applegate Farms Turkey Breast, 10 Mary’s Gone Cracker’s (or other organic whole grain cracker)

Dinner: Lentil and Sweet Potato Stew*

Day 3

Breakfast: Dr. James Grain-Free Pancakes (made with almond meal/flour)*

Snack: ½ red grapefruit

Lunch: Chicken/Turkey and wild rice soup (broth-based)

Snack: 1/4 cup hummus, 3 carrot sticks (or other raw veggies)

Dinner: Baked Sweet Potato with 5 ounces Baked Salmon and Steamed or Lightly Sautéed Greens (1-2 cups spinach, kale, chard, cabbage, broccoli, or a mixture)

Day 4

Breakfast: Green Smoothie*

Snack: Ants on a Log (2 pieces celery with 1 tablespoon peanut butter total and 1 tablespoon raisins)

Lunch: Green Chickpea Salad*

Snack: 1 String cheese and 1 apple

Dinner: Stuffed Squash*

Day 5

Breakfast: 1 poached egg, 1 gluten free waffle (or pancake), 1 cup steamed greens

Snack: ½ ruby red grapefruit

Lunch: 4 ounces cooked chicken with 2 cups of tossed mixed greens, unlimited raw veggies. Vegans: substitute chicken with grilled tofu or ¼ cup garbanzo beans

Snack: ½ cup (organic lowfat) cottage cheese with carrot sticks and celery



Dinner: Roasted Veggie (Cauliflower, Broccoli, Squash – about ½ cup total), 2 organic corn tortillas, and (1/3 cup) Black bean tacos, (1/3)avocado, salsa, cabbage

Day 6

Breakfast: ½ cup of steel cut oatmeal, 2 tablespoons chopped macadamia nuts, cinnamon, ½ banana

Snack: 6 ounces plain Greek yogurt plus ½ cup chopped pineapple

Lunch: White bean and Barley soup*

Snack: Turkey roll ups (2 thin slices of turkey rolled around slivered bell pepper and spinach leaves)

Dinner: ½ cup baked sweet potato chips, baked halibut (5 ounces), sautéed chard (1 tablespoon olive oil)

Day 7

Breakfast: Strawberry coconut smoothie (1 cup frozen strawberries, 6 ounces (unsweetened) almond milk, 2 tablespoons light coconut milk, 1 scoop vanilla protein powder.

Snack: ½ cup pumpkin seeds

Lunch: Turkey wrap - 2 ounces sliced turkey breast, 1 ounce lowfat cheese, one gluten free tortilla (or 2 organic corn tortillas), ½ teaspoon lowfat mayonnaise and mustard as desired, ¼ cup chopped spinach leaves and 1 roasted red pepper chopped (about a tbsp worth).

Snack: Smoked salmon with goat cheese on crackers (½ounce spreadable goat cheese or soy cheese, ½ teaspoon fresh dill, ¼ cucumber, 2 ounces smoked wild salmon, and 5 rice or gluten-free crackers). Mix dill into spreadable cheese, spread 1 teaspoon on cracker, top with a slice of cucumber and a piece of smoked salmon.

Dinner: Fava, Spinach, and Quinoa Cakes*



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Kale Shallot Frittata

Serves 4

- olive oil spray
- 1 large shallot
- 1 bunch kale, rinsed and thinly sliced
- 1 tablespoon olive oil
- 1/8 teaspoon sea salt
- 6 small marinated sun-dried tomatoes
- 2 tablespoons shredded Parmesan cheese
- 6 teaspoons goat cheese (optional)
- 8 medium whole eggs
- 1/2 cup whole milk
- 1/4 teaspoon thyme
- 1/8 teaspoon pepper

Prepare pie dish by coating lightly with olive oil cooking spray. Preheat oven to 350. Sauté shallot and kale in olive oil over medium heat until chard is wilted and shallots are aromatic. Sprinkle with sea salt. Stir until well combined.

Place kale mixture on bottom of pie dish, covering the bottom evenly. Place sundried tomatoes on top of chard in a circular pattern, evenly spaced. Do the same with each teaspoon of chevre.

In a separate bowl whisk together eggs, milk, thyme and pepper. Whisk well, then pour mixture on top of kale mixture.

Carefully place in the oven on the center rack. Bake for approximately 35 minutes or until egg has set and top is just starting to brown.

Per Serving: 250 Calories; 18g Fat (5g sat); 15g Protein; 6g Carbohydrate; 1g Dietary Fiber; 382mg Cholesterol; 313mg Sodium.



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Honey Lime Shrimp with Quinoa and Cucumber Tomato Salad

Serves 4

1 lime, juiced
3 Tablespoons honey
3 Tablespoons grapeseed oil
1/4 teaspoon salt
1/4 teaspoon pepper
1 pound shrimp, peeled, tails removed, rinsed and patted dry
2 cups cooked quinoa
1 Tablespoon olive oil
1/4 teaspoon pepper
1 dash cayenne pepper
dash salt
1 cucumber, peeled and chopped
12 grape tomatoes, cut in half

For shrimp

Combine lime juice, honey, grapeseed oil, salt and pepper in a sealed glass container. Shake well until thoroughly combined. It should look cloudy and smooth. Toss shrimp with marinade in a medium bowl.

Heat medium pan over high heat. Pour in shrimp with marinade. Stir shrimp around in pan to prevent burning. Lower heat and cook for 3-4 minutes, until shrimp are opaque. Transfer shrimp to serving bowl and cover to retain heat.

Add quinoa to marinade in pan and stir to combine. Quinoa will soak up flavor of liquid. Heat until just warm.

For salad

Combine olive oil with black pepper, cayenne pepper, and salt. Toss with cucumber and tomatoes.

Chill until ready to serve.

Per Serving: 446 Calories; 16g Fat (2g sat); 29g Protein; 43g Carbohydrate; 4g Dietary Fiber; 173mg Cholesterol; 312mg Sodium.



Roasted Beet Salad with Chicken, Goat Cheese and Walnuts

Serves 4

- 1 head butter lettuce, cleaned
- 6 small beets, roasted, peeled, and sliced
- 1/2 red onion, sliced
- 4 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons dill weed
- 1 teaspoon Dijon-style mustard
- Salt and pepper, to taste
- 2 ounces goat cheese, crumbled
- 2 tablespoons chopped walnuts
- 16 ounces cooked chicken breast half

Arrange butter lettuce on four dinner plates; topping with sliced beets and onion. Place sliced (or cubed) chicken on top of each salad. Whisk together olive oil, lemon juice, dill weed, teaspoon of mustard and salt and pepper to taste. Drizzle dressing over each salad and sprinkle with goat cheese and walnuts.

Per Serving: 457 Calories; 28g Fat (8g sat); 36g Protein; 16g Carbohydrate; 5g Dietary Fiber; 92mg Cholesterol; 230mg Sodium.



Lentil Sweet Potato Stew

Serves 5 to 6

- 3 cups low sodium vegetable broth
- 1 1/4 cups lentils, rinsed
- 2 cups water
- 2 cups sweet potatoes, cubed
- 1/2 cup onion
- 1/2 cup celery
- 2 cloves garlic, minced
- 1 cup low sodium chicken broth, or vegetable broth
- 1 teaspoon tamari soy sauce
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1 1/2 cups sliced zucchini
- 1 1/2 cups broccoli florets

In a large pot or Dutch oven, combine lentils with 3 cups of broth (or water) and bring to a low boil. Reduce heat to medium and cook until lentils are barely tender (about 20 to 30 minutes). Add sweet potatoes, onion, celery, garlic, additional broth, tamari and spices and cook for about 40 minutes on medium heat. Add zucchini and broccoli florets, and continue to heat another 10 minutes.

Per Serving: 234 Calories; 1g Fat; 21g Protein; 39g Carb; 17g Fiber



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Dr. James Grain-Free Pancakes

These are heavy duty pancakes. You may want to eat one in the morning and save one for a snack a little later.

Makes two 5-inch pancakes

½ cup almond meal (also called almond flour)

2 eggs

1 to 2 tablespoons ground flax (and/or chia seed)

½teaspoon baking powder

1 to 2 teaspoons cinnamon

1 serving of whey or any kind of protein that you like (James often uses Brown Rice protein)

optional: Add fresh blueberries to batter

Stir or whisk all of the ingredients together until smooth. Ladle onto medium hot griddle lightly coated with cooking oil spray. Cook about 2 to 3 minutes on each side until golden brown.

Serve with a side of Greek yogurt, berries, jam or just a hint of pure maple syrup.

Per Serving: 531 Calories; 18g Fat (4g sat); 58g Protein; 22g Carbohydrate; 5g Dietary Fiber; 424mg Cholesterol; 542mg Sodium



Green Smoothie

Serves 1

½ cup kale firmly packed, stems removed, coarsely chopped (4 ounces) (baby kale works great)

½ Granny Smith apple, coarsely chopped

½ ripe banana

¼ cup loosely packed fresh flat-leaf parsley leaves

water

Optional recommended: 1 scoop protein powder

Combine kale, apple, banana, parsley, and 1 1/4 cups water in a blender; blend until smooth. If the mixture is too thick, add a little more water.

Per serving: 105 calories; 0g Fat; 22g Protein, 6g Carbohydrate; 4g Fiber, 0mg cholesterol; 32mg Sodium.



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Green Chickpea Salad

Serves 2

- ½ small jalapeno, seeded and finely diced
- 2 tablespoons lemon juice
- 2 tablespoon olive oil
- 1 dash salt and pepper
- 1 can chickpeas (14oz), drained
- 1/2 bunch kale, spinach or chard
- ¼ cup finely grated Parmesan

Combine jalapeno, if using, with lemon juice and 2 tablespoons extra virgin olive oil. Season with salt and pepper.

Toss chickpeas in the dressing.

Slice kale super finely into shreds, removing the stem if it is too coarse. Toss the shredded greens into the salad with the parmesan.

Per Serving: 542 Calories; 23g Fat (4g sat); 24g Protein; 64g Carbohydrate; 18g Dietary Fiber; 8mg Cholesterol; 306mg Sodium.



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Stuffed Squash

Serves 4

- 4 each winter squash (Acorn or Delicata work well)
- 1 tablespoon olive oil, or butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 tablespoon fresh sage, chopped
- 2 cups chopped spinach
- 2 cups cooked wild rice, or brown rice
- 1/2 cup dried cranberries
- 1/2 cup pistachio nuts, chopped

If using acorn squash, take a small slice off the bottom so that the squash is able to sit in a pan without tilting over. Cut about 1/4 inch off the top, remove seeds and scrape any excess “stringiness” away. If using Delicata squash, just cut the squash in half and remove the seeds.

Set squash in a large baking dish or roasting pan lined with parchment paper or aluminum foil. Preheat oven to 375.

In a large skillet heat olive oil or butter over medium high. Add chopped onion and celery and sauté for about five minutes, stirring frequently. Add spinach and sage and sauté another three minutes or so until the spinach is fully wilted.

In a large mixing bowl combine cooked rice, onion mixture, cranberries and pistachios. Mix well.

Place 1/4 of the mixture (about 3/4 cup) in the cavity of the squash. Drizzle top with a bit of maple syrup. (You can also drizzle the maple syrup inside of the squash prior to filling it. Bake for about 40 minutes or until squash is soft and top is lightly browned.

Per Serving: 277 Calories; 12g Fat (36.3% calories from fat); 9g Protein; 38g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 34mg Sodium



White Bean and Barley Soup

Serves 4

- 1 cup cannellini beans, soaked overnight*
- 2 tablespoons extra virgin olive oil
- 2 large stalks celery and leafy tops, chopped
- 1 medium onion, chopped
- 1 clove garlic, minced
- 4 cups low sodium chicken broth, or vegetable broth
- 4 cups water
- 1/2 cup barley (or short grain brown rice)
- 2 medium carrots, chopped
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1 28-ounce can tomatoes
- 1/4 cup chopped fresh parsley
- 2 cups fresh chopped spinach
- 2 tablespoons red wine vinegar
- Salt and pepper, to taste

Soak beans overnight in filtered water. Discard the water and rinse the beans. Heat oil in large saucepan; add celery, onion and garlic. Sauté 2 to 3 minutes. Add broth and water, beans, barley, carrots, oregano, and thyme. Simmer 1 to 1 1/2 hours or until beans are tender. Add tomatoes.

Add fresh spinach, fresh parsley, vinegar, and stir again. Continue to simmer on a low temperature. Season with salt and pepper to taste. Serve warm.

Per Serving: 383 Calories; 8g Fat (1g Sat); 18g Protein; 64g Carbohydrate; 6g Sugars; 16g Dietary Fiber; 0mg Cholesterol; 362mg Sodium.

*For a super quick version of this soup you can use canned beans. If this is the case, reduce the cups of water to 1 cup and reduce simmering time to 40 minutes.



Fava, Spinach and Quinoa Cakes

Serves 4 to 6

20 ounces frozen, chopped spinach, thawed
2 1/2 cups fresh or frozen fava beans, thawed
4 1/2 cups cooked quinoa
6 medium garlic cloves, minced
1 tsp fine sea salt
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp smoked paprika
1/2 tsp ground turmeric
4 egg whites
salt and black pepper to taste

Preheat oven to 400.

Squeeze out as much water as possible from the spinach and place in a large mixing bowl

Bring a medium pot of salted water to a boil. Add the fava beans and cook for 3 minutes. Drain them and place them in the bowl of a food processor, pulsing until a coarse puree forms. Add to the mixing bowl with the spinach

Stir the quinoa, garlic, salt, cumin, coriander, paprika, and turmeric into the spinach/fava mix. Stir in the egg whites until well combined

Form into 12-14 patties and place on a parchment lined baking sheet. Bake for 20 minutes. Flip and bake for another five minutes.

Per Serving: 315 Calories; 3g Fat (trace sat); 22g Protein; 54g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 433mg Sodium.

