

SAMPLE 5-DAY MENU (HQ GLUTEN +DAIRY)

NOTES:

Remember, this is a template and you can vary ingredients based on the recommendations list I provided.

Keep in mind all protein portions are about 3-4 ounces or the size of your palm.

All veggie portions are a cup or two...eat plenty of veggies! Ideal is to get 6-8 servings PER DAY

Your goal: each meal should have protein (a few ounces), fat (1 tsp) and veggies (2 servings).

Your plate should be 1/2 to 2/3rds vegetable and the rest protein and fat and very few organic (and preferably sprouted) grains

Start off each day with a mug of hot water with the juice from 1/2 a lemon squeezed OR a teaspoon of apple cider vinegar into it. Also be certain to have a small bit of protein within the first 20-30 minutes of waking (think: a few nuts or a teaspoon of nut butter. Or a scoop of collagen peptides in your tea or coffee. Or some bone broth.

Drink 40% of your body weight in ounces of water each day (ie is you're 140 pounds, 140x.4=56 ounces).

Shoot for 4 ounces of bone broth 5-7 times/week OR 1 tablespoon of Vital Proteins Collagen Peptides daily. But remember this, bone broth is considered an A+; the collagen peptides or bone broth powder is solid B.

Cook foods in one of the following: coconut oil, ghee, pastured butter or broth (chicken or beef). It's ideal to use olive oil as a dressing (do not cook with olive oil at high temperatures; low sauteeing temps is fine)

It is ideal to go more than 2-3 hours without eating something. And, always eat a small protein snack within 20mins of waking (this is ideal for keeping your blood sugar even)

All foods should be as organic as possible. Especially meats—they should be grass-fed. And eggs should be from pastured hens. Bacon should be nitrate and nitrite free.

Easy snack foods can be found on the Aimee Approved Snack and Brand List

Eat more cooked than raw foods; an 80/20 rule is ideal.

Aimee Raupp

SAMPLE 5-DAY MENU (HQ GLUTEN +DAIRY)

DAY 1

Protein ~92g | Veg Servings: 7

Breakfast (~30g protein): 3 scrambled eggs cooked in pastured butter, ½ tomato with 1–2 cups spinach and fresh basil sautéed in olive oil, 2 slices nitrate-free bacon, 1 slice organic sprouted sourdough toast with grass-fed butter, 1 scoop unflavored collagen powder stirred into herbal tea or warm water.

Snack: ½ cup organic blueberries with 1 Tbsp flax seeds, 1–2 cups lightly steamed greens (spinach or kale), 1 scoop collagen powder blended with 2 oz whole milk (mini smoothie).

Lunch: Large mixed greens salad with 4 oz wild salmon or sardines, ½ avocado, onions, green beans, olives, fermented veggies, olive oil and apple cider vinegar, slice of sprouted grain bread with a thin spread of grass-fed cream cheese.

Snack: 6 oz bone broth with 1–2 cups spinach.

Dinner: 5 oz baked chicken with fresh herbs, 1–2 cups sautéed kale with garlic, 1 medium baked sweet potato with ghee.

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DAY 2

Protein ~94g | Veg Servings: 6-7

Breakfast (~31g protein): 2 hard-boiled eggs, 4 oz chicken sausage (nitrate-free), 1-2 cups sautéed spinach or kale, slice of organic sourdough toast with grass-fed butter, 4 oz fresh-squeezed orange juice.

Snack: Hummus (¼ cup) or homemade liver pâté with whole grain crackers.

Lunch: 2 organic, grass-fed sausages (~6 oz total) sautéed in ghee, 2 cups roasted veggies (brussels sprouts, beets), small serving of whole wheat couscous tossed with olive oil.

Snack: Apple with 2 Tbsp almond butter OR ½ whole-grain energy bar plus 1 scoop collagen in milk.

Dinner: 5 oz beef tenderloin, 2 cups bok choy and spinach sautéed with garlic, lemon juice, and sea salt, small portion of buttered farro or barley.

DAY 3

Protein ~88g | Veg Servings: 7-8

Breakfast (~30g protein): Smoothie with ½ avocado, ½ cup strawberries, 2 cups spinach, 2 Tbsp almond butter, 1 scoop collagen, 1 tsp flax, 1 tsp maca, 2-3 oz whole milk, water as needed; 2 boiled eggs on the side; 1 slice sprouted rye bread with butter.

Snack: 6 oz bone broth with 1-2 cups spinach.

Lunch: Watercress salad with 5 oz grilled chicken or salmon, avocado, mushrooms, olive oil, vinegar, slice of sourdough with grass-fed cheese

Snack: ¼ cup hummus OR 2 Tbsp nut butter with whole grain crackers.

Dinner: 5 oz sole sautéed with shallots and leeks in butter, 2 cups roasted kale with rosemary plus steamed asparagus, ½ cup cooked quinoa with parmesan.

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DAY 4

Protein ~90g | Veg Servings: 6-7

Breakfast (~30g protein): 3 eggs over-easy cooked in butter, ½ avocado, 2 cups sautéed spinach OR ½ medium sweet potato with butter, 1 slice sourdough toast with grass-fed cheese.

Snack: 1 grapefruit with 1 oz mixed nuts.

Lunch: 5 oz grilled fish, 1 cup steamed broccoli and 1 cup peppers over fermented red cabbage slaw, slice of seeded whole-grain bread with butter.

Snack: 6 oz bone broth with 1-2 cups spinach.

Dinner: 4 oz turkey meatballs in organic tomato sauce with parmesan, 1-2 cups steamed asparagus, ½ cup whole wheat pasta tossed in olive oil and herbs.

DAY 5

Protein ~86g | Veg Servings: 6-8

Breakfast (~30g protein): Bone broth egg drop soup (8 oz bone broth with 2 whole eggs and 2 scoops collagen powder), 1-2 cups sautéed greens, slice of whole-grain toast with ricotta cheese and a drizzle of honey.

Snack: Apple with 2 Tbsp almond butter OR ½ whole-grain bar with collagen powder in milk.

Lunch: Mixed green salad with 4 oz salmon, ½ cup chickpeas, corn, ½ avocado, tomato, olives, fermented veggies, olive oil and vinegar, slice of whole-grain sourdough with butter.

Snack: Whole milk Greek yogurt with berries and 1 Tbsp chia seeds.

Dinner: 5 oz baked or pan-sautéed protein of choice, 2-3 cups roasted mixed vegetables, ½ cup sprouted brown rice with ghee.