The following is a week’s menu at a glance. All meals in bold are recipes from Grain Brain.

**Sunday:**
**Breakfast:** Huevos Rancheros.

**Lunch:** Nicoise Salad.

**Dinner:** Grilled Sardines with Tomato, Arugula, and Pecorino Cheese.

**Dessert:** 2 squares of dark chocolate dipped in 1 tablespoon almond butter.

**Monday:**
**Breakfast:** two scrambled eggs with 1 ounce cheddar cheese and unlimited stir– (fried veggies (e.g., onions, mushrooms, spinach, broccoli).

**Lunch:** Chicken with Mustard Vinaigrette with a side of leafy greens dressed with balsamic vinegar and olive oil.

**Dinner:** 3 ounces grass–fed sirloin steak, organic roasted chicken, or wild fish with a side of greens and vegetables sautéed in butter and garlic.

**Dessert:** half a cup of berries topped with a drizzle of fresh, unsweetened cream.

**Tuesday:**
**Breakfast:** Half an avocado drizzled with olive oil; and two poached eggs topped (with salsa).

**Lunch:** Lemon Chicken with Herb Garden Salad.

**Dinner:** Quick Salmon with Mushrooms and unlimited roasted vegetables.

**Dessert:** 2 Chocolate Truffles.
**Wednesday:**
Breakfast: Gruyere Frittata.

Lunch: Lemon Arugula Salad with 3 ounces diced grilled chicken.

Dinner: Chardonnay Baked Fish with 1/2 cup wild rice and unlimited steamed vegetables.

Dessert: 1 whole apple sliced and topped with a sprinkle of stevia and cinnamon.

**Thursday:**
Breakfast: 3–4 slices of lox or smoked salmon with 1 ounce goat cheese and 1 serving of Quick Crunchy “Cereal.”

Lunch: 1 1/2 cups Zucchini Yogurt Gazpacho with Saffron Marinated Chicken Breast.

Dinner: Balsamic-Glazed Steaks; Green Beans with Garlic Dressing.

Dessert: 2 to 3 squares of dark chocolate.

**Friday:**
Breakfast: Coconut Oil Omelet.

Lunch: Roasted Walnut Oil Mesclun Salad and 3 ounces grilled salmon.

Dinner: Chicken Curry with Black Pepper; unlimited green beans and broccoli.

Dessert: Chocolate Coconut Mousse.

**Saturday:**
Breakfast: No Oat “Oatmeal.”

Lunch: Ahi Tuna Carpaccio with Red Onion, Parsley, Pink Peppercorn.

Dinner: Akushi Beef Tenderloin with Brussels Sprouts.

Dessert: 3/4 cup whole strawberries dipped in 3 squares melted dark chocolate.