

Example Weekly Food Prep

MAIN Prep Day e.g. Sunday	Next Day e.g. Mon and/or Tues	Mid-Week e.g. Wed / Thurs
Shopping		Shopping only if necessary
Slow carb: legumes for 7 days		
Protein: Your choice of protein for 2-3 days, start with seafood if you are eating seafood this week	Minimal cooking using the foods prepared previous day but with a new recipe for same protein	New protein option: Prep for 2-3 days to get you through the week
Vegetables: Cook for 2-3 days	Optionally cook fresh each day	Vegetables: Cook for 2-3 days
Optional fast carb: For 3-7 days		Optional fast carb if needed

Protein cycle for preparing or cooking meals 2-3 days in a row:

- Seafood for 2 days, other proteins for 3 days
- Pairing 1a & 1b for one week, 2a & 2b the next week, etc. evens out the amount of fat in your week

Protein	Day 1	Day 2	Day 3
1a. Shrimp	Grilled	Tacos	n/a
2a. Salmon /fatty fish	Grilled	Mango salsa	n/a
3a. Tilapia /low-fat fish	Grilled	Caper	n/a
1b. Lean beef	Grilled	Kabobs	Stew
2b. Chicken	Grilled	Kabobs	Stir fry
3b. Tofu	Sautéed	Curry	Chili

Vegetable Cycle

- Lightly cook onion family 1-2 min, add coarse veggie stalk (toughest part) 1-2 min more, then add the rest of the vegetables for another 1-5 min until just soft enough to enjoy eating it. The “wider nutrient spectrum” vegetable broadens the nutrient types in the meal, such as vitamin C. You can mix broccoli, cauliflower and cabbage etc to your taste. You can also mix chard, kale and cabbage.

2-3 days vegetables	Wider nutrient spectrum	Onion family	2-3 days snack veggies
Broccoli with stalk	Tomato	Green onions or leek	Bell pepper & snap peas
Cauliflower with stalk	Parsley	Red onion	Celery & carrot
Red cabbage	Bell pepper	Garlic	Jicama & cucumber
Chard or napa w/ stalks	Tomato	Green onion or leek	Bell pepper & snap peas
Kale with stalks	Parsley	Red onion	Celery & carrot
Green beans	Bell pepper	Garlic	Jicama & cucumber

Carb Cycle

- SLOW carb: Rinse then soak legumes 2-4 hrs, take to boil then simmer w/lid for 30-60 min until soft
- Optional FAST carb: grains take twice the volume of water as grain during cooking (10-60 min)

3-7 days legumes	2-3 days fast carb
Lentil	Wild rice
Black beans	Bulgur or farro
Black-eyed peas	Quinoa or Amaranth
Chick peas (garbanzo)	Yam or fingerling potato
Lentil or other bean	Corn kernels
Bean mixture	Buckwheat

Dr. Clyde Wilson

Grocery List: Circle the items you are getting

Nutrient	For the first 2-3 days of your week	For the next 2-3 days of your week
Protein	<p>If eating seafood eat that 1st ½ of week:</p> <ul style="list-style-type: none"> • Shrimp • Salmon or other fatty fish • Tilapia or other lean fish • Beef or buffalo • Chicken or turkey • Tofu, tempeh, soy milk • Legumes <p>Dairy: milk, yogurt, cottage cheese Eggs</p>	<p>Seafood 2nd ½ of week ok if frozen:</p> <ul style="list-style-type: none"> • Shrimp • Salmon or other fatty fish • Tilapia or other lean fish • Beef or buffalo • Chicken or turkey • Tofu, tempeh, soy milk • Legumes <p>Dairy: milk, yogurt, cottage cheese Eggs</p>
Slow-carb: Legume	<p>Lentil Black bean Black-eyed peas Bean mix Other bean of your choice:</p>	<p>If using a different legume 2nd ½ of week write which one here:</p>
Vegetables	<p>Coarse vegetable: include stems/stalks</p> <ul style="list-style-type: none"> • Broccoli • Cauliflower • Cabbage • Brussels sprout • Leafy cruciferous: Kale, chard <p>Less coarse: Leafy green</p> <ul style="list-style-type: none"> • Spinach, mixed green, lettuce <p>Allium family: strong anti fungal/viral/bacteria</p> <ul style="list-style-type: none"> • Onion, shallot, leek, garlic <p>High vitamin C: Bell pepper, parsley Watery to help with cooking: tomato Crunchy raw snack veggies:</p> <ul style="list-style-type: none"> • Jicama, cucumber, snap peas, carrot, bell pepper, carrot, celery 	<p>If using different vegetables 2nd ½ of week write which ones here:</p>
Optional fast carbohydrate if active	<p>Tubers</p> <ul style="list-style-type: none"> • Yams, sweet potato, fingerling potato (more coarse peel / calorie) <p>Cereals</p> <ul style="list-style-type: none"> • Corn kernels i.e. unprocessed • Rice: brown or wild • Grains: coarse grain baked goods e.g. bread, oats, bulgur, farrow, quinoa, amaranth <p>White & processed cereal grains ok to eat as long as vegetables are in the meal</p>	<p>If using different faster carbohydrate 2nd ½ of week write which ones here:</p>
Dietary fats	<p>Omega-3: Flax, chia, salmon, sardine</p> <p>Omega-6: Any nut or seed</p> <p>Omega-9: Avocado, olives, olive oil</p>	