

**A Lebro Center for Well Being
135 Rogers Road
Kittery, ME 03904
Phone (207) 439-7246 Fax (207)439- 9072**

Sample Menu

Breakfast: (choose one)

- 1 piece of Ezekiel toast with Almond Butter & All Fruit Spread
- 1 piece of Ezekiel toast with Butter & All Fruit Spread
- 1 piece of Ezekiel toast with 2 Eggs
- 1 cup of Oatmeal with Butter & Sliced Nuts
- 1 cup of Puffed Rice Cereal with Rice Milk or Almond Milk & Sliced Nuts
- 1 SP Complete Shake

AM Snack: (Approximately 10 A.M.) (Choose one)

- 1 piece of Fruit with Almond Butter or 10 Almonds
- SP Protein Bar

Lunch: (choose one)

- Large mixed Greens Salad with Vegetables and Chicken, Fish or Turkey (Albacore Tuna is acceptable) with Olive Oil and Vinegar or Balsamic Vinegar
- Steamed Vegetables and Chicken, Fish or Turkey
- Soup with Chicken, Turkey, Vegetables and brown rice (1/2 cup serving of rice)

PM Snack: (Approximately 2-3 P.M.) (Choose one)

- ¼ cup of trail mix with nuts, raisins and seeds (almonds only if on Candida program)
- 1 piece of fruit with almond butter or 10 Almonds
- Carrots (approximately 6 baby) and Celery (unlimited) with Almond Butter
- 1 Brown Rice Cake with butter or Almond Butter
- 8 Brown rice snap crackers or nut thins with butter, almond butter or hummus
- SP Protein Bar

Dinner: (All items included in this meal. Leave out the starch for faster weight loss)

- 1 palm size serving of Beef, Chicken, Turkey or Fish
- ½ cup of Brown rice, Brown Rice Pasta, Sweet Potato, Millet or Quinoa
- Steamed Vegetables
- Small mixed greens salad with olive oil and vinegar or balsamic vinegar

Combine complex carbohydrates, proteins and fats at each meal and snack. Eat every two to three hours. Protein such as nuts, hummus, or meat is the best option. No meals after 7pm (a light snack before bed is okay, example = 10 nuts). ½ of your body weight in ounces of water (herbal teas count as water servings).

Serving Sizes and Additional Recommendations:

Meat or Fish- Palm sized serving twice a day. Chicken, turkey, beef or fish. Organic or wild when possible. (Avoid Beef if on Candida Program)

Grains and Starches- ½ cup cooked. Brown rice, wild rice, basmati rice, jasmine rice, brown rice pasta, millet, quinoa, amaranth, buckwheat, sweet potato, yams or squashes. (For faster weight loss remove from diet)

Vegetables- 6-8 servings. Raw or lightly cooked. Unlimited amounts and types especially the lightly colored. Limit Carrots, beets and peas to ½ cup. Organic when possible.

Nuts and Seeds- ½- 1 cup. Raw or roasted. May include almonds, walnuts, macadamias, hazelnuts, sunflower seeds, sesame seeds, flax seeds and pumpkin seeds. **Avoid Peanuts.**

Ezekiel Bread or Rice Bread- 1 piece any flavor and type. Ezekiel wraps are fine.

Nut Butters- Almond, macadamia, hazelnut and sesame tahinni. **Avoid Peanut Butter.**

Butter- Always use real butter. **Avoid Margarine and Butter Substitutes.**

Cheese- Avoid cow products. Use goat or sheep cheeses in limited quantities after being on program four to six weeks.

Milk Substitutes- Almond, rice or hazelnut milk. Plain or vanilla flavored. Goat's milk is a good alternative to cow's milk after being on the program for four to six weeks.

Salt- Use real salt.

Seasonings- Use dried herbs.

Cooking Oils- Use coconut oil, cocoa butter, butter, avocado oil, sesame oil, olive oil and almond oil. Avoid Canola & Vegetables Oils.

Salad Greens- Spinach, romaine, spring mix, baby greens, etc. The darker green the better.

Fruits- 1-2 pieces a day, Stay with lower Glycemic index fruits in the beginning such as apples, oranges, berries (1 cup) and grapefruit. Use Organic when possible. Avocados are an excellent choice.

Sugar- Avoid as much as possible. Use stevia, raw sugar, or raw honey when necessary. (Avoid if on Candida Program) **Avoid White Sugar, Splenda, Aspartame and other Artificial Sweeteners.**

Coffee- Limit to 1-2 per day and use organic coffee to avoid chemicals.

Herbal Teas- Unlimited

Use Organic, Wild, and Unprocessed Foods when possible.

Avoid Sugary drinks, Soda and even Fruit Juices.

Avoid Mayonnaise, Mustard, Ketchup and other condiments.

Avoid Processed Foods.

Avoid Hydrogenated and all processed oils.

Healthy Snack Ideas

- Celery cut into 2-3 pieces filled with almond butter and raisins.
- Apples cut into pieces and spread with almond butter.
- Crackers (our preference is rice crackers or nut thins) with almond butter or hummus.
- Slice of deli turkey rolled up, spread a little hummus butter on the turkey before rolling up if you would like.
- Trail mix- almonds, cashews, walnuts, pecans, raisins, (mix your own from a bulk foods section or get the right one for you).
- EnviroKidz Organic Crispy Rice Bars (in chocolate, berry or peanut butter flavors)
- Standard process bars
- Mi-Del Arrowroot Cookies (these are wheat and gluten free)

What should our children be eating?

Children should be eating lots of protein. Protein breaks down into amino acids and they become the building block for all cellular structure. Use lots of almond butter and hummus at snack time to help with protein intake.

Children should be eating meat and fish. Twice per day, children should be getting one palm size serving of meat or fish to help with the protein matrix. Tuna fish with a little mayonnaise works great but don't forget about the fish sticks even if your child needs to use ketchup!

Children should be getting at least 2 vegetable servings per day. Raw or cooked whichever they prefer. Green is always the best choice, try stir frying in olive oil and garlic so that the vegetables are lightly cooked and crunchy.

Watch the sugar and carbohydrate intake. These are empty calories with no nutritional value. The best bread to use in your home is Ezekiel Bread (found in the freezer at the

health food store). The best pasta us brown rice pasta and/ or brown rice. Only serve ½ cup per day of pasta or rice so fill in with vegetables and meat. Also juices contain lots of sugar (even if they are natural) so cut down on the juice and give your kids lots of water (use lemon to flavor if they like that taste).