



# Whole Food Example Diet for a Week

By Dr. Lauren Kolowski DC

See “Dinner With The Doctor” on Facebook for more great recipes!

## Monday:

**Breakfast:** Bacon (nitrate/nitrite free)  
(Store the excess fat in glass container in fridge for future use)  
3 (cage free) eggs fried in the bacon fat.  
Hot (unsweetened) black tea

**Lunch:** Grilled chicken breast  
Spinach salad with pecans, strawberries and homemade dressing\*  
Iced water with lemon

**Afternoon Snack:** Raw almonds and a pear

**Dinner:** From Scratch Chicken Tortilla Soup\*  
Sparkling Water with lime

## Tuesday:

**Breakfast:** Sausage links (nitrate/nitrite free)  
3 (cage free) scrambled eggs cooked with bacon fat  
Iced Tea with Lemon

**Lunch:** Tuna Melt on Ezekiel Bread with Cheddar cheese  
Raw carrots  
Iced Water with Lime

**Afternoon snack:** Full fat Organic Plain yogurt with fruit, honey and Quinoa

**Dinner:** 8 oz steak  
Baked sweet potato with butter and Sea Salt  
Iced Tea with Lemon  
Homemade Vanilla Ice Cream\*

## Wednesday:

**Breakfast:** Steel cut oats with cream and banana  
2 eggs fried in butter or reserve bacon fat  
Hot breakfast blend tea

**Lunch:** Gyro on Ezekiel bread pita  
Baby lettuce salad with onions, Greek olives and lemon dressing  
Iced Water with Lemon

**Afternoon snack:** Raw walnuts and cantaloupe

**Dinner:** Penne Al Vodka with Chicken\*  
Red Leaf Lettuce salad with almond slivers, dried cranberries and Feta  
Sparkling Water with squeeze of lime



**Thursday:**

**Breakfast:** Egg burrito with Ezekiel tortilla shell with cheddar cheese, salsa and Full Fat sour cream

Hot Herbal Peach tea

**Lunch:** Grilled Salmon

Grilled Asparagus

Sliced Kiwi

Iced Tea

**Afternoon snack:** TBS Peanut Butter (ingredients: Peanuts, Salt) and Celery.

**Dinner:** Homemade Chili\*

Sparkling Water with squeeze of lemon

**Friday:**

**Breakfast:** Bacon, Scrambled eggs and Avocado

Hot Herbal Mint Tea

**Lunch:** Green Bean Casserole\*

Iced water with cucumber

**Afternoon snack:** Apple and almond butter

**Dinner:** Whole chicken baked in Oven

Homemade coleslaw\*

Baked potato with butter, full fat sour cream, Celtic Sea Salt and pepper

Iced water with lemon

**Saturday:**

**Breakfast:** Egg hash made with left over baked potatoes from night before

**Lunch:** French onion soup\* and left over chicken sandwich on Ezekiel Bread

**Afternoon snack:** Dried fruit and raw cashews

**Dinner:** Mexican Casserole\*

Iced Tea

**Sunday:**

**Breakfast:** 2 Eggs fried in reserve bacon fat

Steel cut oats with butter and fresh peaches

Hot Red Rooibos Vanilla tea

**Lunch:** Homemade creamy rice and mushroom soup\*

Baked Butternut Squash

Chicken Thighs fried in Peanut Oil

Iced Tea

**Afternoon snack:** Carrots, Cucumbers and Raw Mild Cheddar Cheese

**Dinner:** Hamburgers on the grill with Ezekiel bread buns

Homemade potato salad

Watermelon and Sparkling Water

\*Recipes available for free. Just ask!