



# THE MICRONUTRIENT MIRACLE

*Today's Specials*

Monthly  
Menu Plan  
for  
Autoimmune  
Protocol

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Limited foods are *italicized* so that you can see where they fit into your program.

**Approved Miracle Pesto:** Dairy-Free, Nut-Free Basil Miracle Pesto

**Approved Miracle Butters:** Herb Miracle Butter, Avocado Potassium-Packed Miracle Butter, Garlic Parmesan Miracle Butter

**Approved SKINNYFat Infusion:** SKINNYFat Pizza in a Bottle Italian-Infused Oil (omit hot peppers)

**Day 1 (Sunday)**

9 a.m. *Greek Yogurt and Fruit Bowl (page 298) or Baked Apple a la Micronutrient Miracle Mode (page 298)*

1 p.m. Triple Threat Shake

5 p.m. Miracle Chinese Fried "Rice" (page 304)

9 p.m. Triple Threat Double Chocolate Pudding (page 278)

**Day 2 (Monday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Miracle Chinese Fried "Rice"

3:30 p.m. Triple Threat Shake

7:30 p.m. Salmon with asparagus and choice of approved Miracle Pesto or Miracle Butter

**Day 3 (Tuesday)**

7:30 a.m. Triple Threat Vanilla Pudding (page 279)

12 p.m. Big salad with leftover salmon and asparagus with choice of SKINNYFat dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Greek Lamb Kabobs (page 306) and Tzatziki (page 286); omit the tomato from kabobs

**Day 4 (Wednesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Greek Lamb Kabobs and Tzatziki

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. Tandoori Shrimp (page 302) with Cooling Cucumber Raita (page 286); omit the cayenne pepper, paprika, and garam masala and replace with 1 teaspoon each of garlic powder, cinnamon, and onion powder

**Day 5 (Thursday)**

7:30 a.m. Triple Threat Shake

12 p.m. Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. Bunless ground Beef burger and Oven Roasted Brussels Sprouts (page 318)

**Day 6 (Friday)**

7:30 a.m. Triple Threat Shake

12 p.m. Broccoli Cheese soup (page 293)

3:30 p.m. Triple Threat Shake

7:30 p.m. Grilled steak with choice of approved Miracle Pesto or Miracle Butter and Cauliflower Mash (page 318)

**Day 7 (Saturday)**

9 a.m. *Speedy Salmon Cakes (page 295) and eggs any style with grapefruit (or preferred fruit)*

1 p.m. Triple Threat Shake

5 p.m. Fish with sautéed spinach, onions, and garlic

9 p.m. Chocolate Triple Threat Ice Cream (page 281)

**Day 8 (Sunday)**

9 a.m. French Onion Egg Tart (page 294)

1 p.m. Triple Threat Shake

5 p.m. Zucchini (page 311) and shrimp with Rich and Creamy Alfredo Sauce (page 285)

9 p.m. Triple Threat Shake

**Day 9 (Monday)**

7:30 a.m. Triple Threat Shake

12 p.m. *Grilled or broiled chicken thighs, choice of approved Miracle Pesto or Miracle Butter, and sweet potato*

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. Pork tenderloin and green beans in choice of approved Miracle Butter

**Day 10 (Tuesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Big salad with leftover pork tenderloin and choice of SKINNYFat dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Shepherd's Pie (page 317)

**Day 11 (Wednesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Shepherd's Pie

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. Thai Style Shredded Pork (page 314) on greens

**Day 12 (Thursday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover shredded pork on a salad with choice of SKINNYFat dressing

3:30 p.m. Triple Threat shake

7:30 p.m. Scallops in Lemon Butter Sauce (page 300) with broccoli

**Day 13 (Friday)**

7:30 a.m. Triple Threat Shake

12 p.m. Mexican Chicken Wrap (page 304); use a lettuce wrap instead of the Ridiculously Simple Wrap, omit salsa, and use fresh avocado instead of the guacamole

3:30 p.m. Triple Threat Shake

7:30 p.m. Salad and Rustic French Onion Flatbread (page 312)

**Day 14 (Saturday)**

*9 a.m. Carrot Cake Pancakes with Cream Cheese Frosting and chopped walnuts and raisins (page 299)*

1 p.m. Triple Threat Shake

5 p.m. Micronutrient Packed "Offal-y" Tasty Meatloaf (page 314) and steamed vegetable with choice of approved Miracle Pesto or Miracle Butter

9 p.m. Triple Threat Double Chocolate Pudding (page 278)

**Day 15 (Sunday)**

*9 a.m. Leftover meatloaf with melted cheese and fried egg sandwich with a bowl of cut melon*

1 p.m. Triple Threat Shake

5 p.m. Ground lamb (no bun) seasoned with cinnamon, turmeric, and garlic served with Oven Roasted Brussels Sprouts (page 318)

9 p.m. Triple Threat Shake

**Day 16 (Monday)**

7:30 a.m. Triple Threat Shake

12 p.m. Big salad with 1/2 can of tuna fish and choice of SKINNYFat dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Chicken Wings (page 300) tossed in Garlic Parmesan Miracle Butter (page 284) with Really Creamy SKINNYFat Blue Cheese Dressing (page 288) and carrot and celery sticks

**Day 17 (Tuesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover chicken wings and blue cheese dressing

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. Steak with mushrooms and onions sautéed in garlic and butter

**Day 18 (Wednesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover steak strips on a salad with choice of SKINNYFat dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Zughetti (page 311) and grilled chicken thigh with Rich and Creamy Alfredo Sauce (page 285)

**Day 19 (Thursday)**

7:30 a.m. Triple Threat Vanilla Pudding (page 279)

12 p.m. Beef burger (no bun) and a side salad with choice of SKINNYFat dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Thai Shrimp Noodle Soup (page 292)

**Day 20 (Friday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Thai Shrimp Noodle Soup

3:30 p.m. Triple Threat Shake

7:30 p.m. *Rotisserie or baked whole chicken with Sweet Potato, Yam, and Apple Casserole (page 319)*

**Day 21 (Saturday)**

9 a.m. Fried eggs served on Cauliflower Cheesy Hash Browns (page 297)

1 p.m. Triple Threat Shake

5 p.m. Miracle Chinese Fried "Rice" (page 304)

9 p.m. Triple Threat Shake

**Day 22 (Sunday)**

9 a.m. Smoked Salmon Cream Cheese Roll Ups (page 297) with avocado slices and an egg

1 p.m. Triple Threat Shake

5 p.m. Micronutrient Packed "Offal-y" Tasty Meatloaf (page 314) with vegetables and choice of approved Miracle Pesto or Miracle Butter

9 p.m. Chocolate Triple Threat Ice Cream (page 281)

**Day 23 (Monday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Miracle Chinese Fried "Rice"

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. Fish and vegetables with choice of approved Miracle Pesto or Miracle Butter

**Day 24 (Tuesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Leftover meatloaf with a side salad and choice of SKINNYFat dressing

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. *Fish and Chips (page 315); substituting the rice flour with 2/3 coconut flour and 1/3 arrowroot powder; only use sweet potato for chips*

**Day 25 (Wednesday)**

7:30 a.m. Triple Threat Shake

12 p.m. Broccoli Cheese Soup (page 293)

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. Grilled Tandoori Skewers (page 302); leave off tomato and cayenne

**Day 26 (Thursday)**

7:30 a.m. Triple Threat Shake

12 p.m. Ground beef burger (no bun) and Oven Roasted Brussels Sprouts (page 318)

3:30 p.m. Triple Threat Shake

7:30 p.m. Chicken thigh with broccoli sautéed in lemon butter sauce (use the sauce recipe from the scallops on page 300)

**Day 27 (Friday)**

7:30 a.m. Traditional Triple Threat Shake (page 278)

12 p.m. Leftover Grilled Tandoori Skewers on a big salad with choice of SKINNYFat dressing

3:30 p.m. Triple Threat Double Chocolate Pudding (page 278)

7:30 p.m. *Peppercorn-Crusted Beef Tenderloin (page 307) with Four-Ingredient Blender Hollandaise (page 290) and baked Potato (omit the peppercorn and rub tenderloin with sage)*

**Day 28 (Saturday)**

9 a.m. Egg Muffins (page 286); omit the tomato

1 p.m. Triple Threat Shake

5 p.m. Fabulous Fajitas (page 316) with Holy Moly Guacamole (page 290) and sour cream; replace the bell peppers with cauliflower and broccoli, and make the guacamole without tomato, jalapeño pepper, and black pepper.

9 p.m. Chocolate Triple Threat Ice Cream (page 281)