



THE MICRONUTRIENT MIRACLE

Today's Specials

Monthly
Menu Plan for
Blood Sugar
Regulation
Protocol

Mira Calton, CN & Jayson Calton, PhD

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

Feel free to choose from any of the Miracle Pesto, Miracle Butters, and SKINNYFat dressings and infusions as they all fit into the Blood Sugar Regulation protocol.

Day 1 (Sunday)

9 a.m. *Greek Yogurt and Fruit Bowl (page 298) and an egg any style; omit fruit*

1 p.m. Triple Threat Shake

5 p.m. Buffalo Chicken Chili (page 306)

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

Day 2 (Monday)

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

12 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Triple Threat Shake

7:30 p.m. Salmon with broccoli and choice of 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 broccoli with choice of SKINNYFat dressing

3:30 p.m. Triple Threat Shake

7:30 p.m. Greek Chicken (page 303)

Day 4 (Wednesday)

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Greek Chicken

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

7:30 p.m. Quick Tandoori Shrimp (page 302) with Cooling Cucumber Raita (page 286) and optional Indian Garlic Butter Cheese Non-Naan (page 320)

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

Day 6 (Friday)

7:30 a.m. Triple Threat Shake

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

3:30 p.m. Triple Threat Shake

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

Day 7 (Saturday)

9 a.m. Speedy Salmon Cakes (page 295) and eggs any style

1 p.m. Triple Threat Shake

5 p.m. *Fish and Chips* (page 315)

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. Zughetti (page 311) with shrimp sautéed in Sun-Dried Tomato Miracle Pesto (page 282)

9 p.m. Triple Threat shake

Day 9 (Monday)

7:30 a.m. Triple Threat Shake

12 p.m. Grilled or broiled chicken thighs and spinach sautéed in choice of Miracle Pesto or Miracle Butter

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

7:30 p.m. Moqueca aka Brazilian Fish Stew (page 309)

Day 10 (Tuesday)

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

12 p.m. Leftover Moqueca

3:30 p.m. Triple Threat Shake

7:30 p.m. Coq au Vin (page 313) served with Cauliflower Mash (page 318)

Day 11 (Wednesday)

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Coq au Vin

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); choice of using Ridiculously Simple Wrap or lettuce wrap

3:30 p.m. Triple Threat Shake

7:30 p.m. Salad and Rustic 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 Miracle Pesto or Miracle Butter

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

Day 15 (Sunday)

9 a.m. Leftover meatloaf topped with a slice of cream cheese, fried egg, and melted cheese

1 p.m. Triple Threat Shake

5 p.m. *Camarão na Moranga aka Brazilian Shrimp Stew in a Pumpkin (page 301)*

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) 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. Shepherd's Pie (page 317)

Day 18 (Wednesday)

7:30 a.m. Triple Threat Shake
12 p.m. Leftover Shepherd's Pie
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 Chocolate Shake
7:30 p.m. Rotisserie or baked whole chicken with sautéed mushrooms and onions

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 any style
1 p.m. Triple Threat Shake
5 p.m. Slow Cooked Beer-Braised Beef (page 305) and Cauliflower Mash (page 318)
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 shake

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

Day 24 (Tuesday)

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Slow Cooked Beer-Braised Beef and Cauliflower Mash

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

7:30 p.m. Greek Lamb Kabobs (page 306) with Tzatziki (page 286)

Day 25 (Wednesday)

7:30 a.m. Triple Threat Shake

12 p.m. Leftover Greek Lamb Kabobs on a salad with Tzatziki

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

7:30 p.m. Fabulous Fajitas (page 316) with Holy Moly Guacamole (page 290), salsa, and sour cream

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. Rustic Portobello Pizza Caps (page 310)

Day 27 (Friday)

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

12 p.m. Grilled or broiled chicken thigh 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 Sweet Potato, Yam, and Apple Casserole (page 319) or baked potato*

Day 28 (Saturday)

9 a.m. Egg Muffins (page 296)

1 p.m. Triple Threat Shake

5 p.m. Grilled Tandoori Skewers (page 308) with Cooling Cucumber Raita (page 286) and Indian Garlic Butter Cheese Non-Naan (page 320)

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