



THE MICRONUTRIENT MIRACLE

Today's Specials

Monthly Menu
Plan for
Cardiovascular
Health
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 Infusions as they all fit into the Cardiovascular Health protocol.

Day 1 (Sunday)

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

1 p.m. Triple Threat Shake made with coconut water

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 Shake made with coconut water

12 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Triple Threat Shake

7:30 p.m. Salmon with green beans and Avocado Potassium-Packed Miracle Butter

Day 3 (Tuesday)

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

12 p.m. Big salad with leftover salmon and green beans 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 and coconut water

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)

Day 5 (Thursday)

7:30 a.m. Triple Threat Shake made with coconut water

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) with avocado wedges and Oven Roasted Brussels Sprouts (page 318)

Day 6 (Friday)

7:30 a.m. Triple Threat Shake made with coconut water
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 made with coconut water
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 made with coconut water
5 p.m. Zughetti (page 311) with Mom's Beef Bolognese (page 291)
9 p.m. Triple Threat shake

Day 9 (Monday)

7:30 a.m. Triple Threat Shake made with coconut water
12 p.m. Grilled or broiled chicken thighs, choice of Miracle Pesto or Miracle Butter, and baked potato with skin on
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 Shake made with coconut water
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 made with coconut water
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 made with coconut water
12 p.m. Leftover shredded pork on a salad with avocado slices and 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 made with coconut water
12 p.m. Mexican Chicken Wrap (page 304)
3:30 p.m. Triple Threat Shake
7:30 p.m. Salad and Rustic Flatbread (page 312); use mushroom caps on either the salad or flatbread

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 made with coconut water
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 with melted cheese and fried egg sandwiches
1 p.m. Triple Threat Shake made with coconut water
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 made with coconut water
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 made with coconut water
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 made with coconut water
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) and coconut water
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 made with coconut water
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 made with coconut water
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 berries or grapefruit
1 p.m. Triple Threat Shake made with coconut water
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 made with coconut water

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

3:30 p.m. Triple Threat shake

7:30 p.m. Rainbow trout and vegetables with Avocado Potassium-Packed Miracle Butter (page 283)

Day 24 (Tuesday)

7:30 a.m. Triple Threat Shake with coconut water

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); swap out chicken for the lamb to increase potassium intake

Day 25 (Wednesday)

7:30 a.m. Triple Threat Shake made with coconut water

12 p.m. Leftover Greek chicken kabobs on a salad with choice of SKINNYFat dressing

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) and salsa

Day 26 (Thursday)

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

12 p.m. Speedy Salmon Cakes (page 295) with SKINNYFat Tartar Sauce (page 288) 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) made with coconut water

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 baked potato*

Day 28 (Saturday)

9 a.m. Egg Muffins (page 296)

1 p.m. Triple Threat Shake made with coconut water

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)