



THE MICRONUTRIENT MIRACLE

Today's Specials

Monthly
Menu Plan
for Digestive
Health
Protocol

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Limit foods that 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, Can't Get Enough Curry Miracle Butter, Spicy Fat Loss Miracle Butter, Avocado Potassium-Packed Miracle Butter, Garlic Parmesan Miracle Butter

Approved SKINNYFat Infusions: SKINNYFat Pizza in a Bottle Italian-Infused Oil, SKINNYFat Hot Pepper-Infused Oil

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. 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

12 p.m. Leftover Buffalo Chicken Chili

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 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)

Day 5 (Thursday)

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

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

3:30 p.m. Triple Threat Shake

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 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

1 p.m. Triple Threat Shake

5 p.m. *Fish and Chips (page 315); substituting the rice flour with 2/3 cup coconut flour and 1/3 cup arrowroot powder*

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) with Mom's Beef Bolognese (page 291)

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 Miracle Pesto or Miracle Butter, and sweet potato*

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

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); use a lettuce wrap instead of the Ridiculously Simple 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 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 sandwiches

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 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 berries or grapefruit*
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 approved 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) and salsa; omit wraps

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. Triple Threat Vanilla Pudding (page 279)

12 p.m. Grilled or broiled chicken thigh on a big salad with choice of SKINNYFat dressing

3:30 p.m. Triple Threat shake

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

5 p.m. Grilled Tandoori Skewers (page 308) with Cooling Cucumber Raita (page 286)

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