

# 7-Day Rejuv Diet

## Day 1

### Breakfast

Scrambled eggs with real cheese  
2 sausage links or 2 slices of bacon  
Coffee (black or with half-and-half or heavy cream)  
1 piece of toast with real butter (no margarine) or cream cheese ("full-fat")

### Lunch

Tuna sandwich on 1 slice of bread with salted tomato or cucumber  
Small salad with choice of dressing (full-fat)  
1 piece of fruit ( or equivalent berries or melon)

### Dinner

Pork chops or any type of chop  
Broccoli with real cheese  
3 medium strawberries with real whipped cream  
Nuts (if desired), and a small serving of bittersweet, or semisweet chocolate with whipped cream

## Day 2

### Breakfast

Ham and cheese quiche or omelet (egg yolks are fine)  
Small bowl of cottage cheese (full-fat)  
Unsweetened tea or coffee with real cream or half-and-half

### Lunch

Egg or chicken salad  
Coleslaw  
Real cheddar cheese slices

### Dinner

Beef Stew (lots of beef and minimize the potatoes)  
Green beans with Martin Seasoning or Sprinkle and real butter  
Small bowl of full-fat ice cream

## Day 3

### Breakfast

Selection of cold deli meats and cheeses (not a standard American breakfast, but quick and easy)  
1 piece of toast or half a bagel with natural peanut butter, butter or cream cheese

### Lunch

B.L.T on one slice of bread with mayonnaise  
Small bowl of berries or some nuts

### Dinner

Baked lemon chicken (put 2 cut up lemons in chicken cavity before baking)  
Asparagus tips with real butter or hollandaise sauce

## Day 4

### Breakfast

Poached or scrambled eggs  
Side of bacon, ham, or sausage  
1 slice of bread with butter or cream cheese if desired and as much real cheese as you like

### Lunch

Chicken salad with organic mayonnaise and small side salad  
1 slice of toast with real butter

### Dinner

Stir-fry beef and vegetables on a bed of lettuce (instead of rice)

## Day 5

### Breakfast

Smoked sausage  
Real swiss cheese  
1 piece of toast

### Lunch

Cold ham, real cheese, and turkey slices  
Green salad with roquefort cheese and small piece of fruit

### Dinner

Choice of fish baked or broiled with lots of real butter  
Small serving of coleslaw or salad

## **Day 6**

### **Breakfast**

2 fried eggs  
2 slices of canadian bacon  
Sliced cheese of choice

### **Lunch**

Ham slices filled with cream cheese and chives  
Small side salad  
1 piece of fruit

### **Dinner**

Tacos on a bed of lettuce instead of the shell  
Real "full-fat" sour cream  
Shredded cheese and guacamole

## **Day 7**

### **Breakfast**

2 eggs cooked as you like  
Bacon and sausage  
1 piece of toast with real butter

### **Lunch**

2 chicken drumsticks  
Broccoli and real cheddar cheese  
Small serving of nuts (macadamia or Pistachio are lowest in carbs)

### **Dinner**

Shrimp and avocado on a bed of lettuce  
1 piece of fruit