

# Ami's Yoli Weekly Menu

Drink 12 oz. water after every meal!

## Day 1 – Protein Day

Wake-up: Passion Drink + 2 Alkaete pills  
(30 mins later): YES Chocolate Shake with 12oz. Almond Milk + hot lemon juice water w/stevia (*replace coffee*)  
Mid-AM: Protein skillet\*: 2 eggs + 1 oz turkey bacon/sausage + ¼ cup shred cheese + handful kale/spinach  
Lunch: 1 salmon burger\* with 1 tbsp real mayo or ½ pkg Wholly Avocado on spinach lettuce bun  
Mid-PM: Passion Drink + 2 tbsp almond butter on celery sticks  
Late-PM: 6(ish) Turkey-Avocado-Turkey Bacon Cucumber sammies\* (½ tsp Wholly Avocado per sammie)  
7pm: YES Chocolate Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Bedtime: 2 Alkaete pills + 2 PURE pills

## Day 2 – Protein Day

Wake-up: Passion Drink + 2 Alkaete pills  
(30 mins later): YES Chocolate Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Mid-AM: Protein skillet: 2 eggs + 1 oz turkey bacon/sausage + ¼ cup shred cheese + handful kale/spinach  
Lunch: 3oz Chicken\* + handful kale + ¼ cup shred cheese (heat up altogether) + ½ pkg Wholly Avocado  
Mid-PM: Passion Drink + 2oz. sliced deli turkey + 23 almonds  
Late-PM: 4oz. Tuna Salad\* on celery sticks  
7pm: YES Chocolate Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Bedtime: 2 Alkaete pills + 2 PURE pills

## Day 3 – Meal Day... phew! you made it!!!

Wake-up: Passion Drink + 2 Alkaete pills  
(30 mins later): YES Vanilla Shake with 8oz. Almond Milk & 1-2 handfuls frozen fruit + lemon juice stevia H2O  
Mid-AM: Protein scramble: 2 eggs + 1 oz turkey bacon/sausage + ¼ cup shred cheese + baby bell peppers  
Lunch: 3 Pollo Asado tacos on whole wheat tortillas (w/salsa, guac, lettuce, lime, etc) + fruit bowl  
Mid-PM: Passion Drink + 2 tbsp almond butter on celery sticks  
Late-PM: 1 sockeye salmon burger (see day 1) + small bowl of favorite veggies (butter no, spices yes!)  
7pm: YES Vanilla Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Bedtime: 2 Alkaete pills + 2 PURE pills

## Day 4 – Protein Day

Wake-up: Passion Drink + 2 Alkaete pills  
(30 mins later): YES Chocolate Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Mid-AM: Protein skillet: 2 eggs + 1 oz turkey bacon/sausage + ¼ cup shred cheese + handful kale/spinach  
Lunch: 1 sockeye salmon burger with 1 tbsp real mayo or ½ pkg Wholly Avocado on spinach lettuce bun  
Mid-PM: Passion Drink + 2 tbsp almond butter on celery sticks  
Late-PM: 6(ish) Turkey-Avocado-Turkey Bacon Cucumber sammies (½ tsp Wholly Avocado per sammie)  
7pm: YES Chocolate Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Bedtime: 2 Alkaete pills + 2 PURE pills

## Day 5 – Meal Day... you can eat carbssss! Yeahhh!!

Wake-up: Passion Drink + 2 Alkaete pills  
(30 mins later): YES Vanilla Shake with 8oz. Almond Milk & 1-2 handfuls frozen fruit + lemon juice stevia H2O  
Mid-AM: Protein scramble: 2 eggs + 1 oz turkey bacon/sausage + ¼ cup shred cheese + baby bell peppers  
Lunch: ¼ lb Chipotle Black Bean Burger\* (+ cheese, mayo, lettuce, tomato) on Whole Wheat bun + fruit  
Mid-PM: Passion Drink + 2oz. sliced deli turkey + 23 almonds  
Late-PM: 4oz. Tuna Salad on celery sticks + small bowl of favorite veggies (butter no, spices yes!)  
7pm: YES Vanilla Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Bedtime: 2 Alkaete pills + 2 PURE pills

### Day 6 – Protein Day

Wake-up: Passion Drink + 2 Alkaete pills  
(30 mins later): YES Chocolate Shake with 12oz. Almond Milk + hot lemon juice water w/stevia (*replace coffee*)  
Mid-AM: Protein skillet: 2 eggs + 1 oz turkey bacon/sausage + ¼ cup shred cheese + handful kale/spinach  
Lunch: 3oz Chicken + handful kale + ¼ cup shred cheese (heat up altogether) + ½ pkg Wholly Avocado  
Mid-PM: Passion Drink + 2 tbsp almond butter on celery sticks  
Late-PM: 1 sockeye salmon burger with 1 tbsp real mayo or ½ pkg Wholly Avocado on spinach lettuce bun  
7pm: YES Chocolate Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Bedtime: 2 Alkaete pills + 2 PURE pills

### Day 7 – Meal Day... on day 21 you can have a cheat meal!!

Wake-up: Passion Drink + 2 Alkaete pills  
(30 mins later): YES Vanilla Shake with 8oz. Almond Milk & 1-2 handfuls frozen fruit + lemon juice stevia H2O  
Mid-AM: Protein scramble: 2 eggs + 1 oz turkey bacon/sausage + ¼ cup shred cheese + baby bell peppers  
Lunch: Sweet Potato Veggie Burger\* (+ cheese, mayo, lettuce, tomato) on Whole Wheat bun plus  
Green leafy salad with 4 oz chicken, strawberries, feta cheese & vinaigrette dressing  
Mid-PM: Passion Drink + 2oz. sliced deli turkey + 23 almonds  
Late-PM: 4oz. Tuna Salad on celery sticks  
7pm: YES Vanilla Shake with 12oz. Almond Milk + hot lemon juice water w/stevia  
Bedtime: 2 Alkaete pills + 2 PURE pills

## Ami's Silly Recipes (asterisked above) & Shopping Suggestions

- \* Protein Skillet (5 minutes)  
Start with a clean skillet, add 1 tsp coconut oil + 1 oz. turkey bacon/sausage chopped – cook for 1 minute  
Add Kale + spices (I like sage, herbs de provence & coriander... you pick!)... **GOAL: WILT THE KALE!!!** (1 min)  
While Kale is wilting, beat and add eggs to skillet and mix til *mostly* cooked  
Add ¼ cup shred cheese (or string a string cheese by hand); stir once, cover and turn off heat  
TIP: Nice to make two skillets at once, and pack one away for the next morning. Heat in micro 1 minute!
- \* Turkey-Avocado-Turkey Bacon Cucumber Sammies (5 minutes)  
Start with 3 oz turkey (3 slices at Costco), 1 oz bacon (1.5 large slices), cucumber & ½ Wholly Avocado package  
Early in week, divide turkey & turkey bacon packages into 2 oz portions & put into baggies for easy access.  
Early in week, cut cucumber and put into airtight container in fridge (crisper section).  
Divide 1 oz bacon into six sections and heat in microwave for 60-90 seconds  
Divide 3 oz turkey into six sections and place onto cucumber slices with ½ tsp of Wholly Avocado each  
Add bacon, top with cucumber slice and add toothpick if desired. Bon appetit!
- \* Salmon Burger (8 minutes cook time) – easy to make ahead!  
THEE Best are the “Seasoned Sockeye Salmon Burgers” at Costco (\$16.99 for 12 or 14), though they don’t have them all the time :/  
2<sup>nd</sup> Best are the “Atlantic Salmon Burgers” at Costco (\$13.99 for 12 or 14), and I season them myself.  
Nice to make ahead, so cook them in the morning, put them in Tupperware to bring to work, and heat up in the micro 45-60 seconds.  
Start with a clean skillet, add 1 tsp coconut oil & burger on medium/medium-high  
Add spices (I like it spicier, so I do garlic powder, onion powder, black pepper, paprika & a little cayenne... you pick!)  
4 minutes on each side, and voila!
- \* Chicken option #1 (15 minutes cook time for TWO WEEKS) – definitely make ahead ☺  
My favorite is the pre-seasoned Pollo Asado by “The Country Meat Store” at Costco. A little pricey at \$4.99/lb, but it’s seasoned with all natural stuff (i.e. lemon juice, black pepper, garlic, stuff you can pronounce!).  
Grill all at once (or cook on the stove), chop into small pieces and package into 4oz mini containers. Two lbs. will easily last 2 weeks!  
Eating this delicious, juicy meat allowed me to start adding kale into my diet... the flavor covered all!
- \* Chicken option #2 (15 minutes cook/prep time for TWO WEEKS) – definitely make ahead ☺  
A more economical version is to make lemon-garlic shredded chicken from the crockpot using frozen boneless skinless chicken breasts.  
Rinse your chicken and throw into crockpot.  
Add Lemon Juice (or quartered lemons), Garlic powder, Cumin and black pepper. Be especially generous with the garlic and cumin.  
Turn Crockpot on high for 4 hours. When finished, stir with fork and package into 4oz mini containers. EASY!
- \* Tuna Salad (15 minutes prep time for the WEEK) – definitely make ahead ☺  
Costco sells “Kirkland Albacore Tuna” in an 8-pack of 6oz tuna cans. I like these because there is no salt or broth added (check label).  
Chop a bunch of celery (think 1-2 handfuls of chopped celery per tuna can) and set in a large mixing bowl  
Grab Real Mayo and Real Mustard from the fridge, as well as spices (I like black pepper, dill weed, onion powder... or try Chipotle powder!!)  
Open & drain tuna cans (this is the worst part – otherwise totally worth it!)... I do 3 at once so I just get it over with for a long while!  
Pile tuna on top of the cut celery in bowl. Add spices directly onto tuna. Add 1 tbsp mayo per can & 1 tbsp mustard per can.  
Mix thoroughly and package in 4 oz. mini containers (or keep in a Tupperware high in fridge); 4 oz tuna salad = 2 oz protein because of celery
- \* Chipotle Black Bean Burger (Morning Star Farms) – (\$14.69 for 14 burgers at Costco) – microwave 1.5 mins each!
- \* Sweet Potato Veggie Patty (Don Lee Farms) - (\$12.99 for 12 burgers at Costco) – microwave 1.5 mins each!