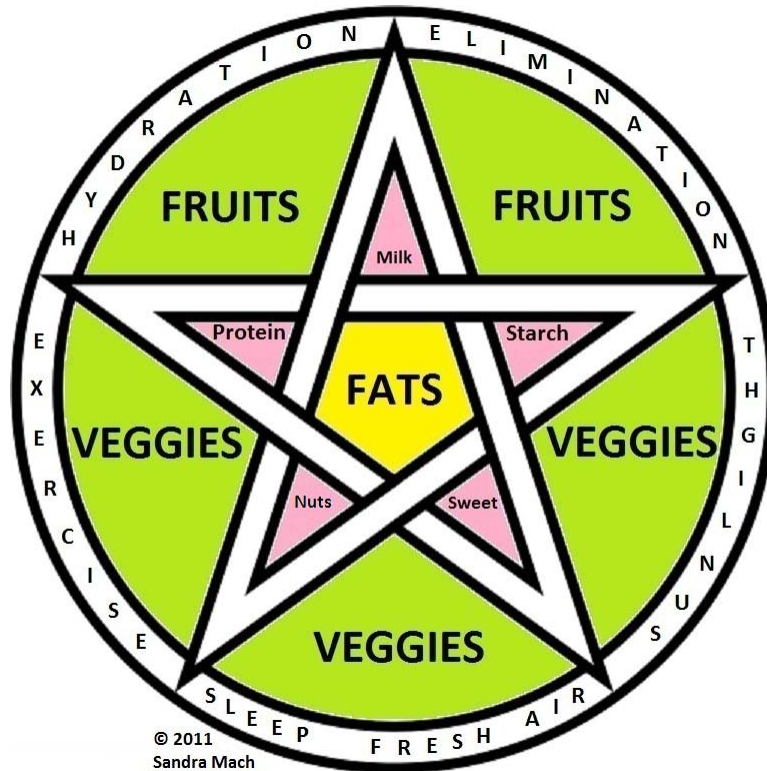


Food Magick 4-Day Challenge



***Feel What a Difference
Regenerative Eating
Can Make for You!***

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“The Only Way to Fail is to Choose Not to Try” – Me

Follow the sample menus and suggested guidelines for just 4 days and feel what a difference Regenerative Eating can make for you. Please read all of this material before starting. Also please download my [free food chart](#) for making compatible menu choices and substitutions as needed. Use the link on the last page to request 3 more days FREE!

FOR BEST RESULTS

DRINK nothing with meals... Or at least have only filtered water or plain, unsweetened tea, coffee, fresh vegetable juice, or plant milk (soy, almond, rice, coconut, flax, hemp, etc.), and sip as sparingly as possible throughout the meal.

EAT about half as much meat, bread, pasta, rice, beans, etc. as usual, and fill up on more fruits or veggies in meals.

CHEW all starchy foods to near liquid before swallowing, and let sweet treats dissolve in your mouth as practical.

Starchy or high-carb foods include:

- Bananas, dates, figs, and starchy vegetables including all potatoes of every kind, pumpkin and winter squashes (butternut, acorn, spaghetti, etc.—basically all except yellow squash and zucchini), and Jerusalem artichoke
- All grains and grain products including amaranth, barley, buckwheat, corn, hempseed, millet, oat, quinoa, rice, rye, and wheat, flours made with grains, bread, cornbread, cereal, granola, grits, oatmeal, pasta, pretzel, tortilla, corn chip, rice cake, etc.
- All beans except baby lima, soy, or green/string beans (i.e. adzuki, anasazi, black-eyed pea, broad, butterbean, cannellini, chickpea, corona, cranberry bean, fava, flageolet, garbanzo, Great Northern, jack, kidney, large lima, lupini, marrow, moth, mung, navy, pinto, ricebean, sword, tepary, urad dal, and black, white, red, pink, etc.)
- Lentils, large or dried peas, peanuts and chestnuts

EAT at least one large leafy green salad every day, and try to include a wide variety of non-starchy and low-starch veggies of every available color. Some options include spinach, romaine, loose leaf lettuces, “spring mix,” cabbages, beet, carrot, celery, broccoli, cauliflower, cucumber, mushroom, onions, parsnip, peppers, radish, jicama, snap pea, sprouts, olives, and any herbs, seeds and nuts (do not use peanuts or chestnuts in salad if serving with acid fruit or protein). Avocado, crispy bacon, and hard-boiled egg yolk are also excellent additions to any salad in small amounts.

DRESS salads with homemade sour cream- or cream cheese-based dressing or herbed olive/flaxseed oil, preferably. Lemon, lime, or other citrus juice can be added to oil dressing for vinaigrette-style taste (1 part juice to 3 parts oil), but only if serving salad alone or with acid fruit or concentrated protein—not with any sweet fruit or carbs. Buttermilk- or yogurt-based dressing should be used only if there are no carbs or concentrated proteins in the meal.

USE real butter, whole dairy products, etc.—no “light” or “reduced-fat” or “fat-free” versions of anything. Really.

KEEP snack and dessert sizes reasonable, especially any nuts and seeds. Limit these to one loosely-closed handful, other snacks and desserts to around a cupped handful or so for solids and a cup (8 oz) for liquids.

READ the list of ingredients when using any packaged food. It should make you think, “Mmm!” not “Huh?”

SUBSTITUTIONS

If you are allergic to any of the suggested foods, or if there’s something in the menu that you don’t like or can’t eat while taking prescribed medication, substitute another item of similar character. Refer to my free food chart and choose a new food item from the same category as the one you don’t want, or [email me](#) for suggestions.

GETTING STARTED

You may rearrange the order of Days but not the order of daily food options, except to skip any if not hungry. There are 3 meals, 2 snacks, and 1 dessert shown per day simply to accommodate as many different eating patterns as possible, NOT because everyone should eat that much or even that often (unless you’re really just that hungry). Start by simply following your regular eating pattern, but take the suggested items in place of your usual meals and snacks.

In other words, **don’t eat any more often than you usually do... Just eat better!** ☺

TIPS AND OTHER INFO

You can add compatible leftovers, steamed veggies, veggie soup, or salad to meals as needed to satisfy hunger. You can also repeat days* if you need additional help using up leftovers. Eating the same thing 2 days in a row can be boring, so put another day between repeats to keep it interesting. And if you're not a snacker but you want larger meals, have the suggested AM snack with breakfast and the PM snack with lunch if you like. Planned desserts can come just after supper.

Skip any meal or snack you don't already eat as part of your usual daily eating pattern (unless merging them as above), and **try to avoid eating anytime you're not actually hungry**. Don't be surprised if your normal eating pattern changes soon after starting—the body responds very quickly to the absence of daily poisoning from incorrect eating habits, and digestion improves so rapidly that people often find themselves not feeling the need to eat anything for hours longer than ever before. This is normal and to be expected, and hopefully it will help you start listening to your body more effectively.

Remember, if you don't feel hungry, your body doesn't need food. If you must eat at wrong times due to scheduling or social convention, then just have something light such as acid fruit or a small salad with no meat, cheese, or croutons, with a little fat such as cream or oil dressing and no more than a single loosely-closed handful of nuts or seeds if desired.

This Challenge is crafted to show you how easy and delicious it can be to lose weight, look great, and feel like a kid again by gently incorporating several Regenerative Eating principles into your daily eating habits. These changes all come naturally by concentrating on just keeping carbs and sweet fruits separate from flesh/soy proteins and acid fruits:

- Making more healthful food choices and menu substitutions to eat compatibly
- Observing timing constraints between digestively incompatible foods
- Reducing carb and concentrated protein intake
- Increasing fruit and veggie intake
- Increasing raw food intake

Other Regenerative Eating habits emphasized in this Challenge:

- Chewing carbs to near liquid or allowing them to dissolve before swallowing
- Avoiding chemicals, processed and junk foods, sugar, and vinegar
- Eating smaller to larger sized meals
- Eating all alkaline meals 1 day per week (Day 7, see last page).

It also takes into account proper intake timing of digestively incompatible items, keeping them separate by long enough so they don't interfere with each other's digestion, filling the space in between with compatible snacks, and ending with dessert that is compatible with Supper. This is the key to successfully crafting your own daily diet after completing this Challenge... Or I can design [custom menus](#) for you, for a fee.

You may notice that some of the Regenerative Eating guidelines directly contradict current popular wisdom and eating advice. I can assure you that this is only because current popular wisdom and eating advice is wrong. Don't think so? JUST LOOK AROUND... Or look in the mirror. You wouldn't be reading this right now if you felt totally happy about your health and weight, and you've tried so hard in so many ways to get healthier and feel better, right?

Stick with this for just a little while and I can promise it will be the last thing you have to "try."

I truly want to help everyone be successful with this as easily as I have, so please don't hesitate to email any questions, comments, or suggestions to info@FoodMagick.com, and be sure to also let me know about your progress and success.

Good eating and better health to you, and have fun playing with your food!

Sandra Mach

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Building Better Health, One Meal at a Time

*** Adopting Regenerative Eating habits is a lifestyle change.**

Extending this Challenge too much beyond 7 days will likely make going back to old eating habits unpleasant at first.

Recipes typically serve 4, please adjust accordingly.

Where recipes lack seasoning, try them first without any and see what you think. If you still need seasoning, use veggie salt or sea salt instead of table salt and paprika or other dried pepper powder or flakes instead of ground pepper seeds or mineral spices.

Substitute agave nectar or approximately $\frac{1}{4}$ the stevia for Tupelo honey as needed. Like all honeys, Tupelo honey is compatible with carbohydrates, but with its higher fructose-to-glucose ratio it is also compatible with concentrated proteins. Agave nectar has similar properties, and stevia's sweetening compounds don't ferment. Use whichever are easily available to you for protein-compatible sweetening.

Most recipes can easily handle substitutions, additions, or omissions. Just pick items from the same area of the food chart as the ones you don't want or can't eat, or substitute compatible items of similar texture, or if the quantities are small then just leave them out. Also add other compatible ingredients and adjust quantities as needed.

Play with recipes until you get them the way YOU like them...

While keeping all ingredients compatible, of course!

Day 1

Breakfast: Skillet-fried potatoes with veggies and bacon, egg yolks scrambled in butter

Be sure to chew potato to near liquid before swallowing, and avoid eating any egg white in this carb meal. Separate eggs, or cook them [over-easy or sunny side up](#) to easily avoid eating the whites (if separating eggs, keep some leftover raw egg white in a sealed plastic container in the refrigerator for use on the Pistachio Pork Chops tomorrow night). Scramble 1 egg yolk + 2 Tblsp thin cream per desired quantity of eggs (2 per serving) and cook to favorite texture with a little butter or some bacon drippings.

POTATO PANCAKES

1 1/2 Cups grated raw carrot	1/2 Cup potato flour	1 tsp baking powder
1 Cup grated raw potato	1/4 Cup cooked spinach, finely chopped	3/4 tsp vegetable salt
2 egg yolks	1 Tblsp onion juice	

Sift dry ingredients together. Beat egg yolks until light. Combine with other ingredients. Add butter to hot skillet and pan-fry potato cakes to golden brown on bottom. Melt more butter on top, then turn over to brown top side. Serve with scrambled egg yolks and crispy bacon for a hearty breakfast.

Grocery Shortcut: Jimmy Dean [Breakfast Skillets](#)—Bacon or sausage only, NOT HAM. Follow instructions on package except use 1 egg yolk + 2 Tblsp thin cream in place of each whole egg.

Restaurant: [IHOP](#)—Quick 2-Egg Breakfast with bacon and wheat toast, or Pick-a-Pancake Combo with bacon, or 2x2x2 with bacon; Hash browns are the focus. Order eggs sunny side up or over easy to avoid egg white, and sop up egg yolk with wheat toast. Order any pancake flavor except cheesecake, strawberry, strawberry banana, cinnamon apple, or any other with acid fruit on it. Use maple or butter pecan, not any fruity syrup. **Chew all carbs to near liquid before swallowing.**

AM snack—Chocolate almond milk (or soy, rice, coconut, flax, or hemp milk)

If dairy milk is preferred, wait to drink it at least 2 hours after finishing breakfast. Also it should be plain since any flavored milk is likely to contain sugars or artificial sweeteners that aren't compatible with milk. Or flavor some plain milk yourself using unsweetened chocolate powder, and sweeten with Tupelo honey, agave nectar, or stevia... Start with 1 Tblsp chocolate and 1 tsp alkaline sweetener per cup of milk and adjust to taste from there. Do the same with any unsweetened almond or other plant milk for a more healthful option than any pre-sweetened version.

Grocery Shortcut: Refrigerated plant milks usually taste better for drinking than the ones from the baking aisle—try a variety to see which ones you like best. I like H-E-B Chocolate Almond Milk, and especially [Silk PureAlmond](#) in dark chocolate.

Lunch: Vegetable soup with a large colorful salad, sprinkle with sunflower seeds and any dressing (limit seed quantity to one loosely-closed handful)

To keep this meal alkaline, soup should be vegetables only—no pasta, potato, rice, corn, beans, lentils, or meat—in water or veggie stock, not meat stock, and thickened with cream, not flour or cornstarch. To keep it carb-friendly for later use, there should be no tomato since it's cooked. Fats such as avocado, bacon or fatty pork sausage crumbles can be included in small amounts. A little cream cheese or sour cream goes a long way toward additional thickening if needed.

Salad dressing should not contain vinegar, so that rules out almost every single dressing on that aisle in the middle of the grocery store. Make your own—so easy and delicious!—or look for the refrigerated kinds usually found near the produce.

VEGGIE SOUP

1/2 Cup diced carrot	1/4 Cup diced turnip	2 Tbsp minced onion	4 Tbsp butter
1 Cup sliced red pepper	1/3 Cup sliced celery	4 Cups water	1 tsp minced parsley

Combine ingredients and simmer until all veggies are tender. Top with diced avocado and/or crumbled crispy bacon for a heartier meal. For creamy soup, use 3 Cups water + 1 Cup cream instead of 4 Cups water.

Making your own soups and sauces is a great way to use up older veggies instead of tossing them out. Substitute any veggies on hand (except starchy) in similar quantities as above, season with choice of herbs, etc.

BASIC OIL DRESSINGS

Can contain any or all of the following:

- Olive oil, flaxseed oil, or a mix of both (dressing made with any amount of flaxseed oil should be kept cold and only used cold as on raw salads; do not even drizzle flaxseed oil onto heated foods)
- Herbs such as basil, oregano, thyme, sage, rosemary, cilantro, etc blended to taste (make different batches with different blends for “themed” dressings)
- Minced garlic, onion, carrot, pepper, and other vegetables as desired (I like to use [Lighthouse](#) freeze-dried herb and minced veggie blends)
- Lemon, lime, orange, grapefruit, or other acid fruit juice for vinaigrette-style twang (keep cold; compatible with concentrated proteins, use grated rind instead to make compatible with all foods)

Dressings made with only olive oil, dried herbs and dried veggies can be kept out at room temperature. If there are any fresh ingredients or juices in the dressing, it should be kept cold and used up soon. If there is any flaxseed oil included, it must be kept cold and used only on cold salads, never on hot food.

Always use oil dressing sparingly and stir or fold it into food in small amounts until you know how you like it. A little goes a long way with these very flavorful dressings, and the flavors often intensify with time.

Some simple starters, for example:

Pour 1/4 to 1/2 cup olive oil into a container suitable for spooning or pouring from later. Add herbs and minced veggies to taste. **Experiment with it**—start with a small amount like 1 tsp each and let sit for 10 minutes before tasting, add more as needed. Use this version on any salad with any meal, drizzle on any cooked veggies, etc.

For vinaigrette-style (a.k.a. French dressing), add 1 part acid fruit juice such as lemon or lime to 3 parts oil, and keep cold. For tomato vinaigrette, add 1 part crushed tart tomato to French dressing. Use these versions on salads or veggies served alone or with protein, not with any carbs. For all-compatible vinaigrette, use up to twice the grated citrus rind instead of juice.

If using olive oil with fresh raw tomato but no other acid fruit or juice, this Non-acid French dressing must still be kept cold but can be used on any salad, in any meal, with carbs or with proteins. Blend with fresh basil and pine nuts for a nice pesto to toss with fresh-cooked pasta, too.

Explore new tastes by using different herb and veggie combinations. Try fats and nuts, too... Use your imagination!

Grocery Shortcut: [Pacific Natural Foods](#), Campbell's [Select Harvest](#), or store brand vegetable-only soups with compatible ingredients. Choose soups thickened with cream and not flour or cornstarch, and the base should be water or veggie stock, not any kind of meat stock. Another option is to buy plain healthy soups and add dried mushrooms (soak first), fresh diced onion, avocado, crispy bacon crumbles, and cream as needed to make a more substantial meal. Jimmy Dean pork sausage crumbles and Hormel real crumbled bacon are fantastic for garnishing plain soups and other veggie dishes.

Restaurant: [Souper Salad](#)—Black bean soup (eat around beans), or Vegetable soup (eat around potatoes or corn); Gazpacho salad or build your own with anything except beans, peanuts, croutons, eggs (just yolk okay), wafers, meat or cheese.

PM snack—Apple or other acid fruit with cheese

Some tasty pairings as suggested by the International Dairy, Deli, and Bakery Association: Apple slices with cheddar, havarti, or Muenster; Grapes with Monterey Jack or Provolone; Pear slices with bleu, Emmentaler, or gruyère; Strawberries with brie, Colby, or Swiss.

Grocery Shortcut: Brothers All Natural [Fruit Crisps](#) and Just Tomatoes Etc [dried fruits](#) for easy fruit snacks.

Supper: Steak and onions with steamed asparagus and a colorful salad with herbed oil and lemon juice dressing

Eat half as much meat as usual and twice as much asparagus and salad in this concentrated protein meal. Frozen or steam-in-bag asparagus, green beans, and other veggies are convenient for quick side dishes that can easily be embellished with butter, cream, herbs, garlic, onion, veggie or sea salt, paprika, and diced tomato, pepper, or other veggies to lend interest.

SMOTHERED STEAK

Rub hot pan with butter. Brown 4 small 1” thick steaks quickly on both sides and then remove from pan. Add 2 Tblsp butter and brown 3 pints sliced onions in it. Sprinkle with vegetable salt (e.g. Mrs. Dash) and paprika. Place steak on onions, cover and cook until steak is tender—Porterhouse or sirloin will take about 15 minutes; lesser cuts such as round, rump, or flank steak can take up to an hour. Dish out steaks and then cover with onions.

STEAMED ASPARAGUS

Lightly steam a 1-pound bunch of asparagus, cut into smaller pieces if needed. Combine with 3 Tblsp butter, olive oil, sour cream, or cheese sauce (see recipe on Day 3), 1/4 Cup each diced tomato and yellow bell pepper, and favorite herbs to taste. Toss to coat evenly, sprinkle with a little lemon juice and sea salt to serve.

Restaurant: [Saltgrass Steakhouse](#)—Any steak meal, or Chopped Sirloin, or K-Bobs, with dinner salad (no croutons, use ranch or bleu cheese dressing; balsamic vinaigrette is also compatible with protein meals, but not recommended due to vinegar content) or steak soup and seasonal veggies. Can substitute spinach salad or asparagus, but it costs extra. Appetizer can be Beef Enbrochette, Avocado Crab Stack (eat with fork, not chips), or Seared Ahi Tuna. None of their desserts are protein-compatible, so if you want one then order it to-go and wait at least 4 hours after supper to eat it. Since it will be a carb dessert, try to let each bite dissolve in your mouth, and leave at least 2 hours between eating this and going to bed.

Dessert—Real fruit popsicles or sherbet with no sugars or artificial sweeteners

Make your own using any acid fruit bits and natural juices, sweeten with Tupelo honey, agave nectar, or stevia if needed; otherwise, be sure to check the ingredient list on any store-bought versions: If there are any sugars, corn syrups, sugar alcohols (words ending in “itol”), or artificial sweeteners like aspartame or sucralose in the ingredients, then don’t eat them until at least 4 hours after the last bite of protein supper was swallowed. Longer is better, but leave at least an hour between eating these and going to bed.

PEACH SHERBET

2 Cups peaches, pureed, ice cold	1 Cup whipped heavy cream
1 Cup cold unsweetened vanilla almond milk	1/4 Cup Tupelo honey (or 1-2 Tblsp stevia)

Combine ingredients and freeze in suitable container. Substitute any acid fruit for peaches, or yogurt, milk or buttermilk for almond milk if desired.

Day 2

Breakfast: Citrus fruit such as orange, grapefruit, tangerine, etc. in any quantity, and a large glass of dairy or plant milk

Dairy milk requires a completely different type of digestion than other animal proteins, and as a concentrated protein it shouldn't be taken with any carbs or sweet fruits either, so it is best to drink it alone on an empty stomach or with acid fruits and any veggies except starchy. If using plant milk, it should be unsweetened or sweetened only with Tupelo honey, agave nectar, or stevia, or else wait to drink it at least an hour after finishing the fruit.

So if you want chocolate almond milk like yesterday, just wait until an hour after the last bite of fruit was swallowed (unless milk is sweetened using only alkaline sweeteners as described for yesterday's AM snack, then you can have it before, with, or directly after the fruit).

AM snack—Plain raisins and any nuts or seeds

Limit nut or seed quantity to a single loosely-closed handful per serving.

Groceries: Best to get raisins and nuts from the bulk aisle; choose plain raisins and only raw or dry roasted nuts (no salt or other seasoning). Add a dash of sea salt yourself if you like.

Lunch: Crispy BLT or leftover asparagus on whole grain toast, with a colorful salad and/or leftover veggie soup

Bread should be well-toasted (that's dry and crispy like croutons or Melba toast, not browned or burnt while still chewy on the inside), and bacon should be cooked crispy. Dress with mayo, avocado, or cream cheese. Veggie soup should be carb-compatible (in water or veggie stock, no tomato since it's cooked).

Grocery Shortcut: Hormel has pre-cooked thin-sliced bacon that gets nice and crispy after just about a minute in the microwave—great for using in sandwiches and also crumbling on top of pasta, vegetables, casseroles, and soups.

Restaurant: [Quizno's](#), [Subway](#), and most other sandwich shops typically have BLTs on the menu, or you can order a veggie sandwich and add bacon (no cheese or vinegar, but finish with a cookie if you want one!). IHOP also has a half BLT sandwich and House salad available as a Take Two Combo. Vegetable soups at restaurants are often made with meat stock, so stick with leafy green salad as a side unless you can verify they use water or veggie stock (usually referred to as vegetarian soup).

PM snack—Raw veggies with cream cheese or sour cream dip

Carrots, grape tomatoes, celery, broccoli, cauliflower, snap peas, jicama, and sweet peppers make excellent dipping veggies and salad additions. I like to get a large veggie tray from a warehouse club or grocery store and use its contents for both.

Supper: Oven-fried nutmeal-crust pork chop with mango pico, steamed green beans, and salad with oil dressing

Eat half as much pork chop as usual and twice as much green beans and salad in this concentrated protein meal. Toss steamed green beans with olive oil or butter, quartered or halved grape tomatoes, diced onion and minced garlic (fresh or sautéed), and herbs, sea salt and paprika to taste.

PISTACHIO PORK CHOP

4 small 1" thick pork chops	1 tsp rosemary	1 or 2 egg whites
1/2 Cup pistachio ground to cornmeal consistency	1 tsp vegetable salt	2 Tbsp oil or bacon fat

Brush pork chops with egg white and dredge lightly in ground pistachio mixed with rosemary and veggie salt. Lightly brown coated chops with olive oil or bacon fat in an oven-safe skillet for just a minute or two on each side, and then move to preheated oven and bake for 10 minutes at 350F. Serve topped with mango or pineapple salsa.

MANGO PICO

1 mango, diced

1 Cup chopped grape tomatoes

1 small red onion, diced

1 orange bell pepper, diced

1 small avocado, diced

1/4 Cup chopped cilantro

Combine all ingredients thoroughly, toss again with 2 Tbsp lime juice, and chill at least one hour before serving. Great as a topping served cold heaped on top of hot meat.

Grocery Shortcut: *Fresh-made mango or pineapple salsas are usually sold near the produce section, or just add diced fruit to prepared pico de gallo.*

Restaurant: [Luby's](#) or any other place that serves pork chops, preferably grilled since they're not going to fry it friendly, with green beans or any cooked veggies except starchy, with meaty or veggie soup and a leafy salad with lots of colorful veggies and/or acid fruits in it. As with Saltgrass, none of Luby's standard desserts are compatible with a protein meal, so get it to-go and wait as before. Luby's may offer fruit salad, but to be compatible it should contain just plain acid fruit(s) with no sugary syrup or whipped topping (just take the plain fruit bowl home and add your own whipped heavy cream).

Dessert—Pineapple chunks in whipped heavy cream

*Prepackaged or aerosol whipped creams contain sweeteners that are not compatible with acid fruit, so just get some heavy whipping cream and prepare it yourself: For each 8 oz heavy cream, beat until cream is thick enough to make peaks, then stir in 1 tsp vanilla and **up to** 1 Tbsp stevia or 3 Tbsp Tupelo honey or agave nectar if desired and continue beating until it reaches the fluffy thickness you want. These alkaline sweeteners are compatible with acid fruits and concentrated proteins, but as sweeteners they should still be used as conservatively as possible (make it just sweet enough). In fact, try a little of the whipped cream with just pineapple alone—before adding any sweetener—you may find that the pineapple makes it plenty sweet already. Store leftover whipped cream in airtight container and keep refrigerated.*

Day 3

Breakfast: Whole egg omelet with cottage cheese, herbs, and any veggies except starchy, with citrus fruit

Have an orange or a grapefruit, and use tomato, pepper, mushroom, leftover Mango Pico, etc. in omelet, for example. Use two small eggs per serving for omelet (or 3 large eggs for every 2 servings) in this concentrated protein meal.

OVEN-BAKED OMELET

6 large eggs 1/4 Cup each diced tomato, sautéed mushroom, diced onion, crispy bacon crumbles
1/2 Cup cottage cheese 1 tsp each parsley and vegetable salt

Beat eggs, add parsley, veggie salt, a dash of paprika if desired, and all but 2 Tbsp of cheese. Mix well, fold in other ingredients, and pour into small buttered casserole. Bake for 15 minutes at 350F. Cut into quarters, sprinkle each portion evenly with remaining cheese, fold and serve.

For a sweeter version, use diced pineapple and ham in place of tomato and bacon. Also try goat cheese or feta in place of cottage cheese and basil to replace parsley for Italian flavor, or use queso blanco and cilantro for a Mexican slant.

Grocery Shortcut: Jimmy Dean [Omelets](#).

Restaurant: IHOP—Any [Omelette](#) with fruit instead of pancakes. Save the hash browns for later.

AM snack—Fruit smoothie made with unsweetened plant milk and frozen berries (sweeten with Tupelo honey, agave nectar, or stevia if needed)

Blend equal parts frozen berries and plant milk, or go heavier on the berries. Check taste before adding any alkaline sweetener, you may not need it. Dairy milk or plain yogurt is okay to use if preferred.

Lunch: Stuffed bell peppers and a large colorful salad sprinkled with any dressing and flaxseeds

To keep this meal alkaline, do not use protein or starchy ingredients in the stuffed peppers. Substitute leftover veggie soup for stuffed peppers if desired.

STUFFED MIRACLE PEPPERS

(I modified this recipe from the [Miracle Noodle](#) cookbook to adhere to Regenerative Eating guidelines)

2 Tbsp Butter	2 onions	2 Tbsp oregano
4 medium green peppers	4 tomatoes	Sea salt and paprika
2 bags Miracle Noodles	1 clove garlic	Cheese Sauce (see Recipe)
-OR- 2 Cups bean sprouts	6 oz Philly Cooking Creme	

Preheat oven to 350F. If using Miracle Noodles, drain and rinse for 5 minutes. Finely slice onions and garlic, and cut the tomatoes into narrow wedges.

Heat butter in a pan and add the Miracle Noodles (*or sprouts*), onions, tomatoes, garlic, oregano, sea salt and paprika; stir well. Simmer on a low heat for about 5 minutes. Take pan off heat and let mixture cool for 15 minutes.

Cut the peppers in half, deseed, and discard the tops.

Add the Cooking Creme to the cooled tomato mixture and toss lightly, then spoon the combined mixture into each pepper half. Place peppers onto a baking tray and cook for 30 minutes.

Remove from oven and drizzle cold-prepped Cheese Sauce on top of each pepper, then return to oven for 10 more minutes. Let cool for a few minutes before serving.

CHEESE SAUCE

1/2 Cup heavy cream 1 tsp each choice of minced onion, garlic, herbs, lemon rind, sweet pepper, carrot,
1/2 Cup cream cheese vegetable salt, paprika, etc. for a max of 2 Tbsp combined. Play with it! (No tomato.)

Mix together and warm up as needed to use as dip or for pouring over any other foods.

For a tangier cheesy taste, add 1/4 Cup nutritional yeast and more cream as needed for consistency.

Restaurant: *If there's nowhere nearby that serves veggie stuffed peppers, substitute a veggie soup or casserole with no protein or starchy ingredients from anywhere with a wide-ranging variety of choices on their salad bar, like [Sweet Tomatoes](#) or Souper Salad.*

PM snack—Celery topped with cream cheese mixed with dried or fresh minced veggies and herbs

Get cream cheese blends or make your own by stirring any minced veggies and herbs you like into plain cream cheese.

Grocery Shortcut: [Philadelphia](#) Cream Cheese in Spinach & Artichoke, Garden Vegetable, Chive & Onion, or Sun-dried Tomato & Basil (or blend some of these together!). Just be sure and check the ingredient list for more food items, less chemicals; better to buy plain cream cheese and add whatever mix of fresh or dried minced veggies and herbs you like.

Supper: Broiled crispy potatoes with vegetable soup and a colorful salad with croutons and herbed oil dressing

All ingredients should be carb-friendly, so no meat stock in the soup, and no tomato either since it's cooked. Substitute leftover breakfast meal from Day 1 (or hash browns from IHOP if you went there for breakfast today) for potatoes to use up if needed.

BROILED TOTS

Wash 3 medium or 4 small potatoes and slice each into either 1/2" thick rounds or 1/2" thick sticks halved lengthwise (like "fingers"), leaving the skin on. Steam for 20 minutes or until just barely done.

While potatoes are steaming, combine 1 Cup whole wheat bread crumbs in a small bowl with 1 tsp each minced onion or chives, garlic or shallot, parsley or cilantro, or other favorite herbs. (Alternatively, just use 1 Cup favorite flavored croutons smashed to breadcrumb-like consistency.) Dust the bottom of a baking dish with a fine layer of the crumbs.

When potatoes are done steaming, remove and let them cool enough to handle. Dip each piece in melted butter and roll in crumbs on all but one side, then place potato slices in a single layer (plain side down) in baking dish and broil quickly to brown. Remove when done and dust with a little paprika, sea salt, and crispy crumbled bacon, top with cheese sauce (see recipe on Day 3) or sour cream as desired.

Three Cups fingerling potatoes can be used in place of regular potatoes if desired.

Restaurant: [TGI Friday's](#)—Loaded Potato Skins (ask for no cheese or scrape it off), or Crispy Green Beans; French Onion Soup or Soup of the Day if veggie or starchy only—no tomato, meat or meat stock; Classic Wedge Salad, no cheese, no vinaigrette (ask for creamy dressing such as ranch but not bleu cheese). Go for the Chocolate Peanut Butter Pie for dessert, or plain cheesecake (no strawberry or other acid fruit). Skip the others served with ice cream which is miscombined all by itself.

Dessert—Nougat Mousse

NOUGAT MOUSSE

6 Cups heavy cream 2/3 Cup each almonds, pecans, and raisins, all chopped
1 Cup pure honey 1/8 Cup chopped dates

Whip cream. Stir all other ingredients into it. Freeze in suitable container.

Day 4

Breakfast: Watermelon, honeydew, cantaloupe, or combo in any quantity.

Melons are best eaten alone with a 3-hour wait to eat anything else, to stay on the safe side, but some find them pleasantly combined with acid fruits, nuts, fats, or gelatin. Mix carefully until you know how things will react, if at all. Substitute any acid fruit for melons if not in season. Pre-cut fruit bowls are pricey but well worth the time saved.

AM snack—Plain dairy or plant milk, either can be flavored with vanilla or unsweetened chocolate and sweetened with Tupelo honey, agave nectar, or stevia.

Make note if either of these bother you if drinking them within 3 hours after eating melons, to avoid repeating. If taking dairy milk, wait at least an hour after this to eat lunch.

Lunch: Pasta with mushrooms, cream sauce, bacon, and herbs, and a large colorful salad with herbed oil dressing

*Cooked tomato sauce (acid fruit) and meat (protein) are not digestively compatible with pasta (starch), but cream sauce and bacon (fats) are, and they are also usually easy to substitute when ordering out. Use real bacon (fat), not ham or Canadian or turkey bacon (proteins). **Try to eat half as much pasta and in bites half as big as usual, and chew pasta twice as long as usual.** It is best not to eat any bread in addition to pasta, or at least eat very little of it and chew it very thoroughly.*

*Alternatives: Use spaghetti squash, soy pasta or [Miracle Noodle](#) to avoid high-carb pasta, **especially if blood sugar levels are a concern.** Spaghetti squash requires the bacon and cream sauce option since it is a starchy veggie, but soy pasta and Miracle Noodle are both digestively compatible with either bacon/cream sauce or meat/cooked tomato sauce (spaghetti).*

SPAGHETTI WITH CREAM SAUCE

1/2 lb whole wheat spaghetti	1 Tblsp minced red pepper	1/4 Cup crumbled crispy bacon
2 Tblsp butter	1 Cup diced mushrooms	1/4 Cup chopped spinach
2 Tblsp minced onion	1 Cup heavy cream	1 tsp each basil and oregano

Cook spaghetti in boiling salted water until tender. Drain and rinse in cold water, then drain again. Place noodles in baking dish and cover with sauce (see below). Toss 1/4 Cup breadcrumbs with 1 tsp olive oil and sprinkle on top, then bake until lightly browned (about 10-15 minutes at 350F). Serve topped with crumbled crispy bacon.

Sauce: Melt butter in pan. Add onion, pepper, and mushrooms, cook for 5 minutes on medium heat. Add cream, spinach, and herbs. Simmer until hot, then pour over spaghetti.

Grocery Shortcut: Central Market Pumpkin Mezza Lune or Classic Selections Porcini Mushroom Tortellini in Cream Sauce

Restaurant: [Sicily Pizza & Pasta](#)—Garden salad with ranch dressing (croutons okay), Spinach Ravioli with Cream Sauce or Fettuccine Alfredo, on which they use their homemade cream sauce instead of a typical cheesy Alfredo sauce. Add bacon bits to pasta (their “bacon bits” are real bacon crumbles, not fakon bits).

PM snack—Carrot and raisin salad with walnuts

Mix 2 parts shredded carrot and 1 part raisins with a single loosely-closed handful of chopped walnuts per serving. Drizzle with dressing made of equal parts honey and cream. Using Tupelo honey will keep this compatible with any food; using regular honey makes it compatible with carbs and sweet fruits but not with concentrated proteins or acid fruits.

Supper: Meatloaf with steamed cauliflower dressed like potatoes and salad with tomato lemon vinaigrette dressing

Eat half as much meatloaf as usual and twice as much cauliflower and salad. For Cauli-Taters, mash steamed cauliflower in a bowl and stir in butter, sour cream, chives, herbs, and sea salt to taste. Top lightly with shredded cheddar or other favorite cheese since this is a concentrated protein meal.

MAGICK MEATLOAF

4 Cups ground beef	2 Cups chopped celery	4 egg yolks, slightly beaten
1 Cup sautéed mushrooms	1 Tbsp minced green pepper	1 tsp vegetable salt
1 large onion, diced	1/2 Cup veggie broth	1 Cup crispy crumbled bacon

Preheat oven to 350F. Thoroughly combine ingredients (reserve half of bacon) and form a loaf to fit in a buttered 9x13 pan or casserole dish. Bake for 15-20 minutes or until meat starts to brown. Remove from oven and pour 1 Cup more veggie broth (or mushroom or tomato soup) in the pan around meatloaf. Any soup used should contain no starchy ingredients.

In a small bowl combine 6 oz tomato paste, 2 Tbsp sour cream, and 1 tsp each basil and oregano or other favorite herbs. Mix well and cover meatloaf. Return to oven and bake for another 15 minutes. Sprinkle with remaining bacon to serve.

Restaurant: [Black-Eyed Peg](#)—House Made Meatloaf or Slow Cooked Pot Roast. For sides choose any except starchy or sweet (so baked squash casserole, green beans, steamed broccoli, turnip greens, or cabbage). Skip appetizers unless you want to mix Spinach and Artichoke Dip with sides. Add Cheese and Broccoli Soup and Dinner Salad (skip croutons) if hungry.

Dessert—Fruit Pie

FRUIT PIE

Press grated fresh coconut 1/4" thick in bottom and around sides of individual baking dishes to form crust. Fill with fresh or canned acid fruit (drained) and chopped raisins. Cover with more shredded coconut mixed with ground walnuts and bake at 350F for 20 minutes or until fruit is tender. Top with whipped heavy cream.

Another option is to fill with a mixture of 1 Tbsp natural almond butter and 1 tsp heavy cream instead of fruit, then a layer of raisins, and 2 Tbsp Chalkalite on top per serving, then cover with coconut-walnut mixture and bake as above. This alkaline chocolate almond butter raisin coconut pie is compatible with any meal.

CHALKALITE (Alkaline Chocolate)

Mix unsweetened chocolate powder, heavy cream, and Tupelo honey to taste for chocolate filling or topping (warm if needed).

Does this taste like a diet?

I hope you've enjoyed these sample menus, and by now you should be starting to notice at least a few healthful changes like better sleep, more energy, and reduction or elimination of chronic aches, pains, and digestive problems. This should make it pretty clear that using food incorrectly is the most significant cause of our health problems, and that making a few simple changes to our daily eating habits is all that's necessary to regain true health from the inside out.

If you stick with it longer, it only keeps getting better! Check out my [progress journal](#) to see what I mean.

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