

New Start to Life 14-Day Menu Guide

Directions:

1. For maximum weight loss:

- a. Legumes/Starches like beans, peas, and lentils slow the emptying of the stomach, keeping you feeling satisfied longer, and thereby encouraging lasting weight loss
 - b. You need to find one starch-based dish that you enjoy for each meal (like potatoes, quinoa, rice, corn for breakfast, lunch, and dinner, or beans...)
 - c. Eat Green and Yellow Vegetables
 - d. Eat More Raw Foods
 - e. Avoid refined sugar in all its forms
 - f. Minimize nuts, and avoid eating them late in the day
 - g. Eat Slowly
 - h. Keep Your Meals Simple
 - i. Lower Salt Intake
 - j. Remember: It's OK to be Hungry
 - k. Eat 2-3 meals per day, including breakfast
 - l. Avoid Alcohol
 - m. Drink lots of water
- 2.** This is a guide. That does not mean that you have to eat everything listed or as much as is listed if you feel satisfied – stop. These are suggestions. You may substitute another food in the same category for anything that you do not enjoy (example: you don't enjoy broccoli – substitute another green vegetable).
- 3.** In ***bold and italics*** are items higher in glycemic index. When blood sugars are elevated, you may substitute raw or cooked vegetables for fruit and unprocessed whole grains or legumes for breads, crackers or white potatoes.

NOTE: The more thoroughly and conscientiously you implement these principles, the more impressive and convincing will be your benefits. It is up to you to make good choices.

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Day	Breakfast (Eat like a King)	Lunch (Eat like a Prince)	Dinner/Supper (Eat like a Pauper)
1. Sunday	<ul style="list-style-type: none"> • 1 serving cantaloupe and 1 cup berries • Scrambled Tofu "Eggs" • <i>Oven-baked fries</i>--potatoes quartered, sprinkled with garlic and onion powder, and salt and baked 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Fat-free, low sodium dressing or lemon juice • Fresh Green Pea Soup • Baked sweet potato 	<ul style="list-style-type: none"> • Fresh/frozen fruit plate • <i>Unsalted rye crisp crackers OR toasted sprouted whole grain bread</i>
2. Monday	<ul style="list-style-type: none"> • Mountain muesli • 1 orange + 1/2 or 1 banana • <i>Sprouted grain bread with mashed or sliced banana</i> (If omitting bread, eat 1/2 cup muesli or 1/2 cup cooked beans/peas or lentils) • 1/4th avocado on top of bread 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Dill dressing • Green lima beans • Brown rice – topped with chives, salsa, and beans 	<ul style="list-style-type: none"> • Broccoli soup • <i>Sprouted whole grain bread toasted</i> • Tomato salad with sliced cucumbers
3. Tuesday	<ul style="list-style-type: none"> • Crockpot millet • 1 cup fresh or frozen strawberries, sliced on top of cereal • <i>Sprouted grain bread with mashed or sliced banana</i> (If omitting bread, eat extra 1/3 cup millet or 1/2 cup cooked beans, peas or lentils) • 1 Tbsp nut natural peanut or almond butter or sunflower seed butter OR 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Dill dressing on potato and salad • <i>Baked potato</i> • Fresh pea soup (leftover) 	<ul style="list-style-type: none"> • Fresh/frozen fruit salad w berries • <i>Sprouted whole grain bread</i> • Or in place of bread, 1/4th cup popcorn popped in air popper. Use spray bottle to moisten with water, and then sprinkle with salt
4. Wednesday	<ul style="list-style-type: none"> • Crockpot oat groats • 1 large peach (fresh or frozen), sliced on top of cereal, banana sliced on cereal 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Tanga Middle East 	<ul style="list-style-type: none"> • Broccoli soup • <i>Sprouted whole grain bread toasted</i>

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	<ul style="list-style-type: none"> and/or bread • Unsweetened plant-based milk, if desired • <i>Sprouted grain bread with mashed or sliced banana</i> (if omitting bread, eat extra 1/3cup oatmeal or1/2 cup cooked beans, peas or lentils) • 1/4th avocado 	<ul style="list-style-type: none"> Dressing • Steamed green beans • Quinoa, cooked • Mazidra lentils on top of quinoa • Sautéed onions on top of lentils 	<ul style="list-style-type: none"> • Tomato salad with sliced cucumbers
5. Thursday	<ul style="list-style-type: none"> • Leftover millett • 1 cup berries • <i>Sprouted grain bread with mashed or sliced banana</i>, (if omitting bread, eat extra 1/3 cup millet) • 1 Tbsp nut natural peanut or almond butter or sunflower seed butter OR 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Dill dressing made with cashews or rice and sunflower seeds • Green lima beans • <i>Baked potato</i>– top with chives, dill dressing or Tuesday’s lentil soup 	<ul style="list-style-type: none"> • Fresh/frozen fruit salad w berries • 2-3 cups air popped corn seasoned with popcorn salt
6. Friday	<ul style="list-style-type: none"> • Crockpot Cereal--Barley • 1 cup fresh or frozen raspberries • <i>Sprouted grain bread with mashed or sliced banana</i>, (If omitting bread, eat extra ¼ cup millet) • 1 Tbsp nut natural peanut or almond butter or sunflower seed butter OR 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Tangy Middle East Dressing • Steamed kale/collards or broccoli • Baked brown rice with Cashew Gravy and Mock Meat 	<ul style="list-style-type: none"> • Lentil soup • Oat crackers (or rye crisp) • Tomato salad with sliced cucumbers

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7. Saturday	<ul style="list-style-type: none"> • 1 cup fresh/frozen berries + 1 apple • Left over barley • <i>Sprouted grain bread with mashed or sliced banana</i> (if omitting bread, eat extra 1/3cup barley or 1/2 cup cooked beans, peas or lentils) • 1/4th avocado 	<ul style="list-style-type: none"> • 1 serving Meatloaf or ½ to 1 cup any beans, peas or lentils • 1 medium sweet potato • 1 cup cauliflower • Raw vegetables (salad) as desired 	<ul style="list-style-type: none"> • 2-3 cups air popped popcorn with salt • <i>2 serving of fresh whole fruit</i>
8. Sunday Hint: Cook large pot of black bean soup	<ul style="list-style-type: none"> • 2 whole fresh fruits • <i>Sprouted grain bread, toasted</i> • Breakfast Beans over toast • 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • Haystacks: Beans of choice, Rice, Green Pepper, Tomatoes, Onions, Cucumbers, Black olives (sliced or chopped) Lettuce, Baked Tortilla Chips, Dill Dressing • <i>Golden Macaroons</i> 	<ul style="list-style-type: none"> • <i>Whole grain bread (or Rye Krisp crackers, or rice cakes or small pita bread)</i> • 1 large apple or pear (replace with salad if blood sugars high)
9. Monday	<ul style="list-style-type: none"> • 1 cup blueberries • 1 to 1½ cup hot oat groat cereal with blueberries on top and ½ cup non-dairy milk • <i>Sprouted grain bread with mashed or sliced banana</i> (if omitting bread, eat extra 1/3cup barley or 1/2 cup cooked beans, peas or lentils) • 1 Tbsp nut natural peanut or almond butter or sunflower seed butter OR 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • ½ to 1 cup any beans or lentils • 1 medium <i>Baked potato</i> or brown rice • ½ cup summer squash • 1 cup broccoli, steamed • Unlimited raw vegetables (salad) as desired • Dill dressing 	<ul style="list-style-type: none"> • Broccoli Soup • <i>Whole grain bread (or Rye Krisp crackers, or rice cakes or small pita bread)</i>

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10. Tuesday	<ul style="list-style-type: none"> • 1 cup fresh/frozen berries • Leftover Barley • ½ cup non-dairy milk • <i>Sprouted grain bread with mashed or sliced banana</i>, (If omitting bread, eat 1/3 cup extra barley) • 1 Tbsp nut natural peanut or almond butter or sunflower seed butter OR 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • 1 cup Black Bean Soup • 1 medium potato or cooked mixed grains • ½ cup turnip greens • ½ cup turnips • ½ cup cooked carrots • Unlimited raw vegetables (salad) as desired • 1/4th avocado 	<ul style="list-style-type: none"> • 2-3 cups air popped popcorn with salt • Fruit plate
11. Wednesday	<ul style="list-style-type: none"> • Mountain muesli • 1 orange + <i>1/2 or 1 banana</i> • <i>Sprouted grain bread with mashed or sliced banana</i> (If omitting bread, eat 1/2 cup muesli or 1/2 cup cooked beans/peas or lentils) • 1/4th avocado on top of bread 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Tangy Middle East Dressing • 1 cup left over soup • Fiber-packed Pasta dressings) 	<ul style="list-style-type: none"> • <i>Whole grain pita crackers or sesame oat crackers</i> • <i>1 serving of fresh whole fruit</i>

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12. Thursday	<ul style="list-style-type: none"> • Cooked buckwheat groats • 1 cup berries + 1/2 or 1 banana • <i>Sprouted grain bread with mashed or sliced banana</i> (If omitting bread, eat 1/3 cup extra cooked buckwheat or 1/2 cup cooked beans/peas or lentils) 1 Tbsp nut natural peanut or almond butter or sunflower seed butter OR 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Fat-free, low sodium dressing or lemon juice • 1 cup broccoli soup (leftover) • Avocado sandwich • <i>Mash 1/4 avocado with a little lemon juice and use as spread in place of butter</i> 	<ul style="list-style-type: none"> • Fresh Pea Soup (may freeze prior week and thaw) • <i>Sprouted grain bread (or Rye Krisp crackers, or rice cakes)</i>
13. Friday	<ul style="list-style-type: none"> • <i>2 whole fresh fruits (include 1 citrus)</i> • 1 cup hot oat groat cereal with 1/2 cup non-dairy milk • <i>Sprouted grain bread with mashed or sliced banana</i> (If omitting bread, eat 1/3 cup extra cooked oat groats or 1/2 cup cooked beans/peas or lentils) • 1 Tbsp nut natural peanut or almond butter or sunflower seed butter OR 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • Salad plate (mixed greens and raw vegetables). • Fat-free, low sodium dressing or lemon juice • 1 cup Fresh Pea Soup (or other leftover soup) • Whole wheat pita bread with veggies and hummus 	<ul style="list-style-type: none"> • <i>Whole grain dry cereal</i> • <i>1/2-1 cup non-dairy milk</i> • <i>1 serving of fresh whole fruit</i>
14. Saturday	<ul style="list-style-type: none"> • Cooked buckwheat groats • 1 cup berries + 1/2 or 1 banana • <i>Sprouted grain bread with mashed or sliced banana</i> (If omitting bread, eat 1/3 cup extra cooked buckwheat or 1/2 cup cooked beans/peas or lentils) • 1 Tbsp nut natural peanut or almond butter or sunflower seed butter OR 1/2 oz nuts or seeds 	<ul style="list-style-type: none"> • Corn tortilla with pinto beans, lettuce, tomato, onion etc • 1 cup eggplant • 1 cup steamed broccoli • Unlimited raw vegetables 	<ul style="list-style-type: none"> • 1-2 cups air popped popcorn • <i>Fruit salad including berries</i>

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Food list

Fruit (raw or frozen without sugar)

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapes
- Grapefruit
- Kiwi
- Mangoes
- Melons (all kinds)
- Nectarines
- Oranges
- Tangerines
- Papaya
- Pears
- Persimmons
- Pineapple
- Plums
- Raspberries
- Strawberries

Dried Fruits (high in calories, limit quantity to a few only)

- Dates

Canned fruit (look for “water packed,” or “cooked in own juice” on label)

- Applesauce (unsweetened)
- Pears
- Mandarin oranges

Vegetables (raw)

- Alfalfa sprouts
- Bean Sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Green pepper
- Lettuce (dark colored)
- Mushrooms
- Onions
- Parsley
- Spinach
- Tomatoes
- Turnips
- Zucchini

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Vegetables (cooked)

- Asparagus
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Corn
- Hominy
- Eggplant
- Green Beans
- Okra
- Potatoes
- Squash
- Sweet potatoes
- Turnips
- Yam

Legumes (many varieties)

- Black beans
- Kidneys beans
- Navy Beans
- Red Beans
- White Beans
- Pinto Beans
- Great Northern Beans
- Garbanzos (chick peas)
- Lentils (several varieties)
- Lima Beans (fresh or frozen)
- Peas (fresh or frozen)
- Black-eyed peas
- Split peas (green or yellow)

Whole Grain Cereals

Quick Cooking

- Quinoa

Slower Cooking (may use crockpot)

- Oat Groats
- Millet
- Brown Rice
- Buckwheat groats
- Barley, hulled

Dry Cereals (whole grain, low in sugar)

- **Shredded Wheat (not sugar coated)**
- **Cheerios, unsweetened**

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Sandwich Spreads/Fillings (Check for additional recipes in book)

- Scrambled Tofu
- Avocado
- Hummus

Soups (Check for recipes in handouts)

- Lentil
- Broccoli
- Black Bean
- Fresh Green Pea

Nuts and Seeds

- Almonds
- Walnuts
- Pecans
- Cashews, use raw cashews in dressings
- Flax seeds
- Sesame tahini
- Sunflower seeds, use raw in dressings
- Almond Butter (raw, just almonds ground)
- Peanut butter (no oil or sugar added, just peanuts ground)
- Sunflower seed butter (no oil or sugar added)

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Recipes

Black Bean Soup

1/2 large potato, peeled and finely diced
2 stalks celery, diced
1 med. onion, diced
1 C diced tomatoes, canned or fresh
1/4 tsp garlic powder
1/2 tsp cumin
1/2 tsp dill weed

1 Tbsp "All Purpose Seasoning" or chicken-style seasoning
1 tsp salt (or less to taste)
2 C water
1 C cooked brown rice
1/3 C cashew nuts, raw
1 C water
2 1/2 C cooked black beans (may use canned)

Place first 10 ingredients (vegetables, seasonings and water) in a kettle. Cook for 20 minutes, or till vegetables are tender. While above mixture is cooking, blend last 3 ingredients till smooth; and add to cooked vegetables. Add black beans. Heat together till serving temperature. It is best not to let come to a full boil.

Makes 8 Cups

Adapted from recipe in [Best Gourmet Recipes from the Chefs of Five Loaves Deli & Bakery.](#)

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Cashew Gravy (White Sauce)

2 C hot water
½ C raw cashews
2 tsp onion powder, granulated
2 Tb cornstarch
½ tsp salt

BLEND until smooth. Pour into small pan and bring to boil. Cook till thickened, stirring constantly. Use as is for white sauce.

VARIATIONS: Mushrooms may be added.

32-1 Tb servings

16 calories per serving

Adapted from: "Cooking with Natural Foods" by Muriel Beltz, page 57

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MOCK CHICKEN

Blend in blender until smooth:

2 C Cooked garbanzos beans, drained
1 1/2 C Water
1/2 tsp. Turmeric

1 T Herbamare (could try adding 1/2 T All Purpose Seasoning in addition to Herbamare)
3 tsp. Onion powder
1 tsp. Garlic powder

Pour into a mixing bowl.

Add **2½ C instant gluten flour**.

Mix with large spoon and knead in bowl for about 1 minute. Shape into a ball and flatten to about 3 inches thick. Place onto sprayed nonstick cookie sheet (some ceramic non-stick cookie sheets may not need spray). Bake for about 1 hour or until golden brown at 350° F.

This is a very versatile recipe. It can be sliced and used for sandwiches, diced and added to soups or salads, or used as a substitute for chicken in your favorite recipes. It can also be made ahead of time and frozen.

Serving size: 1 slice; servings: 14; calories, 140; total fat, 1g (2%); saturated fat, 0g; cholesterol, 0mg; sodium, 250mg (10%); protein, 13g; calcium, 2%; iron, 4%.

Adapted from [Tasty Vegan Delights](#) by Gloria Lawson and Debbi Puffer.

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BAKED BROWN RICE

3 cups brown rice
6 cups water
1 t salt

1. Place all ingredients in a 9x13-inch casserole dish.
 2. Cover and bake at 350° for 1 1/2 hours
- Millet may also be baked in the oven with the same proportions of grain to water and salt.

Per 1/2 cup: Calories 115; Protein 2.7g; Carbohydrates 24g; Fiber 2g; Fat 1g; Sodium 137mg.

Makes 16 servings.

CROCKPOT CEREAL

1 c. whole grain or seed as listed below
3 c. water
1/4 t. salt (or salt to your taste)

1. Cook overnight in one-quart crockpot.
 2. If dried fruit is desired, add after cooking.
- In the morning, just add your favorite milk (soy, nut, or grain) and fresh or frozen fruit.
Hot cereal is a nutritious way to eat grains – prior to any milling process.
The overnight slow cook method is the most convenient way to cook grains.

Adapted from "Step Fast" by Barbara Watson.

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WHOLE GRAIN OR SEED CEREALS

Buckwheat, Millet, Oat Groats, Kamut, Barley, Amaranth

Amaranth, quinoa, and buckwheat are not grains, but are seeds of plants, therefore, may be cooked only until they taste done to the cook.

Grains and quinoa should be washed prior to using as some(especially quinoa) will have a bitter residue.

Hummus

2 C cooked garbanzos
1/3 C fresh lemon juice
1/4 C sesame tahini
2 cloves garlic

1 tsp salt
1/2 tsp onion powder
1/4 C water or juice from garbanzos
1 tsp cumin

Process all ingredients in a blender until very smooth and creamy. Add a little more water if necessary. Use as a spread or dip. Yields 2 cups or 8 servings.

Serving suggestion: For pocket sandwiches, fill pita bread pockets with hummus, bean sprouts, and diced tomato.

Per 1/4 C serving: 123 calories: 6.3 g protein (20%); 16.6 g carbohydrate (52%); 3.9 g fat (28%); 251 g sodium; 42 g calcium; 0 mg cholesterol.

Adapted from [Weimar Institute's NEWSTART Lifestyle Cookbook](#)

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Mazidra Lentils

3 cups water
1 cup dried lentils
1 onion, chopped
1 clove garlic, minced

1 tsp salt
1 bay leaf
½ tsp thyme (opt)

Bring all ingredients to boil. Then, reduce heat and simmer 45-60 minutes, or till thickened and lentils are tender. Remove bay leaf. Serve on top of brown rice or quinoa or baked potato. May top with white onions, sliced in rings and sautéed in water.

Adapted from “Mazidra” recipe in Weimar Institute’s NEWSTART Lifestyle Cookbook

Scrambled Tofu

1 lb Fresh tofu, firm
1/2 C Onions, chopped
1/2 C Mushrooms, sliced
1/4 C Bell peppers, chopped
2 T Fresh chives, sliced

1 1/2 tsp Herbamare
1 tsp Onion powder
1/2 tsp Garlic powder
1/4 tsp Turmeric

Crumble tofu, and set aside to drain. Sauté fresh vegetables in water until soft. Add tofu to skillet. Mix spices and sprinkle onto tofu. Mix all ingredients well. Cook over medium heat up to 10 minutes. Liquid should evaporate during this time.

Adapted from [Tastefully Vegan Creative Vegetarian Cooking](#)

SWISS MOUNTAIN MUESLI

2 1/2 cups rolled oats, dextrinized

2 1/2 cups water

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2 bananas, thinly sliced
1/3 cup fresh chopped dates
1 teaspoon vanilla
1/4 teaspoon salt

1/4 teaspoon maple extract (opt.)
2 cups shredded apple (Fuji or Braeburn are best)
Juice of 1 lemon

Dextrinize oats prior to using - toast on a baking sheet at 300° F for 20 minutes, or until very lightly browned. Watch carefully to prevent burning. Remove from oven and place in bowl.

Stir together rolled oats and water in a large bowl. Stir in dates, vanilla, salt and maple extract. Cover and refrigerate overnight, if time permits. Just before serving stir in thinly sliced banana, shredded apple, and lemon juice. Garnish with chopped filberts or almonds and fruit.

Yields 5 – 1 cup servings.

Per 1 cup serving: 273 calories; 7.3g protein (10%); 56.4g carbohydrate (80%); 3g fat (10%); 112 mg sodium; 36mg calcium; 0 cholesterol.

Recipe adapted from Weimar NEWSTART Reversing Diabetes & Obesity Seminar.

Tangy Middle East Dressing

1 C green olives, drained and packed (I use one (6-oz) can plus 10 olives)
1/2 C water
1/2 C lemon juice, freshly squeezed (use 1/4 cup if using bottled lemon juice)

1 tsp salt
2 cloves garlic, fresh
Herbs of your choice (I use 2 tsp of Greek Isle Seasoning by The Vegetarian Express)

Blend all ingredients. Yields 1 and 3/4 cups.

Adapted from [The Joy of Cooking Naturally](#) by Peggy Dameron