The 28-Day Plan, The Plateau

Every recipe in this plan comes from Part 2. Follow the numbers, or swap any meal for one with the same tag.

How the Plateau works

With a daily pill your dose is steady, so your appetite is steadier too. There is no weekly wave. Your strategy is consistency: regular portions, regular protein and a calm morning routine.

The Absorption Window

Take your pill first thing, on an empty stomach, with only a small sip of water. Wait the time your prescriber and the package instructions tell you (often 30 minutes) before your Morning sip and breakfast.

Your daily rhythm

- Take the pill, wait, then have your Morning sip (a recipe from Chapter 14).
- Protein first at every meal, then vegetables, then carbs.
- If a meal feels too heavy, split it in two sittings, for example noon and 4 p.m.
- On rough days, swap any meal for a [D] or [A] recipe.

How to read the weekly pages

- Each row is one day with a Morning sip, breakfast, lunch and dinner. The small numbers show approximate calories and protein for the day, based on one Success Portion of each recipe.
- The shopping list under each week adds up the recipes of that week, for 1 person and for a family of 4. Check your pantry first.
- These are small plates by design. If you are still hungry, add a "Power Snack" such as Greek yogurt, cottage cheese, an egg or a protein shake.

Important

This plan is a general example, not medical advice. Your needs depend on your health, your medicine and your doctor’s guidance. Ask your care team before changing how you eat, and never change your medication on your own.

Week 1: Metabolic Calibration

The Plateau

Goal: Build a steady fullness level and a calm morning routine.

Day	Morning sip	Breakfast	Lunch	Dinner
Day 1 **Routine** ~415 kcal 52 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#12 Spinach & Egg Total Protein Cocotte	#34 Soft Steamed Salmon with Fresh Dill	#53 Parmesan Cauliflower Gratin (Nutmeg Infused)
Day 2 **Routine** ~520 kcal 84 g protein	#101 Iced Protein-Matcha Latte	#85 Creamy Vanilla Skyr Mousse	#41 Turkey Medallions with Mustard-Yogurt Sauce	#21 Zucchini & Protein-Packed Skyr Soup
Day 3 **Stamina** ~525 kcal 75 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#96 Muscle-Save Berry & Whey Smoothie	#39 Sea Bream & Easy-Transit Baby Veggies	#31 Broccoli & Almond Milk Fiber Cream
Day 4 **Hydration** ~375 kcal 50 g protein	#100 Electrolyte Success Lemonade	#89 Whipped Cottage Cheese Cheesecake Bowl	#45 Cod in Hydrating Tomato-Basil Sauce	#57 Oil-Free Vegetable Tian with 0% Curd
Day 5 **Muscle** ~580 kcal 52 g protein	#97 Green Transit Juice (Fiber-Filtered)	#94 Chia & Coconut Overnight Pudding	#33 Lemon & Rosemary Metabolic Chicken Breast	#23 Silken Tofu & Mushroom Cream
Day 6 **Satiety** ~585 kcal 83 g protein	#99 Turmeric Golden Bone Broth Latte	#12 Spinach & Egg Total Protein Cocotte	#42 Garlic & Parsley Clean Shrimp Sauté	#32 Parsnip & Shredded Poultry Soup
Day 7 **Balance** ~570 kcal 67 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#74 Cottage Cheese Flatbread with Thyme	#40 Sesame-Crusted Seared Tuna Steak	#26 Green Veggie & White Bean Minestrone

Week 1 Shopping List

Amounts add up every recipe of the week, rounded up for shopping

Item	1 person	Family of 4
Meat & Poultry		
Chicken breast	5 oz	1.5 lb
Extra-firm tofu	1/2 cup	2
Turkey breast	8 oz	1.5 lb
Fish & Seafood		
Cod fillet	5 oz	4
Fresh tuna steak	5 oz	4
Salmon fillet	5 oz	4
Sea bream fillet	5 oz	4
Shrimp, peeled	5 oz	1.5 lb
Dairy & Eggs		
Eggs	3	14
Liquid egg whites	1/4 cup	1 cup
Low-fat cottage cheese	1 1/4 cups	5 cups
Parmesan	1 tbsp	1/2 cup
Plain 0% Greek yogurt	1/2 cup	2 1/4 cups
Plain 0% Skyr	1 cup	4 1/2 cups
Unsweetened almond milk	1 1/2 cups	2 cups
Unsweetened soy or pea milk	1 cup	
Produce		
Blueberries	1/2 cup	
Broccoli	1 1/2 cups	2
Cauliflower	2 cups	2
Celery	1 stalk	
Cucumbers	1	
Fresh ginger	1 piece (2 in)	
Garlic	1 clove	1 tsp + 4 cloves

Item	1 person	Family of 4
Produce (cont.)		
Leafy greens (spinach, kale, arugula)	3 cups	3
Lemons	3 + 1 slice	5
Mushrooms	1 cup	4 cups
Parsnips	1	4
Tomatoes	1	4
Zucchini	7	7
Pantry		
Bone broth (chicken)	3 cups	2 qt
Canned crushed tomatoes	1/2 cup	2 cups
Canned white beans	1/2 cup	2 cans
Capers	1 tsp	2 tbsp
Chia seeds	2 tbsp	1/2 cup
Coconut aminos / tamari	1 tbsp	1/4 cup
Coconut water	1 cup	
Dijon mustard	1 tsp	2 tbsp
Flax seeds	1 tsp	
Light coconut milk	1/2 cup	2 cups
Matcha powder	1 tsp	
Olive oil (+ spray)	1 tbsp	1/2 cup
Peppermint tea	1	
Sesame seeds	1 tbsp	1/4 cup
Stevia or monk fruit	1 tbsp	3 tbsp
Unflavored collagen peptides	3 scoops	
Vegetable broth	1 cup	4 1/2 cups
Whey protein isolate (vanilla)	1 scoop	
Whole-wheat crackers	1	4

Also keep on hand: olive oil spray, salt, black pepper and the herbs and spices used this week (basil, chive, cinnamon, dill, garlic powder, herbes, nutmeg, parsley, rosemary, sage, thyme, turmeric, vanilla).

Week 2: Daily Muscle Architecture

The Plateau

Goal: Steady protein through the day to protect your muscles.

Day	Morning sip	Breakfast	Lunch	Dinner
Day 8 **Focus** ~475 kcal 58 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#85 Creamy Vanilla Skyr Mousse	#33 Lemon & Rosemary Metabolic Chicken Breast	#58 Creamy White-Out Mashed Potatoes
Day 9 **Strength** ~580 kcal 85 g protein	#101 Iced Protein-Matcha Latte	#96 Muscle-Save Berry & Whey Smoothie	#41 Turkey Medallions with Mustard-Yogurt Sauce	#53 Parmesan Cauliflower Gratin (Nutmeg Infused)
Day 10 **Muscle** ~495 kcal 60 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#12 Spinach & Egg Total Protein Cocotte	#40 Sesame-Crusted Seared Tuna Steak	#54 Whipped Sweet Potatoes with Almond Milk
Day 11 **Power** ~690 kcal 93 g protein	#97 Green Transit Juice (Fiber-Filtered)	#96 Muscle-Save Berry & Whey Smoothie	#51 Almond-Crusted Trout Fillet	#41 Turkey Medallions with Mustard-Yogurt Sauce
Day 12 **Strength** ~530 kcal 72 g protein	#100 Electrolyte Success Lemonade	#89 Whipped Cottage Cheese Cheesecake Bowl	#43 Lean Thyme Lamb Cutlets (Zinc Boost)	#41 Turkey Medallions with Mustard-Yogurt Sauce
Day 13 **Muscle** ~535 kcal 90 g protein	#99 Turmeric Golden Bone Broth Latte	#12 Spinach & Egg Total Protein Cocotte	#33 Lemon & Rosemary Metabolic Chicken Breast	#46 Light Turkey Blanquette with Mushrooms
Day 14 **Fuel** ~530 kcal 92 g protein	#101 Iced Protein-Matcha Latte	#85 Creamy Vanilla Skyr Mousse	#36 Fennel & Cod En Papillote	#37 Steamed Curry Chicken Muscle-Balls

Week 2 Shopping List

Amounts add up every recipe of the week, rounded up for shopping

Item	1 person	Family of 4
Meat & Poultry		
Chicken breast	10 oz	3 lb
Ground chicken, extra-lean	5 oz	1.25 lb
Lamb cutlets	2	8
Turkey breast	1.25 lb	5.75 lb
Fish & Seafood		
Cod fillet	5 oz	4
Fresh tuna steak	5 oz	4
Trout fillet	5 oz	4
Dairy & Eggs		
Eggs	2	8
Liquid egg whites	1/2 cup	1 1/2 cups
Low-fat cottage cheese	1/2 cup	2 cups
Parmesan	1 tbsp	1/2 cup
Plain 0% Greek yogurt	1 cup	4 1/2 cups
Plain 0% Skyr	1 1/2 cups	6 cups
Unsweetened almond milk	2 cups	1/2 cup
Unsweetened soy or pea milk	2 cups	
Produce		
Blueberries	1 cup	
Cauliflower	2 cups	2
Celery	1 stalk	
Cucumbers	1	
Fennel	1	2

Item	1 person	Family of 4
Produce (cont.)		
Fresh ginger	1 piece (2 in)	
Garlic	1 tsp	1 tbsp
Leafy greens (spinach, kale, arugula)	2 cups	2
Lemons	4	10
Mushrooms	1/2 cup	2 cups
Sweet potatoes	1	4
Yukon Gold potatoes	1	4
Pantry		
Almond flour	1 tbsp	1/2 cup
Bone broth (chicken)	1 1/2 cups	2 cups
Capers	1 tsp	2 tbsp
Coconut aminos / tamari	1 tsp	2 tbsp
Coconut water	1 cup	
Dijon mustard	1 tbsp	1/2 cup
Flax seeds	1 tbsp	
Matcha powder	1 tbsp	
Olive oil (+ spray)	1 tbsp	1/2 cup
Peppermint tea	1	
Sesame seeds	1 tbsp	1/4 cup
Stevia or monk fruit	1 tbsp	3 tbsp
Unflavored collagen peptides	3 scoops	
Whey protein isolate (vanilla)	2 scoops	
Whole-wheat crackers	1	4

Also keep on hand: olive oil spray, salt, black pepper and the herbs and spices used this week (chive, cinnamon, curry, garlic powder, nutmeg, rosemary, thyme, turmeric, vanilla).

Week 3: Transit Zen & Daily Fiber

The Plateau

Goal: Gentle daily fiber for a slow stomach.

Day	Morning sip	Breakfast	Lunch	Dinner
Day 15 **Fiber** ~620 kcal 55 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#96 Muscle-Save Berry & Whey Smoothie	#19 Transit Zen Red Lentil Velouté	#61 Slow-Cooked Ratatouille (Cellulose-Breakdown)
Day 16 **Fiber** ~615 kcal 58 g protein	#97 Green Transit Juice (Fiber-Filtered)	#12 Spinach & Egg Total Protein Cocotte	#56 Chickpea & Spinach Gut-Diversity Curry	#18 Pumpkin & Chicken Shreds Comfort Soup
Day 17 **Flow** ~740 kcal 68 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#96 Muscle-Save Berry & Whey Smoothie	#62 Red Lentil & Coconut Dahl	#52 Barley & Asparagus Steady-Sugar Risotto
Day 18 **Fiber** ~560 kcal 70 g protein	#100 Electrolyte Success Lemonade	#85 Creamy Vanilla Skyr Mousse	#62 Red Lentil & Coconut Dahl	#46 Light Turkey Blanquette with Mushrooms
Day 19 **Volume** ~600 kcal 62 g protein	#99 Turmeric Golden Bone Broth Latte	#85 Creamy Vanilla Skyr Mousse	#26 Green Veggie & White Bean Minestrone	#52 Barley & Asparagus Steady-Sugar Risotto
Day 20 **Fiber** ~785 kcal 63 g protein	#97 Green Transit Juice (Fiber-Filtered)	#96 Muscle-Save Berry & Whey Smoothie	#52 Barley & Asparagus Steady-Sugar Risotto	#62 Red Lentil & Coconut Dahl
Day 21 **Reset** ~505 kcal 50 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#85 Creamy Vanilla Skyr Mousse	#56 Chickpea & Spinach Gut-Diversity Curry	#26 Green Veggie & White Bean Minestrone

Week 3 Shopping List

Amounts add up every recipe of the week, rounded up for shopping

Item	1 person	Family of 4
Meat & Poultry		
Chicken breast	3 oz	1 lb
Extra-firm tofu	3 oz	12 oz
Turkey breast	4 oz	1.25 lb
Dairy & Eggs		
Eggs	1	4
Liquid egg whites	2 tbsp	1/2 cup
Plain 0% Greek yogurt	1/4 cup	1 cup
Plain 0% Skyr	2 1/4 cups	2 qt
Unsweetened almond milk	3 cups	
Produce		
Asparagus	12	6
Bell peppers	1	2
Blueberries	1 1/2 cups	
Celery	2 stalks	
Cucumbers	1	
Fresh ginger	1 piece (2 in)	1 piece (2 in)
Leafy greens (spinach, kale, arugula)	6 1/2 cups	5
Lemons	2	1

Item	1 person	Family of 4
Produce (cont.)		
Mushrooms	1/2 cup	2 cups
Zucchini	2	4
Pantry		
Bone broth (chicken)	7 cups	6 1/2 qt
Canned chickpeas	1 cup	4 cans
Canned crushed tomatoes	1/2 cup	2 cups
Canned white beans	1 cup	4 cans
Coconut water	2 cups	
Flax seeds	1 tbsp	
Lentils	1 1/4 cups	5 1/4 cups
Light coconut milk	1 1/4 cups	5 cans
Nutritional yeast	3 tbsp	3/4 cup
Pearled barley	3/4 cup	3 cups
Peppermint tea	2	
Pumpkin purée	1 cup	1
Stevia or monk fruit	1 tbsp	3 tbsp
Unflavored collagen peptides	2 scoops	
Vegetable broth	1 1/2 cups	6 cups
Whey protein isolate (vanilla)	3 scoops	

Also keep on hand: olive oil spray, salt, black pepper and the herbs and spices used this week (cinnamon, curry, nutmeg, thyme, turmeric, vanilla).

Week 4: Mastery & Lifestyle Variety

The Plateau

Goal: Steady weight with comfort foods the Success way.

Day	Morning sip	Breakfast	Lunch	Dinner
Day 22 **Variety** ~465 kcal 54 g protein	#100 Electrolyte Success Lemonade	#85 Creamy Vanilla Skyr Mousse	#84 Zucchini & Parmesan Savory Pizza Slices	#75 Zucchini & Ricotta Savory Success Pie
Day 23 **Texture** ~780 kcal 71 g protein	#101 Iced Protein-Matcha Latte	#88 Lemon & Blueberry Soft Protein-Bites	#71 Cauliflower-Crust Margherita Success Pizza	#82 Red Pepper & Feta Savory Success Tart
Day 24 **Texture** ~665 kcal 95 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#74 Cottage Cheese Flatbread with Thyme	#76 Chicken-Crust Power Pizza	#81 Lean Beef & Zucchini Hidden Pizza
Day 25 **Satiety** ~650 kcal 70 g protein	#99 Turmeric Golden Bone Broth Latte	#88 Lemon & Blueberry Soft Protein-Bites	#78 Portobello Mushroom Deep Dish Pizzas	#75 Zucchini & Ricotta Savory Success Pie
Day 26 **Social** ~620 kcal 58 g protein	#97 Green Transit Juice (Fiber-Filtered)	#87 Success Dark Chocolate Protein Fondue	#71 Cauliflower-Crust Margherita Success Pizza	#82 Red Pepper & Feta Savory Success Tart
Day 27 **Social** ~710 kcal 98 g protein	#101 Iced Protein-Matcha Latte	#90 Steamed Protein-Sponge Chocolate Cake	#76 Chicken-Crust Power Pizza	#72 Turkey & Spinach Savory Muscle Tart
Day 28 **Zen** ~410 kcal 47 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#12 Spinach & Egg Total Protein Cocotte	#78 Portobello Mushroom Deep Dish Pizzas	#28 Turmeric Cauliflower & Ricotta Velouté

Week 4 Shopping List

Amounts add up every recipe of the week, rounded up for shopping

Item	1 person	Family of 4
Meat & Poultry		
Chicken breast	4 oz	
Ground beef 95/5	4 oz	1.25 lb
Ground chicken, extra-lean	10 oz	3 lb
Ground turkey, extra-lean	4 oz	1.25 lb
Dairy & Eggs		
Eggs	4	16
Lean feta	2 oz	8 oz
Light mozzarella	5 oz	1.25 lb
Light provolone	1 slice	4 slices
Liquid egg whites	1 3/4 cups + 5 whole	7 cups + 20 whole
Low-fat cottage cheese	1/2 cup	2 cups
Low-fat ricotta	1 1/2 cups	6 cups
Parmesan	3 tbsp	3/4 cup
Plain 0% Greek yogurt	3/4 cup	3 cups
Plain 0% Skyr	3/4 cup	3 cups
Unsweetened soy or pea milk	2 cups	
Produce		
Bell peppers	2	8
Blueberries	1/2 cup	2 cups
Cauliflower	4 1/2 cups	3 qt + 2 whole

Item	1 person	Family of 4
Produce (cont.)		
Celery	1 stalk	
Cucumbers	1	
Fresh ginger	1 piece (2 in)	
Leafy greens (spinach, kale, arugula)	1 3/4 cups	2 cups + 1 whole
Lemons	2	1
Mushrooms	4	16
Strawberries	4	1
Zucchini	1/2 cup + 3 whole	14
Pantry		
Almond flour	1 cup	3 1/2 cups
Bone broth (chicken)	1 cup	
Coconut water	1 cup	
Matcha powder	1 tbsp	
Nutritional yeast	2 tbsp	1/2 cup
Peppermint tea	1	
Stevia or monk fruit	2 tbsp	1/4 cup
Sugar-free marinara / tomato sauce	1 3/4 cups	7 cups
Unflavored collagen peptides	3 scoops	
Unsweetened cocoa powder	2 tbsp	1/2 cup
Vegetable broth	1/2 cup	2 cups

Also keep on hand: olive oil spray, salt, black pepper and the herbs and spices used this week (baking powder, basil, cinnamon, garlic powder, nutmeg, oregano, thyme, turmeric, vanilla).