Chapter 15: The 28-Day Plan, The Wave

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

How the Wave works

Your appetite and stomach change across the week. Days 1 to 3 after your shot are the "wave crest": you may feel queasy and eat very little. This plan starts each week with soft, soothing recipes tagged [A] and [D], then moves to higher-protein and more solid meals as your appetite returns.

Day 1 is your shot day

If you inject on another day, simply shift the plan. Count Day 1 as the day of your shot.

Your daily rhythm

- Start every day with a Morning sip (a recipe from Chapter 14).
- Protein first at every meal, then vegetables, then carbs.
- Stop at the first sign of fullness. Save the rest for a "Power Snack" two hours later.
- 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: Soothing & Adaptation

The Wave

Goal: Manage the first peak and calm nausea (days 1 to 3 after the shot).

Day	Morning sip	Breakfast	Lunch	Dinner
Day 1 **Shot Day** ~285 kcal 54 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#85 Creamy Vanilla Skyr Mousse	#20 Healing Bone Broth with Infused Herbs	#30 Clear-Protein Hydration Broth
Day 2 **Peak Dose** ~490 kcal 68 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#93 Coffee & Whey Success Panna Cotta	#25 Ginger-Carrot Anti-Nausea Broth	#18 Pumpkin & Chicken Shreds Comfort Soup
Day 3 **Stabilizing** ~420 kcal 54 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#12 Spinach & Egg Total Protein Cocotte	#39 Sea Bream & Easy-Transit Baby Veggies	#21 Zucchini & Protein-Packed Skyr Soup
Day 4 **Energy** ~455 kcal 66 g protein	#100 Electrolyte Success Lemonade	#96 Muscle-Save Berry & Whey Smoothie	#42 Garlic & Parsley Clean Shrimp Sauté	#31 Broccoli & Almond Milk Fiber Cream
Day 5 **Energy** ~405 kcal 58 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#89 Whipped Cottage Cheese Cheesecake Bowl	#45 Cod in Hydrating Tomato-Basil Sauce	#23 Silken Tofu & Mushroom Cream
Day 6 **Satiety** ~575 kcal 73 g protein	#97 Green Transit Juice (Fiber-Filtered)	#12 Spinach & Egg Total Protein Cocotte	#36 Fennel & Cod En Papillote	#32 Parsnip & Shredded Poultry Soup
Day 7 **Preparation** ~535 kcal 50 g protein	#100 Electrolyte Success Lemonade	#94 Chia & Coconut Overnight Pudding	#27 Thai Turkey & Lemongrass Healing Broth	#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	3 oz	1 lb
Extra-firm tofu	1/2 cup	2
Ground turkey, extra-lean	3 oz	1 lb
Turkey breast	3 oz	
Fish & Seafood		
Cod fillet	10 oz	8
Sea bream fillet	5 oz	4
Shrimp, peeled	5 oz	1.5 lb
Dairy & Eggs		
Eggs	2	8
Liquid egg whites	1/4 cup	1 cup
Low-fat cottage cheese	1/2 cup	2 cups
Plain 0% Greek yogurt	3 tbsp	1 1/4 cups
Plain 0% Skyr	1 cup	4 1/2 cups
Unsweetened almond milk	2 cups	4 cups
Produce		
Blueberries	1/2 cup	
Broccoli	1 1/2 cups	2
Carrots	2	8
Celery	1 stalk	
Cucumbers	1	
Fennel	1	2
Fresh ginger	2 pieces (2 in)	2 pieces (2 in)
Garlic	1 clove	4 cloves
Leafy greens (spinach, kale, arugula)	3 cups	3

Item	1 person	Family of 4
Produce (cont.)		
Lemongrass	1	4
Lemons	5	7
Limes	1	1
Mushrooms	1 cup	4 cups
Parsnips	1	4
Zucchini	6	7
Pantry		
Agar-agar	1 tsp	1 tsp
Bone broth (chicken)	7 cups	7 1/2 qt
Canned crushed tomatoes	1/2 cup	2 cups
Canned white beans	1/2 cup	2 cans
Capers	1 tbsp	1/4 cup
Chia seeds	2 tbsp	1/2 cup
Coconut aminos / tamari	1 tsp	2 tbsp
Coconut water	1 cup	
Decaf instant coffee	1 tsp	1 tbsp
Flax seeds	1 tsp	
Light coconut milk	1/2 cup	2 cups
Olive oil (+ spray)	1 tbsp	1/4 cup
Peppermint tea	2	
Pumpkin purée	1 cup	1
Stevia or monk fruit	2 tbsp	3 tbsp
Unflavored collagen peptides	5 scoops	8 scoops
Vegetable broth	2 1/2 cups	2 1/2 qt
Whey protein isolate (vanilla)	2 scoops	4 scoops
Whole-wheat crackers	1	4

Also keep on hand: olive oil spray, salt, black pepper and the herbs and spices used this week (basil, cilantro, cinnamon, dill, mint, nutmeg, parsley, sage, vanilla).

Week 2: Muscle Architecture & Strength

The Wave

Goal: Build protein density to protect your muscles.

Day	Morning sip	Breakfast	Lunch	Dinner
Day 8 **Shot Day** ~375 kcal 66 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#85 Creamy Vanilla Skyr Mousse	#30 Clear-Protein Hydration Broth	#45 Cod in Hydrating Tomato-Basil Sauce
Day 9 **Peak Dose** ~590 kcal 70 g protein	#101 Iced Protein-Matcha Latte	#12 Spinach & Egg Total Protein Cocotte	#33 Lemon & Rosemary Metabolic Chicken Breast	#58 Creamy White-Out Mashed Potatoes
Day 10 **Stability** ~485 kcal 77 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#96 Muscle-Save Berry & Whey Smoothie	#41 Turkey Medallions with Mustard-Yogurt Sauce	#53 Parmesan Cauliflower Gratin (Nutmeg Infused)
Day 11 **Power** ~475 kcal 51 g protein	#100 Electrolyte Success Lemonade	#89 Whipped Cottage Cheese Cheesecake Bowl	#40 Sesame-Crusted Seared Tuna Steak	#54 Whipped Sweet Potatoes with Almond Milk
Day 12 **Strength** ~610 kcal 96 g protein	#99 Turmeric Golden Bone Broth Latte	#74 Cottage Cheese Flatbread with Thyme	#33 Lemon & Rosemary Metabolic Chicken Breast	#41 Turkey Medallions with Mustard-Yogurt Sauce
Day 13 **Strength** ~565 kcal 50 g protein	#97 Green Transit Juice (Fiber-Filtered)	#12 Spinach & Egg Total Protein Cocotte	#43 Lean Thyme Lamb Cutlets (Zinc Boost)	#58 Creamy White-Out Mashed Potatoes
Day 14 **Fuel** ~710 kcal 100 g protein	#101 Iced Protein-Matcha Latte	#96 Muscle-Save Berry & Whey Smoothie	#51 Almond-Crusted Trout Fillet	#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	10 oz	3 lb
Fish & Seafood		
Cod fillet	5 oz	4
Fresh tuna steak	5 oz	4
Trout fillet	5 oz	4
Dairy & Eggs		
Eggs	3	12
Liquid egg whites	1/2 cup	2 cups
Low-fat cottage cheese	1 cup	4 cups
Parmesan	1 tbsp	1/2 cup
Plain 0% Greek yogurt	3/4 cup	4 cups
Plain 0% Skyr	3/4 cup	3 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	

Item	1 person	Family of 4
Produce (cont.)		
Fresh ginger	2 pieces (2 in)	
Garlic	1 tsp	1 tbsp
Leafy greens (spinach, kale, arugula)	2 cups	2
Lemons	3	6
Sweet potatoes	1	4
Yukon Gold potatoes	2	8
Pantry		
Almond flour	1 tbsp	1/2 cup
Bone broth (chicken)	2 1/2 cups	6 cups
Canned crushed tomatoes	1/2 cup	2 cups
Capers	1 tsp	2 tbsp
Coconut aminos / tamari	1 tsp	2 tbsp
Coconut water	1 cup	
Dijon mustard	1 tbsp	1/4 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	2 tbsp
Unflavored collagen peptides	4 scoops	4 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 (basil, chive, cinnamon, curry, garlic powder, nutmeg, rosemary, thyme, turmeric, vanilla).

Week 3: Transit Zen & Gut Health

The Wave

Goal: Gentle soluble fiber to keep things moving.

Day	Morning sip	Breakfast	Lunch	Dinner
Day 15 **Shot Day** ~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 **Peak Dose** ~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 **Fiber** ~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 **Volume** ~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 **Preparation** ~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: Metabolic Mastery & Freedom

The Wave

Goal: Bring back solid textures and long-term habits.

Day	Morning sip	Breakfast	Lunch	Dinner
Day 22 **Shot Day** ~370 kcal 52 g protein	#100 Electrolyte Success Lemonade	#85 Creamy Vanilla Skyr Mousse	#84 Zucchini & Parmesan Savory Pizza Slices	#30 Clear-Protein Hydration Broth
Day 23 **Peak Dose** ~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** ~635 kcal 90 g protein	#98 Anti-Nausea Peppermint & Collagen Tea	#74 Cottage Cheese Flatbread with Thyme	#76 Chicken-Crust Power Pizza	#75 Zucchini & Ricotta Savory Success Pie
Day 25 **Texture** ~680 kcal 75 g protein	#99 Turmeric Golden Bone Broth Latte	#88 Lemon & Blueberry Soft Protein-Bites	#81 Lean Beef & Zucchini Hidden Pizza	#78 Portobello Mushroom Deep Dish Pizzas
Day 26 **Satiety** ~610 kcal 60 g protein	#97 Green Transit Juice (Fiber-Filtered)	#87 Success Dark Chocolate Protein Fondue	#71 Cauliflower-Crust Margherita Success Pizza	#75 Zucchini & Ricotta Savory Success Pie
Day 27 **Social** ~765 kcal 88 g protein	#101 Iced Protein-Matcha Latte	#90 Steamed Protein-Sponge Chocolate Cake	#76 Chicken-Crust Power Pizza	#82 Red Pepper & Feta Savory Success Tart
Day 28 **Zen** ~370 kcal 52 g protein	#95 The Morning Spark Ginger & Lemon Elixir	#12 Spinach & Egg Total Protein Cocotte	#72 Turkey & Spinach Savory Muscle Tart	#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	2 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	2 tbsp	1/2 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	2 pieces (2 in)	
Leafy greens (spinach, kale, arugula)	1 3/4 cups	2 cups + 1 whole
Lemons	2	2
Mushrooms	2	8
Strawberries	4	1
Zucchini	1/2 cup + 3 whole	14
Pantry		
Almond flour	1 cup	3 1/2 cups
Bone broth (chicken)	2 1/2 cups	6 cups
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 1/2 cups	6 cups
Unflavored collagen peptides	4 scoops	4 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).