



The following is a sample 9 day recipe guide was put together by the MediPure Products™ nutrition team. Use it to understand what kinds of foods can be prepared and eaten while taking M.P.H. Drops™. While this guide does not represent everything that can be eaten, it provides a very solid foundation to help you follow the recommended diet while using M.P.H. Please refer to the M.P.H. Drops™ Guide for more information on how to properly and effectively take the M.P.H. Drops™ and foods that are highly recommended while taking the M.P.H. Drops™

Day 1

Breakfast:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or stevia
- 3 Melba Toast Crackers

Snack

- 1 medium to large size apple

Lunch

- Chicken Breast and Cucumber Salad
 - Season 3.5 oz of chicken breast with salt, pepper and garlic powder. Grill chicken using a grilling device such as a George Foreman Grill™
 - To make the salad slice or dice ½ of a cucumber and 1 tomato. Add lime, salt and pepper to taste.

Snack

- 5-6 strawberries

Dinner

- Grilled Steak and Broccoli
 - Marinate 3.5 oz of steak (cut off any excess fat before cooking) with red wine vinegar, garlic powder and Montreal seasoning. Grill steak using a grilling device such as a George Foreman Grill™
 - Boil 1.5 cups of broccoli. If you prefer, you may also eat them raw.

Snack

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia

Day 2

Breakfast:

- Scramble 3 egg whites and add a pinch of salt and pepper to taste
- 3 Melba Toast Crackers

Snack:

- ½ a grapefruit

Lunch:

- Shrimp and Crackers
 - Boil 3.5 oz of shrimp until fully cooked. Dice ¼ of a cup of red onion and 1 tomato. Chop 1 tablespoon of cilantro. Combine shrimp, red onion, tomato and cilantro in a bowl. Squeeze ½ a lime and add the lime juice to the bowl. Add salt and pepper to taste.
 - Eat with 3 Melba Toast Crackers

Snack:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia

Dinner:

- Grilled Chicken and Strawberry Salad
 - Flavor 3.5 oz of chicken breast with desired seasoning according to taste. Grill chicken using a grilling device such as a George Foreman Grill™
 - Chop 1 cup of romaine lettuce, 1 cup of spinach, ½ a cucumber and mix together into a bowl. Slice 3 strawberries and add to the top of salad mixture. Add strawberry dressing according to taste (salad dressing recipe follows)
 - Strawberry Salad Dressing Recipe
 - Combine ¼ of a cup of Agave Nectar or Stevia, 1/3 of a cup of red wine vinegar, a pinch of salt and pepper, 1 tablespoon of water and place in a blender. Add 6 strawberries to blender and blend all ingredients together until it has become liquid. Refrigerate any additional salad dressing that is not used.

Snack:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia

Day 3

Breakfast:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia
- 3 Melba Toast Crackers

Snack:

- 8 – 10 Raspberries or Blackberries

Lunch:

- Tilapia and Salad
 - Season 3.5 oz of Tilapia with salt and pepper. Bake in oven at 375° for 15 – 20 minutes.
 - Chop 1 cup of romaine lettuce, ½ a cucumber and 2 radishes. Combine in a bowl and add lime juice, salt and pepper according to taste

Snack:

- 1 medium size peach

Dinner:

- Lettuce Taco Wraps and Vegetables
 - Cook 3.5 oz of extra lean (90% lean) ground beef in a frying pan. Once ground beef is cooked, remove any excess fat from pan. Add garlic powder and taco seasoning (without MSG) according to taste. Add a teaspoon of water and mix together. Break off romaine lettuce leaves and fill with seasoned ground beef.
 - Boil 1 cup of cauliflower. Once cooked, add Liquid Smoke™ according to taste to add flavor.

Snack:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia

Day 4

Breakfast:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia
- 3 Melba Toast Crackers

Snack:

- 1 medium size orange

Lunch:

- Chicken in Marinara Sauce and Wasa Crackers
 - Season 3.5 oz of chicken breast with salt, pepper and garlic powder according to taste. Spray a frying pan with non stick spray and cook chicken on medium to medium high heat, flipping chicken every 5 minutes until chicken is golden brown and then remove chicken and place in plate. Add 3 tablespoons of chicken stock (low sodium and low fat) to frying pan. Place chicken in frying pan again and add more chicken stock if desired. Add homemade marinara sauce (recipe follows) and cook covered, on low temperature for 10 minutes.
 - Marinara Sauce Recipe
 - Place 7-8 oz of canned whole tomatoes and 2 tablespoons of fresh basil in a blender and blend for 2 minutes. Add ½ a cup of diced onions, ½ a cup of Agave Nectar or Stevia and 2 teaspoons of red wine vinegar. Blend until liquefied. Refrigerate any unused sauce.
 - 2 Wasa Crackers

Snack:

- 1/3 of a cup of berries (blackberries, raspberries or blueberries)

Dinner:

- Baked Tilapia and Salad
 - Season 3.5 oz of Tilapia with salt and pepper according to taste and bake in oven at 375° for 15 – 20 minutes.
 - Combine 2 cups of Spinach, ½ cup of sliced cucumber, ½ cup of diced apples and add homemade Italian dressing (recipe follows) according to taste

- Combine 1/3 cup of Agave Nectar or Stevia, 1/3 cup of balsamic vinegar, ¼ cup of water, ¾ cup of parsley leaves, 1 diced garlic clove, ½ teaspoon of pepper, 2 tablespoons of fresh basil, 1 teaspoon of oregano and 1 teaspoons of salt. Place in blender and blend for 3 minutes. Refrigerate any unused Italian dressing.

Snack:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia

Day 5

Breakfast:

- Scramble 3 egg whites and add a pinch of salt and pepper to taste
- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia

Snack:

- 1/3 of a cup of berries (blackberries, raspberries or blueberries)

Lunch:

- Steak and Salad
 - Marinate 3.5 oz of steak with balsamic vinegar, garlic powder and Montreal seasoning. Grill steak using a grilling device such as a George Foreman Grill™
 - Combine 1 cup of romaine lettuce or spinach, 1/2 of a tomato (diced), and chop red onion and add according to taste. Add lime, salt and pepper according to taste or use homemade Italian dressing left over from Day 4 (recipe appears on Day 4 Dinner).

Snack

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia
- 3 Melba Toast Crackers

Dinner:

- Marinated Chicken Breast and Vegetables
 - Marinate 3.5 oz of chicken breast with ½ cup of lemon, 2 minced garlic cloves, 2 tablespoons of vinegar and oregano, salt and pepper according to taste. Grill chicken using a grilling device such as a George Foreman Grill™ Separately in a frying pan add ¼ of a head of shredded cabbage, 1 cup of chopped broccoli, and 2 green onions. Cook in medium high heat and add Liquid Smoke™ flavoring marinade according to taste. Cut chicken and add to frying pan. Cook together for 2 minutes and then serve

Snack:

- ½ a grapefruit

Day 6

Breakfast:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia
- 1 medium size peach

Snack:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia
- 3 Melba Toast Crackers

Lunch:

- Chicken Breast and Salad
 - Season 3.5 oz of chicken breast according to taste. Grill chicken using a grilling device such as a George Foreman Grill™
 - For salad combine 1 diced tomato, ½ a diced cucumber, 1/8 cup of chopped red onion and ½ a diced apple. Add homemade Italian dressing according to taste (recipe appears in Day 4 Dinner).

Snack:

- ½ of an apple, sliced and sprinkled with cinnamon according to taste

Dinner:

- Meatballs in Marinara Sauce and Crackers
 - Place 3.5 oz of extra lean ground beef (90% lean) in a mixing bowl. Mix together 1 teaspoon of garlic powder, 1 teaspoon of finely chopped onion, ½ teaspoon of salt, a pinch of pepper and 1 egg white. Combine together and then mix into ground beef. Once mixed, take pieces of ground beef mixture and make meatballs. Cook on stove until meat is fully cooked or broil in oven for 15 – 20 minutes. While meatballs are cooking, prepare marinara sauce (recipe follows). When meatballs are cooked, place in frying pan and add marinara sauce. Add ½ a tablespoon of Agave Nectar or Stevia and add a pinch of salt and pepper according to taste. Cook covered on low heat for an additional 15 minutes and serve.
 - Marinara Sauce
 - Combine 1 can of whole tomatoes (7 – 8 oz), 3 tablespoons of fresh basil, 1 freshly chopped garlic clove, 2 tablespoons of parsley, ½ a tablespoons of Agave Nectar or Stevia and 1 -2 teaspoons of oregano. Place all ingredients in a blender and blend until everything has been liquefied.
 - 2 Wasa Crackers

Day 7

Breakfast:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia
- 3 Melba Toast Crackers

Snack

- 5-6 strawberries

Lunch:

- Tuna with Pico de Gallo and Crackers
 - Dice 1 tomato, 2 tablespoons of red onion, 1 tablespoon of cilantro and mix together. Add lime juice, salt and pepper according to taste. Mix in ½ a can of tuna (drain water from tuna beforehand). Finely chop some romaine lettuce and combine. Mix everything together.
 - 2 Wasa Crackers

Snack:

- 1 medium size peach

Dinner:

- Grilled Chicken Breast and Steamed Vegetables
 - Season 3.5 oz of chicken breast with Liquid Smoke™, garlic powder and salt according to taste. Grill chicken using a grilling device such as a George Foreman Grill™
 - Cut 1 small zucchini and add along with 1 cup of broccoli. Steam vegetables until soft and tender. Add a pinch of salt and pepper. You may also decide to eat the vegetables raw if preferred.

Snack:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia

Day 8

Breakfast:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia
- 3 Melba Toast Crackers

Snack

- ½ a grapefruit

Lunch:

- Stir Fry Shrimp in Vegetables
 - Finely Chop ¼ a head of red cabbage and ¼ a head of white cabbage and place in bowl. Dice 2 green onions, chop 2 tablespoons of cilantro, and ¼ of a bell pepper (red, yellow or green). In a frying pan place 2 tablespoons of homemade soy dressing (recipe follows). Add cabbage, cover and cook on low – medium heat for 5 minutes. Add bell pepper and cook for an additional 2 -3 minutes. Add more soy dressing as needed. Add 3.5 oz of shrimp and green onions and cook for 3 -4 minutes. Add cilantro, mix together and serve.
 - Soy Dressing
 - Mix ¼ cup of Agave Nectar or Stevia, ¼ cup of rice vinegar, ¼ cup of soy sauce, 1 chopped garlic clove, 1 teaspoon freshly ground ginger and 2 tablespoons of water. Place ingredients in blender and blend until liquefied.

Snack:

- 1/3 of a cup of berries (blackberries, raspberries or blueberries)

Dinner:

- Marinated Steak and Salad
 - Season 3.5 oz of steak with red wine vinegar and Montreal seasoning. Grill steak using a grilling device such as a George Foreman Grill™
 - Cut 1.5 cups of romaine lettuce, ½ a cucumber and ½ of a tomato. Combine together and use homemade Italian dressing (recipe found on Day 4 Dinner).

Snack:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia

Day 9

Breakfast:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia
- 3 Melba Toast Crackers

Snack:

- Cut apple in slices and heat in pan or microwave. Add 1 teaspoons of Agave Nectar or Stevia and sprinkle cinnamon according to taste

Lunch:

- Lime Chicken Soup and Crackers
 - Cook 3.5 oz of chicken breast along with ¼ a cup of chicken stock (low sodium, low fat) in a pot on medium heat. Cook until chicken becomes golden and then add an additional 1.5 cups of chicken stock, 1 crushed garlic clove, 1 diced tomato, 2 tablespoons of chopped red onion and 1 tablespoon of cilantro. Add lime juice, salt and pepper according to taste. Cook at low temperature until chicken has full cooked (about 15 – 20 minutes). Shred chicken using two forks then add more chicken stock according to taste as needed and then serve.
 - 3 Melba Toast Crackers

Snack

- 5-6 strawberries

Dinner

- Ground Beef Wraps
 - Cook 3.5 oz of extra lean ground beef (90% lean) in a frying pan. Once cooked remove an excess fat and add homemade marinara sauce according to taste (recipe found Day 6 Dinner). Mix together. Break off romaine lettuce leaves and place ground beef onto lettuce.

Snack:

- A cup of herbal or green tea; you may sweeten tea with Agave Nectar or Stevia