

Precision Natural Medicine

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Sample Menu

Day 1

Breakfast

Multi-grain cereal w/ almond or oat milk or water,
Hand full of seeds and nuts over cereal; Serving of
fruit; Vitamins; Clean Water

Lunch

Turkey meat* in pita pocket w/ any vegetable topping
(lettuce, tomato, etc.) w/ mustard, hummus (we use
this in place of mayo sometimes) & topped with
leftover grilled peppers & onions.

Hand full of raw carrots;

Leftover black beans and rice or soup;

Apple (organic if possible); Vitamins; Clean Water

*Make sure turkey meat has no antibiotics, steroids
or preservatives used.

Dinner

Broiled Salmon (see recipe);

Baked potato w/ Salsa or Earth Balance Spread;

Steamed corn w/ diced red & green peppers; Serving
of fruit; Vitamins; Clean Water

Day 2

Breakfast

Oatmeal; Hand full of seeds and nuts;
Serving of fruit; Vitamins; Clean Water

Lunch

Peanut Butter (or Almond or Cashew Butter) & Jelly
(we use Cascadian Farms Organic Fruit Spread) on
whole grain bread;

Imagine Foods Tomato Soup;

Hand full of raw veggies;

Grapes; Vitamins; Clean Water

Dinner

Chicken-Mushroom Soup (see recipe);

Small side salad (green; bean sprouts; broccoli;
sweet red pepper; pine nuts w/ apple cider vinegar,
sea salt and pepper)

Pineapple; Clean Water; Vitamins

Day 3

Breakfast

Same as Day 1; Vitamins; Clean Water

Lunch

Big salad from grocery store salad bar (make sure
you get enough protein by adding seeds and nuts,
eggs or some other form of protein);

Top with Annie's Natural's Goddess Dressing;

Hummus and Crackers;

Fruit of your choice; Vitamins; Clean Water

Dinner

Turkey Burger (see recipe)

Mashed potatoes;

Raw carrots, broccoli, and celery w/ dressing dip of
your choice;

Grapes, Pineapple, and Kiwi fruit cup;

Clean Water; Vitamins

Day 4

Breakfast

Same as Day 2; Vitamins; Clean Water

Lunch

Leftover soup from Day 2;

Hummus and Crackers;

Orange; Vitamins; Clean Water

Dinner

Whole Baked Chicken w/ Annie's Bar-B-Q Sauce;

Various Raw Vegetables with Hummus Dip;

"Buttered" Egg Noodles; Mango; Clean Water;

Vitamins

Day 5

Breakfast

Toasted Peanut Butter (or other nut butter) & Jelly;

Serving of fruit; Vitamins; Clean Water

Lunch

Chicken Salad (see recipe) made with leftover
chicken from a previous meal on whole grain bread
or with whole grain crackers;

Raw veggies;

Mixed fruit (I like to make a big bowl of this to keep in
refrigerator for a quick dessert); Vitamins; Clean

Water

Dinner

Grilled Tuna (grill approx. five minutes on each side
or until fish starts to flake);

Fantastic Foods Rice Pilaf;

Asparagus sautéed Bragg's Liquid Aminos (Spray with Bragg's Liquid Aminos and sauté for approx. 10–15mins).

Raw Carrots; Apple Slices; Clean Water; Vitamins

Day 6

Breakfast

Same as Day 1

Vitamins; Clean Water

Lunch

Veggie burger or grilled portabella mushroom (try topping with the hummus like on "Day 1"); Spud pups by Cascadian Farms;

Raw veggies; Fruit; Vitamins; Clean Water

Dinner

Roll-ups (see recipe)

Small side salad (greens; bean sprouts; broccoli; pistachios);

Fruit; Clean Water; Vitamins

Day 7

Breakfast

Scrambled Eggs; Chicken Sausage;

Whole Grain Toast;

Serving of fruit; Vitamins; Clean Water

Lunch

Garbage Soup

Take all of your leftover vegetables or meat and add 2 cartons of chicken broth, 3– 4 cups of tomato base (this can a jar spaghetti sauce or stewed tomatoes or tomatoes put in a blender and pureed (my choice), 1–2 tbs. Spike all purpose seasoning, 1tbs. cumin, ½ tsp. thyme, 1 bay leaf, ½ tsp. garlic powder, 3 tbs. onion flakes. Throw it in the crock pot. Cook on low all day or on high for 3 – 4 hours or put it in a stew pot and cook for at least 30 minutes.

Hummus and Crackers or veggie sticks

Fruit; Vitamins; Clean Water

Dinner

Avocado Sandwiches (whole grain bread, spread of hummus, sliced avocado, tomatoes, cucumbers, sprouts);

Baked sweet potato or white potato (brush the skins with olive oil to keep them moist and edible);

Fruit; Vitamins; Clean Water

We purposefully did not put serving sizes on this list. Don't worry about fat grams or calories. Just eat the right KINDS of foods. Eat until you are content but not "over-stuffed".