

# 7 day Low Inflammation Meal Plan

## Monday

### Breakfast

#### Avocado Anti-Inflammatory Smoothie

<b>11</b> carbs, g	<b>11</b> proteins, g	<b>16</b> fats, g	<b>270</b> calories
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#### Products

- 1/2 avocado small
- 3/4 cup unsweetened coconut milk
- 1/4 cup unsweetened almond milk
- 1 tsp fresh grated ginger (about 1/2 inch piece)
- 1/2 tsp turmeric
- 1 tsp lemon or lime juice
- 1 cup crushed ice (or more for a thicker smoothie)
- 1 scoop plant-based protein (optional)
- stevia to taste

Snack of choice (100-250 calories)

### Lunch

#### Shrimp salad:

<b>8</b> carbs, g	<b>27</b> proteins, g	<b>22</b> fats, g	<b>285</b> calories
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## Products

- 3 oz shrimp
- 1/4 avocado
- 1 packed cup spinach
- 1/4 cup sauerkraut
- 2 tbsp turmeric dressing

## Turmeric Dressing (Make ahead of time)

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### Products

- 1/4 cup avocado oil mayonnaise
  - 1 tbsp Dijon mustard
  - 1/4 cup extra virgin olive oil
  - 2 tbsp MCT oil
  - 2 cloves garlic
  - 2 tbsp fresh lemon juice
  - 2 tbsp turmeric
  - Himalayan pink sea salt and pepper to taste
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Snack of choice (100-250 calories)

## Dinner

<b>14</b> carbs, g	<b>25</b> proteins, g	<b>37</b> fats, g	<b>484</b> calories
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### Products

- 1 steamed artichoke with 2 tbsp avocado oil mayonnaise dip and one grass-fed
- lean beef patty (4 oz)

## Tuesday

### Breakfast

#### Coconut "oatmeal"

<b>16</b> carbs, g	<b>10</b> proteins, g	<b>35</b> fats, g	<b>393</b> calories
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## Products

- 1/4 cup ground flaxseed meal
- 2 tbsp shredded coconut
- 1 tsp vanilla
- 2 tbsp almond flour
- 1 cup coconut milk
- 1/2 tsp ground cinnamon

## Directions

- ▶ Bring to simmer on stove and mix all ingredients.

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Snack of choice (100-250 calories)

## Lunch

### Berry Smoothie:

<b>29</b> carbs, g	<b>23</b> proteins, g	<b>11</b> fats, g	<b>306</b> calories
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## Products

- 1 cup unsweetened coconut milk
- 1 tbsp flax seeds
- 1/2 cup frozen berries
- 1 tbsp chia seeds
- 1 cup packed spinach
- 1 scoop plant-based protein (optional)

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Snack of choice (100-250 calories)

## Dinner

### Spiced turkey and zucchini meatballs.

<b>7</b> carbs, g	<b>27</b> proteins, g	<b>24</b> fats, g	<b>375</b> calories
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## Products

- 1 pound ground turkey
- 1 large organic egg, beaten
- 1/2 teaspoon fennel seeds, minced or crushed
- 1 small zucchini, grated

- 2 tablespoons shallots, minced
- 1 garlic clove, minced
- 1 teaspoon dried oregano
- ¾ teaspoon sea salt
- ½ teaspoon pepper or ¼ teaspoon crushed red pepper flakes
- ½ teaspoon dried sage
- 2 tablespoons avocado oil
- Fresh basil or chives, chopped (for garnish)

### Directions

1. Preheat the oven to 400° F.
2. In a large bowl, combine all of the ingredients except the avocado oil and basil. Mix well. Using wet hands, form the mixture into 12 balls.
3. Using a large oven-safe sauté pan or cast iron skillet, heat the avocado oil over medium-high heat.
4. Place the meatballs in the hot pan, leaving space between them. Use a large spoon to turn the meatballs gently and cook until brown (about 30 seconds per side).
5. Once meatballs are thoroughly browned, remove the sauté pan from the stovetop and place in the preheated oven. Bake until the meatballs feel firm to the touch (about 8 to 10 minutes).
6. Garnish with basil and serve.

Tip: Depending on the size of your sauté pan, you may need to cook the meatballs in batches. Overcrowding the pan will keep the meatballs from browning well.

## Dairy-free Pesto

Serving size: 4 meatballs and 1 cup steamed zucchini noodles. Top with 2 tbsp dairy-free pesto.

### Products

- 2 cups packed fresh basil (large stems removed)
- 3 Tbsp pine nuts or walnuts
- 3 large cloves garlic (peeled)
- 2 Tbsp lemon juice.
- 3-4 Tbsp nutritional yeast (optional).
- ¼ tsp sea salt (plus more to taste)
- 2-3 Tbsp extra virgin olive oil
- 3-6 Tbsp water (plus more as needed)

# Wednesday

## Breakfast

### Chia pudding

3 tablespoons chia seeds mixed with  $\frac{3}{4}$  cup of unsweetened almond milk and 1 tbsp pure maple syrup or raw honey. Mix and put in refrigerator for 20 minutes. Top with  $\frac{1}{4}$  cup berries and  $\frac{1}{4}$  cup of nuts.

<b>39</b> carbs, g	<b>14</b> proteins, g	<b>21</b> fats, g	<b>435</b> calories
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Snack of choice (100-250 calories)

## Lunch

### Bone broth soup with shredded chicken and mixed vegetables

Combine 1 carton of bone broth with 2-3 cups of your favorite veggies and 8 oz of shredded chicken and cook on low on stovetop for about 45 min. Add your favorite seasoning. 1 bowl is a good serving size here.

\*Make your own bone broth or buy it at the store. Look for low sodium. \*

<b>26</b> carbs, g	<b>39</b> proteins, g	<b>6</b> fats, g	<b>335</b> calories
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Snack of choice (100-250 calories)

## Dinner

1 cup baked spaghetti squash with 2 tbsp pesto and 1 chicken sausage.

<b>12</b> carbs, g	<b>14</b> proteins, g	<b>21</b> fats, g	<b>296</b> calories
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# Thursday

## Breakfast

### Coconut yogurt parfait

½ cup coconut milk yogurt with 1 tbsp chia seeds, ¼ cup of walnuts and ¼ cup berries. Drizzle with raw honey if you want sweetness

**18**

carbs, g

**11**

proteins, g

**39**

fats, g

**460**

calories

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### Directions

1. In a mason jar, combine 1 can full-fat, organic, coconut milk with 4 probiotic capsules. (Open the capsules and pour out powder)
  2. Mix with a wooden spoon and cover with cheese cloth
  3. Store somewhere cool and dry for 48 hours
  4. Store in fridge and cover with lid
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Snack of choice (100-250 calories)

## Lunch

1 cup steamed zucchini noodles with ½ cup marinara and 3 oz grilled chicken.

\*You can buy pre-spiralized zucchini noodles\*

**11**

carbs, g

**30**

proteins, g

**5**

fats, g

**280**

calories

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Snack of choice (100-250 calories)

## Dinner

3 oz grilled salmon seasoned with garlic and parsley, topped with 2 tbsp crushed macadamia nuts with ½ cup steamed broccoli. Add 1 tsp coconut oil to broccoli for flavor.

8

carbs, g

22

proteins, g

28

fats, g

318

calories

## Friday

### Breakfast

**Two, 2-inch wide pieces of Spiced Bread topped with 2 tbsp almond butter (sugar-free):**

23

carbs, g

19

proteins, g

44

fats, g

396

calories

### Products

- 3/4 cups almond butter
- 1 cup flaxseed meal
- 1/4 cup olive oil
- 1/4 baked sweet potato (medium)
- 2 eggs
- 1 scoop plant-based protein
- 1 tbsp chia seeds
- 1/2 tbsp turmeric (ground)
- 2 tsp cinnamon (ground)
- 1 tsp ginger (ground)
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp Himalayan pink sea salt

### Directions

1. Preheat oven to 350
2. Mix wet ingredients in a small bowl (almond butter, egg, olive oil, sweet potato)
3. Mix dry ingredients (the rest) in a larger bowl
4. Combine everything in the large bowl and mix well until there are no big chunks of sweet potato
5. Spray an 8 x 9 bread pan with coconut oil
6. Spread the batter evenly in the pan and bake for 30 minutes
7. The bread is done when the outer edges start to crisp \*you can also put a toothpick in the middle to see if it comes out clean\*

8. Serve it while it is warm!

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Snack of choice (50-100 calories)

## Lunch

### Avocado Anti-Inflammatory Smoothie

**11**

carbs, g

**11**

proteins, g

**16**

fats, g

**270**

calories

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### Products

- 1/2 avocado small
  - 3/4 cup unsweetened coconut milk
  - 1/4 cup unsweetened almond milk
  - 1 tsp fresh grated ginger (about 1/2 inch piece)
  - 1/2 tsp turmeric
  - 1 scoop plant-based protein (optional)
  - 1 tsp lemon or lime juice
  - 1 cup crushed ice (or more for a thicker smoothie)
  - stevia to taste
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Snack of choice (50-100 calories)

## Dinner

### Veggie protein bowl

Sautee 1/2 cup mushrooms, 1/2 cup halved brussel sprouts, and 2 tbsp chopped onions in 1 tbsp coconut oil. Put this over a bed of cauliflower rice (1/2 cup) with your choice of 3 oz protein: fish, chicken breast, grass-fed beef, ground turkey, etc. Dress with 2 tbsp turmeric dressing or avocado sauce.

\*Nutrition facts calculated with chicken and turmeric dressing\*

**17**

carbs, g

**25**

proteins, g

**33**

fats, g

**463**

calories



# Saturday

## Breakfast

### 3-egg scramble

Scramble 3 eggs in 1 tbsp avocado oil with ½ cup packed greens (spinach, kale, etc) and topped with 2 tbsp sauerkraut.

4

carbs, g

23

proteins, g

28

fats, g

366

calories

Snack of choice (100-250 calories)

## Lunch

### Ginger Turmeric Carrot Soup

Serving size: one bowl.

27

carbs, g

4

proteins, g

16

fats, g

246

calories

## Products

- 2 Tablespoons coconut oil
- 2 to 3 small green onions, white and light green parts only, cleaned and chopped
- 1 or 2 cloves of garlic, minced
- 1-inch piece of ginger, peeled and grated
- A pinch of red pepper flakes
- 1 ½ pounds young carrots, sliced 1/2 inch thick
- 1 tsp fine sea salt
- ¼ tsp ground cinnamon
- ¼ cup plain yogurt or full fat coconut milk for serving
- Freshly ground pepper to taste
- 1-inch piece of turmeric root, peeled and grated (or use ½ tsp ground)
- 4 cups (1 quart) filtered water
- Chopped flat leaf parsley or carrot fronds for garnish

## Instructions

Melt coconut oil in a medium saucepan over medium heat. Sauté the green onions, garlic, minced ginger, and pepper flakes for 1 to 2 minutes or just until glossy. Add carrots, salt, cinnamon and turmeric and cook another 1-2 minutes, stirring occasionally. Add water and bring to a boil

Reduce heat, and simmer until carrots are very soft, 20-25 minutes. Puree soup in batches in a high speed blender. If serving cold, chill soup for at least 3-4 hours or overnight. Divide soup between 4 to 6 bowls and place a spoonful of yogurt or drizzle of coconut milk in center of each and finish with chopped parsley and a pinch of additional salt and freshly ground pepper if desired.

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Snack of choice (50-100 calories)

## Dinner

### Sushi night

10 piece sashimi and a side salad.



Choose a 100-200 calorie dessert tonight

## Sunday

### Breakfast

#### 3-egg scramble

On-the-go options: 2 hard-boiled eggs and ¼ cup raw walnuts. ½ cup granola with ½ cup yogurt, and ½ cup berries. 1 protein bar and 1 serving fruit. Bulletproof coffee: 2 shots espresso, 8 oz hot water, 2 tbsp coconut oil.

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Snack of choice (100-250 calories)

## Lunch

### «Vegan Mac & cheese»

\*Put sauce over zucchini noodles or spaghetti squash instead of pasta\*

**25**

carbs, g

**31**

proteins, g

**12**

fats, g

**376**

calories

## Products

- 1 medium to large butternut squash (peeled & chopped into cubes)
- 1/3 cup raw cashews (pre-soaked in hot water for 30 min)
- 1 tsp sea salt
- 1 tsp dijon mustard
- 1/4 tsp minced garlic
- 1/2 small sweet onion
- 1/2 tsp turmeric
- 1 tbsp nutritional yeast
- 1/2 tsp black pepper
- 1/4 cup unsweetened almond milk

## Directions

1. Boil butternut squash and onion in water together until soft
2. At the same time, steam zucchini noodles.
3. Once squash and onion are soft enough to spear with a fork, add them to your blender or food processor with the rest of the ingredients, and blend until smooth
4. Pour sauce over the pasta and stir thoroughly
5. Serve warm with some goat cheese crumbles (not vegan) or a dollop of pesto

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Snack of choice (100-250 calories)

## Dinner

### Burger without the bun

1 grass-fed beef patty with 1/4 avocado, 1 poached egg, on a bed of lettuce/greens. \*This is easy to order at a restaurant!\*

**2**

carbs, g

**29**

proteins, g

**29**

fats, g

**380**

calories

### Snack Ideas:

- ▶ 1/4 cup raw, unsalted nuts
- ▶ Fruit with almond butter
- ▶ -1/2 cup yogurt
- ▶ Hard-boiled eggs
- ▶ -1/2 cup olives

- ▶ Veggie sticks with cauliflower hummus

## Snack Ideas:

- ▶ 1 cup raw berries
- ▶ Dark chocolate (70% or higher)
- ▶ 1 cup frozen berries, blended with ¼ cup unsweetened almond milk and drizzled with honey.

## Avocado cream (make in the blender)

\*Nutrition facts in the whole batch:\*

<b>15</b> carbs, g	<b>3</b> proteins, g	<b>35</b> fats, g	<b>365</b> calories
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### Products

- 1 avocado, ripe and pitted
- 1 small garlic clove, peeled
- 2 T fresh lemon juice (1/2 lemon)
- 1 T olive oil
- Sea salt and pepper, to taste

## Cauliflower “hummus” (make in the blender)

\*Nutrition facts in the whole batch:\*

<b>13</b> carbs, g	<b>19</b> proteins, g	<b>102</b> fats, g	<b>1031</b> calories
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### Products

- 4 cups cauliflower florets, steamed.
- 1/4 cup + 1 tablespoon extra-virgin olive oil.
- 2 tablespoons tahini (sesame paste), raw or roasted.
- Grated zest and juice of 1 lemon (reserve zest for garnish)
- Pinch of ground cumin.
- Sea salt and black pepper to taste.

WEEK OF:

# MEAL PLAN



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WEEK OF:

# GROCERY LIST



## PRODUCE

- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
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- \_\_\_\_\_
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## PROTEIN/MEAT

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- \_\_\_\_\_
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## DRY GOODS

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- \_\_\_\_\_
- \_\_\_\_\_

## DAIRY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN GOODS

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- \_\_\_\_\_
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## OILS/SPICES

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## COFFEE/TEA/WATER

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