

Warming and Satiating Meal Plan For Inflammation

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<p>2 egg breakfast Sauté 2 scrambled eggs ½ tbsp ghee for sautéing ¼ cup onion, sautéed 1.5 cup spinach, sautéed ½ avocado (for topping) 1 tbsp sesame seeds (for topping) Dash of tamari & fresh pepper 1 cup green tea</p>	<p>Power Hour Smoothie 2 cups raw spinach 1 scoop organic bone broth protein powder 1 banana 1 inch cube fresh ginger 1 tbsp coconut oil ½ cup frozen blueberries 1 tsp green powder (for added minerals) ½ cup fresh almond milk, ½ cup water 1 cup warm lemon water</p>	<p>Flax Crackers w/ Avocado & Smoked Salmon 5 tbsp flax meal 4 tbsp water 1 tbsp tahini 1 tsp liquid aminos (Mix together in bowl and let sit for 2min. Portion into cracker sizes and bake at 325 for 10min) ½ avocado & 2 oz smoked salmon for topping 1 cup green tea</p>	<p>Happy Liver Morning 1 cup dandelion greens, 1 cup spinach, sautéed 1 tbsp ghee oil, for the pan ½ cup mushrooms 2 cloves garlic, sautéed in oil 2 radishes, thinly sliced & for topping 1 tsp turmeric powder Salt/pepper dash with 1 tbsp tamari ½ cup Biotta Beet Juice</p>	<p>Spicy Chia Pudding ¼ cup chia seeds 1 cup fresh almond milk 1/8 tsp cinnamon, dash of cayenne ¼ cup fresh blueberries 2 tsp hemp seeds 1 tbsp almond butter 1 cup green tea</p>
Snack	<p>1 apple diced served with 2 tbsp raw almond butter 8 oz water</p>	<p>2 hardboiled eggs sprinkled with truffle salt 1 cup liver support tea</p>	<p>Pickled Beets (see recipe at bottom of page) Enjoy 1 cup 8 oz warm water w/ lemon</p>	<p>3 celery stalks served with 2tbsp raw almond butter (E) 1 cup liver support tea</p>	<p>2 cups sautéed spinach w/ EVOO, 2 garlic cloves, lemon juice and salt/pepper to taste 8 oz warm water w/ lemon</p>
Lunch	<p>Chakra Salad 1 cup kale ½ cup arugula 1 cup spinach ½ avocado 1 carrot, shredded 1/3 cup purple cabbage Dressing: 1.5 tbsp EVOO, 2 tbsp apple cider vinegar, 1 tsp turmeric, salt, pepper 1 cup liver support tea</p>	<p>Chicken Tacos 4 oz grilled chicken ¼ cup yellow onion 1 tsp minced garlic ½ cup purple cabbage 1 tsp turmeric powder (Sauté ingredients and serve with 1 tbsp fresh cilantro and fresh lime juice) 8 oz water</p>	<p>Miso Soup with Brown Rice 4 cups water 4 tbsp miso paste ½ cup firm tofu, chopped 2 strip kombu, cut into strips ½ cup green chard ½ cup green onion, chopped Enjoy 1 serving.</p>	<p>Baked Sweet Potato Cut in half & drizzle in olive oil, salt, pepper Bake at 375 for 20 min. Enjoy with 1 tbsp tahini & a sprinkle of nutritional yeast (1/2 or whole portion) 8 oz water</p>	<p>Soulful Salad 2 cups kale 1 cup collard greens 1 cup mustard greens 1 orange ¾ cup pomegranate seeds ¾ cup roasted almonds 1 cup mung beans 1 ½ cups cooked quinoa (2 tbsp EVOO, 3 tbsp balsamic vinegar for dressing)</p>
Snack	<p>2 oz dried beef jerky (grass-fed and organic) 8 oz warm water w/ lemon</p>	<p>1 small avocado drizzled with olive oil, salt/pepper, and lemon juice 1 cup warm lemon water</p>	<p>Roasted Broccoli 1.5 cups broccoli sprinkled with salt, pepper, EVOO and roasted at 350 for 15 min. Add fresh lemon juice upon serving</p>	<p>1 cup bone broth of choice (house made or store bought) Ensure quality. A handful of raw walnuts.</p>	<p>Miso Soup with Brown Rice (second serving from Day 3) Reheat in small saucepan on low. 1 cup warm lemon water</p>
Dinner	<p>Simple Fresh Salmon 1 6 oz salmon filet 2 tbsp fresh lemon juice 1 tsp finely minced ginger 1 tsp raw honey 1 tsp minced rosemary (Combine all ingredients and allow salmon to marinate for ½ an hour. Bake at 400 for 18-20 min) Serve with ½ cup cooked quinoa and ½ cup fresh arugula 1 cup digest tea</p>	<p>Nourishing Veggie Soup 3 cups vegetable broth ½ onion, chopped 1 carrot, chopped 1 cup broccoli, chopped 4 garlic cloves, minced 1 cabbage, chopped 1 tbsp ginger, turmeric 1 tsp pepper, curry powder (Bring broth to a boil and add garlic, onion, turmeric, ginger, pepper & curry. Cook for 20 min then add the veggies and cook until tender) Enjoy 1 serving</p>	<p>Braised Chicken with Green Olives and Lemon 2 6oz organic chicken breasts 2 tbsp EVOO 3 shallots, sliced into rings 1 ½ cups chicken stock (homemade or store bought) 2 garlic cloves, cut in half 10 green olives, pitted Leaves from 1 sprig of thyme Juice of 1 lemon (Enjoy 1 serving) (Serve with a large green salad of choice, dressed in olive oil and apple cider vinegar)</p>	<p>Creamy Coconut Curry 1 tbsp coconut oil 1 tbsp red curry paste 1 garlic clove, minced 1 shallot, minced 1 tbsp coconut cream 4 oz baked chicken 1 cup cooked brown rice (E) (Heat the oil and cook garlic/shallot until fragrant before chicken. Stir in the coconut cream & paste to coat. Add water to thicken. Serve over rice.) 1 cup digest tea</p>	<p>Grandma's Sausage Soup 8 oz Italian sausage 2 garlic cloves, minced 2 cups water ¼ cup dry red wine 1 tbsp beef bouillon 5 oz green beans, cut 3 oz brown rice pasta 2 stalks celery, chopped 1 can organic tomatoes 1 tsp oregano, basil ½ tsp Worcestershire sauce Enjoy 1 serving 1 cup digest tea</p>

Pickled Beets

4 large beets, finely cubed
6 cloves garlic
3 tsp turmeric powder
3 sprigs rosemary
1.5 cups apple cider vinegar
1.5 cups water
½ cup brown sugar

Instructions: Roast the beets in the oven for approximately 1 hour at 375 degrees. Remove and let cool and then transfer to a gallon jar.

For the brine, combine apple cider vinegar, water, sugar, turmeric, rosemary, and garlic in a medium saucepan. Bring to a boil and then simmer for five minutes. Let cool.

Add the brine to the jar and let stand in the fridge for 48 hours.

Grandma's Sausage Soup

Ingredients listed above.

Instructions: To be found in "What's Cookin in Big Elk Meadows" cookbook. (cookbook owned by client)

Braised Chicken With Green Olives and Lemon

Ingredients listed above.

Instructions: To be found in "It's All Good" by Gwyneth Paltrow cookbook. (cookbook owned by client)