

## Warming and Satiating Meal Plan For Inflammation

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	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	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	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	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	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
<b>Snack</b>	1 apple diced served with 2 tbsp raw almond butter  8 oz water	2 hardboiled eggs sprinkled with truffle salt  1 cup liver support tea	Pickled Beets (see recipe at bottom of page)  Enjoy 1 cup  8 oz warm water w/ lemon	3 celery stalks served with 2tbsp raw almond butter (E)  1 cup liver support tea	2 cups sautéed spinach w/ EVOO, 2 garlic cloves, lemon juice and salt/pepper to taste  8 oz warm water w/ lemon
<b>Lunch</b>	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	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	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.	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	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)  1 cup liver support tea
<b>Snack</b>	2 oz dried beef jerky (grass-fed and organic)  8 oz warm water w/ lemon	1 small avocado drizzled with olive oil, salt/pepper, and lemon juice  1 cup warm lemon water	Roasted Broccoli 1.5 cups broccoli sprinkled with salt, pepper, EVOO and roasted at 350 for 15 min.  Add fresh lemon juice upon serving	1 cup bone broth of choice (house made or store bought) Ensure quality.  A handful of raw walnuts.	Miso Soup with Brown Rice (second serving from Day 3)  Reheat in small saucepan on low.  1 cup warm lemon water
<b>Dinner</b>	Simple Fresh Salmon 1 6 oz salmon filet 2 tbsp fresh lemon juice 1 tsp finely minced ginger 1 tsp raw honey 1 tsp mined 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	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	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)	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	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

## 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  
¼ 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)