

Free One Day Anti-inflammatory Meal Plan

 32 items

Fruits

- 1/2 Apple
- 1 Avocado
- 2 Banana
- 1 Lime
- 1 cup Raspberries

Seeds, Nuts & Spices

- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 2 tbsps Sunflower Seeds

Frozen

- 1 cup Frozen Strawberries

Vegetables

- 2 cups Broccoli
- 4 1/2 Carrot
- 1 stalk Celery
- 2 cups Kale Leaves
- 1/2 Red Bell Pepper
- 1 cup Snap Peas
- 1 Sweet Potato
- 1/2 Yellow Bell Pepper

Boxed & Canned

- 1/2 cup Organic Coconut Milk
- 1/3 cup Quinoa
- 1/2 can Tuna

Baking

- 1 1/2 tsps Raw Honey
- 1 tbsp Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Coconut Oil
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Sesame Oil
- 1 1/2 tbsps Tamari

Other

- 1 1/4 cups Water

Paleo Sweet Potato Porridge

 7 ingredients  20 minutes  2 servings

Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes


Other Toppings Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

1	Sweet Potato
1/2 cup	Organic Coconut Milk (canned)
1/2 cup	Water
1 cup	Raspberries
1 tbsp	Coconut Oil
1/2 tsp	Cinnamon
1 tbsp	Unsweetened Coconut Flakes

Carrots & Guacamole

 4 ingredients  5 minutes  2 servings

Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

4 Carrot (medium)
1 Avocado
1 Lime (juiced)
1/4 tsp Sea Salt (or more to taste)

Hearty Kale & Apple Tuna Salad

 9 ingredients  10 minutes  2 servings

Directions

1. Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

Ingredients

1/2 can	Tuna (drained)
1 stalk	Celery (diced)
2 cups	Kale Leaves (finely sliced)
1/2	Carrot (grated)
1/2	Apple (diced)
2 tbsps	Sunflower Seeds
1 tbsp	Dijon Mustard
1 1/2 tsps	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)

Strawberry Ice Cream

 2 ingredients  5 minutes  2 servings

Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy Add 2 tbsp coconut milk.

More Scoopable Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Ingredients

- 2** Banana (sliced and frozen)
- 1 cup** Frozen Strawberries

One Pan Chicken Stir Fry

 12 ingredients  30 minutes  2 servings

Directions

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper.
2. In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
3. Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 - 30 minutes, or until chicken is cooked through.
4. Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
5. Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Notes

Storage Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian Replace the chicken breast with chickpeas.

Ingredients

- 1 1/2 tbsps** Tamari
- 1 1/2 tsps** Apple Cider Vinegar
- 1 1/2 tsps** Raw Honey
- 1 1/2 tsps** Sesame Oil
- 10 ozs** Chicken Breast (sliced into cubes)
- 1/2** Red Bell Pepper (de-seeded and sliced)
- 1/2** Yellow Bell Pepper (de-seeded and sliced)
- 2 cups** Broccoli (chopped into florets)
- 1 cup** Snap Peas
- 1/3 cup** Quinoa (dry)
- 3/4 cup** Water
- 1 1/2 tsps** Sesame Seeds