

# Anti-Inflammatory 7 Day Meal Plan

Wellness Next Step

Hi,

Welcome to your meal plan! On the next pages, you will find the customized plan I've created for you, along with an itemized grocery list and delicious recipes.

## Grocery List Tips

---

I've included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## Shopping Tips

---

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## Recipe Tips

---

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## Left overs

---

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

# Anti-Inflammatory 7 Day Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Apple Turkey Sausage Patties with Sauteed Greens	Apple Turkey Sausage Patties with Sauteed Greens	Apple Turkey Sausage Patties with Sauteed Greens	High Fat Green Smoothie	High Fat Green Smoothie	Peach, Blackberry & Basil Smoothie	Peach, Blackberry & Basil Smoothie
	Sweet Potato Hashbrowns	Sweet Potato Hashbrowns	Sweet Potato Hashbrowns	Sardine & Avocado Endive Wraps	Sardine & Avocado Endive Wraps	Apple Sausage Bites	Apple Sausage Bites
Snack 1	Broiled Grapefruit	Broiled Grapefruit	Broiled Grapefruit	Coconut Banana Energy Bites	Coconut Banana Energy Bites	Coconut Banana Energy Bites	Coconut Banana Energy Bites
	Watermelon Pizza	Watermelon Pizza	Watermelon Pizza	Mashed Cauliflower & Spinach	Mashed Cauliflower & Spinach	Mashed Cauliflower & Spinach	Mashed Cauliflower & Spinach
Lunch	Avocado Tuna Salad	Arugula Salad with Salmon	Greek Seasoned Turkey Burgers & Parsnip Fries	Salmon Chowder	Chicken, Kale & Sweet Potato Skillet	One Pan Sausage, Kale & Jicama Home Fries	Herb & Garlic Roasted Vegetables
	Creamy Potato & Dill Soup			Creamy Cauliflower & Carrot Soup	Creamy Roasted Garlic & Kale Soup with Cauliflower	Tuna Salad Lettuce Wraps	Sardine & Avocado Salad
Snack 2	Molasses Cookies	Molasses Cookies	Molasses Cookies	Chicken Pate	Chicken Pate	Chicken Pate	Chicken Pate
	Cantaloupe with Prosciutto	Cantaloupe with Prosciutto	Cantaloupe with Prosciutto	Roasted Garlic & Asparagus Soup	Roasted Garlic & Asparagus Soup	Roasted Garlic & Asparagus Soup	Roasted Garlic & Asparagus Soup
Dinner	Arugula Salad with Salmon	Greek Seasoned Turkey Burgers & Parsnip Fries	Salmon Chowder	Chicken, Kale & Sweet Potato Skillet	One Pan Sausage, Kale & Jicama Home Fries	Herb & Garlic Roasted Vegetables	Sweet Potato & Sausage Hash
			Creamy Cauliflower & Carrot Soup	Creamy Roasted Garlic & Kale Soup with Cauliflower	Tuna Salad Lettuce Wraps	Sardine & Avocado Salad	Slow Cooker Swedish Meatballs
Snack 3	Coconut Jelly	Coconut Jelly	Coconut Jelly	Pumpkin Cinnamon Mini Muffins	Pumpkin Cinnamon Mini Muffins	Pumpkin Cinnamon Mini Muffins	Pumpkin Cinnamon Mini Muffins
	Prosciutto-Wrapped Apples	Prosciutto-Wrapped Apples	Prosciutto-Wrapped Apples	Crispy Prosciutto-Wrapped Asparagus	Crispy Prosciutto-Wrapped Asparagus	Crispy Prosciutto-Wrapped Asparagus	Crispy Prosciutto-Wrapped Asparagus

# Anti-Inflammatory 7 Day Meal Plan

90 items

## Fruits

- ☐ 3 3/4 Apple
- ☐ 5 1/2 Avocado
- ☐ 1/3 Banana
- ☐ 2/3 cup Blackberries
- ☐ 1 1/2 tbsps Blueberries
- ☐ 1/3 Cantaloupe
- ☐ 2 Fig
- ☐ 1 1/2 Grapefruit
- ☐ 3/4 Lemon
- ☐ 1/3 cup Lemon Juice
- ☐ 2 tbsps Lime Juice
- ☐ 1/3 Peach
- ☐ 1/16 Seedless Watermelon

## Breakfast

- ☐ 1 1/2 tbsps Maple Syrup

## Seeds, Nuts & Spices

- ☐ 3/4 tsp Cinnamon
- ☐ 1 tsp Dried Chives
- ☐ 1 tsp Dried Parsley
- ☐ 1 tsp Dried Thyme
- ☐ 1 tsp Garlic Powder
- ☐ 1 1/2 tbsps Greek Seasoning
- ☐ 1/3 tsp Ground Ginger
- ☐ 1 1/3 tbsps Italian Seasoning
- ☐ 1/4 tsp Onion Powder
- ☐ 1 2/3 tbsps Sea Salt

## Frozen

- ☐ 2 cups Frozen Peaches

## Vegetables

- ☐ 4 cups Arugula
- ☐ 7 cups Asparagus
- ☐ 18 cups Baby Spinach
- ☐ 2 tbsps Basil Leaves
- ☐ 1 Beet
- ☐ 2 cups Broccoli
- ☐ 1 cup Butternut Squash
- ☐ 2 1/2 Carrot
- ☐ 2 3/4 heads Cauliflower
- ☐ 1 stalk Celery
- ☐ 1 cup Celery Root
- ☐ 2/3 Cucumber
- ☐ 1 head Endive
- ☐ 1/2 bulb Fennel
- ☐ 1 1/4 tbsps Fresh Dill
- ☐ 18 Garlic
- ☐ 1 1/2 tbsps Ginger
- ☐ 5 stalks Green Onion
- ☐ 2 cups Jicama
- ☐ 10 1/2 cups Kale Leaves
- ☐ 1/2 cup Mint Leaves
- ☐ 2 cups Mixed Greens
- ☐ 3/4 cup Mushrooms
- ☐ 2/3 cup Parsley
- ☐ 2 Parsnip
- ☐ 1/4 cup Radishes
- ☐ 4 leaves Romaine
- ☐ 1 cup Rutabaga
- ☐ 3 1/2 Sweet Potato
- ☐ 1/4 White Onion
- ☐ 1 1/8 Yellow Onion

## Boxed & Canned

- ☐ 2 cups Canned Coconut Milk
- ☐ 1 tbsps Coconut Cream
- ☐ 9 1/2 ozs Sardines
- ☐ 1 1/2 cans Tuna

## Bread, Fish, Meat & Cheese

- ☐ 4 ozs Chicken Liver
- ☐ 8 ozs Chicken Sausage
- ☐ 8 1/16 ozs Extra Lean Ground Chicken
- ☐ 1 1/2 lbs Extra Lean Ground Turkey
- ☐ 11 ozs Pork Sausage
- ☐ 9 1/2 ozs Prosciutto
- ☐ 1 1/8 lbs Salmon Fillet

## Condiments & Oils

- ☐ 1 1/2 tsps Apple Cider Vinegar
- ☐ 2 tbsps Avocado Oil
- ☐ 2 1/4 tsps Coconut Aminos
- ☐ 1/2 cup Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 3/4 cup Sauerkraut

## Cold

- ☐ 2 1/2 cups Plain Coconut Milk

## Other

- ☐ 1 1/2 ozs Collagen Powder
- ☐ 5 3/4 cups Water

☐ **6 1/8 cups** Vegetable Broth

## Baking

---

- ☐ **1/3 cup** Arrowroot Powder
- ☐ **1/4 tsp** Baking Soda
- ☐ **1 1/8 tsps** Blackstrap Molasses
- ☐ **3 1/2 tbsps** Cassava Flour
- ☐ **3 1/4 tbsps** Coconut Flour
- ☐ **2 tbsps** Coconut Sugar
- ☐ **1/4 oz** Gelatin
- ☐ **3/4 tsp** Nutritional Yeast
- ☐ **2 2/3 tbsps** Pureed Pumpkin
- ☐ **1/8 tsp** Stevia Powder
- ☐ **1 1/8 tsps** Tapioca Flour
- ☐ **2 1/8 tbsps** Unsweetened Applesauce
- ☐ **2/3 cup** Unsweetened Coconut Flakes



# Apple Turkey Sausage Patties with Sauteed Greens

9 ingredients · 30 minutes · 3 servings



## Directions

1. Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
2. Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
3. In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
4. When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
5. To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

## Notes

### Serving Size

There are approximately three thin patties per serving.

### Leftovers

Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

### Best Flavor

A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

### No Spinach

Use another leafy green like kale, Swiss chard or collard greens.

### No Ground Turkey

Use ground chicken, lamb, beef, pork or bison instead.

## Ingredients

**12 ozs** Extra Lean Ground Turkey  
**3/4** Apple  
**2 1/4 tsps** Ginger (peeled and grated)  
**2 1/4 tsps** Italian Seasoning  
**3/4 tsp** Apple Cider Vinegar  
**1/3 tsp** Sea Salt  
**1 1/2 tbsps** Extra Virgin Olive Oil (divided)  
**6 cups** Baby Spinach  
**2 1/4 tsps** Water

# Sweet Potato Hashbrowns

4 ingredients · 20 minutes · 3 servings



## Directions

---

1. Using your hands and a paper towel or kitchen towel, squeeze as much liquid out of the shredded sweet potato as possible.
2. In a mixing bowl, combine the sweet potato, arrowroot powder and salt.
3. Heat oil in a cast iron skillet over medium heat. Sprinkle the sweet potato evenly across the skillet to form a thin layer. Press down with a spatula and cook on each side for 4 to 5 minutes, or until brown and crispy.
4. Transfer to a towel-lined plate to absorb any excess oil. Let cool slightly and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Add garlic and/or onion powder to the sweet potato mixture.

### Additional Toppings

Top with avocado, spinach, sausage patty or poached egg.

## Ingredients

---

**1 1/2** Sweet Potato (large, peeled and shredded)

**1/4 cup** Arrowroot Powder

**1/3 tsp** Sea Salt

**3 tbsps** Coconut Oil

# High Fat Green Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

---

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to one day.

### Likes it Sweeter

Add frozen banana, pineapple or apple.

### More Protein

Add protein powder or collagen powder.

### No Mint

Use cilantro or basil instead.

## Ingredients

---

**2 cups** Water (cold)

**1/4 cup** Lemon Juice

**2 cups** Baby Spinach

**1** Avocado (frozen)

**1/2 cup** Mint Leaves (fresh, roughly chopped)

**2 tsps** Ginger (fresh, roughly chopped)



# Sardine & Avocado Endive Wraps

3 ingredients · 5 minutes · 2 servings



## Directions

1. In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
2. Fill each endive leaf with the sardine avocado mixture. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately three endive-filled leaves.

### Additional Toppings

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

### No Endive

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

## Ingredients

**6 ozs** Sardines (packed in oil, drained)

**1** Avocado (cubed)

**1 head** Endive (leaves separated)

# Peach, Blackberry & Basil Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

---

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

---

### Leftovers

Best enjoyed immediately.

### More Flavor

Add a pitted date before blending.

### Make it Vegan

Omit collagen powder and use plant-based protein powder.

## Ingredients

---

**2 1/2 cups** Plain Coconut Milk (unsweetened, from the carton)

**2 cups** Frozen Peaches

**2/3 cup** Blackberries (fresh or frozen)

**2 tbsps** Basil Leaves

**1 1/3 ozs** Collagen Powder

# Apple Sausage Bites

3 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat the oven to 425°F (218°C).
2. Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
3. Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately six pieces.

### Make it Vegan

Use marinated tofu, tempeh or chopped vegan burgers instead of sausage.

## Ingredients

**8 ozs** Pork Sausage

**1/2** Apple (core removed, sliced)

**3/4 cup** Sauerkraut



# Broiled Grapefruit

2 ingredients · 15 minutes · 3 servings



## Directions

1. Set your oven to broil and move the rack to the top rung.
2. Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to void burning!
3. Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon. Enjoy!

## Notes

### Coconut Lover

Sprinkle with shredded coconut after baking.

### Magical Touch

Sprinkle with a pinch of sea salt before eating.

### Leftovers

Wrap leftovers in saran and store in the fridge. Reheat before eating.

## Ingredients

- 1 1/2 Grapefruit
- 1 1/2 tbsps Maple Syrup

# Watermelon Pizza

4 ingredients · 10 minutes · 3 servings



## Directions

1. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
2. Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
3. Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
4. Spread whipped coconut cream evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

## Notes

### Other Toppings

Any fruit, fresh herbs, crushed nuts, shredded coconut, hemp hearts, dark chocolate chips, etc.

### No Coconut Whipped Cream

Use melted chocolate or yogurt instead.

### Make More

Create smaller watermelon pizzas with leftover watermelon.

## Ingredients

**1/2 cup** Canned Coconut Milk (full fat, refrigerated overnight)

**1/16** Seedless Watermelon (medium)

**1 1/2 tbsps** Blueberries

**1/3** Peach (sliced)



# Coconut Banana Energy Bites

8 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
2. Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
3. Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

### Serving Size

One serving is equal to one ball.

### More Flavor

Add your favorite baking spices like nutmeg, clove, or vanilla extract.

### Additional Toppings

Press the rolled balls into a mixture of shredded coconut, coconut sugar and cinnamon for an extra sweet treat.

### Make It Vegan

Omit the collagen powder and substitute extra coconut flour instead.

## Ingredients

**2/3 cup** Unsweetened Coconut Flakes

**1/3** Banana (small, very ripe)

**1 tsp** Coconut Oil

**1 3/4 tbsps** Coconut Flour

**1/4 oz** Collagen Powder

**1/4 tsp** Cinnamon

**1/16 tsp** Ginger

**1/16 tsp** Sea Salt

# Mashed Cauliflower & Spinach

3 ingredients · 15 minutes · 4 servings



## Directions

---

1. Bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft.
2. Remove from heat and blend in a food processor until smooth. If needed, add water until your desired consistency is reached.
3. Divide the mashed cauliflower and spinach onto plates. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

Each serving equals approximately 3/4 cup of mashed cauliflower and one cup of spinach.

### More Flavor

Add garlic and/or butter to the mashed cauliflower. Blend with oil or your choice of milk instead of water for desired consistency.

### Additional Toppings

Top with freshly chopped chives or green onions.

## Ingredients

---

**1 head** Cauliflower (chopped into florets)

**1/2 tsp** Sea Salt

**4 cups** Baby Spinach

# Avocado Tuna Salad

6 ingredients · 10 minutes · 1 serving



## Directions

---

1. In a medium-sized bowl, add the tuna. Add the avocado and mash well with a fork to combine.
2. Add the celery and apple to the tuna and season with salt. Add the lemon juice and stir to combine. Serve and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add additional spices and/or herbs to the salad.

### Additional Toppings

Add chopped red onion or shallot.

### How to Serve

Serve on large crispbreads, in a wrap or sandwich, or top salads with it.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

## Ingredients

---

**1/2 can** Tuna (drained)  
**1/2** Avocado (medium)  
**1/2 stalk** Celery (chopped)  
**1/2** Apple (small, chopped)  
**1/4 tsp** Sea Salt  
**1 1/2 tsps** Lemon Juice



# Creamy Potato & Dill Soup

8 ingredients · 30 minutes · 1 serving



## Directions

1. Heat the vegetable broth in a pot and bring to a simmer while you prepare the remaining ingredients.
2. Add the sweet potato, celery and salt. Cook until the sweet potato is fork tender, about 15 minutes.
3. Stir in the dill, coconut milk, apple cider vinegar, and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### Serving Size

One serving equals approximately 1 1/2 cups.

### More Flavor

Use bone broth instead of vegetable broth. Add sautéed garlic and onions.

### Additional Toppings

Kale chips, nutritional yeast or crusty bread.

### No Coconut Milk

Use almond milk, cashew milk, oat milk or cream instead.

## Ingredients

- 3/4 cup** Vegetable Broth
- 1/2** Sweet Potato (small, peeled and diced)
- 1/2 stalk** Celery (diced)
- 1/8 tsp** Sea Salt
- 1 1/2 tsps** Fresh Dill (stems removed, chopped)
- 1/4 cup** Canned Coconut Milk
- 3/4 tsp** Apple Cider Vinegar
- 3/4 tsp** Nutritional Yeast

# Molasses Cookies

8 ingredients · 20 minutes · 3 servings



## Directions

1. Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, combine the coconut flour, tapioca flour, cinnamon, ginger and baking soda.
3. Add the coconut oil, applesauce and molasses. Stir until the mixture is thick and the ingredients are evenly combined.
4. Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
5. Bake for 12 to 15 minutes. Remove from the oven and let them cool completely to allow the cookies to firm up. If the cookies are too crumbly, freeze them before serving. Enjoy!

## Notes

### Leftovers

Freeze in an airtight container or freezer bag. Serve from frozen (no need to thaw).

### Serving Size

One serving equals one cookie.

### Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

### No Tapioca Flour

Use cornstarch or arrowroot powder instead.

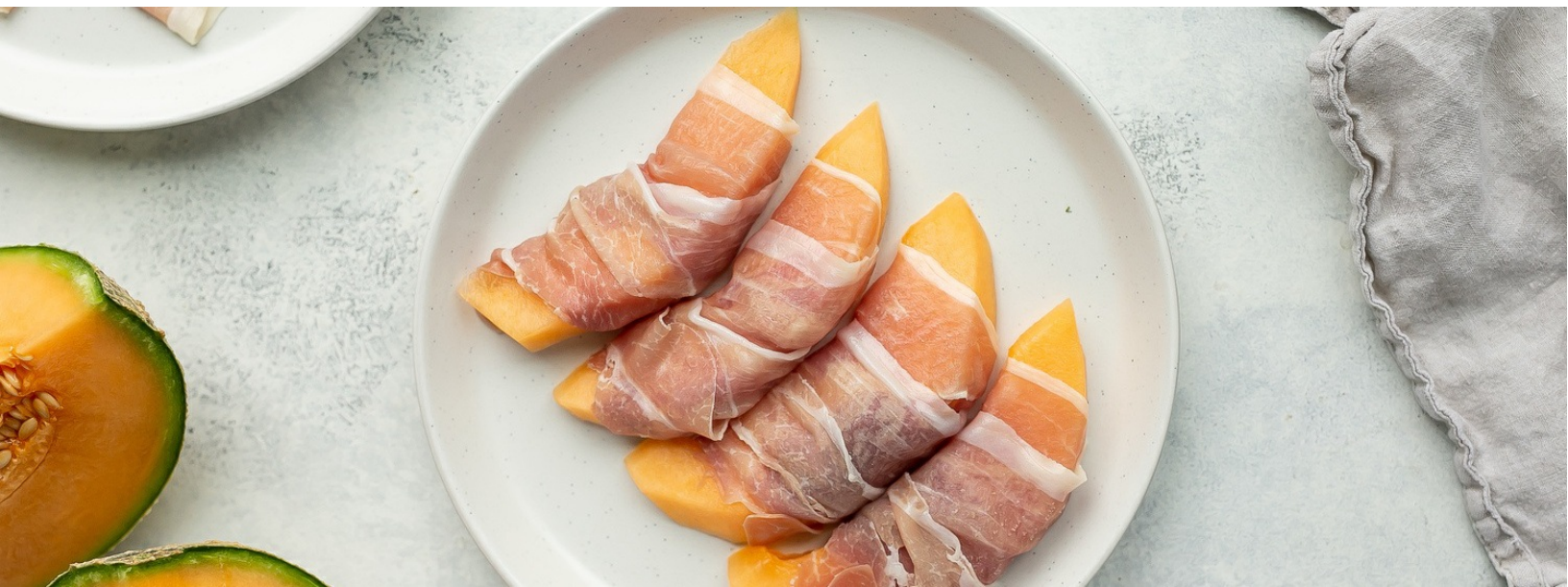
## Ingredients

- 1 1/2 **tbps** Coconut Flour
- 1 1/8 **tsps** Tapioca Flour
- 1/8 **tsp** Cinnamon
- 1/3 **tsp** Ground Ginger
- 1/16 **tsp** Baking Soda
- 1 1/2 **tbps** Coconut Oil (melted)
- 1 1/2 **tbps** Unsweetened Applesauce
- 1 1/8 **tsps** Blackstrap Molasses



# Cantaloupe with Prosciutto

2 ingredients · 10 minutes · 3 servings



## Directions

---

1. Gently wrap the cantaloupe slices with prosciutto. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

Each serving equals approximately two slices of prosciutto-wrapped cantaloupe.

### Additional Toppings

Add in bocconcini cheese and/or arugula.

### Extra Sweetness

Drizzle with a bit of raw honey.

## Ingredients

---

**1/3** Cantaloupe (skin and seeds removed, sliced)

**2 1/4 ozs** Prosciutto (thinly sliced)

# Chicken Pate

6 ingredients · 15 minutes · 4 servings



## Directions

1. Heat half of the coconut oil in a skillet over medium heat. Add the chicken liver, garlic, sea salt, and water. Bring to a low simmer then cover and cook for six to eight minutes, or until the liver turns light brown.
2. Turn off the heat and let rest for five minutes, covered. Drain the excess liquid.
3. Add the liver, coconut cream, and remaining coconut oil to a food processor. Blend until smooth, adding more coconut oil if needed. Adjust the salt to taste.
4. Enjoy immediately or refrigerate until ready to serve.

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze if longer.

### Serving Size

One serving equals approximately two tablespoons.

### More Flavor

Add cooked shallots, fresh thyme, or bay leaves.

### Additional Toppings

Serve it with crackers, bread, pickles, or vegetable sticks.

## Ingredients

- 1 tbsp** Coconut Oil (divided)
- 4 ozs** Chicken Liver
- 1** Garlic (cloves, minced)
- 1/16 tsp** Sea Salt (to taste)
- 1/4 cup** Water
- 1 tbsp** Coconut Cream

# Roasted Garlic & Asparagus Soup

8 ingredients · 50 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
3. When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
4. To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
5. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 1/4 cups of soup.

### More Flavor

Add fresh herbs or black pepper to the soup before blending.

### Additional Toppings

Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

### No Spinach

Use kale instead.

### No Blender

Use an immersion hand blender or food processor instead.

## Ingredients

- 4 cups** Asparagus (trimmed, cut in half)
- 10** Garlic (cloves, peeled and cut in half)
- 1/2** Yellow Onion (cut into thick slices)
- 1/4 head** Cauliflower (cut into florets)
- 1 tbsp** Extra Virgin Olive Oil
- 1/2 tsp** Sea Salt (divided)
- 2 1/2 cups** Vegetable Broth
- 2 cups** Baby Spinach



# Arugula Salad with Salmon

8 ingredients · 15 minutes · 2 servings



## Directions

1. Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
2. In a small bowl, mix the oil and lemon juice together.
3. Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

## Notes

### Leftovers

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

### More Flavor

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

### Additional Toppings

More vegetables, nuts or seeds.

## Ingredients

- 12 ozs** Salmon Fillet
- 1/4 tsp** Sea Salt
- 2 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Lemon Juice
- 4 cups** Arugula
- 1/2** Cucumber (sliced)
- 1** Avocado (sliced)
- 2** Fig (optional, quartered)

# Greek Seasoned Turkey Burgers & Parsnip Fries

9 ingredients · 45 minutes · 2 servings



## Directions

---

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the parsnips to a large bowl. Add half of the oil, lemon juice, and half of the Greek seasoning. Toss to combine.
3. Spread them out onto the baking sheet and bake for 30 to 35 minutes, turning them halfway through.
4. While the fries are in the oven, preheat the grill to medium heat.
5. Add the ground turkey, the remaining oil, remaining Greek seasoning, onion, parsley, and garlic to a large bowl. Mix well to combine. Form the mixture into even patties.
6. Add the burgers to the grill and cook for six to seven minutes per side or until cooked through.
7. Divide the mixed greens, burgers, and parsnip fries onto plates. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Lettuce, tomatoes, onions, pickles, or any of your favorite burger toppings. Serve with a bun or a lettuce bun. Add feta and fresh herbs to the parsnip fries.

## Ingredients

---

- 2 Parsnip (large, peeled, cut into fries)
- 2 **tbsps** Avocado Oil (divided)
- 1/4 Lemon (juiced)
- 1 **1/2 tbsps** Greek Seasoning (divided)
- 8 **ozs** Extra Lean Ground Turkey
- 1/8 Yellow Onion (grated)
- 2 **tbsps** Parsley (finely chopped)
- 1 Garlic (cloves, minced)
- 2 **cups** Mixed Greens



# Salmon Chowder

9 ingredients · 40 minutes · 2 servings



## Directions

1. In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
2. Add the broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
3. Add the broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
4. Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
5. To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

## Notes

### Leftovers

Store covered in the fridge up to three days, or freeze it.

### Serving Size

One serving is roughly 1 1/2 cups.

### Vegan & Vegetarians

Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.

## Ingredients

- 1 **tbps** Coconut Oil
- 1/2 **bulb** Fennel (sliced)
- 1 **cup** Celery Root (peeled and cubed)
- 1 **cup** Rutabaga (peeled and cubed)
- 1 **cup** Vegetable Broth
- 6 **ozs** Salmon Fillet
- 1/2 **cup** Canned Coconut Milk
- 1/8 **tsp** Sea Salt (or more to taste)
- 2 **tbps** Parsley (chopped, optional garnish)

# Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 2 servings



## Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### Serving Size

One serving is roughly 2 1/2 cups.

### Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

### Anti-Inflammatory

Add turmeric powder.

### Gut-Healing

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

## Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 3 stalks** Green Onion (chopped)
- 2 1/2** Carrot (medium size, chopped)
- 1/2 head** Cauliflower (chopped into florets)
- 3 cups** Water
- 1 tsp** Dried Thyme
- 1/4 tsp** Sea Salt
- 1/4 cup** Parsley



# Chicken, Kale & Sweet Potato Skillet

7 ingredients · 20 minutes · 2 servings



## Directions

1. Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
2. Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
3. Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
4. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately equal to two cups.

### More Flavor

Add other dried herbs and spices to taste.

### No Chicken

Use turkey or pork instead.

### No Coconut Oil

Use avocado oil or extra virgin olive oil instead.

### No Chives

Use another dried herb instead.

### Sweet Potato

One medium sweet potato is approximately equal to two cups diced.

## Ingredients

**8 1/16 ozs** Extra Lean Ground Chicken

**1 tsp** Dried Chives

**1/2 tsp** Garlic Powder

**1/4 tsp** Sea Salt (divided)

**1 tbsp** Coconut Oil

**1** Sweet Potato (medium, peeled and diced)

**1 cup** Kale Leaves (finely chopped)

# Creamy Roasted Garlic & Kale Soup with Cauliflower

8 ingredients · 1 hour 15 minutes · 2 servings



## Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
3. When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
4. Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
5. Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

## Notes

### Leftovers

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

### Serve it With

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

### Too Thick

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

## Ingredients

- 6 Garlic (cloves, peeled and trimmed)
- 1/2 Yellow Onion (large, roughly chopped)
- 1/2 head Cauliflower (sliced into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 4 cups Kale Leaves (packed)
- 2 cups Vegetable Broth (divided)



# One Pan Sausage, Kale & Jicama Home Fries

5 ingredients · 30 minutes · 2 servings



## Directions

1. In a skillet over medium heat, cook the sausage breaking it up as it browns. Leave the rendered fat and set aside the sausage on a plate.
2. In the same skillet, add the diced jicama and cook over medium-high heat for 1 to 2 minutes or until brown on one side. Lower the heat to medium, add water and cook for 5 to 7 minutes or until tender.
3. Add the kale to the jicama and cover with a lid. Cook over medium heat for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste.
4. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately 1 1/4 cups.

### More Flavor

Cook in oil and add your choice of spices like cumin, paprika or chili powder.

### Meal Prep

Cook the jicama in advance to save time.

### No Kale

Use another hearty green such as rapini, dandelion or shaved brussels sprouts.

### No Chicken

Use turkey sausage, pork sausage or ground meat instead.

### Make it Vegan

Use lentils instead of sausage.

## Ingredients

**8 ozs** Chicken Sausage (roughly sliced)

**2 cups** Jicama (peeled, diced)

**1/4 cup** Water

**4 cups** Kale Leaves (stems removed, roughly chopped)

**1/2 tsp** Sea Salt

# Tuna Salad Lettuce Wraps

7 ingredients · 15 minutes · 2 servings



## Directions

---

1. In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
2. Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

## Notes

---

### Leftovers

Keep refrigerated in an airtight container for up to two days.

### Serving Size

One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

### More Flavor

Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

### Additional Toppings

Top with sunflower seeds, pumpkin seeds or hemp seeds.

### No Avocado

Use mayonnaise instead.

## Ingredients

---

**1** Avocado

**2 tbsps** Lime Juice

**1/4 tsp** Sea Salt

**1 can** Tuna (flaked)

**2 stalks** Green Onion (sliced)

**1/8** Cucumber (deseeded and finely chopped)

**4 leaves** Romaine



# Herb & Garlic Roasted Vegetables

8 ingredients · 45 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
3. Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add other dried herbs and spices to taste.

### Vegetables

Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.

## Ingredients

**1/2 head** Cauliflower (small, cut into florets)

**1** Beet (large, peeled and chopped)

**2 cups** Broccoli (cut into florets)

**1 cup** Butternut Squash (cut into cubes)

**1 tbsp** Coconut Oil (melted)

**1 tsp** Dried Parsley

**1/2 tsp** Garlic Powder

**1/4 tsp** Sea Salt

# Sardine & Avocado Salad

8 ingredients · 20 minutes · 2 servings



## Directions

1. Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
2. Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

## Notes

### No Sardines

Use tuna instead.

## Ingredients

- 3 1/2 ozs Sardines (packed in oil, drained)
- 1/2 Lemon (juiced and divided)
- 1 tbsp Parsley (finely chopped)
- 4 cups Baby Spinach (packed)
- 1/4 cup Radishes (thinly sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (sliced)
- 1/8 tsp Sea Salt



# Sweet Potato & Sausage Hash

6 ingredients · 30 minutes · 1 serving



## Directions

1. Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
2. In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
3. Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

## Notes

### Prep Ahead

Cook the sweet potato in advance to save time.

### No Kale

Use another hearty green such as dandelion or shaved brussels sprouts.

### No Pork

Use turkey sausage, chicken sausage or ground meat instead.

### Vegans & Vegetarians

Use lentils instead of sausage.

## Ingredients

- 3 ozs Pork Sausage (casings removed)
- 1/2 Sweet Potato (medium, diced into cubes)
- 1 1/2 cups Kale Leaves (chopped)
- 1/2 Apple (medium, diced)
- 1/16 tsp Cinnamon
- 1/8 tsp Sea Salt

# Slow Cooker Swedish Meatballs

8 ingredients · 4 hours 30 minutes · 1 serving



## Directions

---

1. In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
2. Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
3. Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
4. Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

## Notes

---

### Serve it With

Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

### Leftovers

Keeps well in the fridge up to 3 days. Freeze for longer.

## Ingredients

---

**4 ozs** Extra Lean Ground Turkey  
**2 tbsps** Parsley (chopped and divided)  
**1/4 tsp** Onion Powder  
**1/8 tsp** Sea Salt  
**3/4 cup** Mushrooms (sliced)  
**1/4** White Onion (chopped)  
**2 tbsps** Canned Coconut Milk  
**2 1/4 tps** Coconut Aminos (or tamari)



# Coconut Jelly

4 ingredients · 4 hours · 3 servings



## Directions

1. Add half the water to a bowl and sprinkle the gelatin over top. Let sit for five minutes.
2. Meanwhile, bring the remaining water to a boil. Add to the gelatin and whisk until dissolved. Set aside.
3. In the same pot over medium-low heat, add the coconut milk and stevia. Whisk and heat until warm, about two to three minutes. Do not let it boil.
4. Whisk in the gelatin mixture. Pour into a mini muffin silicone pan (or any jars) and place in the fridge for four hours to set. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately two one-ounce jellies.

### More Flavor

Add vanilla extract and a pinch of sea salt.

### Additional Toppings

Top with shredded coconut or fresh fruit.

## Ingredients

- 3 tbsps** Water (divided)
- 1/8 oz** Gelatin
- 1/2 cup** Canned Coconut Milk
- 1/8 tsp** Stevia Powder (to taste)

# Prosciutto-Wrapped Apples

3 ingredients · 10 minutes · 3 servings



## Directions

---

1. Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

### Serving Size

One serving is roughly four pieces.

### Additional Toppings

Ricotta or parmesan cheese.

## Ingredients

---

1 1/2 Apple (cored and sliced)

2 1/4 ozs Prosciutto (cut in half)

2 1/4 tps Fresh Dill (chopped)



# Pumpkin Cinnamon Mini Muffins

10 ingredients · 35 minutes · 4 servings



## Directions

---

1. Preheat the oven to 350°F (175°C). Grease a mini muffin tray or use a mini silicone muffin tray.
2. Combine the water and applesauce in a saucepan and sprinkle the gelatin overtop. Allow the gelatin to absorb the liquid for about five minutes.
3. Place the saucepan over low heat and whisk until the gelatin is dissolved, about three minutes. Transfer to a large bowl and combine with the pureed pumpkin and oil.
4. In a separate mixing bowl, stir together the cassava flour, coconut sugar, arrowroot powder, baking soda, and cinnamon. Add the dry ingredients to the bowl of wet ingredients and stir until just incorporated.
5. Scoop the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean. Let cool completely and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### Serving Size

One serving equals approximately one mini muffin.

### More Flavor

Add vanilla, nutmeg, and salt to taste.

### Additional Toppings

Add nuts, chocolate chips, and/or raisins to the batter before baking.

### No Olive Oil

Use avocado oil or butter instead.

## Ingredients

---

- 1 **tbsp** Water
- 2 **tsps** Unsweetened Applesauce
- 1/8 **oz** Gelatin
- 2 **2/3 tsps** Pureed Pumpkin
- 1 **1/3 tsps** Extra Virgin Olive Oil
- 3 **1/2 tsps** Cassava Flour
- 2 **tsps** Coconut Sugar
- 2 **tsps** Arrowroot Powder
- 1/8 **tsp** Baking Soda
- 1/3 **tsp** Cinnamon

# Crispy Prosciutto-Wrapped Asparagus

2 ingredients · 15 minutes · 4 servings



## Directions

---

1. Preheat oven to 450°F (232°C). Line a baking sheet with foil.
2. Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
3. Divide onto plates and enjoy!

## Notes

---

### No Prosciutto

Use bacon instead. Baking times may increase depending on the thickness of the bacon.

### Storage

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

### Serving Size

One serving is equal to approximately 3 to 4 wrapped asparagus spears.

### BBQ Lover

Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.

## Ingredients

---

**3 cups** Asparagus (woody ends trimmed)

**5 1/16 ozs** Prosciutto (thinly sliced strips)