



Anti-Inflammatory Program

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A meal plan designed to decrease inflammation in the body.

Inflammation is a natural part of our immune response. But things like processed food and stress can cause it to run rampant through the body and wreak havoc.

Inflammation is often to blame for headaches, low energy, and poor digestion, and even more serious health conditions like arthritis, cancer, heart disease, and obesity.

This meal plan is free from common inflammatory foods like dairy, eggs, and soy. It features powerful anti-inflammatory ingredients like turmeric and omega-3s that will help decrease inflammation.

This program was created with four key nutrients in mind:

Polyphenols

Polyphenols may help to control oxidative stress and the inflammatory response. This plan includes polyphenols found in dark chocolate, berries, apples, grapes, and oats. The polyphenol curcumin in turmeric is incorporated in the meal plan due to its role as an anti-inflammatory agent. Curcumin is effective in treating chronic conditions like rheumatoid arthritis, inflammatory bowel disease, Alzheimer's and is used as an adjuvant in cancer therapy.

Fiber

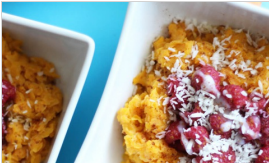
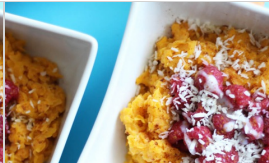






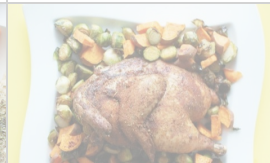


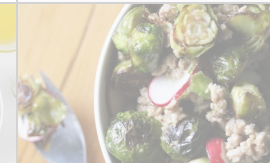




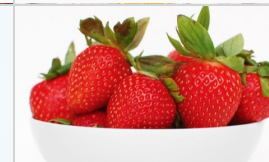
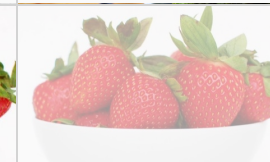
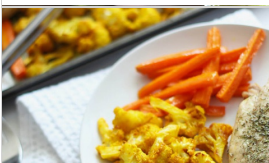

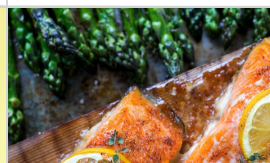





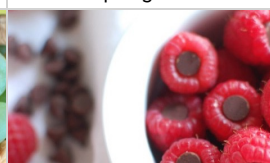

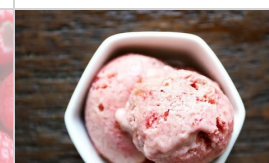
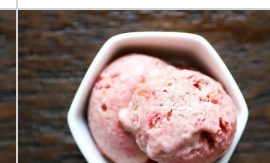
Fiber lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. It modulates the gut microbiome to create a healthy intestinal environment, which helps to prevent inflammation. This plan provides up to 40 grams of fiber daily from fruits, vegetables, legumes, and whole grains. Soluble fiber in oats, sweet potato, Brussels sprouts, and oranges generates short-chain fatty acids which have anti-inflammatory effects.
















Antioxidants

Essential fat-soluble antioxidants like vitamin A and vitamin E support various cellular functions of our immune system, reduce oxidative stress in cells, and are useful in the treatment of inflammatory diseases. This meal plan is packed with vitamin A sources like sweet potato, carrots, and salmon, and incorporates vitamin E through a daily dose of healthy oils, nuts, and seeds. These foods are paired with healthy fats to increase absorption.

Omega-3 Fats

Omega-3 fatty acids decrease the production of inflammatory mediators, having a positive effect on obesity and diabetes. Omega-3 metabolites act as strong anti-inflammatory agents that may treat psychiatric, neurodegenerative, and neurological disorders. This program incorporates omega-3 fats from salmon, nuts, and seeds.

| | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|--|---|--|--|
| Breakfast |  Paleo Sweet Potato Porridge |  Paleo Sweet Potato Porridge |  Orange Immunity Booster Smoothie |  Orange Immunity Booster Smoothie |  Sweet Cherry Steel Cut Oats |  Sweet Cherry Steel Cut Oats |
| Lunch |  Hearty Kale & Apple Tuna Salad |  One Pan Chicken, Golden Cauliflower & Carrot Fries |  Slow Cooker Rotisserie Chicken |  Cedar Planked Salmon with Grilled Asparagus |  Roasted Sweet Potato & Beet Salad |  Roasted Brussels Sprouts Caesar Salad |
| Snack 1 |  Carrots & Guacamole |  Carrots & Guacamole |  Pistachios |  Pistachios |  Fresh Strawberries |  Fresh Strawberries |
| Dinner |  One Pan Chicken, Golden Cauliflower & Carrot Fries |  Slow Cooker Rotisserie Chicken |  Cedar Planked Salmon with Grilled Asparagus |  Roasted Sweet Potato & Beet Salad |  Roasted Brussels Sprouts Caesar Salad |  Pistachio Crusted Salmon |
| Snack 2 |  Grapes & Cashews |  Grapes & Cashews |  Chocolate Stuffed Raspberries |  Chocolate Stuffed Raspberries |  Strawberry Ice Cream |  Strawberry Ice Cream |

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|--|
| Fat  55% | Fat  45% | Fat  34% | Fat  50% | Fat  52% | Fat  48% |
| Carbs  29% | Carbs  24% | Carbs  30% | Carbs  35% | Carbs  36% | Carbs  31% |
| Protein  16% | Protein  31% | Protein  36% | Protein  15% | Protein  12% | Protein  21% |
| Calories 1289 | Calories 1766 | Calories 1644 | Calories 1603 | Calories 1562 | Calories 1466 |
| Fat 82g | Fat 90g | Fat 64g | Fat 94g | Fat 95g | Fat 83g |
| Carbs 97g | Carbs 109g | Carbs 128g | Carbs 151g | Carbs 148g | Carbs 118g |
| Fiber 28g | Fiber 30g | Fiber 31g | Fiber 39g | Fiber 33g | Fiber 25g |
| Sugar 42g | Sugar 41g | Sugar 65g | Sugar 80g | Sugar 57g | Sugar 42g |
| Protein 52g | Protein 138g | Protein 152g | Protein 63g | Protein 51g | Protein 83g |
| Cholesterol 97mg | Cholesterol 377mg | Cholesterol 367mg | Cholesterol 72mg | Cholesterol 98mg | Cholesterol 170mg |
| Sodium 957mg | Sodium 2904mg | Sodium 3165mg | Sodium 1120mg | Sodium 319mg | Sodium 514mg |
| Vitamin A 43816IU | Vitamin A 50882IU | Vitamin A 32453IU | Vitamin A 36716IU | Vitamin A 16677IU | Vitamin A 4524IU |
| Vitamin C 144mg | Vitamin C 198mg | Vitamin C 207mg | Vitamin C 163mg | Vitamin C 274mg | Vitamin C 358mg |
| Calcium 285mg | Calcium 318mg | Calcium 540mg | Calcium 574mg | Calcium 318mg | Calcium 276mg |
| Iron 8mg | Iron 14mg | Iron 18mg | Iron 15mg | Iron 13mg | Iron 13mg |

Fruits

- 1/2 Apple
- 4 Avocado
- 6 Banana
- 4 cups Grapes
- 3 1/2 Lemon
- 2 Lime
- 4 Navel Orange
- 4 cups Raspberries
- 4 cups Strawberries

Breakfast

- 2/3 cup Maple Syrup
- 1 cup Steel Cut Oats

Seeds, Nuts & Spices

- 1 1/2 tsps Black Pepper
- 1 cup Cashews
- 1/2 tsp Cayenne Pepper
- 1 1/8 tbsps Cinnamon
- 1 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1 1/2 tsps Onion Powder
- 1 tbsp Paprika
- 1 cup Pecans
- 2 tbsps Pine Nuts
- 1/4 cup Pistachios
- 2 cups Pistachios, In Shell
- 1/2 cup Pumpkin Seeds
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sunflower Seeds
- 1 tbsp Turmeric

Frozen

- 2 cups Frozen Cherries
- 2 cups Frozen Strawberries

Vegetables

- 6 cups Asparagus
- 8 cups Baby Spinach
- 2 Beet
- 9 cups Brussels Sprouts
- 12 1/2 Carrot
- 1 1/2 heads Cauliflower
- 1 stalk Celery
- 1 1/2 Garlic
- 1 tbsp Ginger
- 2 cups Kale Leaves
- 1 cup Parsley
- 1/2 cup Radishes
- 6 Sweet Potato

Boxed & Canned

- 1 cup Canned Coconut Milk
- 1/2 can Tuna

Baking

- 1/4 cup Dark Chocolate Chips
- 2 cups Pureed Pumpkin
- 2 tbsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 2 lbs Salmon Fillet
- 4 lbs Whole Roasting Chicken

Condiments & Oils

- 2 tbsps Coconut Oil
- 3 tbsps Dijon Mustard
- 1 1/4 cups Extra Virgin Olive Oil

Cold

- 1 1/2 cups Unsweetened Almond Milk

Other

- 2 Cedar Plank
- 4 cups Water



Paleo Sweet Potato Porridge

2 servings

20 minutes

Ingredients

- 1 Sweet Potato
- 1/2 cup Canned Coconut Milk
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 273 |
| Fat | 19g |
| Carbs | 23g |
| Fiber | 7g |
| Sugar | 6g |
| Protein | 3g |
| Cholesterol | 0mg |
| Sodium | 54mg |
| Vitamin A | 9244IU |
| Vitamin C | 18mg |
| Calcium | 50mg |
| Iron | 1mg |

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.



Orange Immunity Booster Smoothie

2 servings

10 minutes

Ingredients

1 cup Pureed Pumpkin
 1 Banana (frozen)
 1/2 tsp Turmeric
 1/4 tsp Cinnamon
 1 1/2 tsps Ginger
 1 tbsp Ground Flax Seed
 3/4 cup Unsweetened Almond Milk
 2 Navel Orange (peeled and sectioned)
 1 tbsp Maple Syrup

Nutrition

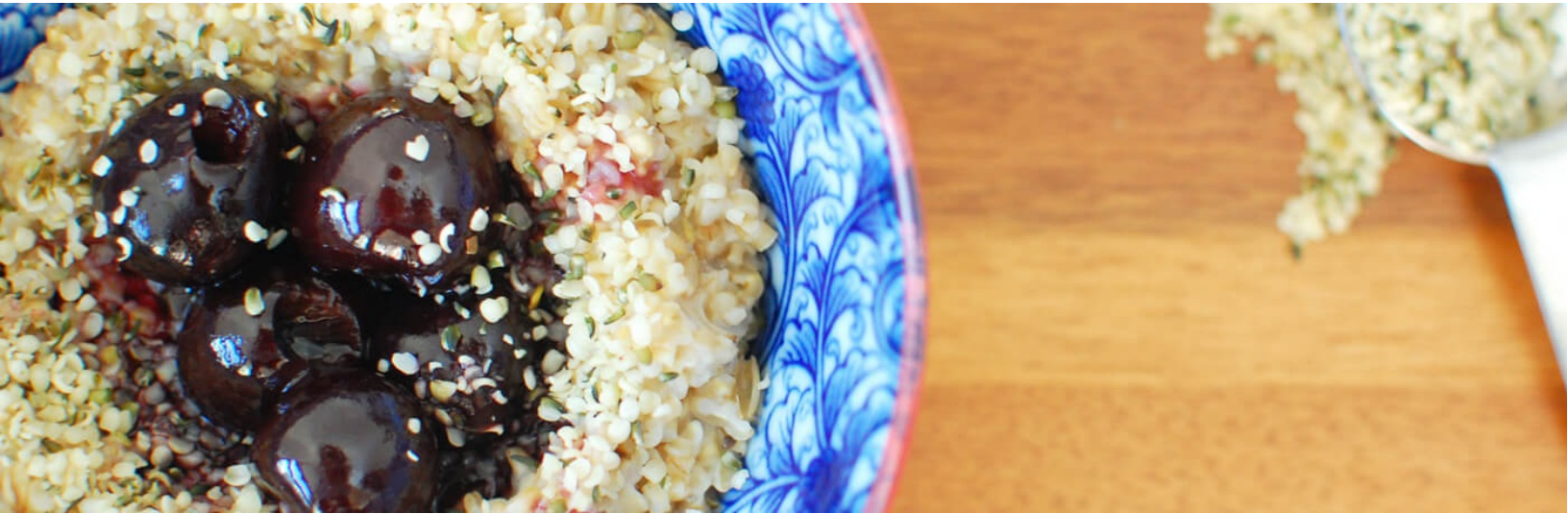
| Amount per serving | |
|--------------------|---------|
| Calories | 221 |
| Fat | 3g |
| Carbs | 50g |
| Fiber | 10g |
| Sugar | 29g |
| Protein | 5g |
| Cholesterol | 0mg |
| Sodium | 70mg |
| Vitamin A | 19636IU |
| Vitamin C | 93mg |
| Calcium | 284mg |
| Iron | 3mg |

Directions

- 1 Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Notes

No Pureed Pumpkin: Use steamed sweet potato instead.
More Protein: Add protein powder, hemp seeds or nut butter.
No Maple Syrup: Sweeten with raw honey or soaked dates instead.



Sweet Cherry Steel Cut Oats

4 servings
20 minutes

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water
- 2 cups Frozen Cherries
- 1/2 cup Hemp Seeds

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 316 |
| Fat | 14g |
| Carbs | 41g |
| Fiber | 6g |
| Sugar | 8g |
| Protein | 11g |
| Cholesterol | 0mg |
| Sodium | 5mg |
| Vitamin A | 676IU |
| Vitamin C | 1mg |
| Calcium | 56mg |
| Iron | 3mg |

Directions

- 1 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 2 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 3 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries: Any fruit will work.



Hearty Kale & Apple Tuna Salad

2 servings

10 minutes

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)

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!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

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

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 159 |
| Fat | 8g |
| Carbs | 11g |
| Fiber | 4g |
| Sugar | 6g |
| Protein | 11g |
| Cholesterol | 15mg |
| Sodium | 223mg |
| Vitamin A | 3697IU |
| Vitamin C | 23mg |
| Calcium | 82mg |
| Iron | 1mg |



Carrots & Guacamole

2 servings

5 minutes

Ingredients

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

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 216 |
| Fat | 15g |
| Carbs | 22g |
| Fiber | 10g |
| Sugar | 7g |
| Protein | 3g |
| Cholesterol | 0mg |
| Sodium | 387mg |
| Vitamin A | 20539IU |
| Vitamin C | 24mg |
| Calcium | 55mg |
| Iron | 1mg |

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

Leftovers: Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

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



Pistachios

2 servings

1 minute

Ingredients

1 cup Pistachios, In Shell

Directions

- 1 Divide into bowls, peel and enjoy!

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 318 |
| Fat | 26g |
| Carbs | 16g |
| Fiber | 6g |
| Sugar | 4g |
| Protein | 12g |
| Cholesterol | 0mg |
| Sodium | 216mg |
| Vitamin A | 0IU |
| Vitamin C | 0mg |
| Calcium | 40mg |
| Iron | 2mg |



Fresh Strawberries

4 servings

5 minutes

Ingredients

4 cups Strawberries

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 46 |
| Fat | 0g |
| Carbs | 11g |
| Fiber | 3g |
| Sugar | 7g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 1mg |
| Vitamin A | 17IU |
| Vitamin C | 85mg |
| Calcium | 23mg |
| Iron | 1mg |

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



One Pan Chicken, Golden Cauliflower & Carrot Fries

4 servings

40 minutes

Ingredients

4 Carrot (medium)
 1 head Cauliflower
 1/3 cup Extra Virgin Olive Oil (divided three ways)
 1 lb Chicken Breast
 2 tps Dried Thyme
 2 tps Turmeric (powder)
 1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 382 |
| Fat | 24g |
| Carbs | 14g |
| Fiber | 5g |
| Sugar | 6g |
| Protein | 29g |
| Cholesterol | 82mg |
| Sodium | 286mg |
| Vitamin A | 10244IU |
| Vitamin C | 75mg |
| Calcium | 70mg |
| Iron | 3mg |

Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP: Use zucchini instead of cauliflower.



Slow Cooker Rotisserie Chicken

4 servings

4 hours

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 636 |
| Fat | 16g |
| Carbs | 23g |
| Fiber | 6g |
| Sugar | 5g |
| Protein | 97g |
| Cholesterol | 295mg |
| Sodium | 2170mg |
| Vitamin A | 10763IU |
| Vitamin C | 77mg |
| Calcium | 115mg |
| Iron | 7mg |

Directions

- 1 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 2 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 3 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 4 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 5 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 6 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 7 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass: Make our Immunity Boosting Bone Broth.

AIP-Friendly: Omit the black pepper and cayenne.



Cedar Planked Salmon with Grilled Asparagus

4 servings
30 minutes

Ingredients

2 Cedar Plank
6 cups Asparagus (woody ends snapped off)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Maple Syrup
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1 tsp Paprika
1 tsp Sea Salt
1/2 tsp Black Pepper
1 1/4 lbs Salmon Fillet
2 Lemon (sliced into rounds)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 347 |
| Fat | 14g |
| Carbs | 24g |
| Fiber | 5g |
| Sugar | 17g |
| Protein | 36g |
| Cholesterol | 72mg |
| Sodium | 708mg |
| Vitamin A | 2034IU |
| Vitamin C | 21mg |
| Calcium | 86mg |
| Iron | 5mg |

Directions

- 1 Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
- 2 Toss asparagus in olive oil, salt and pepper to taste and set aside.
- 3 In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
- 4 Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
- 5 Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
- 6 Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
- 7 Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

Notes

Safety First: Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus: Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

Likes it Spicy: Add chili powder or red pepper flakes to the marinade.

No BBQ: Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and

bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

Prep Ahead: Soak the plank ahead of time and store in the freezer until ready to use.

More Carbs: Serve with quinoa, potatoes or brown rice.

Keep it Simple: Omit the marinade and season the salmon with olive oil, salt and pepper.



Roasted Sweet Potato & Beet Salad

4 servings

50 minutes

Ingredients

2 Beet (sliced into 1 inch sticks)
 2 Sweet Potato (sliced into 1 inch sticks)
 1/4 cup Extra Virgin Olive Oil (divided)
 1/4 cup Maple Syrup (divided)
 2 tsp Cinnamon
 Sea Salt & Black Pepper (to taste)
 1/2 Lemon (juiced)
 1 cup Pecans
 8 cups Baby Spinach
 2 Avocado (sliced)

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 595 |
| Fat | 46g |
| Carbs | 46g |
| Fiber | 14g |
| Sugar | 20g |
| Protein | 8g |
| Cholesterol | 0mg |
| Sodium | 125mg |
| Vitamin A | 15026IU |
| Vitamin C | 33mg |
| Calcium | 149mg |
| Iron | 4mg |

Directions

- 1 Preheat the oven to 375°F (191°C) degrees.
- 2 Line a baking sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt, and pepper. Bake for 40 to 45 minutes until slightly browned.
- 3 In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
- 4 Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
- 5 When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.



Roasted Brussels Sprouts Caesar Salad

4 servings

1 hour

Ingredients

1 lb Extra Lean Ground Chicken (cooked)
 5 cups Brussels Sprouts (halved)
 1/2 cup Radishes (sliced)
 1/2 cup Pumpkin Seeds
 1/3 cup Extra Virgin Olive Oil
 1 Garlic (whole head)
 1/2 Lemon (juiced)
 2 tbsps Dijon Mustard
 Sea Salt & Black Pepper

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 461 |
| Fat | 34g |
| Carbs | 13g |
| Fiber | 5g |
| Sugar | 3g |
| Protein | 29g |
| Cholesterol | 98mg |
| Sodium | 185mg |
| Vitamin A | 833IU |
| Vitamin C | 99mg |
| Calcium | 66mg |
| Iron | 4mg |

Directions

- 1 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

Notes

Leftovers: Store in the fridge in an airtight container up to three days.

Save Time: Cook the ground chicken and make the roasted garlic dressing in advance.

No Extra Lean Ground Chicken: Use any other type of ground meat instead.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.



Pistachio Crusted Salmon

2 servings

30 minutes

Ingredients

1/4 cup Pistachios (removed from shell)
 1/8 tsp Sea Salt
 10 ozs Salmon Fillet
 2 tbsps Pine Nuts
 1/2 Garlic (clove, minced)
 1 cup Parsley (chopped)
 2 tbsps Extra Virgin Olive Oil
 1/2 Lemon (juiced)
 1/2 head Cauliflower (chopped into florets)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 499 |
| Fat | 34g |
| Carbs | 16g |
| Fiber | 6g |
| Sugar | 5g |
| Protein | 40g |
| Cholesterol | 72mg |
| Sodium | 320mg |
| Vitamin A | 2873IU |
| Vitamin C | 117mg |
| Calcium | 107mg |
| Iron | 4mg |

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

More Veg: Serve with a side of baby spinach drizzled with leftover pesto

Likes it Warm: Saute the cauliflower rice in a bit of olive oil before serving



Grapes & Cashews

2 servings

2 minutes

Ingredients

2 cups Grapes
1/2 cup Cashews

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 259 |
| Fat | 16g |
| Carbs | 27g |
| Fiber | 2g |
| Sugar | 17g |
| Protein | 6g |
| Cholesterol | 0mg |
| Sodium | 7mg |
| Vitamin A | 92IU |
| Vitamin C | 4mg |
| Calcium | 28mg |
| Iron | 2mg |

Directions

- 1 Place grapes and cashews together in a bowl.
- 2 Happy munching!



Chocolate Stuffed Raspberries

4 servings

5 minutes

Ingredients

2 cups Raspberries (washed)
1/4 cup Dark Chocolate Chips

Directions

- 1 Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 122 |
| Fat | 5g |
| Carbs | 15g |
| Fiber | 4g |
| Sugar | 10g |
| Protein | 2g |
| Cholesterol | 0mg |
| Sodium | 1mg |
| Vitamin A | 20IU |
| Vitamin C | 16mg |
| Calcium | 15mg |
| Iron | 1mg |



Strawberry Ice Cream

2 servings

5 minutes

Ingredients

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 144 |
| Fat | 1g |
| Carbs | 37g |
| Fiber | 5g |
| Sugar | 19g |
| Protein | 2g |
| Cholesterol | 0mg |
| Sodium | 3mg |
| Vitamin A | 125IU |
| Vitamin C | 56mg |
| Calcium | 24mg |
| Iron | 1mg |

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.