

Anti-Inflammatory Diet/Elimination Diet Weekly Meal Planner

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
Breakfast	Buckwheat with unsweetened almond milk or coconut milk with berries and nuts (walnuts, pecans or pumpkin seeds), cinnamon	Vegetable smoothie (Kale, swish chard or spinach), with protein powder (recommend chicken bone broth or pea protein)	Chia seed pudding with unsweetened almond or coconut milk with some berries and nuts (there are several great recipes on the internet)	Toasted gluten free bread with almond or sunflower butter OR smoothie	Apple with almond butter	Turkey sausage	Grain Free Apple Cinnamon Porridge – link to recipe below	
Snack	Almonds	Pumpkin seeds or Nuts	Apple slices with sunflower or almond butter	Walnuts	Trail mix: variety of nuts and seeds. Can also add 1/2 cup of fruit of choice on the side	Celery with almond butter	Kale chips with some nuts or seeds	
Lunch	Quinoa salad with chicken & veggies	Black bean bowl with sautéed bell peppers, onions, garlic, guacamole and quinoa	Chicken, turkey or lamb with fresh veggies. Can also put with quinoa	Chopped salad with tuna and veggies. Can add hummus as dressing or oil and vinegar for dressing	Three bean vegetable chili (can add ground up chicken or turkey also)	Sweet potato and kale soup	Chicken breast with roasted vegetables	
Snack	Sugar snap peas, carrots, radishes, mushrooms or celery with hummus	Celery with sweet potato hummus	Kale chips with some nuts or seeds	Red pepper strips, celery sticks with guacamole or hummus	Pumpkin seeds	Sunflower seeds or nuts	Left overs or 1/2 avocado with sea salt	
Dinner	Baked salmon with oven roasted veggies and mixed salad	Turkey burger with side of veggies. To add flavor to burger can put hummus or guacamole on top	Coconut chicken with side salad	Fish with roasted butternut squash	Riced cauliflower with veggies and chicken or turkey. Can add coconut aminos to increase flavor	Walnut crusted fish with steamed broccoli & side salad	Baked chicken with cabbage, carrots & onions. Can also put onto of quinoa	

TIPS/RECIPES:

- Quinoa: For more flavor use chicken broth instead of water
- Use individual spices to add flavor to your food
- Mustard is an acceptable condiment (Make sure and read the ingredients label)
- Coconut aminos is a great alternative to soy sauce and can add lots of flavor to meats and stir fry
- Oil and vinegar; Hummus OR Guacamole are great dressings for salads

EATING OUT:

- MAD Greens: great salads
- Chipotle: You can eat chicken, stir fry veggies & guacamole in a bowl
- Other places you can ask for dry chicken breast (do not want them to use butter to cook) and steamed veggies without butter
- Other places you can usually get a side salad and add chicken with oil and vinegar on the side

For healthy ranch dressing here is the recipe (do not add in the maple syrup): https://detoxinista.com/vegan-ranch-dressing/?fbclid=IwAR0BmYXVfm2z1fu8cHMc1N1ipbesDfGJcPK0DIsLo8_46bMZBNrhEpo4x4M

Grain-Free Breakfast Apple Cinnamon Porridge recipe: <https://drhyman.com/blog/2018/05/24/grain-free-apple-cinnamon-breakfast-porridge/?fbclid=IwAR1hSSJGuGsQjqHTUnbbI9HgS5WX3MnFcryCpW6aGEIOvcy1AqvWZiuZwDI>