

# 14-Day Extended Gout Meal Plan

Full recipes, shopping lists & the exact 14-day plan that keeps my uric acid under 5.8 mg/dL



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# Medical Disclaimer

**Important Notice:** This meal plan is provided for informational and educational purposes only and is not intended as medical advice, diagnosis, or treatment.

The information contained in this guide represents the personal experience and research of the author and should not replace professional medical advice. Gout is a complex medical condition that requires individualized treatment under the supervision of a qualified healthcare provider.

**Before starting this or any meal plan, you should:**

- Consult with your physician or healthcare provider
- Discuss any dietary restrictions, allergies, or medical conditions
- Review any potential interactions with medications you're taking
- Get personalized guidance based on your specific health needs

Individual results may vary. The purine and calorie counts provided are estimates based on standard nutritional databases and may not reflect exact values for all ingredients or preparation methods.

**Seek immediate medical attention if you experience:**

- Severe joint pain or swelling
- Fever accompanying joint symptoms
- Any adverse reactions to foods in this plan

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# Quick Start: How to Use This 14-Day Plan

## Welcome to Your Flare-Free Journey!

This isn't just another restrictive diet—it's the exact system I use to keep my uric acid levels consistently below 5.8 mg/dL and stay completely flare-free. I've done the hard work for you: every meal is planned, every recipe is tested, and every shopping list is ready.



## Understanding Your Daily Purine Budget

### The Golden Rule: Stay Under 100mg Purines Per Day

Purines are compounds found in food that break down into uric acid in your body. Too much uric acid = gout flares. By keeping your daily purine intake under 100mg, you give your body a fighting chance to lower uric acid levels naturally.

#### Daily Target Breakdown:

- Breakfast: ~15–25mg purines
- Lunch: ~25–35mg purines
- Dinner: ~30–40mg purines
- Snacks: ~5–10mg purines each



## Your 5-Step Success System

- 1. Print Your Shopping Lists** (Pages 38–41) – Shop once per week for maximum convenience
- 2. Prep on Sundays** – Wash vegetables, portion snacks, cook grains in bulk
- 3. Follow Each Day's Plan** – Every meal is designed to keep you satisfied and under your purine budget

4. **Drink 10-12 Glasses of Water Daily** – Hydration is non-negotiable for flushing uric acid
5. **Track Your Progress** – Use the blank planner on page 47 to continue beyond 14 days

## The Hydration Formula

**Minimum Daily Water Intake:** Your body weight (lbs) ÷ 2 = ounces of water

Example: 180 lbs ÷ 2 = 90 oz (about 11 glasses)

Pro tip: Add a squeeze of lemon to help alkalize your body and support uric acid excretion.

## Daily Cherry & Celery Seed Reminder

**Cherries:** Eat 10-12 fresh or frozen tart cherries daily (or 1 oz pure cherry juice)

**Celery Seed:** 500mg supplement or 1 tsp seeds in smoothies/salads

Both have been shown in studies to help reduce uric acid levels and inflammation.



# What I Actually Eat in a Day

Here's a real example of how I structure my meals to stay under 100mg purines while feeling satisfied and energized all day long.



## BREAKFAST (7:30 AM)

### Berry & Banana Oatmeal Bowl



18mg purines

380 calories

15 min

½ cup rolled oats, 1 cup almond milk, 1 banana, ½ cup blueberries, 1 tbsp chia seeds, drizzle of honey



## MID-MORNING SNACK (10:30 AM)

### Apple Slices with Almond Butter

5mg purines

180 calories

1 medium apple, 2 tbsp natural almond butter



## LUNCH (1:00 PM)

## Mediterranean Quinoa Bowl



28mg purines

450 calories

20 min

1 cup cooked quinoa, chickpeas, cherry tomatoes, cucumber, avocado, mixed greens, lemon-tahini dressing



### AFTERNOON SNACK (4:00 PM)

## Greek Yogurt with Berries

6mg purines

150 calories

¾ cup low-fat Greek yogurt, ½ cup mixed berries, 1 tsp honey

## DINNER (7:00 PM)

### Grilled Chicken with Sweet Potato & Green Beans



32mg purines

520 calories

35 min

4 oz grilled chicken breast, 1 medium roasted sweet potato, 1.5 cups steamed green beans,  $\frac{1}{2}$  cup brown rice, herbs & olive oil

## EVENING TREAT (8:30 PM - Optional)

### Dark Chocolate & Cherries

4mg purines

120 calories

2 squares dark chocolate (70%+), 10 fresh cherries

TOTAL PURINES

**93mg**

TOTAL CALORIES

**1,800**

WATER INTAKE

**11 glasses**



### Why This Works

- Stayed well under 100mg purine limit
- Balanced macros keep energy stable all day
- High fiber from whole grains and vegetables
- Anti-inflammatory foods in every meal

- Plenty of variety—no boring repetition!
- Includes a treat so you don't feel deprived

## My Daily Non-Negotiables

- 10-12 glasses of water (with lemon)
- 10-12 tart cherries or 1 oz cherry juice
- 500mg celery seed supplement
- At least 5 servings of vegetables
- No alcohol (or max 1 light beer if social event)

# Allowed & Avoid Foods Cheat Sheet

Print this page and stick it on your fridge! These are the foods I base all my meals around.

## GREEN LIGHT FOODS (Eat Freely)

Category	Foods	Purine Level
<b>Vegetables</b>	Leafy greens, broccoli, bell peppers, carrots, cucumber, tomatoes, zucchini, sweet potatoes, squash	Very Low
<b>Fruits</b>	Cherries, berries, apples, pears, oranges, bananas, melons, grapes, pineapple	Very Low
<b>Whole Grains</b>	Oats, quinoa, brown rice, whole wheat bread, whole grain pasta, barley	Low
<b>Dairy</b>	Low-fat milk, Greek yogurt, cottage cheese, eggs (moderate)	Very Low
<b>Legumes</b>	Lentils, chickpeas, black beans (moderate portions)	Low-Moderate
<b>Nuts &amp; Seeds</b>	Almonds, walnuts, chia seeds, flaxseeds, pumpkin seeds	Low
<b>Healthy Fats</b>	Olive oil, avocado, coconut oil	Very Low
<b>Beverages</b>	Water, herbal tea, coffee, cherry juice, lemon water	Zero

## YELLOW LIGHT FOODS (Eat in Moderation)

Category	Foods	Portion Limit
<b>Poultry</b>	Chicken breast, turkey	4 oz per serving, 2-3x/week
<b>Fish (Low-Purine)</b>	Salmon, trout, tilapia	4 oz per serving, 2x/week
<b>Vegetables</b>	Asparagus, spinach, mushrooms, cauliflower	½ cup per serving
<b>Alcohol</b>	Light beer only	Max 1 per week (12 oz)

# ✖ RED LIGHT FOODS (Strictly Avoid)

Category	Foods to Avoid	Why Avoid
<b>Organ Meats</b>	Liver, kidney, heart, sweetbreads	Extremely High Purines (200-1000mg per serving)
<b>Red Meat</b>	Beef, pork, lamb, veal	High Purines (100-200mg per serving)
<b>Game Meats</b>	Venison, duck, goose	Very High Purines
<b>Seafood (High-Purine)</b>	Anchovies, sardines, mackerel, herring, scallops, mussels, tuna	Very High Purines (150-300mg per serving)
<b>Alcohol</b>	Beer (regular), spirits, wine	Increases uric acid production & reduces excretion
<b>Sugary Drinks</b>	Soda, fruit juice (high fructose), energy drinks	Fructose increases uric acid
<b>Processed Foods</b>	Fast food, packaged snacks, deli meats	High sodium & additives trigger inflammation
<b>High-Fructose Foods</b>	Corn syrup, agave nectar, processed sweets	Directly raises uric acid levels



## The Science Behind the Colors

**Green Foods:** Contain less than 50mg purines per 100g serving. These form the foundation of every meal in this plan.

**Yellow Foods:** Contain 50-150mg purines per 100g. I include these strategically 2-3 times per week in controlled portions.

**Red Foods:** Contain 150mg+ purines per 100g. These are the primary triggers for gout flares and should be completely avoided during the 14-day plan.



## My Personal "Never Again" List

After years of trial and error, these are the foods that ALWAYS triggered flares for me within 24-48 hours:

- Regular beer (even one can)
- Bacon or sausage
- Shrimp or lobster
- Liver (learned this the hard way!)
- Energy drinks
- Fast food burgers

Your triggers might be slightly different, but these are the most common culprits based on research and my personal experience.



# 7 Science-Backed Principles I Follow

These aren't just random tips—each principle is backed by peer-reviewed research and has been personally tested over 3+ years of staying flare-free.

## 1 The 100mg Purine Daily Limit

**The Science:** Studies show that keeping daily purine intake below 100mg can reduce serum uric acid levels by 1-2 mg/dL over 8-12 weeks.

**How I Apply It:** Every meal in this plan is calculated to keep you well under this threshold. I track purines the same way others track calories.

Source: Journal of Rheumatology, 2014

## 2 Hydration = Uric Acid Excretion

**The Science:** Adequate hydration (10-12 glasses daily) increases kidney filtration rate and helps flush uric acid through urine. Dehydration can increase uric acid concentration by up to 20%.

**How I Apply It:** I drink 16 oz of water immediately upon waking, keep a 32 oz bottle at my desk, and drink a glass before each meal. I also add lemon to help alkalize my body.

Source: Arthritis & Rheumatology, 2015

## 3 Cherry Power: Nature's Anti-Inflammatory

**The Science:** Tart cherries contain anthocyanins that reduce inflammation and lower uric acid levels. One study found that consuming cherries for just 2 days reduced gout attack risk by 35%.

**How I Apply It:** I eat 10-12 frozen tart cherries every morning with breakfast or drink 1 oz of pure tart cherry juice (no added sugar). This is non-negotiable in my routine.

Source: Arthritis & Rheumatism, 2012

## 4 Plant-Based Protein Priority

**The Science:** Plant proteins (legumes, nuts, seeds) don't raise uric acid levels the same way animal proteins do, even when they contain moderate purines. The fiber and phytonutrients appear to offset purine content.

**How I Apply It:** 70% of my protein comes from plant sources: lentils, chickpeas, quinoa, nuts, and seeds. When I do eat animal protein, it's limited to 4 oz portions of chicken or low-purine fish, max 2-3x per week.

Source: New England Journal of Medicine, 2004

## 5 Vitamin C Supplementation

**The Science:** Taking 500–1000mg of vitamin C daily can lower uric acid levels by increasing kidney excretion. A meta-analysis of 13 studies showed an average reduction of 0.5 mg/dL.

**How I Apply It:** I take 500mg vitamin C supplement every morning and eat vitamin C-rich foods (bell peppers, citrus, strawberries) throughout the day to reach ~1000mg total.

Source: Arthritis Care & Research, 2011

## 6 Avoid Fructose Like the Plague

**The Science:** Fructose is the ONLY sugar that directly increases uric acid production in the liver. High-fructose corn syrup and sugary drinks are strongly associated with gout risk—one study found that 2+ sodas per day increased gout risk by 85%!

**How I Apply It:** Zero soda, zero fruit juice (except small amounts of cherry juice), zero processed foods with HFCS. I satisfy sweet cravings with whole fruits (the fiber slows fructose absorption) and occasional dark chocolate.

Source: JAMA, 2008

## 7 Maintain Healthy Weight (But Don't Crash Diet)

**The Science:** Obesity increases gout risk by 3–4x, but rapid weight loss (crash dieting) can actually TRIGGER flares by releasing uric acid from tissues. Gradual weight loss (1–2 lbs per week) is ideal.

**How I Apply It:** This meal plan provides 1,600–1,900 calories per day—enough to lose weight gradually if needed, or maintain if you're already at a healthy weight. I never skip meals or do extreme fasting.

Source: Annals of the Rheumatic Diseases, 2017

## The Synergy Effect

Here's what most people miss: these principles work TOGETHER. Following just one or two won't give you the results you want. But when you combine all seven—like this meal plan does—you create a powerful synergy that keeps uric acid levels consistently low.

Think of it like a puzzle: each piece matters, but the complete picture only emerges when all pieces are in place.



### Want to Dive Deeper?

All the studies referenced in this section are available through PubMed and Google Scholar. I've spent hundreds of hours reading research papers so you don't have to—but if you're curious, the science is there to back up every recommendation in this plan.

# DAY 1

Fresh Start: Building Your Foundation

TOTAL PURINES

**89mg**

TOTAL CALORIES

**1,750**

WATER GOAL

**11 glasses**



## Today's Focus: Hydration & Routine

Welcome to Day 1! Today is all about establishing your new routine. Focus on drinking water consistently throughout the day—set hourly reminders if needed. Your body is beginning the process of flushing excess uric acid, so hydration is critical.

## Q BREAKFAST: Blueberry Banana Oatmeal

20mg  
purines

390  
cal

10  
min



### Ingredients:

- ✓ ½ cup rolled oats
- ✓ 1 cup unsweetened almond milk
- ✓ 1 medium banana, sliced

- ✓ ½ cup fresh or frozen blueberries
- ✓ 1 tbsp chia seeds
- ✓ 1 tsp honey
- ✓ Pinch of cinnamon

## Instructions:

- 1 Combine oats and almond milk in a pot, bring to a boil
- 2 Reduce heat and simmer for 5 minutes, stirring occasionally
- 3 Remove from heat, let sit for 2 minutes to thicken
- 4 Transfer to bowl, top with banana slices, blueberries, chia seeds
- 5 Drizzle with honey and sprinkle cinnamon

 MID-MORNING SNACK

## Carrot Sticks with Hummus

8mg purines

120 cal

2 medium carrots (cut into sticks), 3 tbsp hummus

 LUNCH: Mediterranean Chickpea Salad

26mg  
purines

420  
cal

15  
min



### Ingredients:

- ✓ 1 cup cooked chickpeas (canned, drained)
- ✓ 2 cups mixed greens
- ✓ 1 cup cherry tomatoes, halved
- ✓  $\frac{1}{2}$  cucumber, diced
- ✓  $\frac{1}{4}$  red onion, thinly sliced
- ✓ 2 tbsp olive oil
- ✓ 1 tbsp lemon juice
- ✓ 1 tsp dried oregano
- ✓ Salt and pepper to taste

### Instructions:

- 1 Rinse and drain chickpeas thoroughly

- 2** In a large bowl, combine greens, tomatoes, cucumber, and onion
- 3** Add chickpeas on top
- 4** Whisk together olive oil, lemon juice, oregano, salt, and pepper
- 5** Drizzle dressing over salad and toss gently
- 6** Let sit for 5 minutes to allow flavors to meld



### AFTERNOON SNACK

#### Apple with Almond Butter

5mg purines

170 cal

1 medium apple (sliced), 2 tbsp natural almond butter

## DINNER: Lemon Herb Chicken with Roasted Vegetables

30mg  
purines

520  
cal

40  
min



### Ingredients:

- ✓ 4 oz chicken breast
- ✓ 1 medium sweet potato, cubed
- ✓ 1.5 cups green beans, trimmed
- ✓  $\frac{1}{2}$  cup brown rice (uncooked)
- ✓ 2 tbsp olive oil
- ✓ Juice of 1 lemon
- ✓ 2 cloves garlic, minced
- ✓ 1 tsp dried thyme
- ✓ 1 tsp dried rosemary
- ✓ Salt and pepper to taste

### Instructions:

- 1 Preheat oven to 400°F (200°C)
- 2 Cook brown rice according to package directions
- 3 Marinate chicken in lemon juice, 1 tbsp olive oil, garlic, thyme, rosemary for 15 min
- 4 Toss sweet potato cubes with remaining olive oil, salt, and pepper
- 5 Place chicken and sweet potato on baking sheet, roast for 25 minutes
- 6 Steam green beans for 5-7 minutes until tender-crisp

7 Plate chicken with vegetables and ½ cup cooked brown rice



### OPTIONAL DESSERT

#### Greek Yogurt with Honey & Walnuts

0mg purines

130 cal

½ cup low-fat Greek yogurt, 1 tsp honey, 5 walnut halves (chopped)

#### ✓ Day 1 Checklist

- Drank 10-12 glasses of water
- Ate 10-12 tart cherries or 1 oz cherry juice
- Took 500mg celery seed supplement
- Stayed under 100mg purines (89mg total!)

# DAY 2

Building Momentum

TOTAL PURINES

**92mg**

TOTAL CALORIES

**1,820**

WATER GOAL

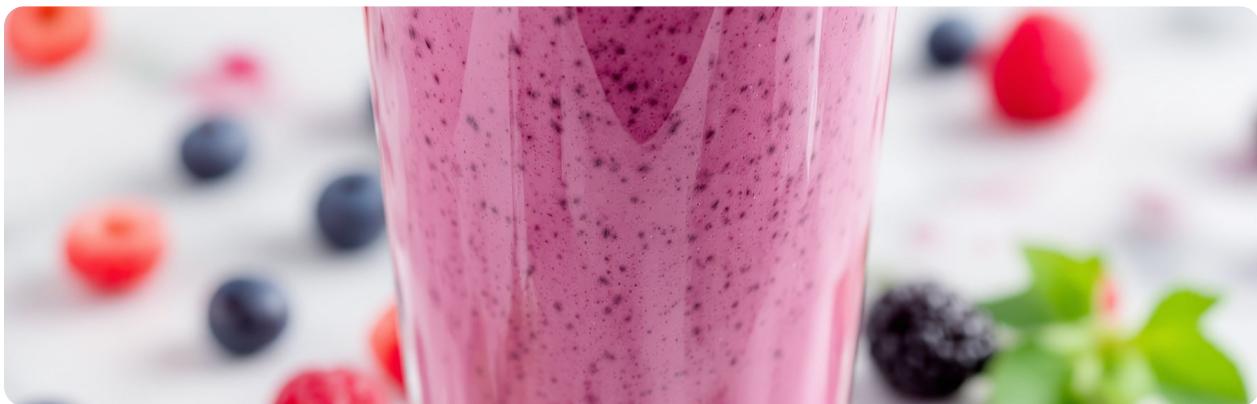
**11 glasses**

## Q BREAKFAST: Cherry Berry Smoothie Bowl

15mg  
purines

360  
cal

8  
min



### Ingredients:

- ✓ 1 cup frozen mixed berries
- ✓ 12 frozen tart cherries
- ✓ 1 banana
- ✓ 1 cup unsweetened almond milk
- ✓ 2 tbsp rolled oats
- ✓ 1 tbsp ground flaxseed
- ✓ Toppings: sliced banana, fresh berries, chia seeds

## Instructions:

- 1 Blend berries, cherries, banana, almond milk, oats, and flaxseed until smooth
- 2 Pour into bowl
- 3 Top with sliced banana, fresh berries, and chia seeds
- 4 Enjoy immediately with a spoon



### MID-MORNING SNACK

#### Celery Sticks with Peanut Butter

6mg purines

140 cal

3 celery stalks, 2 tbsp natural peanut butter



## LUNCH: Quinoa Buddha Bowl

28mg  
purines

480 cal

20 min



### Ingredients:

- ✓ 1 cup cooked quinoa
- ✓ ½ cup roasted chickpeas
- ✓ 1 cup baby spinach
- ✓ ½ avocado, sliced
- ✓ ½ cup shredded carrots
- ✓ ¼ cup cucumber, diced
- ✓ 2 tbsp tahini
- ✓ 1 tbsp lemon juice
- ✓ 1 tsp maple syrup
- ✓ Water to thin dressing

### Instructions:

- 1 Cook quinoa according to package directions, let cool slightly
- 2 Arrange quinoa in bowl as base
- 3 Top with chickpeas, spinach, avocado, carrots, and cucumber in sections
- 4 Whisk together tahini, lemon juice, maple syrup, and water until smooth
- 5 Drizzle dressing over bowl



## Mixed Berries with Coconut Yogurt

4mg purines

150 cal

1 cup mixed berries,  $\frac{1}{2}$  cup coconut yogurt

## DINNER: Baked Salmon with Asparagus & Wild Rice

39mg  
purines560  
cal35  
min

### Ingredients:

- ✓ 4 oz salmon fillet
- ✓ 1 cup asparagus spears
- ✓  $\frac{1}{2}$  cup wild rice (uncooked)
- ✓ 1 tbsp olive oil
- ✓ 1 lemon (half for salmon, half for serving)
- ✓ 2 cloves garlic, minced
- ✓ Fresh dill
- ✓ Salt and pepper

### Instructions:

- 1 Cook wild rice according to package directions (about 45 min)
- 2 Preheat oven to 375°F (190°C)
- 3 Place salmon on baking sheet, drizzle with olive oil
- 4 Top with garlic, dill, lemon juice, salt, and pepper

# DAY 3

Finding Your Rhythm

TOTAL PURINES

**85mg**

TOTAL CALORIES

**1,680**

WATER GOAL

**11 glasses**

## Q BREAKFAST: Avocado Toast with Poached Egg

22mg  
purines

380  
cal

12  
min



### Ingredients:

- ✓ 2 slices whole grain bread
- ✓ ½ ripe avocado
- ✓ 1 large egg
- ✓ 1 tsp white vinegar (for poaching)
- ✓ Microgreens or arugula
- ✓ Red pepper flakes
- ✓ Salt and pepper

## Instructions:

- 1 Toast bread until golden brown
- 2 Bring a pot of water to gentle simmer, add vinegar
- 3 Crack egg into small bowl, gently slide into water
- 4 Poach for 3-4 minutes until whites are set
- 5 Mash avocado with fork, season with salt and pepper
- 6 Spread avocado on toast, top with poached egg
- 7 Garnish with microgreens and red pepper flakes



### MID-MORNING SNACK

#### Handful of Almonds & Dried Cherries

7mg purines

160 cal

20 almonds, 2 tbsp unsweetened dried cherries

# DAY 4

Staying Strong

TOTAL PURINES

**88mg**

TOTAL CALORIES

**1,790**

WATER GOAL

**11 glasses**

## BREAKFAST

### Greek Yogurt Parfait

12mg

340 cal

1 cup Greek yogurt, granola, mixed berries, honey

## SNACK

### Pear with Walnuts

5mg

180 cal

1 medium pear, 6 walnut halves

## SNACK

### Cucumber & Bell Pepper Strips

3mg

80 cal

½ cucumber, 1 bell pepper, 2 tbsp hummus

## DINNER

### Turkey Breast with Sweet Potato Mash

38mg

540 cal

4 oz turkey breast, mashed sweet potato, steamed broccoli, quinoa

## LUNCH

### Lentil & Vegetable Soup

30mg

420 cal

Red lentils, carrots, celery, tomatoes, vegetable broth, whole grain roll

## DESSERT

### Dark Chocolate & Strawberries

0mg

110 cal

2 squares 70% dark chocolate, 5 strawberries

# DAY 5

Halfway Through Week 1!

TOTAL PURINES

**91mg**

TOTAL CALORIES

**1,840**

WATER GOAL

**11 glasses**

## BREAKFAST

### Whole Grain Pancakes with Berries

18mg

400 cal

Whole wheat flour, almond milk, egg, baking powder, fresh berries, maple syrup

## SNACK

### Rice Cakes with Avocado

4mg

150 cal

2 brown rice cakes,  $\frac{1}{4}$  avocado mashed, sea salt

## SNACK

### Cherry Smoothie

8mg

140 cal

Tart cherries, banana, almond milk, ice

## DINNER

### Vegetable Stir-Fry with Tofu

37mg

520 cal

Firm tofu, bell peppers, snap peas, carrots, brown rice, low-sodium soy sauce, ginger

## LUNCH

### Caprese Salad with Chickpeas

24mg

380 cal

Fresh mozzarella, tomatoes, basil, chickpeas, balsamic glaze, olive oil

## DESSERT

### Frozen Banana "Nice Cream"

0mg

120 cal

2 frozen bananas blended, cocoa powder, vanilla



## Week 1 Milestone Check-In

You're halfway through your first week! By now, you should be noticing:

- Increased energy levels
- Better hydration habits
- Less joint stiffness
- Improved digestion

# DAY 6

Consistency is Key

TOTAL PURINES

**87mg**

TOTAL CALORIES

**1,720**

WATER GOAL

**11 glasses**

## BREAKFAST

### Chia Seed Pudding

14mg

320 cal

Chia seeds, coconut milk, vanilla, maple syrup, topped with mango and coconut flakes

## SNACK

### Homemade Trail Mix

5mg

170 cal

Almonds, pumpkin seeds, dried cherries, dark chocolate chips

## SNACK

### Orange Slices & Pistachios

6mg

150 cal

1 large orange, 15 pistachios

## DINNER

### Baked Cod with Roasted Brussels Sprouts

36mg

490 cal

4 oz cod fillet, Brussels sprouts, fingerling potatoes, lemon, herbs

## LUNCH

### Black Bean & Corn Salad

26mg

410 cal

Black beans, corn, tomatoes, cilantro, lime juice, avocado, served over greens

## DESSERT

### Baked Apple with Cinnamon

0mg

100 cal

1 apple cored and baked with cinnamon, topped with Greek yogurt

# DAY 7

Week 1 Complete! 🎉

TOTAL PURINES

**94mg**

TOTAL CALORIES

**1,880**

WATER GOAL

**11 glasses**

## BREAKFAST

### Veggie Scramble with Whole Grain Toast

20mg

380 cal

2 eggs, spinach, tomatoes, mushrooms, bell peppers, 1 slice whole grain toast

## SNACK

### Watermelon & Mint

2mg

90 cal

2 cups cubed watermelon, fresh mint leaves

## LUNCH

### Asian-Inspired Noodle Bowl

28mg

450 cal

Rice noodles, edamame, shredded cabbage, carrots, sesame-ginger dressing

## SNACK

### Banana with Sunflower Seed Butter

6mg

190 cal

1 banana, 2 tbsp sunflower seed butter

## DINNER

### Grilled Chicken Fajita Bowl

38mg

560 cal

4 oz chicken, bell peppers, onions, brown rice, black beans, salsa, guacamole

## DESSERT

### Coconut Milk Ice Cream

0mg

130 cal

½ cup coconut milk ice cream, topped with fresh berries



## Congratulations on Completing Week 1!

You've successfully completed 7 days of gout-friendly eating! Here's what you've accomplished:

- Stayed under 100mg purines every single day
- Consumed 77+ glasses of water
- Ate 70–84 tart cherries
- Nourished your body with anti-inflammatory foods

**Keep going—Week 2 builds on this foundation!**

# DAY 8

Week 2 Begins: Deepening Your Practice

TOTAL PURINES

**90mg**

TOTAL CALORIES

**1,800**

WATER GOAL

**11 glasses**

## BREAKFAST

### Protein Power Smoothie

16mg

350 cal

Protein powder, spinach, banana, almond butter, almond milk, chia seeds

## SNACK

### Kiwi & Almonds

4mg

140 cal

2 kiwis, 12 almonds

## SNACK

### Edamame with Sea Salt

8mg

120 cal

1 cup steamed edamame pods, sea salt

## DINNER

### Lentil Bolognese with Zucchini Noodles

40mg

510 cal

Red lentils, tomato sauce, garlic, herbs, spiralized zucchini, parmesan

## LUNCH

### Greek Salad with Grilled Vegetables

22mg

400 cal

Mixed greens, grilled zucchini, eggplant, feta cheese, olives, red onion, lemon-oregano dressing

## DESSERT

### Pineapple with Lime

0mg

80 cal

1 cup fresh pineapple chunks, squeeze of lime juice

# DAY 9

Embracing Variety

TOTAL PURINES

**86mg**

TOTAL CALORIES

**1,740**

WATER GOAL

**11 glasses**

## BREAKFAST

### Buckwheat Pancakes with Blueberry Compote

17mg

370 cal

Buckwheat flour, almond milk, egg, blueberries simmered with lemon

## SNACK

### Cottage Cheese with Peaches

5mg

130 cal

½ cup low-fat cottage cheese, 1 fresh peach sliced

## LUNCH

### Roasted Vegetable & Hummus Wrap

24mg

390 cal

Whole wheat tortilla, roasted peppers, zucchini, eggplant, hummus, spinach

## SNACK

### Guacamole with Veggie Sticks

3mg

150 cal

¼ cup guacamole, carrot and celery sticks

## DINNER

### Herb-Crusted Tilapia with Cauliflower Rice

37mg

480 cal

4 oz tilapia, herb crust, cauliflower rice, roasted cherry tomatoes, green beans

## DESSERT

### Almond Butter Energy Balls

0mg

110 cal

2 balls made with oats, almond butter, honey, dark chocolate chips

# DAY 10

Feeling the Benefits

TOTAL PURINES

**93mg**

TOTAL CALORIES

**1,860**

WATER GOAL

**11 glasses**

## BREAKFAST

### **Breakfast Burrito Bowl**

21mg

410 cal

Scrambled eggs, black beans, avocado, salsa, brown rice, cilantro

## SNACK

### **Whole Grain Crackers with Cheese**

7mg

160 cal

6 whole grain crackers, 1 oz low-fat cheese

## SNACK

### **Mango Slices with Tajín**

3mg

100 cal

1 cup fresh mango, sprinkle of Tajín seasoning

## DINNER

### **Stuffed Bell Peppers**

42mg

540 cal

Bell peppers stuffed with quinoa, black beans, corn, tomatoes, topped with cheese

## LUNCH

### **Spinach & Strawberry Salad**

20mg

360 cal

Baby spinach, strawberries, goat cheese, candied walnuts, balsamic vinaigrette

## DESSERT

### **Raspberry Sorbet**

0mg

90 cal

½ cup homemade raspberry sorbet



## Day 10 Milestone: You're 71% Complete!

By now, your body has adapted to this new way of eating. Many people report significant improvements in joint comfort and overall energy by Day 10. Keep pushing forward!

# DAY 11

Mastering the Routine

TOTAL PURINES

**88mg**

TOTAL CALORIES

**1,780**

WATER GOAL

**11 glasses**

## BREAKFAST

### Tropical Acai Bowl

12mg

340 cal

Acai puree, banana, mango, coconut flakes, granola, chia seeds

## SNACK

### Roasted Chickpeas

9mg

130 cal

½ cup roasted chickpeas with paprika and cumin

## LUNCH

### Tuna-Free "Tuna" Salad Sandwich

25mg

400 cal

Mashed chickpeas, celery, onion, vegan mayo, whole grain bread, lettuce, tomato

## SNACK

### Frozen Grapes

2mg

90 cal

1.5 cups frozen grapes

## DINNER

### Mushroom & Spinach Risotto

40mg

520 cal

Arborio rice, mushrooms, spinach, vegetable broth, parmesan, white wine (cooked off)

## DESSERT

### Chocolate-Dipped Strawberries

0mg

100 cal

5 strawberries dipped in melted dark chocolate

# DAY 12

Almost There!

TOTAL PURINES

**91mg**

TOTAL CALORIES

**1,830**

WATER GOAL

**11 glasses**

## BREAKFAST

### Sweet Potato Hash with Eggs

19mg

390 cal

Diced sweet potato, bell peppers, onions, 2 eggs, avocado

## SNACK

### Celery with Cream Cheese

4mg

110 cal

3 celery stalks, 2 tbsp low-fat cream cheese

## LUNCH

### Thai Peanut Noodle Salad

27mg

440 cal

Rice noodles, shredded cabbage, carrots, edamame, peanut sauce, cilantro, lime

## SNACK

### Pear with Cashew Butter

6mg

170 cal

1 pear sliced, 2 tbsp cashew butter

## DINNER

### Grilled Chicken Kebabs with Tzatziki

35mg

530 cal

4 oz chicken, bell peppers, onions, zucchini, tzatziki sauce, quinoa pilaf

## DESSERT

### Coconut Chia Pudding

0mg

120 cal

Chia seeds, coconut milk, vanilla, topped with mango

# DAY 13

The Home Stretch

TOTAL PURINES

**89mg**

TOTAL CALORIES

**1,790**

WATER GOAL

**11 glasses**

## BREAKFAST

### Quinoa Breakfast Bowl

18mg

370 cal

Cooked quinoa, almond milk, cinnamon, apple slices, walnuts, maple syrup

## SNACK

### Mixed Nuts & Dried Fruit

7mg

180 cal

¼ cup mixed nuts, 2 tbsp dried cranberries

## SNACK

### Hummus & Cucumber Rounds

5mg

100 cal

1 cucumber sliced into rounds, 3 tbsp hummus

## DINNER

### Vegetable Curry with Brown Rice

37mg

510 cal

Mixed vegetables, chickpeas, coconut milk, curry spices, brown rice, naan bread

## LUNCH

### Caprese Panini

22mg

410 cal

Whole grain bread, fresh mozzarella, tomato, basil, balsamic glaze, side salad

## DESSERT

### Baked Pear with Honey

0mg

110 cal

1 pear baked with cinnamon and honey, topped with Greek yogurt

# DAY 14

Celebration Day! 🎉

TOTAL PURINES

**95mg**

TOTAL CALORIES

**1,900**

WATER GOAL

**11 glasses**

## BREAKFAST

### French Toast with Berry Compote

20mg

420 cal

Whole grain bread, egg, almond milk, cinnamon, vanilla, mixed berry compote

## SNACK

### Apple Nachos

4mg

190 cal

Apple slices, almond butter drizzle, dark chocolate chips, coconut flakes

## SNACK

### Cherry Juice & Almonds

8mg

150 cal

2 oz tart cherry juice, 15 almonds

## DINNER

### Celebration Salmon with Roasted Vegetables

37mg

580 cal

4 oz salmon, roasted Brussels sprouts, carrots, sweet potato, quinoa, lemon-herb sauce

## LUNCH

### Rainbow Buddha Bowl

26mg

460 cal

Brown rice, roasted sweet potato, beets, kale, chickpeas, tahini dressing

## DESSERT

### Dark Chocolate Mousse

0mg

140 cal

Avocado-based chocolate mousse, topped with raspberries

 **YOU DID IT! 14 Days Complete!**

**Congratulations on completing the full 14-day gout meal plan!** You've accomplished something incredible:

- 14 consecutive days under 100mg purines
- 154+ glasses of water consumed
- 140-168 tart cherries eaten
- Dozens of anti-inflammatory meals
- New healthy habits established

**What's Next?** Use the blank meal planner on page 47 to continue your journey. Most people see significant uric acid reductions after 4-8 weeks of consistent eating like this.



# Week 1 Shopping List

Print this page and take it to the grocery store! Everything you need for Days 1-7.

## Fresh Produce

3 bananas

2 cups blueberries

2 cups strawberries

1 cup raspberries

2 cups frozen mixed berries

24 tart cherries (fresh/frozen)

3 apples

2 pears

2 oranges

1 watermelon

2 avocados

1 lemon (4 total)

5 cups mixed greens

2 cups baby spinach

1 head romaine lettuce

2 cups cherry tomatoes

4 large tomatoes

3 cucumbers

3 bell peppers (assorted)

1 red onion

1 yellow onion

6 carrots

1 bunch celery

2 cups green beans

2 cups broccoli florets

2 cups Brussels sprouts

3 sweet potatoes

1 lb fingerling potatoes

2 zucchini

1 bunch fresh basil

1 bunch fresh cilantro

Fresh dill

Fresh mint

Microgreens/arugula

1 head garlic

Fresh ginger

## Proteins & Dairy

1 dozen eggs

8 oz chicken breast

4 oz turkey breast

8 oz salmon fillet

4 oz cod fillet

2 cups Greek yogurt

1 cup cottage cheese

4 oz fresh mozzarella

2 oz feta cheese

2 oz goat cheese

Low-fat milk (optional)

 **Grains & Legumes**

- |   |  |
|---|--|
| <input type="checkbox"/> 2 cups rolled oats       | <input type="checkbox"/> 1 cup quinoa (dry)        |
| <input type="checkbox"/> 2 cups brown rice (dry)  | <input type="checkbox"/> ½ cup wild rice (dry)     |
| <input type="checkbox"/> 1 loaf whole grain bread | <input type="checkbox"/> Whole wheat tortillas     |
| <input type="checkbox"/> Rice noodles             | <input type="checkbox"/> Whole grain pasta         |
| <input type="checkbox"/> 2 cans chickpeas (15 oz) | <input type="checkbox"/> 1 can black beans (15 oz) |
| <input type="checkbox"/> 1 cup red lentils (dry)  | <input type="checkbox"/> 1 cup edamame (frozen)    |

 **Nuts, Seeds & Nut Butters**

- |  |   |
|--|---|
| <input type="checkbox"/> Almonds (8 oz)        | <input type="checkbox"/> Walnuts (4 oz)         |
| <input type="checkbox"/> Pistachios (2 oz)     | <input type="checkbox"/> Pumpkin seeds (2 oz)   |
| <input type="checkbox"/> Chia seeds (4 oz)     | <input type="checkbox"/> Ground flaxseed (4 oz) |
| <input type="checkbox"/> Natural almond butter | <input type="checkbox"/> Natural peanut butter  |
| <input type="checkbox"/> Sunflower seed butter | <input type="checkbox"/> Tahini                 |

 **Pantry Staples**

- |  |   |
|--|---|
| <input type="checkbox"/> Hummus (16 oz)          | <input type="checkbox"/> Extra virgin olive oil |
| <input type="checkbox"/> Coconut oil             | <input type="checkbox"/> Balsamic vinegar       |
| <input type="checkbox"/> Apple cider vinegar     | <input type="checkbox"/> Low-sodium soy sauce   |
| <input type="checkbox"/> Vegetable broth (32 oz) | <input type="checkbox"/> Canned diced tomatoes  |
| <input type="checkbox"/> Tomato sauce            | <input type="checkbox"/> Honey                  |

Maple syrup Dark chocolate (70%+)

### Beverages & Alternatives

 Unsweetened almond milk (64 oz) Coconut milk (1 can) Tart cherry juice (8 oz) Herbal tea (optional)

### Spices & Seasonings

 Sea salt Black pepper Cinnamon Paprika Cumin Dried oregano Dried thyme Dried rosemary Red pepper flakes Vanilla extract

### Money-Saving Tips

- Buy frozen berries in bulk—they're cheaper and just as nutritious
- Purchase dried beans and lentils instead of canned to save 50%+
- Shop seasonal produce for the best prices
- Buy nuts and seeds from bulk bins



# Week 2 Shopping List

Everything you need for Days 8-14. Many pantry items from Week 1 will carry over!

## Fresh Produce

4 bananas

1 cup blueberries

2 cups mixed berries

1 cup raspberries

24 tart cherries

2 kiwis

2 peaches

1 mango

1 cup pineapple

2 cups grapes

2 avocados

3 lemons

2 limes

4 cups mixed greens

3 cups baby spinach

1 head cabbage

2 cups cherry tomatoes

3 large tomatoes

2 cucumbers

5 bell peppers (assorted)

1 red onion

1 yellow onion

4 carrots

1 bunch celery

2 cups green beans

1 head cauliflower

2 cups mushrooms

1 eggplant

2 zucchini

1 cup asparagus

2 sweet potatoes

1 bunch fresh cilantro

Fresh basil

1 head garlic

Fresh ginger

## Proteins & Dairy

6 eggs

12 oz chicken breast

8 oz tilapia fillet

8 oz firm tofu

2 cups Greek yogurt

Coconut yogurt (1 cup)

4 oz low-fat cheese

2 oz cream cheese

Parmesan cheese (2 oz)

## Grains & Legumes

1 cup rolled oats

Buckwheat flour (1 cup)

1 cup quinoa (dry)

1 cup brown rice (dry)

Arborio rice (1 cup)

Rice noodles

Whole grain crackers

Brown rice cakes

2 cans chickpeas

1 can black beans

1 cup red lentils

### Nuts & Seeds

- |  |  |
|--|--|
| <input type="checkbox"/> Almonds (4 oz)    | <input type="checkbox"/> Cashews (2 oz)    |
| <input type="checkbox"/> Mixed nuts (4 oz) | <input type="checkbox"/> Chia seeds (2 oz) |
| <input type="checkbox"/> Cashew butter     |  |

### Specialty Items

- |  |  |
|--|--|
| <input type="checkbox"/> Acai puree (frozen) | <input type="checkbox"/> Coconut flakes        |
| <input type="checkbox"/> Granola             | <input type="checkbox"/> Peanut sauce          |
| <input type="checkbox"/> Curry paste/powder  | <input type="checkbox"/> Coconut milk (2 cans) |
| <input type="checkbox"/> Dried cranberries   | <input type="checkbox"/> Tajín seasoning       |

### Pantry Staples Checklist

Make sure you still have these from Week 1 (restock if needed):

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Olive oil    | <input type="checkbox"/> Honey           |
| <input type="checkbox"/> Maple syrup  | <input type="checkbox"/> Hummus          |
| <input type="checkbox"/> Almond milk  | <input type="checkbox"/> Vegetable broth |
| <input type="checkbox"/> Basic spices | <input type="checkbox"/> Dark chocolate  |

### Smart Shopping Strategy

- **Shop the perimeter** of the store first—that's where fresh produce, proteins, and dairy live
- **Prep immediately** when you get home: wash greens, chop vegetables, portion snacks

- **Freeze extras:** Berries, bananas, and bread freeze beautifully
- **Buy organic** for the "Dirty Dozen" if budget allows (berries, spinach, peppers)



# Pantry Staples Master List

Stock these items once and you'll always be ready to make gout-friendly meals!

## Oils & Vinegars

- Extra virgin olive oil
- Coconut oil
- Avocado oil
- Balsamic vinegar
- Apple cider vinegar
- Rice vinegar

## Grains & Pasta

- Rolled oats
- Quinoa
- Brown rice
- Wild rice
- Whole wheat pasta
- Rice noodles

## Canned & Jarred

- Chickpeas (3-4 cans)
- Black beans (2-3 cans)

## Spices & Seasonings

- Sea salt & black pepper
- Garlic powder
- Onion powder
- Cinnamon
- Cumin
- Paprika
- Turmeric
- Dried oregano
- Dried thyme
- Dried rosemary
- Red pepper flakes
- Curry powder

## Sweeteners & Flavor

- Raw honey
- Pure maple syrup
- Vanilla extract



# "Zero-Purine" Snack Cheat Sheet

30+ snack ideas with less than 5mg purines each—perfect for when hunger strikes!

## Fresh & Fruity

### Apple Slices with Cinnamon

2mg purines | 80 cal

### Frozen Grapes

1mg purines | 60 cal

### Watermelon Cubes

1mg purines | 50 cal

### Orange Segments

2mg purines | 70 cal

### Pineapple Chunks

1mg purines | 60 cal

### Berry Medley

2mg purines | 70 cal

### Banana with Honey Drizzle

3mg purines | 120 cal

### Kiwi Slices

2mg purines | 50 cal

### Mango Chunks

2mg purines | 70 cal

## Crunchy & Satisfying

### Carrot Sticks

1mg purines | 30 cal

### Cucumber Rounds

1mg purines | 20 cal

### Bell Pepper Strips

1mg purines | 25 cal

### Celery with Hummus

3mg purines | 60 cal

### Cherry Tomatoes

2mg purines | 30 cal

### Rice Cakes with Avocado

2mg purines | 100 cal

### Air-Popped Popcorn

3mg purines | 90 cal

### Whole Grain Crackers

4mg purines | 80 cal

### Snap Peas

2mg purines | 40 cal

## Creamy & Indulgent

### Greek Yogurt with Berries

3mg purines | 120 cal

### Cottage Cheese & Peaches

4mg purines | 110 cal

### Avocado Toast Mini

3mg purines | 130 cal

### Chia Pudding Cup

2mg purines | 100 cal

### Smoothie (Small)

4mg purines | 150 cal

### Coconut Yogurt Bowl

1mg purines | 90 cal

## Sweet Treats

### Dark Chocolate Square

0mg purines | 60 cal

### Frozen Banana Bites

2mg purines | 80 cal

### Date with Almond Butter

3mg purines | 90 cal

### Energy Ball

2mg purines | 100 cal

### Baked Apple Chips

1mg purines | 70 cal

### Coconut Macaroon

0mg purines | 80 cal

## Protein-Packed

### Hard-Boiled Egg

4mg purines | 70 cal

### Handful of Almonds

4mg purines | 160 cal

### Edamame ( $\frac{1}{2}$ cup)

4mg purines | 90 cal

### String Cheese

2mg purines | 80 cal

### Protein Smoothie

4mg purines | 140 cal

### Roasted Chickpeas

4mg purines | 120 cal

## ⌚ Smart Snacking Rules

1. **Snack when actually hungry**—not out of boredom or stress
2. **Pair carbs with protein or fat** for sustained energy (e.g., apple + almond butter)
3. **Pre-portion snacks** into containers or bags to avoid overeating
4. **Keep snacks visible**—out of sight, out of mind works both ways!
5. **Drink water first**—sometimes thirst masquerades as hunger

## 🚫 Snacks to Avoid

These common snacks are HIGH in purines or trigger inflammation:

- ✗ Beef jerky or meat sticks
- ✗ Sardines or anchovies
- ✗ Chips and processed snacks
- ✗ Candy and sugary treats
- ✗ Energy drinks
- ✗ Soda or fruit juice
- ✗ Pretzels (high sodium)

## 💡 My Go-To Emergency Snacks

I always keep these in my desk drawer, car, and gym bag:

- Individual almond butter packets
- Dried cherries (unsweetened)
- Raw almonds in a small container
- Rice cakes (individually wrapped)
- Dark chocolate squares (70%+)
- Protein bars (low-purine, check labels!)

Having these on hand prevents me from making poor choices when I'm starving and away from home.



## Snack Prep Sunday

Spend 30 minutes every Sunday prepping snacks for the week:

- Wash and cut vegetables into sticks
- Portion hummus into small containers
- Make energy balls and store in fridge
- Prep fruit salad for the week
- Hard-boil a dozen eggs
- Portion nuts into snack-size bags



# Alcohol Replacement Guide

## "Yes, Occasional Beer IS Allowed—Here's How"



### The Truth About Alcohol & Gout

Let's be honest: alcohol is one of the BIGGEST gout triggers. Here's why:

- **Increases uric acid production** in the liver
- **Decreases uric acid excretion** by the kidneys
- **Causes dehydration**, concentrating uric acid in blood
- **Beer contains purines** from yeast (10–20mg per 12 oz)

**My recommendation:** Avoid alcohol completely during the 14-day plan and for at least 30 days if you're actively having flares.



### If You MUST Drink: The Hierarchy

**From Least to Most Harmful:**

1. **Light Beer** (12 oz max, once per week) – Lowest purine content among alcoholic drinks
2. **Wine** (4 oz glass, red or white) – Moderate risk, some antioxidants
3. **Spirits** (1.5 oz vodka, gin, whiskey) – No purines but still affects uric acid metabolism
4. **Regular Beer** (AVOID) – High purines, worst choice
5. **Craft/Dark Beer** (AVOID) – Even higher purines



### My Personal Alcohol Rules

After 3+ years flare-free, here's what works for me:

- **Maximum 1 drink per week** (usually at social events)
- **Only light beer or wine**—never spirits or regular beer
- **Drink 2 glasses of water** for every alcoholic drink

- **Never drink on an empty stomach**—always with food
- **Take 500mg vitamin C** before drinking
- **Drink extra water before bed** to prevent dehydration
- **Never drink 2 days in a row**
- **Never drink if I feel any joint discomfort**



# Delicious Alcohol Alternatives

These drinks satisfy the "ritual" of having a drink without the gout risk:

## Sparkling Cherry Mocktail

2 oz tart cherry juice, 6 oz sparkling water, fresh lime, mint leaves, ice

**Bonus:** The cherry juice actually HELPS lower uric acid!

## Ginger Lime Fizz

Fresh ginger juice, lime juice, sparkling water, honey, ice

**Bonus:** Ginger is anti-inflammatory!

## Cucumber Mint Cooler

Muddled cucumber, fresh mint, lemon juice, sparkling water, ice

**Bonus:** Super hydrating!

## Kombucha Spritzer

4 oz kombucha (ginger or berry flavor), 4 oz sparkling water, fresh berries

**Bonus:** Probiotics for gut health!

## Herbal Iced Tea

Hibiscus or rooibos tea (chilled), lemon, honey, ice

**Bonus:** Antioxidants galore!



## Social Situations Survival Guide

### How to handle pressure to drink:

- "I'm doing a health challenge right now"
- "I'm on medication that doesn't mix with alcohol"
- "I feel so much better when I don't drink"

- "I'm the designated driver tonight"

**Pro tip:** Hold a mocktail or sparkling water in a fancy glass—most people won't even notice you're not drinking alcohol!



## The Math on Alcohol

One night of heavy drinking (3+ drinks) can:

- Increase gout attack risk by **2-3x** within 24-48 hours
- Raise uric acid levels by **1-2 mg/dL** temporarily
- Take **3-5 days** for uric acid to return to baseline

Is it worth it? For me, the answer is almost always no.



# Blank Meal Planner Template

Use this template to plan your meals beyond Day 14. Photocopy or print multiple copies!

**Week of:** \_\_\_\_\_

## Monday

**Breakfast:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**Total Purines:** \_\_\_\_\_ mg | **Water:** \_\_\_\_\_ glasses

## Tuesday

**Breakfast:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**Total Purines:** \_\_\_\_\_ mg | **Water:** \_\_\_\_\_ glasses

## Wednesday

**Breakfast:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**Total Purines:** \_\_\_\_\_ mg | **Water:** \_\_\_\_\_ glasses

## Thursday

**Breakfast:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**Total Purines:** \_\_\_\_\_ mg | **Water:** \_\_\_\_\_ glasses



# My Favorite Kitchen Tools & Supplements

These are the tools and supplements I actually use every day—no fluff, just what works.

## Q Essential Kitchen Tools

- **High-Speed Blender** – For smoothies, soups, and sauces (I use a Vitamix)
- **Food Processor** – Makes hummus, energy balls, and chopping vegetables a breeze
- **Spiralizer** – For zucchini noodles and veggie pasta alternatives
- **Rice Cooker** – Set it and forget it for perfect grains every time
- **Cast Iron Skillet** – Perfect for searing chicken and roasting vegetables
- **Glass Meal Prep Containers** – For portioning and storing meals
- **Digital Kitchen Scale** – For accurate portion sizes
- **Instant Pot** – Cooks beans, grains, and soups in half the time

## 💊 Supplements I Take Daily

Note: Always consult your doctor before starting any supplements!

- **Celery Seed Extract (500mg)** – Helps reduce uric acid and inflammation
- **Vitamin C (500mg)** – Increases uric acid excretion through kidneys
- **Tart Cherry Extract (1000mg)** – On days I don't eat fresh cherries
- **Omega-3 Fish Oil (1000mg)** – Anti-inflammatory benefits
- **Vitamin D3 (2000 IU)** – Supports overall health and immunity
- **Turmeric/Curcumin (500mg)** – Powerful anti-inflammatory

## Helpful Apps & Resources

- **MyFitnessPal** – Track calories and macros
- **WaterMinder** – Reminds you to drink water throughout the day
- **Paprika Recipe Manager** – Organize and scale recipes
- **AnyList** – Shared grocery lists with family

## Testing & Tracking

I recommend getting your uric acid tested:

- Before starting this plan (baseline)
- After 30 days
- After 90 days
- Every 6 months thereafter

**Target uric acid level:** Below 6.0 mg/dL (I aim for under 5.8 mg/dL)