



## ANTI-INFLAMMATORY MEAL IDEAS

(grain/dairy/egg/sugar-free)

### BREAKFAST

- Butternut Squash Hash Browns with organic Pancetta or Bacon\*\*
- Root Vegetable Hash with Meat\*\* of choice
- Nut Butter Smoothie: combine ½ avocado, 1½ Tbsp raw nut butter, dried unsweetened coconut (or fresh if available), 1 Tbsp MCT oil or 2 Tbsp organic coconut oil, 4 oz organic full fat coconut milk, 8 oz filtered water, and a dash of green leaf stevia.
- Cacao Coconut Smoothie\*\*
- Creamy Macadamia Chia Pudding\*\*
- Homemade Paleo Breakfast Bar (use stevia instead of honey)\*\* topped with raw nut butter and coconut oil.
- Squash Breakfast Porridge\*\*
- Grain-Free Granola\*\* or Crazy Good Paleo Granola\*\* with warm coconut milk or homemade nut milk\*\*
- Grain-Free Breakfast Porridge\*\* with unsweetened coconut milk
- Poached or Smoked Salmon\*\* with avocado and sautéed veggies
- Large mug of bone broth with leftover meat
- Bacon and Sage Sweet Potato Hash\*\* topped with avocado
- Dinner leftovers!

*\*\* see included recipes*

## LUNCH AND DINNER

Try to purchase organic fruits and vegetables; wild fish; organic, pastured chicken and/or turkey; and grass-fed meats as often as possible. Aim to eat a large green salad with either lunch or dinner. Slice up an avocado, add raw nuts or seeds and top with a homemade olive oil, raw apple cider vinegar, Coconut Secret liquid aminos, and sea salt dressing. Or you can choose to roast or sauté veggies in clean animal fat or coconut oil.

- Large green salad: add pasture-raised Chicken, wild Fish or grass-fed Meat along with avocado, and/or raw nuts & seeds. Drizzle extra virgin olive oil, Bragg's raw apple cider vinegar, a touch of Dijon mustard, fresh lemon juice, and sea salt.
- Grass-fed Meatloaf (made with coconut flour in place of bread crumbs and eggs)\*\* and Roasted Brussel Sprouts with Oregano Drizzle\*\*
- Zucchini "Pasta" with Avocado Cream Sauce: puree Avocado with lemon Juice, Salt, Garlic Powder and water)
- Thai Curried Chicken with Coconut\*\* and Butternut Squash Latkes\*\*
- Perfect Roast Chicken\*\* with roasted Sweet Potatoes and sauteed Swiss chard
- Homemade Chicken Soup: use homemade stock made from leftover whole chicken carcass
- Paleo Shepherds Pie\*\*
- Grass-fed Buffalo, Turkey, or ground Lamb burger with Baby Greens Salad
- Wild Alaskan Salmon (grilled or baked) with Roasted Root Vegetables\*\*
- Grilled grass-fed flank Steak or Beef Tenderloin topped with sautéed mushrooms & Oven Roasted Kale\*\*
- Variations of Asian Dishes using Cauliflower Rice, Meat of choice, Fresh Ginger, Coconut Milk and Thai Kitchens Green Curry Paste. Coconut Amino's are a great sub for soy sauce.
- Bison Stew\*\*
- Turkey Chili\*\*
- Satay Chicken Skewers with Thai Almond Dipping Sauce\*\*
- Stir Fried Cabbage & Onions with Meat of Choice: seasoned with Cumin, Ginger and Garlic and Coconut Cauliflower Mash\*\*
- Paleo Dirty "Rice"\*\*\*
- Grass-fed Filet Mignon with Mashed Cauliflower\*\*, steamed kale & Swiss chard with olive oil and garlic\*\*
- Cauliflower & Kale Soup\*\*
- Lemon Ginger marinated Chicken\*\*

- Almond flour Pizza Crust\*\* with all your favorite toppings
- Wild Salmon with Cucumber Chile Relish\*\*
- Lime Chicken Taco Bowls with Guaca-Salsa-Mole\*\*
- Chicken Parmesan (using blanched almond flour to replace bread crumbs)
- Moroccan-Spiced Roast Chicken\*\* with Roasted Turnips tossed in coconut oil
- Crockpot Coconut Curry\*\*
- Mexican Chicken and "Rice"\*\*

*\*\* see included recipes*