



3-Day Anti-Inflammatory, Blood Sugar Balancing Meal Plan

Meal	Day 1	Day 2	Day 3
Upon Waking	Lemon with warm water 8 oz coffee w/ almond milk	Lemon with warm water 8 oz coffee w/ almond milk	Lemon with warm water 8 oz coffee w/ milk
Breakfast	<ul style="list-style-type: none"> Cup of green tea Gluten-free Oatmeal (or Overnight Oats) (see recipes) Cup of water 	<ul style="list-style-type: none"> Cup of green tea 2-egg scramble with 1/2 chopped red bell pepper, handful of spinach and crumbled feta on top (~1 tbsp butter for the pan) Cup of water 	<ul style="list-style-type: none"> Cup of green tea Smoothie (undenatured whey protein, handful of spinach, water/almond milk, 1/2 c frozen berries, 1 tbsp almond butter and dash cinnamon) Cup of water
Snack	Granny smith apple + almond butter	1 granny smith apple + handful almonds	1 hard-boiled egg (ideally pasture-raised) w/ 1/2 cup chopped strawberries
Lunch	<ul style="list-style-type: none"> Cup of Water 4 oz lamb meatballs w/ 1/2 cup brown rice over spiralized zucchini noodles; w/ 1/2 cup sauteed mushrooms + 2-3 cloves garlic with 1 cup spaghetti sauce (season w/ oregano, thyme and sea salt) TIP: Add 1-2 Tbsp Nutritional Yeast for a cheesy flavor along with added B Vitamins, Protein, and Minerals 	<ul style="list-style-type: none"> Cup of Water 3 oz chicken, thigh (boneless, skinless), 1 oz unsalted and shelled pumpkin seeds, 1 cup steamed broccoli and add 2 tbsp olive oil + 1 squeezed lemon juice + dash of sea salt + 1 tsp oregano (recipe provided) 	<ul style="list-style-type: none"> Cup of Water "Fish Tacos" - 4 oz Halibut (ideally wild-caught) w/ 2 Coconut Wraps, Chopped Cabbage, Pico de Gallo, 1/4 Avocado, Feta Crumbles, Lentils, Lemon Juice, chopped cilantro + Oregano
Snack	<ul style="list-style-type: none"> Cup of water Dandelion Root Tea 3 pieces of dried apricot + handful walnuts 	<ul style="list-style-type: none"> Cup of water Dandelion Root Tea 3 celery stalks + 3 tbsp hummus 	<ul style="list-style-type: none"> Cup of water Dandelion Root Tea Red Bell Peppers, Celery + Hummus + 2 Brazil Nuts
Dinner	<ul style="list-style-type: none"> Cup of water 4 oz chicken thigh, boneless / skinless (ideally organic) + Salad (Kale + Dandelion Green Salad with 1 small chopped tomato, 2 tbsp pine nuts, 1-2 tbsp parmesan cheese, olive oil, lemon, oregano (TIP: add a bit of chopped cilantro on top for extra antioxidant and liver support)) 	<ul style="list-style-type: none"> Cup of water 4 oz Wild-Caught Salmon (see recipe) with big salad + 1/2 cup brown rice (2 cups of spring mix salad w/ 1/4 avocado, 1/2 cup chopped cucumbers, 1/4 cup chopped tomato w/ olive oil + lemon + oregano + dash sea salt TIP: Use Kelp Granules in place of Sea Salt to get iodine, magnesium and calcium and dash of turmeric on top of the salmon for added antioxidant) 	<ul style="list-style-type: none"> Cup of water 3.5 oz beef steak (ideally grass-fed) w/ sauteed mushrooms, onions and leeks in 1 tbsp butter. 1 cup roasted brussel sprouts + 1/2 small sweet potato, baked

After Dinner	Cup of Herbal Tea (Dandelion or Peppermint)	Cup of Herbal Tea (Dandelion or Peppermint)	Cup of Herbal Tea (Dandelion or Peppermint)
Beverages	<ul style="list-style-type: none"> • 8 oz coffee w/ cream • Warm water w/ lemon • Plenty of water (target 75 oz/day) • Adding liver detoxing tea, dandelion tea, and green tea in place of usual coffee + and sweetened iced tea. 	<ul style="list-style-type: none"> • 8 oz coffee w/ cream • Warm water w/ lemon • Plenty of water (target 75 oz/day) • Adding liver detoxing tea, dandelion tea, and green tea in place of usual coffee + and sweetened iced tea. 	<ul style="list-style-type: none"> • 8 oz coffee w/ cream • Warm water w/ lemon • Plenty of water (target 75 oz/day) • Adding liver detoxing tea, dandelion tea, and green tea in place of usual coffee + and sweetened iced tea.