

## 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"> <li>Cup of green tea</li> <li>Gluten-free Oatmeal (or Overnight Oats) (see recipes)</li> <li>Cup of water</li> </ul>	<ul style="list-style-type: none"> <li>Cup of green tea</li> <li>2-egg scramble with 1/2 chopped red bell pepper, handful of spinach and crumbled feta on top (~1 tbsp butter for the pan)</li> <li>Cup of water</li> </ul>	<ul style="list-style-type: none"> <li>Cup of green tea</li> <li>Smoothie (undenatured whey protein, handful of spinach, water/almond milk, 1/2 c frozen berries, 1 tbsp almond butter and dash cinnamon)</li> <li>Cup of water</li> </ul>
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"> <li>Cup of Water</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Water</li> <li>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)</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Water</li> <li>"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</li> </ul>
Snack	<ul style="list-style-type: none"> <li>Cup of water</li> <li>Dandelion Root Tea</li> <li>3 pieces of dried apricot + handful walnuts</li> </ul>	<ul style="list-style-type: none"> <li>Cup of water</li> <li>Dandelion Root Tea</li> <li>3 celery stalks + 3 tbsp hummus</li> </ul>	<ul style="list-style-type: none"> <li>Cup of water</li> <li>Dandelion Root Tea</li> <li>Red Bell Peppers, Celery + Hummus + 2 Brazil Nuts</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>Cup of water</li> <li>4 oz chicken thigh, boneless / skinless (ideally organic) + Salad</li> <li>(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))</li> </ul>	<ul style="list-style-type: none"> <li>Cup of water</li> <li>4 oz Wild-Caught Salmon (see recipe) with big salad + 1/2 cup brown rice</li> <li>(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)</li> </ul>	<ul style="list-style-type: none"> <li>Cup of water</li> <li>3.5 oz beef steak (ideally grass-fed) w/ sauteed mushrooms, onions and leeks in 1 tbsp butter.</li> <li>1 cup roasted brussel sprouts + 1/2 small sweet potato, baked</li> </ul>

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