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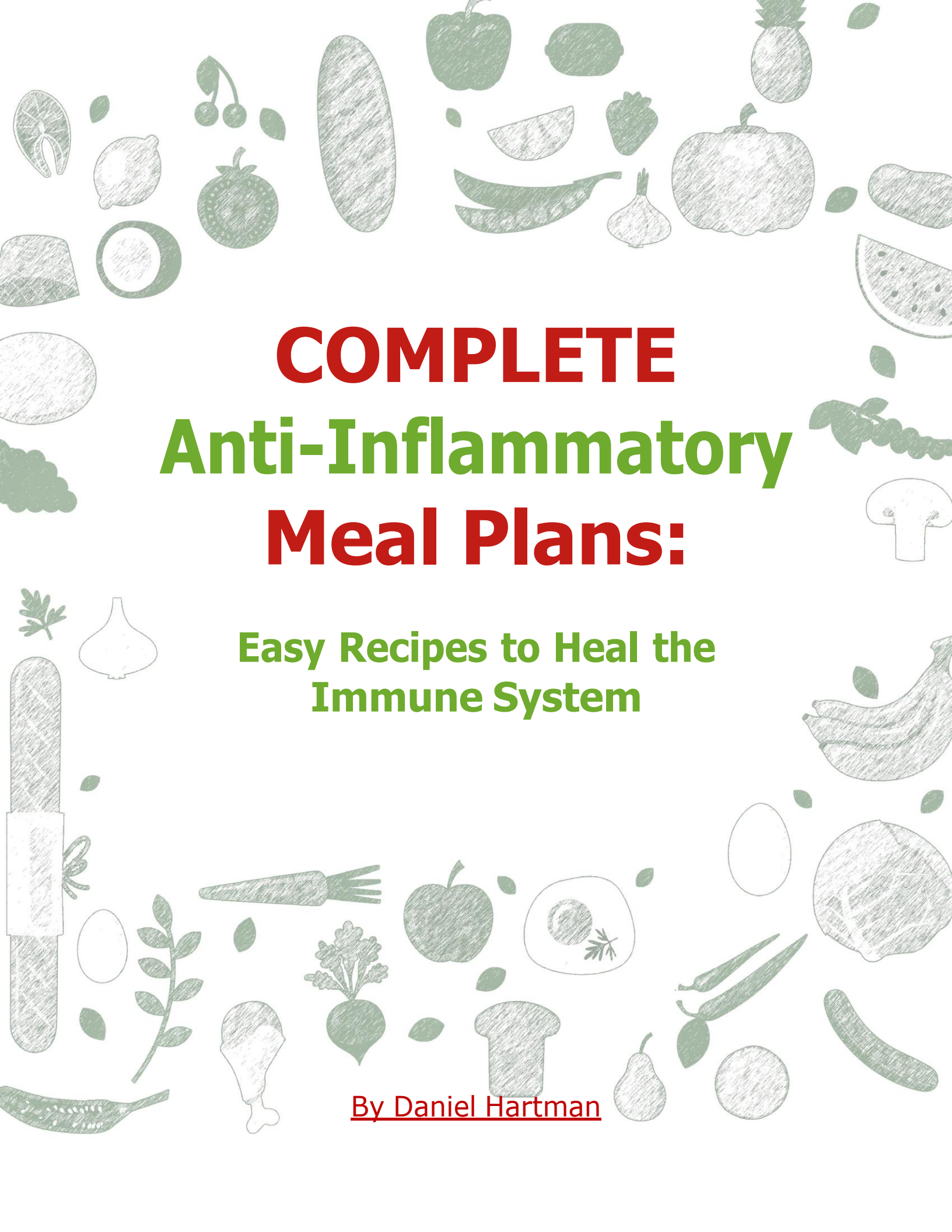
Anti-Inflammatory

Meal Plans:

Easy Recipes to Heal the Immune System



By Daniel Hartman



COMPLETE **Anti-Inflammatory** **Meal Plans:**

**Easy Recipes to Heal the
Immune System**

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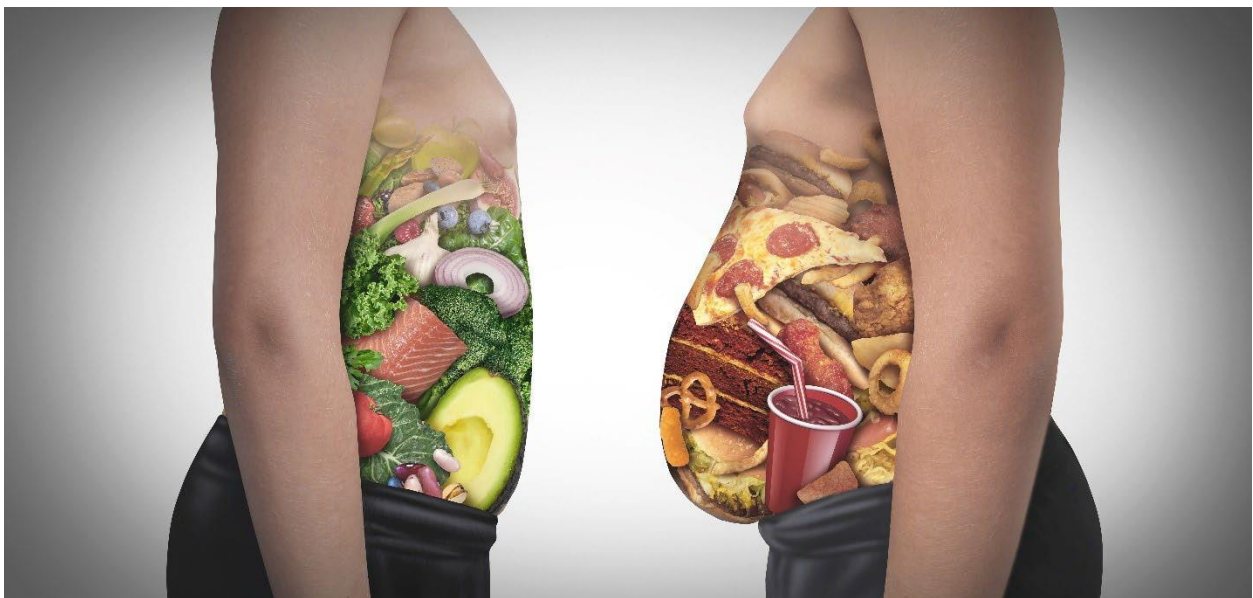
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Chapter 1

INTRODUCTION TO HEALTHY LIVING AND EATING

WE ARE WHAT WE EAT.

The German philosopher Feuerbach argued this about two centuries ago, and I am deeply convinced of it myself. Today we live in the information age, and honestly, I often feel overwhelmed by the amount of knowledge generated and made available every day. As if this were not enough, it becomes more and more difficult to distinguish the signal from the noise quickly and effectively, that noise incessantly produced by those who, for economic purposes or simple ignorance, proclaim themselves an expert on social media and increase the diffusion and confusion of ideas. In my opinion, the so-called anti-inflammatory foods are a case in point: we hear about them often, but do they exist? What exactly are anti-inflammatory foods? Are they useful? Necessary? Real? Let's clarify myths and reality, science and



pseudoscience, but first an essential premise.

AND WHAT ARE ANTI-INFLAMMATORY FOODS?

Searching "anti-inflammatory foods" on YouTube or the rest of the internet, it is possible to find endless lists of foods and superfoods that, according to the guru on duty, would solve all our inflammation problems. Foods that reduce inflammation are rich in anti-inflammatory nutrients such as vitamin C, vitamin E, carotenoids, and flavonoids. However, the essential compound that inhibits inflammation is a group of fatty acids called omega-3 fats (most notably EPA and DHA), which are also involved in brain function, average growth and development, lowering cholesterol levels, reducing blood pressure, and improving heart health. These foods contain high amounts of omega-3 fats: cold-water fish (mackerel – salmon – sardines -herring – trout), flaxseed oil, walnuts, extra virgin olive oil, dark chocolate, avocado and soybean.

Anti-inflammatory foods reduce the signs and symptoms of inflammation in the body, which is typical when a person eats refined carbohydrates or processed foods. Inflammation can occur when something irritates your body, such as poor-quality food, stress, injury, infection, or even specific medication. When this happens, immune system cells are activated and travel to injured tissue, releasing chemicals that start healing processes that cause swelling, pain, and redness. This condition is referred to as acute inflammation. Still, if it persists for more extended periods, it can lead to severe diseases, especially cardiovascular diseases (such as heart attack), autoimmune diseases (such as rheumatoid arthritis), cancer, and diabetes.

In this regard, although it is possible to list some distinctly anti-inflammatory foods, and we will see them shortly, in my opinion, they represent the worthy crowning of an anti-inflammatory dietary approach and not its basis. Knowing and regularly consuming these foods allows us to benefit from their remarkable properties, which, however, could in no way remedy a dietary approach that is wrong in its basic principles.

Furthermore, let us not forget that the different antioxidant substances present in nature often have different and complementary mechanisms (someone works in an aqueous environment, someone lipophilic, for example, but then we have the lutein that concentrates in the eye and the lycopene of the tomato effectively reaches the prostate), which is why for maximum benefit it is so important to associate them, rotate them in the diet, and alternate them. This is one of the classic examples in which the overall effect is greater than the sum of the parts.

In any case, among the most important, we can mention turmeric, to be taken possibly in association with a pinch of pepper to maximize its absorption, ginger, cinnamon, but then again, the whole family of brassicas (the various cabbages, broccoli, cauliflowers), green tea and many others.

WHAT IS INFLAMMATION?

We are used to thinking of inflammation as a concept with a strongly negative connotation, always associating it with pain, injury, trauma, or simply a condition that causes discomfort, discomfort, and other unpleasant symptoms.



In reality the real meaning is different, much more positive, because inflammation is a defense mechanism of the organism. Wikipedia even defines it as protective, consequent to the action of some external or internal insult and whose goal is to eliminate the cause and initiation of the repair process. It is, therefore, an indispensable mechanism for life, which reacts as much to biological threats (think of bacteria and viruses) as to chemical-physical ones, when, for example, we burn ourselves with a pan in the oven or cut our finger by slicing black cabbage. Seen

from this perspective, it is, in my opinion, comparable to stress: stress itself is neither good nor bad. It is the form in which it manifests itself that makes it beneficial or harmful.

Short and occasional exposures to stress are helpful and allow us to benefit greatly, think for example, of a student who gradually faces questions and tests of increasing difficulty, which finally culminate with the Maturity exam rather than with the discussion of the Thesis. The gradual exposure, with increasing difficulty but never overwhelming, prepared him for the final test. In the same way, inflammation, if occasional, targeted, and effective, allows us to recover perfectly from a disease, an injury, a form of weakness of the immune system.

Almost everyone is worried about inflammation of one kind or another. Arthritis, Osteoarthritis, Rheumatoid arthritis, Bursitis, Carpal Tunnel Syndrome. All these are symptoms that are related to acute or chronic inflammation. Today's modern world has been deeply affected by foods and lifestyles that have promoted chronic diseases such as cardiovascular disease (CVD), cancer, and diabetes mellitus type 2 (DM2). Our bodies maintain a homeostasis condition - that is, an intermediate state of balance or body equilibrium. Western society today has a greater incidence of chronic illnesses because we are not maintaining that homeostasis condition with which we were designed and created by God. In today's world, the environment/lifestyle change has led to many losing their balance with their health and often dealing with diseases they never thought would happen to them.

A state of inflammation often precedes most chronic conditions. Inflammation is the body's natural response to injury and infection. Both physical injuries, as well as mental stress, trigger an inflammatory response. When it subsides, tissue repair occurs, and we heal. Acute (short-term) inflammation can be compared with firefighting; a short-term inflammatory response by the body is required to extinguish or contain the damage that could lead to persistent problems further down the track if left unaddressed.

Now let's take the same student and put him in front of questions that are beyond his reach, for topics, difficulties, and frequency: within a month, we will have a boy unable to study, tried by the continuous challenges that he is not equipped to overcome, discouraged, who will therefore have lost confidence in himself because he realized he was unable to tackle the path.

Likewise, inflammation, which if continued over time, can no longer guarantee optimal or effective healing, like a wound that does not heal and, on the contrary, continues to hurt. What I have described to you, with apparent simplifications, is the difference between acute inflammation, useful, effective, and limited in time, from chronic, fruitless, and persistent inflammation.

Chapter 2

ANTI-INFLAMMATORY DIET BASICS AND STYLE

In terms of survival, our bodies are brilliant and cunning. Inflammation speeds up the aging process and weakens the body. In most cases, the anti-inflammatory process is essential for restoring health, but in some cases, an incorrect, inflammatory response can occur.

You can prevent this sudden inflammation, for example, by following a diet called an anti-inflammatory diet. It not only cures health problems but also slows down the aging process by stabilizing blood sugar levels and stimulating metabolism.

Inflammation is the body's natural response to injury and infection and indicates that something is wrong with you. However, chronic inflammatory reactions often occur, which provoke various diseases and significantly accelerate the aging process. You can avoid this by slightly reconsidering your lifestyle. In addition to regular activity, experts recommend a special anti-inflammatory diet.

DIET BASICS

The telling name of the diet makes it clear that it is aimed at combating inflammatory reactions. As you know, inflammation catalyzes the aging process, accelerates the appearance of wrinkles, and increases the risk of various "age-related" diseases. The foods from which the diet is built actively fight inflammation, keeping you healthy and youthful. It should be understood that these are not temporary measures - an anti-inflammatory diet should become your way of life since the effect will last only as long as you adhere to a specific meal plan.

Foods that form the basis of the diet are rich in antioxidants and unsaturated (healthy) fats. Antioxidants actively fight free radicals that damage the body's cells, provoke inflammation, reduce immunity and accelerate the aging process. Omega-3 and -6 fatty acids, as well as vitamins A and E, keep the body healthy from the inside, strengthening every cell and prolonging its youth.

WHAT FOODS ARE WORTH EATING?



TOMATOES



FRUITS



NUTS



OLIVE OIL



LEAFY GREENS



FATTY FISH

The best sources of antioxidants are berries and fruits (the brighter they are, the higher their antioxidant value), nuts and seeds. We recommend paying special attention to strawberries, blueberries, cherries, watermelons, apricots, and peaches. Among vegetables, the most antioxidants are found in greens (spinach and sorrel), carrots, tomatoes, bell peppers (red is the most useful). In addition, you should not neglect nuts - almonds, pistachios, and cashews - they are a real storehouse of vitamins A and E and minerals necessary for the body. The choice of sources of healthy fats should also be approached responsibly: river fish (salmon and trout), avocado, virgin olive oil, linseed, and rapeseed oil. As a source of carbohydrates, experts recommend choosing whole grains that have undergone minimal processing: brown rice, quinoa, and barley. And don't forget about spices - some of them not only add spice to the dish but also contribute to your health. Turmeric, ginger, and cinnamon are what you need.

WHAT FOOD SHOULD YOU EXCLUDE?



FRIED FOODS



SODAS



REFINED CARBS



LARD



PROCESSED MEATS

First of all, you should exclude sugar. The connection between it and the occurrence of inflammatory reactions has been established by science for a long time and is not questioned. High blood sugar levels stimulate the growth of inflammatory gut bacteria, which increases the concentration of toxins in the body. The immune system reacts to them by triggering an inflammatory response. Therefore, you should be extremely careful with sweets; you should replace desserts with fruits or dried fruits and refuse added sugar altogether.

Another important point in the anti-inflammatory diet is the complete avoidance of alcohol. In less strict diet variations, a glass of dry red is allowed no more than a couple of times a month, but in the original version, alcohol-containing drinks are prohibited. The fact is that alcohol causes intoxication in the body, which increases the risk of inflammation.

In addition, an anti-inflammatory diet means keeping tight control over the fats you eat. They should not include trans fats, sunflower, corn, palm, and soybean oils. They are often found in finished products, so it is better to refuse them and read the composition carefully.

WHAT HAPPENS TO THE BODY?

As a result of such nutrition in the body, many inflammatory processes are significantly reduced, which immediately affects both your appearance and well-being. The skin becomes moisturized and elastic, the likelihood of premature wrinkles is reduced, and the production of collagen and hyaluronic acid in cells is stimulated. The internal changes in the body are also impressive: reducing the amount of inflammation reduces fatigue, increases concentration and performance. In the long term, this type of diet will protect you from many "age-related" diseases: from vision loss to heart problems and Alzheimer's disease.

Chronic fatigue, depression, diabetes, obesity, hypertension - chronic inflammation in the body can lead to these problems. How can I stop it? This will help, among other things, an appropriately structured diet. Inflammation is the body's natural defense response to infection or infection. It is designed to eliminate the source of the threat

and correct the "damage." However, if inflammation persists for too long, it in itself becomes a serious threat to our health.

An acute inflammatory process sometimes turns into a chronic one, which can last for months or even years. This leads to constant stimulation of the immune system and tissue destruction in the place where it occurs. The so-called pro-inflammatory cytokines begin to spread through the circulatory system throughout the body, resulting in various ailments, depressed mood, chronic fatigue syndrome, or migraines. In the long term, the effect of chronic inflammation is even more serious, as it leads to the development of many formidable diseases, in particular, Hashimoto's disease, diabetes mellitus, obesity, vascular atherosclerosis, and even cancer. How can we resist this? One of the keys to success may be eliminating foods that support inflammation while adding foods with anti-inflammatory properties.

Chapter 3

FOUR WEEKS ACTION PLAN

Week 1

Monday



BREAKFAST: Smoothie Soothing



Prepare to be comforted. Pears have a low glycemic index, and fennel helps digestion. Add micronutrients to spinach, and you have a lively mix of antioxidants to start your day right. You can add a little vegan yogurt or a quarter avocado for a creamy texture.

Preparation

The blend combines the pear, fennel, ginger, spinach, cucumber, water, and ice (if using). Blend until smooth.

Nutritional values

- Protein: 4g
- Sugar: 6g
- Sodium: 89mg
- Calories: 147
- Total Fat: 1g
- Total Carbohydrates: 37g
- Fiber: 9g

Ingredients

1. ½ cup of water ice
2. Small cucumber
3. ½ fennel bulb
4. A slim sliced fresh ginger
5. A cup of Spinach(packed)
6. A Cored and quartered pear



Apart from being a good support for digestion and treatment, the pears add gentle sweetness—the leeks and fennel help give the soup a mild bite. You can serve especially with chopped cashews and raw pears for a better texture.



Nutritional values

- Sodium: 627mg
- Carbohydrates: 33g
- Sodium: 627mg
- Protein: 5g
- Calories: 267
- Sugar: 13g
- Total Fat: 15g
- Fiber: 7g

Ingredients

1. ½ cup cashews
2. 2 tbs extra-virgin olive oil
3. 2 leeks only the white part
4. 1 fennel bulb
5. 2 peel cored peer
1. 1 teaspoon salt
2. ¼ teaspoon freshly ground black pepper
3. 2 cups of packed arugula, vegetable, or spinach broths or 3 cups of water

Instructions:

Heat the olive oil overnight in a large oven. The following morning, add the fennel and leeks, then Sauté for about 4 -6 mins. Put your Pepper, pears, and salt. They let it Sauté for another 2 -4 mins. Add the water and cashews, then soup. Let it boil. Cover partially and reduce the level of heat to cook and simmer for about 4 - 6 mins. Stir up on your spinach then, pour your soup in the blender. You can do the process in batches. Purée all until you have it smooth.



Risotto is a popular meal among Italian. It has a reputation of being slightly difficult to make, but it's truly not difficult to make. The logic behind its preparation is to add water

as you stir the rice (slowly). Once the rice is tender and the liquid is incorporated, the result will be a satisfying warm creamy meal. You can use any short-grain rice if you can't get the regular arborio rice. Don't use brown rice because of its outer shell.

Nutritional values

- Carbohydrates: 60g
- Sugar: 1g
- Fiber: 3g
- Calories: 359
- Protein: 10g
- Sodium: 1162mg
- Fat: 9g

Ingredients

1. ½ teaspoon freshly ground black pepper
2. 2 Cups (any grain rice) preferable arborio rice
3. 3 cups of warmed vegetable broth
4. 1 minced garlic clove
5. 1 tbs of fresh thyme leaves

6. 1 pint sliced mushrooms

7. 1 teaspoon salt

8. Pinch ground nutmeg

9. 2 tbs extra-virgin olive oil

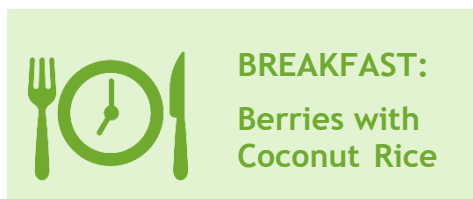
101 1 large sliced shallot

Preparation

Heat the olive oil in a large skillet. Add your garlic and shallot let it Saute for about 4 minutes. Add your rice and mushrooms. Let it saute for another 4 minutes. Turn down the heat level to medium-high. Stir with vegetable broth gradually. Make sure the rice absorbs it before adding another. Once this is completed, add pepper, nutmeg, and salt. Taste to check if the rice is cooked. Serve, then drizzle your meal with balsamic vinegar and garnish with thyme.

Add more water or broth if the rice isn't well cooked after you've used up the broth. You can make it ¼ cup at a time. Keep adding the water until the rice becomes tender. Cover up the risotto if the rice remains touch undone, then turn off the heat for about 4 minutes.

Tuesday



Smoothie is one of the foods that, when taken, will remain full and energized, most especially Pineapple smoothie that will make you think you are on a tropical island. This meal also aids in digestion. And in 5 minutes, your breakfast is ready.



Nutritional values

- Protein: 6g
- Fat: 8g

- Calories: 281
- Fiber: 5g
- Sodium: 623mg
- Sugar: 7g
- Carbohydrates: 49g

Ingredients

1. 1 tbs salt
2. ½ cup of well-shaved coconut
3. ¼ cup of toasted smooth slivered almond
4. 2 pieces of dates chopped
5. 1 cup water
6. 1 cup coconut milk
7. 1 cup of fresh raspberries or blueberries
8. 1 cup of basmati rice (brown)

Preparations

Put the coconut milk, date pieces, water, and basmati rice over a medium saucepan and heat on at a high temperature. Stir up your mixture until it all boils. Reduce the heat, then cook for about 25 - 30 mins. Do not stir until you have tender rice. Split the rice into four places and put 2tbs of coconut, 1 tbs of almonds, and ¼ blueberries.

You can cook the rice at night then reheat the following morning. You can also put the coconut milk and rice in a bowl and soak through the night to hasten the cooking time.



Many people do not like cooked bean sprouts since they were young, and these bean sprouts are said to be "good for you." If you are one of these people,



that is the way you can eat. This crunchy salad is an excellent complement to fried chicken or turkey. If you do not have pomegranate seeds, please replace dried cherries.

Nutritional value

- Protein: 6g
- Carbohydrates: 29g
- Fiber: 9g
- Sodium: 678mg
- Sugar: 13g
- Calories: 189
- Fat: 8g

Ingredients

1. 1 cup coconut milk yogurt
2. ½ cup toasted chopped hazelnuts
3. 1 teaspoon salt
4. ½ cup pomegranate seeds
5. 1 teaspoon Dijon mustard
6. 2 teaspoons apple cider vinegar
7. ½ sliced red onion
8. 1 pound Brussels sprouts
9. 1 tbs of raw maple syrup or raw honey
10. 1 cored and sliced apple thin

Preparation

Mix the apple, onion, and bean sprouts in a medium bowl. In a small bowl, mix Dijon mustard, salt, honey, vinegar, and yogurt. Add the sauce to the bean sprouts and mix well. Decorate the salad with hazelnuts and pomegranate seeds. This salad will taste better if it sits for 30 minutes before serving. This recipe makes a delicious meal in an instant. Broccoli, sometimes called small broccoli, is easy to use, and the stem is smaller and softer than traditional broccoli, so there is less waste. Using pre-cooked quinoa can use meals very fast, adding cooked lentils to get extra protein.



DINNER:
Sauté Quinoa-
Broccolini

Nutritional values

- Sugar: 5g
- Sodium: 54mg
- Protein: 11g
- Calories: 273
- Fiber: 6g

Ingredients

1. 2 cups cooked quinoa
2. 1 tablespoon coconut oil
3. 1 tablespoon coconut aminos
4. 4 cups chopped broccoli
5. ½ cup vegetable broth or water
1 teaspoon curry powder
6. 2 sliced 2 cloves of garlic, leeks,
only white, chopped

Preparation

Melt the coconut oil in a large saucepan over high heat. Add the leeks and garlic. Stir fry for 2 minutes. Add broccoli and vegetable stock. Cover the pot and cook for 5 minutes. Add curry powder, quinoa, and coconut amino acids. Cook for 2-3 minutes, uncovered or until the quinoa is hot. Serve hot as a side dish or as a salad at room temperature.



Wednesday



BREAKFAST:
Vegetables

This convenient "to-go" shaking will excite you when your energy is behind. If Night Shadow is part of your diet, add a little Roma tomato to the ingredients for extra nutrients.

Ingredients

1. 1 cup coconut water
2. 1 teaspoon balsamic vinegar with ice (optional)
3. 1 sliced carrot
4. ½ cup fresh raspberries
5. 1 small beet, cut into pieces
6. 1 celery stalk

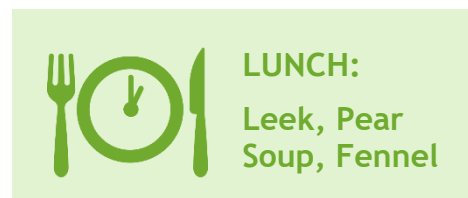


Preparation

Combine carrots, beets, celery, raspberries, coconut water, balsamic vinegar, and ice (if using) in a blender. Stir until smooth. Consider adding chia seeds to increase protein and fiber or goji berries to get more essential amino acids and fiber.

Nutritional values

- Carbohydrate: 24g
- Sodium: 293mg
- Fiber: 8g
- Calories: 140
- Fat: 1g Total
- Sugar: 23g
- Protein: 3g



Apart from being a good support for digestion and restorative, the pears add gentle sweetness—the leeks and fennel help give the soup a mild bite. You can serve especially



with chopped cashews and raw pears for a better texture.

Nutritional values

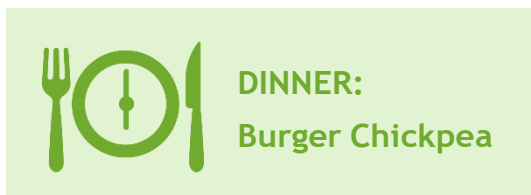
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- Sugar: 13g
- Total Fat: 15g
- Fiber: 7g

Ingredients

1. ½ cup cashews
2. 2 tbs extra-virgin olive oil
3. 2 leeks only the white part
4. 1 fennel bulb
5. 2 peel cored peer
6. 1 teaspoon salt
7. ¼ teaspoon freshly ground black pepper
8. 2 cups of packed arugula, vegetable, or spinach broths or 3 cups of water

Instructions:

Heat the olive oil overnight in a large oven. The following morning, add the fennel and leeks, then Sauté for about 4 -6 mins. Put your Pepper, pears, and salt. They let it Sauté for another 2 -4 mins. Add the water and cashews, then soup. Let it boil. Cover partially and reduce the level of heat to cook and simmer for about 4 - 6 mins. Stir up on your spinach then, pour your soup in the blender. You can do the process in batches. Purée all until you have it smooth.



Served with thick slices of ripe tomatoes, you will wonder why you haven't tried this recipe. Tahini and



Garlic add a Mediterranean flavor to these burgers. For best results, let the mixture sit for about 30 minutes; it will turn into a burger more easily. Cook and freeze in two batches to order burgers. It goes very well with cucumber and yogurt sauce or green olive sauce.

Nutritional values

- Carbohydrate: 43g
- Calories: 408
- Protein: 19g
- Fiber: 12g
- Sodium: 625mg
- Fat: 18g
- Sugar: 2g

Ingredients

1. 2 chopped garlic cloves
2. 4 chopped green onions
3. 2 teaspoons lemon zest
4. 1 teaspoon salt
5. 1 tablespoon extra virgin olive oil
6. Chickpeas, drain and rinse
7. ¼ koppie tahini
8. 1 tablespoon freshly squeezed lemon juice
9. 2 tablespoons chickpea flour

Preparations

Preheat your oven to 375°F—Grease the bakeware. In a food processor, mix the chickpeas, tahini, lemon juice, lemon zest, garlic, and the remaining 1 tablespoon oil. Pulse until smooth. Add the chickpeas, chives, and salt. Press to fit. Make the mixture into four burgers and place them in the prepared pan. Put the baking tray in the preheated oven and bake for 30 minutes. If you use this recipe as part of a vegetarian or Mediterranean action plan, double the quantity and freeze the extra burgers for the end of the week.

Thursday



BREAKFAST: Muesli Overnight

For a beautiful morning, you were doing a little work the night before means that breakfast is ready when you wake up. Apple cider vinegar provides acidity and helps

digestion, but you can omit it if you prefer. Apple juice and chopped apples give the fruit sweetness.



Nutritional values

- Protein: 6g
- Calories: 213
- Sugar: 10g
- Fat: 4g
- Sodium: 74mg
- Fiber: 6g
- Carbohydrate: 39g

Ingredients

1. A pinch of ground cinnamon
2. 1 tbs of apple cider vinegar
3. ¼ cup of unsweetened apple juice
4. 1 cored and chopped apple
5. 2 cups gluten-free oats
6. 1¾ cup coconut milk

Instructions:

Combine oats, coconut milk, apple juice, and vinegar in a medium bowl. Put the lid on and put it in the refrigerator overnight. Add chopped apples and season the oatmeal with cinnamon and stir. The beauty of cereal is that you can add everything you have on hand. Tasty additives include fresh fruits, nuts, toasted coconut, flax seeds, hemp seeds, and pumpkin seeds. Just add chopped apples.



LUNCH: Risotto Mushroom



Risotto is a popular meal among Italian. It has a reputation of being slightly difficult to make, but it's truly not difficult to make. The logic behind its preparation is to add water as you stir the rice (slowly). Once the rice is tender and the liquid is incorporated, the result will be a satisfying warm creamy meal. You can use any short-grain rice if you can't get the regular arborio rice. Don't use brown rice because of its outer shell.

Nutritional values

- Carbohydrates: 60g
- Sugar: 1g
- Fiber: 3g
- Calories: 359
- Protein: 10g
- Sodium: 1162mg
- Fat: 9g

Ingredients

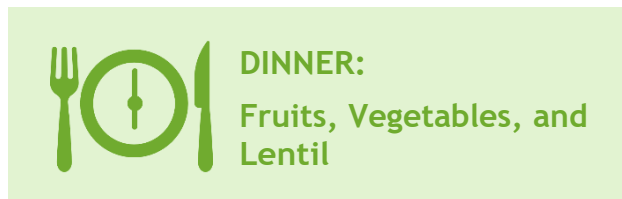
1. ½ teaspoon freshly ground black pepper
2. 2 Cups (any grain rice) preferable arborio rice
3. 3 cups of warmed vegetable broth
4. 1 minced garlic clove
5. 1 tbs of fresh thyme leaves
6. 1 pint sliced mushrooms
7. 1 teaspoon salt
8. Pinch ground nutmeg
9. 2 tbs extra-virgin olive oil
10. 1 large sliced shallot

Preparation

Heat the olive oil in a large skillet. Add your garlic and shallot let it Saute for about 4 minutes. Add your rice and mushrooms. Let it saute for another 4 minutes. Turn down the heat level to medium-high. Stir with vegetable broth gradually. Make sure the rice absorbs it before adding another. Once this is completed, add pepper, nutmeg, and

salt. Taste to check if the rice is cooked. Serve, then drizzle your meal with balsamic vinegar and garnish with thyme.

Add more water or broth if the rice isn't well cooked after you've used up the broth. You can make it ¼ cup at a time. Keep adding the water until the rice becomes tender. Cover up the risotto if the rice remains touch undone, then turn off the heat for about 4 minutes.



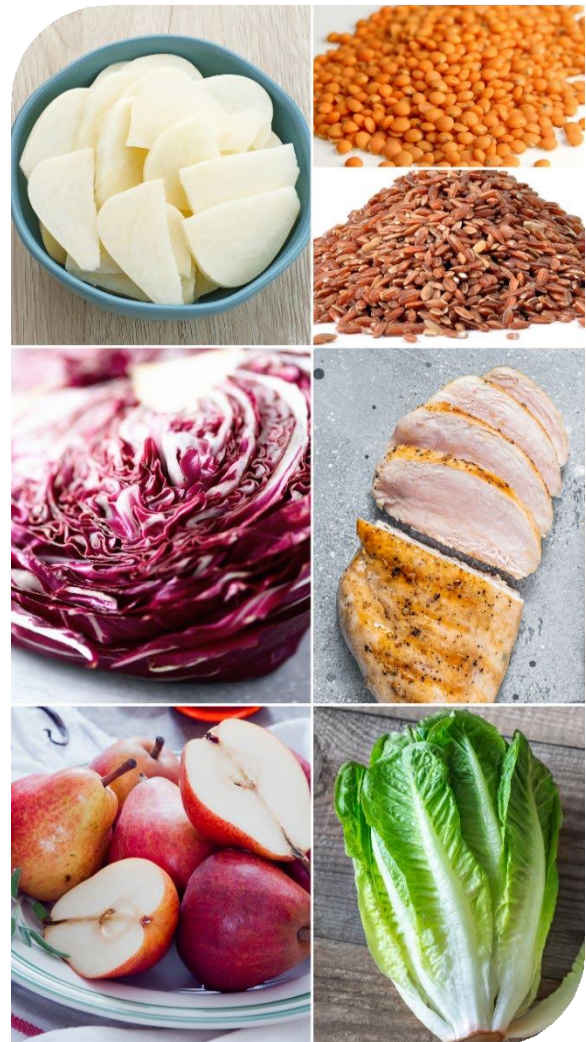
The typical combination of brown rice and lentils is refreshing. Crispy red lentils, soaked overnight, mixed with jicama and pears, exuding a fresh fragrance. The base of this salad can be made the night before, and fruits and vegetables can be added the next day.

Nutritional values

- Fiber: 35g
- Fat: 31g
- Sodium: 272mg
- Sugar: 16g;
- Calories: 989
- Protein: 31g

Ingredients

1. 1 small jicama, peeled and cut into thin strips
2. 1 head radicchio torn into pieces



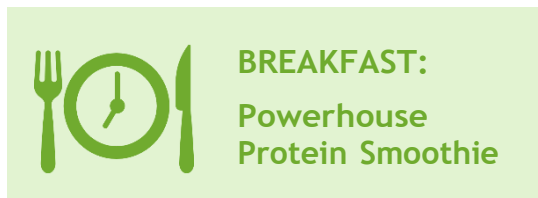
- Carbohydrate: 151g

4. 2 red Bartlett (or other) without seeds, ripe pears, cut into quarters and sliced into 2 chives,
5. sliced Chicken
6. lettuce rinsed and drained
7. 1 can lentils
8. 4 cups cooked brown rice
9. 2 cups of water

Preparations

Mix red lentils and water in a medium bowl. Cover and refrigerate overnight. Drain the lentils when preparing the salad. In a medium bowl, mix brown rice and canned lentils. Add half of the chicken and lettuce. Let the mixture sit for at least 30 minutes or overnight. Split the lentil and rice mixture into bowls. Cover each bowl with an equal amount of wet, drained red lentils. Garnish each serving with chicory, jicama, pear, and green onions. Drizzle with leftover chicken sauce and leftover lettuce.

Friday



This creamy, protein-rich snack provides you with the nutrients you need throughout the day. Avocados, hemp seeds, and cashews can add protein without using protein powder. Coconut milk and avocado give a creamy texture. Hello, today!

Nutritional values

- Sugar: 34g
- Protein: 13g
- Fiber: 7g
- Carbohydrate: 47g
- Sodium: 199mg
- Calories: 500



- Fat: 32g

Ingredients

1. 1 or 2 mint leaves
2. 1 cup washed and packaged kale leaves
3. 1 cup fresh grapes
4. ¼ cup cashew nuts
5. 1 cup coconut milk ice cream
6. 1 tablespoon hemp seeds
7. ½ Avocado

Preparation

Combine coconut milk, kale, avocados, grapes, cashews, mint leaves, ice, and hemp seeds in a blender. Stir until smooth. Add flaxseed for healthier fat, fiber, and magnesium.



This comfortable and straightforward soup can be called "leftover soup" because it is delicious with leftover rice and vegetables. The soup tastes very soft; season with red pepper flakes or a teaspoon or two of coconut amino acids.



Nutritional values

- Sodium: 789mg
- Fat: 2g
- Carbohydrate: 29g
- Fiber: 3g
- Protein: 8g
- Sugar: 7g

- Calories: 167

Ingredients

1. 2 medium onions
2. 1 slice broccoli, cut into 1-inch pieces,
3. 4 cups vegetable broth
4. 2 cloves garlic, thinly sliced
5. 1 cup cooked basmati rice
6. ¼ cup coriander leaves
7. 1 large peeled potato
8. 2 teaspoons chopped ginger

Preparation

Add the broth to a large saucepan and bring to a boil over high heat. Add french fries, onion, garlic, and ginger. Cook for 5 to 8 minutes or until the sweet potatoes are cooked through. Add cauliflower and cook for another 3 mins. Remove the pot from the fire. Add rice and coriander. If you follow the Mediterranean or Paleo action plan, use chicken broth instead of vegetables. If you follow the Paleo Action Plan, you should also skip the rice.



This sounds impossible, but it does work! Put everything in the pot simultaneously and cook for about 10 minutes, or until the dough becomes stiff. Just like magic, the pasta and sauce

come from the pan. Currently, there are many kinds of gluten-free pasta on the market. Check the ingredients and avoid choosing one from wheat products.



Nutritional values

- Fiber: 6g
- Calories: 518

- Protein: 10g
- Fat: 11g
- Sodium: 909mg
- Carbohydrates: 95g
- Sugar: 4g

Ingredients

1. 1 fine onion
2. 4½ cups water
3. 1 can (15 ounces) diced tomato
4. 1 ½ teaspoon salt
5. 4 whole basil leaves
6. ¼ teaspoon freshly ground black pepper
7. 2 tablespoons extra virgin olive oil
8. 2 thinly sliced cloves of garlic
9. 1 pound gluten-free macaroni
10. ¼ cup chopped fresh basil

Preparation

Heat 2 tablespoons of oil in a large heavy-bottomed saucepan over medium heat. Add onion and garlic. Stir to cover the oil. Add pasta, tomatoes, salt, pepper, 4 whole basil leaves, and water to the pot. Boil the liquid and cover the pot—Cook for 8 to 10 minutes. See if the dough is ready; if necessary, add more water. Continue to cook until the dough becomes soft. Put the dough in a bowl and garnish with the remaining 1/4 cup chopped basil and a little oil.

Saturday



BREAKFAST: Frittata Mushroom

This This fry is not a real fry; the eggs are replaced by chickpea batter to provide a delicious protein base. Pair with fresh fruit for breakfast and a



simple vegetable salad for lunch or dinner.

Nutritional values

- Calories: 240
- Total Fat: 8g
- Total Carbohydrate: 34g
- Sugar: 7g
- Fiber: 10g
- Protein: 11g
- Sodium: 792mg

Ingredients

1. 2 tablespoons extra virgin olive oil
2. 1 small red onion, diced
3. 1 ½ cup chickpea flour
4. ½ teaspoon freshly ground black pepper
5. 1 teaspoon salt
6. 2 tablespoons chopped fresh parsley
7. 1 ½ cup water
8. 2 liters sliced mushrooms
9. ½ teaspoon ground cumin 1 teaspoon salt
10. 1 teaspoon turmeric powder

Preparation

Preheat the oven to 350°F. In a small bowl, slowly mix water and chickpea flour; add salt and set aside. Heat in a large cast-iron pan or oven and add oil. When the oil is hot, add the onions. Fry for 3 to 5 minutes until the onion is soft and slightly translucent. Add the mushrooms and fry for another 5 minutes. Add saffron, cumin, salt, and pepper, and stir-fry for 1 minute. Pour the batter on the vegetables and sprinkle with parsley. Place the frying pan in the preheated oven and bake for 20 to 25 minutes. Eat while hot or at room temperature.



LUNCH: Powerhouse Protein Smoothie

This creamy, protein-rich snack provides you with the nutrients you need throughout the day. Cashews, hemp seeds, and Avocados can add protein without using protein powder. Coconut milk and avocado give a creamy texture.

Nutritional values

- Sugar: 34g
- Protein: 13g
- Fiber: 7g
- Sodium: 199mg
- Fat: 32g
- Carbohydrate: 47g
- Calories: 500

Ingredients

1. 1 cup fresh grapes
2. ¼ cup cashew nuts
3. 1 cup coconut milk ice cream
4. 1 or 2 mint leaves.
5. 1 cup washed and packaged cabbage leaves
6. Good avocado
7. 1 tablespoon hemp seeds

Preparation

Combine coconut milk, mint leaves, avocados, kale, grapes, cashews, hemp seeds, and ice in a blender. Stir until smooth. Add flaxseed for healthier magnesium, fat, and fiber.





DINNER:
Zucchini
Patties Savory

It takes some preparation time because the zucchini is kneaded and drained, but it is worth it because the result is so versatile. Serve as breakfast or cover with

fried eggs for extra protein; they are also delicious with mint sauce or green olive sauce.



Nutritional values

- Protein: 10g
- Sodium: 1830mg
- Sugar: 6g
- Calories: 263
- Fat: 20g
- Carbohydrate: 16g
- Fiber: 4g

Ingredients

1. 2 eggs
2. 2 tablespoons extra virgin olive oil
3. 1 chopped chive
4. ½ teaspoon salt
5. 2 grated medium zucchini
6. 1 teaspoon salt
7. 2 tablespoons chickpea flowers
8. 1 tablespoon chopped fresh mint

Preparation

Put the grated zucchini in a fine-mesh sieve and sprinkle with a teaspoon of salt. Drain the water while collecting the other ingredients. Combine chickpea, mint, eggs, chives, and the remaining ½ teaspoon of salt in a medium bowl. Before adding the egg mixture, lightly press the zucchini to drain as much liquid as possible. Stir well. Place a large pan on medium-high heat. After the pot is hot, add oil. Put the zucchini

mixture in the pot. Gently press the zucchini with the back of the spatula. Cook for 2-3 minutes or until golden brown. Turn it over and cook on the other side for another 2 minutes. Serve hot or at room temperature. The liquid of each egg. Another option is to use 1 teaspoon of flaxseed meal and 4 tablespoons of warm water per egg.

Sunday



Buckwheat is not a grain; it is a plant that produces seeds similar to grains. Buckwheat is rich in manganese and magnesium; these minerals can improve cardiovascular health. These waffles are delicious, coated with coconut



oil and covered with kiwi jelly or crushed berries. If you use this recipe as part of a vegetarian or Mediterranean action plan, double the quantity to have enough leftovers at the end of the week.

Ingredients

1. 1 cup water
2. 2 teaspoons vanilla extract
3. 1 teaspoon baking soda
4. 1 ½ cup almond milk coconut oil for waffles
5. 1 cup buckwheat flour
6. ½ cup brown rice flour
7. 2 teaspoons baking powder
8. ½ teaspoon salt
9. 1 egg
10. 1 tablespoon maple syrup

Preparation

Combine buckwheat flour, rice flour, yeast, baking soda, and salt in a medium bowl. Add eggs, maple syrup, and vanilla to the dry ingredients. Slowly add water and almond milk, and stir until uniform. Let the dough sit for 10 minutes to thicken it a bit. Buckwheat can be left on the bottom of the bowl, but it must be stirred well before use. Heat the waffle iron and brush with coconut oil. Add the batter to the waffle iron and cook according to the manufacturer's instructions. If you don't have a waffle iron or like pancakes, put it in A large saucepan, heated at high temperature. When it's hot, turn the heat to medium and melt 1 tablespoon of coconut oil in a saucepan. Pour the batter into the pan, about ¼ cup per pancake. Cook for 2-3 minutes or until the bottom of the pancake is browned, and bubbles form on the top. Turn over and cook for another 2 minutes. Remember to freeze the remaining waffles and heat them in the toaster for a quick breakfast.



Apart from being a good support for digestion and restorative, the pears add gentle sweetness-the leeks and fennel help give the soup a mild bite. You can serve especially with chopped cashews and raw pears for a better texture.



Nutritional values

- Sodium: 627mg
- Carbohydrates: 33g
- Sodium: 627mg
- Protein: 5g
- Calories: 267
- Sugar: 13g
- Total Fat: 15g
- Fiber: 7g

Ingredients

1. ½ cup cashews
2. 2 tbs extra-virgin olive oil
3. 2 leeks only the white part
4. 1 fennel bulb
5. 2 peel cored peer
6. 1 teaspoon salt
7. ¼ teaspoon freshly ground black pepper
8. 2 cups of packed arugula, vegetable, or spinach broths or 3 cups of water

Instructions:

Heat the olive oil overnight in a large oven. The following morning, add the fennel and leeks, then Sauté for about 4 -6 mins. Put your Pepper, pears, and salt. They let it Sauté for another 2 -4 mins. Add the water and cashews, then soup. Let it boil. Cover partially and reduce the level of heat to cook and simmer for about 4 - 6 mins. Stir up on your spinach then, pour your soup in the blender; you can do the process in batches. Purée all until you have it smooth.



This is a deep-fried dinner. Add coconut milk to make a cream, add sage and walnuts. This simple recipe can be folded and frozen in a disposable container for future meals or take away at lunch.



Nutritional values

- Sugar: 9 grams
- Fiber: 16 grams
- Protein: 20 grams
- Sodium: 1163 mg
- Calories: 502
- Fat: 37 grams
- Carbohydrates: 47 grams

Ingredients

1. 1 onion, peeled and chopped 2 cloves of garlic, chopped
2. 1½ or 2 cups vegetable broth
3. 1 small pumpkin, peeled, cored, and cut into ½ inch cubes,
4. 1 can lentils, drained and rinsed
5. 2 tablespoons chopped sage
6. ½ teaspoon freshly ground black pepper
7. ½ cup chopped toasted walnuts
8. 1 tablespoon coconut oil
9. 4 cups spinach
10. ¼ cup fresh chopped parsley
11. 1 teaspoon salt
12. 1 can (13.5 ounces) coconut milk

Preparation

Preheat the oven to 375°F. In a large heat-resistant saucepan, melt the coconut oil over high heat. Add onion and garlic. Stir fry for 3 mins. Add pumpkin, spinach, salt, and pepper. Stir-fry for another 3 minutes. Add enough coconut milk and vegetable stock to cover the pumpkin. Boil the liquid. Add lentils, parsley, and sage. Stir to mix. Put the baking tray in the preheated oven and bake for 15-20 minutes or until the pumpkin is soft. Place the baking dish on the plate and garnish with walnuts. If you use this recipe as part of a vegetarian action plan, double the quantity to have enough leftovers at the end of the week.

Week 2

Monday



BREAKFAST: Green Tea and Egg

The sweet taste of eggs makes it a delicious meal to start your day with; they contain vitamin D that regulated inflammatory responses in rheumatoid arthritis. When you

fried it with olive oil and coupled with green tea, it's a medicine in a natural form.

Nutritional values

- Calories: 103kcal
- Fat: 48g
- Carbohydrate: 1g
- Protein: 6g
- Sodium: 62g
- Cholesterol: 164mg



Ingredients

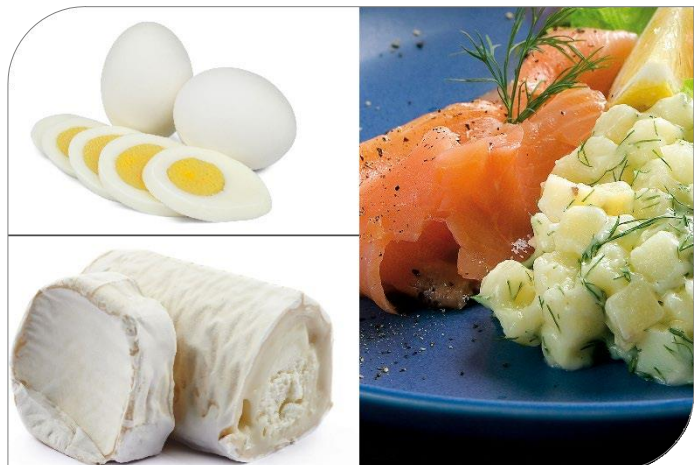
1. 1tspn Olive oil
2. 2 eggs
3. Pinch of salt
4. Green tea powder
5. Sugar (your desired quantity)

Preparation

Break the egg and season with salt. Heat a pan on medium heat, pour the olive oil, allow it to heat for 1 minute, and pour the egg mixture, flip after 2-3 minutes and fry the other side. Boil the green tea powder, pour it into a cup and add your desired quantity of sugar. Take it hot and enjoy your breakfast.



This delicious meal is best served with goat cheese, red onions, and freshly chopped hard-boiled eggs toppings.



Nutritional values

- Calories: 496kcal
- Carbohydrate: 37g
- Protein: 25g
- Fat: 28g

- Fiber: 5g

- Sugar: 3g

Ingredients

The tartine

1. 1 large peel russet potato
2. 2 tbsp butter
3. Pinch Kosher salt
4. Fresh ground pepper

The toppings

5. 4-ounce soft goat cheese

6. 1½ tbsp sliced chives

7. ½ garlic cloves

8. ½ zest of lemon

9. Sliced smoked salmon

10. 2 tbsp drained capers

11. 2 tbsp chopped red onions

12. ½ hard-boiled egg

Instructions:

Peel and grate the potatoes quickly with the big holes of a grater. Squeeze the water from it and sprinkle salt and pepper. Put vegetable oil on a pan and circularly arrange the potatoes. Cover and cook gently for 8-10mins. Flip carefully and cook the other side. Remove from heat and keep it to cool.

The toppings: mix goat cheese, lemon, and garlic in a bowl, then season with salt and pepper. Stir in the fresh chives, then set aside. Season the chopped onions and hard-boiled egg with salt separately. Spread the goat cheese mixture on top of the potato cake, layer the smoked salmon directly over it and sprinkle red onion, hard-boiled egg, and capers. Garnish with the freshly chopped chives. Cut it into wedges and eat immediately.



Nutritional values

- Calories: 40kcal
- Protein: 4.2g



- Carbohydrate: 0.8g
- Fat: 2.1g

- Cholesterol: 11.4g

Ingredients

1. $\frac{3}{4}$ pound cooked turkey meat
2. 2 stalked celery
3. 2 green onions
4. $\frac{1}{2}$ red bell pepper
5. 1 tbsp cider vinegar
6. 1 tsp white sugar
7. $\frac{1}{4}$ tsp salt
8. 3 tbsp mayonnaise
9. 2 tbsp mustard

Preparation

Finely chop the cooked turkey meat. Then combine green onion, red bell pepper, and celery, blend, set aside in a bowl. Prepare a mixture of mayonnaise, mustard, white sugar, salt, cider vinegar and mix with the turkey meat. Mix all together and serve immediately or refrigerate if that is not the time of eating.

Tuesday



This recipe is mainly found in Asian families. It's easy to make and has low-fat content. A good source of protein at the tip of your finger. Make this sumptuous meal the following day and enjoy its tremendous benefit.

Nutritional values

- Protein: 7g
- Sugar: 2g

- Carbohydrate: 19.1g
- Dietary fiber: 7.6g



Ingredients

1. 1 medium carrot
2. ¼ cup dry mung beans
3. 4 large dry mushrooms
4. 3 tbsp rice
5. ¼ tsp salt
6. 5½ cups of water
7. 3 tbsp green onions
8. 3 tbsp cilantro
9. ⅔ cup Millet
10. ⅛ tsp black pepper
11. 2 tbsp pure sesame oil

Instructions:

It will be better to use a pressure cooker if you have one to make it efficient.

Soak the mung beans and mushrooms for 4-5 hours, drain and rinse them with water. Put the soaked mung beans, carrot, Millet, mushrooms, and sweet rice in a pressure cooker and cover it to cook on low steam for 6 minutes.

Season with salt and garnish with green onions, cilantro, and sesame oil. Serve it hot and enjoy.



Nutritional values

- Calories: 293kcal
- Fat: 14g
- Fiber: 7g
- Protein: 12g
- Sugar: 8g



Ingredients

1. 2 tbsp olive oil
2. 1 red thinly sliced onion

3. 2 fresh grated ginger
4. 1 tbsp garam masala
5. 1 tsp turmeric
6. 1 tbsp white wine vinegar
7. 28-ounce red pack crushed tomatoes
8. 1 cup water
9. 1 cup red lentils
10. 6 cups fresh baby spinach
11. 1 cup coconut milk
12. Fresh cilantro for serving

Instructions:

Heat oil on a pan, then add the onion and cook till it softened. Stir in the garlic, garam masala, ginger, and turmeric, then cook for 1min. Add the crushed tomatoes, lentils, and water. Cover the pan but not completely and allow to simmer for 20-25mins. Stir in the spinach and vinegar, cook till wilted. Stir in the coconut milk slowly, then serve with some salt. Top it with fresh cilantro.



DINNER:
Vegan Coconut Chickpea

Nutritional values

- Calories: 333kcal
- Fat: 19g
- Sodium: 513mg
- Carbohydrate: 32g
- Potassium: 664mg
- Protein: 10g

Ingredients

1. 1 tbsp coconut oil
2. 1 large red onion
3. 3 garlic cloves
4. 1 tbsp garam masala
5. ¼ tsp turmeric
6. ¼ tsp salt



7. ¼ tsp cayenne pepper

8. 1 cup diced tomatoes

9. 2 tbsp freshly- squeezed lime juice

10. Chopped fresh cilantro

11. 1 cup cooked chickpeas

Preparation

Add coconut oil, onion, and a pinch of salt in a large bowl and saute until it softens. Add garlic, ginger and cook for a minute. Add garam masala, black pepper, salt, cayenne pepper, turmeric, and cook for 30secs. Add the tomato and cook for 3-5mins. Stir in coconut milk and chickpeas, allow it to boil on low heat, and simmer for 10mins. Stir in the fresh lime juice, then garnish with cilantro and serve.

Wednesday



Smoothie is one of the foods that, when taken, will keep you full and energized, most especially Pineapple smoothie that will make you think you are on a tropical island. This meal also aids in digestion. And in 5 minutes, your breakfast is ready.



Nutritional values

- Calories: 169kcal
- Carbohydrate: 33g
- Protein: 6g
- Fiber: 7g
- Cholesterol: 2mg
- Sodium: 33mg
- Potassium: 744mg
- Calcium: 91mg

- Iron: 1.9m

Ingredients

1. 1 Frozen pineapple
2. ½ Frozen banana
3. 1 tbsp Vanilla extract
4. 3 tbsp Honey
5. 1 cup pineapple juice
6. ¾ Almond milk

Instructions:

Blend the frozen pineapple, almond milk, pineapple juice, and the banana at high speed until smooth. Serve in a cup.



This meal is loaded with powerful health benefits that aid digestion.

Nutritional values

- Calories: 175.7kcal
- Carbohydrate: 15.6

Ingredients

1. ½ cup buckwheat
2. 1 cup water
3. ½ cup Greek yogurt
4. 1 kiwi fruit
5. ½ cup blueberries
6. 2 tbsp chia seed
7. 1 tsp vanilla
8. 1 grated ginger
9. 1 pomegranate
10. 1 mango

Preparation

Mix the buckwheat, chia seeds, milk, vanilla, ginger, and cinnamon in a bowl, refrigerate it for 10 hours to soften the seeds. Cook on low heat for 5 minutes the next day until thick and creamy—layer with Greek yogurt and fruit of your choice.



- Protein: 4.5g
- Fat: 7.5g



DINNER:
Turkey with
Brown Rice

Nutritional values

- Calories: 407
- Protein: 29.3g
- Carbohydrate: 25.6g
- Fat: 20.6g
- Cholesterol: 95.7mg

Ingredients

1. 3 medium red bell peppers
2. 1 tbsp olive oil
3. 12-ounce ground turkey
4. ½ cup brown rice
5. ½ cup panko bread crumbs
6. ¾ cup low sodium marinara sauce

Preparation

Coat the air fryer with cooking spray, cut the tops of the pepper, and reserve. Heat oil and add the turkey to cook while stirring occasionally. Stir the rice and panko until warmed through. Put the mixture evenly among the prepared peppers. Place the peppers in the prepared air fryer. Cook at 350°F until tender. Top with mozzarella and cook until the cheese melted and serves.



- Sugar: 7.3g

7. 3 tbsp finely chopped parsley
8. ¼ tsp ground pepper
9. ¼ cup grated Parmesan cheese
10. ¼ cup shredded part-skim
11. Mozzarella cheese

Thursday



BREAKFAST: Avocado Toast

A happy morning with avocado toast will keep you happy all day. Just imagine a meal of creamy avocado spread onto a well-toasted bread—a delicious to-go breakfast.



Nutritional values

- Calories: 290kcal
- Carbohydrate: 30g
- Fiber: 8g
- Protein: 8g

Ingredients

1. ½ ripe avocado
2. Pinch of salt
3. 1 slice bread

Preparation

Remove the fleshy part of the avocado and sprinkle salt, mash it in a bowl until smooth. Toast the bread until firm and golden brown. Spread the avocado mixture on the bread and eat.



LUNCH: Spinach and Feta Frittata

This amazing meal is one of the best lunches you will come across.



Nutritional values

- Calories: 361
- Fat: 27g
- Cholesterol: 437mg
- Carbohydrate: 13g
- Fiber: 3g
- Protein: 17g

Ingredients

1. 1 red bell pepper
2. 1 bunch sliced scallion
3. Kosher salt
4. Freshly ground pepper
5. 8 large eggs
6. 4 tbsp whole wheat bread crumbs
7. ½ cup crumbled feta cheese
8. 4 tbsp virgin oil
9. 15-ounce package baby spinach

Instructions:

Preheat the oven to 450°F. Put the bell pepper on high heat for 5 minutes. Transfer it into a bowl and cover tightly for 10 minutes. Meanwhile, heat 2 tbsp olive oil on medium heat. Cook the scallion and spinach for 4 minutes stirring till wilted. Stir in ½ tsp salt and pepper to taste, then remove from heat. In a large bowl, whisk the egg, ½ tsp salt, 2 tbsp breadcrumbs, ¾ cup of water, then add the egg mixture feta to the skillet and combine. Sprinkle the remaining 2 tbsp of breadcrumbs. Transfer the skillet to the oven and bake for about 15 minutes until golden brown.



Nutritional values

- Calories: 157kcal
- Fat: 11g
- Cholesterol: 53mg
- Carbohydrate: 5g



- Protein: 9g

Ingredients

1. 1 lb fresh salmon filet
2. Pinch of Garlic and salt
3. Black pepper
4. Olive oil
5. 1 medium onion
6. ½ red bell pepper
7. 3 tbsp unsalted butter
8. 1 cup bread crumbs
9. 2 large eggs
10. 3 tbsp mayo
11. 1 tbsp Worcestershire sauce
12. ¼ cup minced fresh parsley

Preparation

Preheat the oven to 425°F. Place the salmon and brush with garlic, salt, and pepper. Bake for 10mins, remove and discard the skin. Flake the salmon with forks to remove any bone and allow it to cool. Saute onion and bell pepper in 1tbsp olive oil and 1tbsp butter, then remove from heat. Combine the flaked salmon, saute onion and pepper, 1 cup bread crumbs, 2 beaten eggs, 1tbsp mayo, Worcestershire sauce, garlic, salt, pepper, parsley, and stir. Make them thick patties. Heat oil and butter in a pan and saute the patties on both sides until golden brown and serve.

Friday



BREAKFAST: Amaranth Porridge with Roasted Pears

This is one of the best food that can be substituted with meat in terms of protein content. Serve it with a glass of milk, and your taste buds will thank you later.

Nutritional values

- Calories: 500g



- Fat: 9g
- Sodium: 490mg
- Cholesterol: 15g

- Carbohydrate: 78g
- Fiber: 8g
- Calcium: 680mg

Ingredients

1. ½ cup uncooked amaranth
2. ½ cup water
3. 1 cup milk
4. Pinch of salt
5. 1 large pear
6. ¼ tsp ground ginger
7. ⅛ tsp ground nutmeg
8. ⅛ tsp ground clove
9. 1 cup plain Greek yogurt
10. 1 tsp pure maple syrup
11. 2 tbsp pecan pieces

Preparation

Preheat the oven to 400°F. Drain and rinse the Amaranth, then combine it with one cup of milk, salt, and water. Boil it on low heat for 25 minutes until soft, but remain some liquids. Remove from the heat and allow it to sit for 5-10 mins to thicken. Roast the pecans and maple syrup for 10-15 minutes (the pecans will be soft when done, but they will crisp after they cool), dice the pecans and pears, and toss them with the remaining maple syrup. Spice and roast it for 15mins till the pears are tender. Stir in ¾ of the roasted pears in the porridge. Divide the yogurt into two and top it with porridge, roasted pecans, and the remaining pears pieces.



A delicious meal that is easy to make and keeps your tummy happy.

Nutritional values

- Calories: 235
- Fat: 9g



- Carbohydrate: 31g

- Fiber: 6g

Ingredients

1. 1 cup dry quinoa
2. 1 cup steamed edamame
3. 1 cup canned black beans
4. 1 cup chopped jalapeno
5. Fresh chopped cilantro to taste

Cilantro lime dressing

1. ¼ cup fresh lime juice
2. 3-4 tbsp avocado oil
3. ¼ clove garlic

- Protein: 9g

6. Pinch of salt
7. 1 cup steamed corn
8. 1 cup cherry tomatoes
9. ½ cup chopped red onion
10. Cilantro lime dressing
11. ¼ cup fresh lime juice

4. ½ tsp sea salt
5. ¼ tsp black pepper
6. ¼ tsp ground cinnamon

Instructions:

Wash and drain the quinoa, sieve, and toast over medium heat to remove the extra water. Boil it on high heat, reduce the heat, and simmer. Cover the lid slightly ajar for 12-13mins. Meanwhile, prepare the remaining ingredients for the dressing. Add all to a mason jar and shake. Season the quinoa with salt and pepper. Once ready, refrigerate for 15mins before tossing with the veggies. Mix the black beans, edamame, corn, jalapeno, tomato and add over the salad. Garnish with extra cilantro and serve right away.



DINNER:
Lentil and Chicken
Soup with Sweet Potato

Nutritional values

- Calories: 240kcal
- Fat: 5g



- Cholesterol: 20mg
- Carbohydrate: 35g

- Protein: 13g

Ingredients

1. 1 large sweet potato peeled and cut
2. ¼ cup chopped onions
3. ½ cup apple juice
4. ½ cup water
5. 2 cans lentil soup
6. 1½ cup frozen cut green beans
7. 1 cup finely chopped cooked chicken
8. 2-3 tsp curry powder

Preparation

In a saucepan, heat the sweet potatoes, onion, apple juice, and boil over medium heat. Reduce the heat a bit and cook for minutes more. Add lentil soup, beans, chicken, and curry powder and heat to boiling. Reduce the heat to low and cover to simmer for 10-15mins. Stir occasionally till the veggies are tender, then serve.

Saturday



Suppose you are looking for an easy breakfast with many nutritional benefits and a welcome sign on the breakfast table. Then please prepare this meal and burst your taste buds with flavor on each bite.



Nutritional values

- Calories: 269
- Fiber: 7g
- Carbohydrate: 42g
- Protein: 10g
- Sodium: 28mg

- Fat: 7g

Ingredients

1. ½ cup oats
2. ⅓ cup fresh frozen blueberries

Preparation

Prepare the oats, add blueberries and stir in the almond milk. Sprinkle cinnamon to add to the deliciousness.



Nutritional values

- Calories: 406kcal
- Fat: 22.7g
- Protein: 17.5g
- Carbohydrate: 33.3g
- Fiber: 9.5g

Ingredients

1. Lentils
2. Filtered water
3. 3 cooked beetroot

Ginger dressing

1. 1 tbsp Dijon mustard
2. 6 tbsp olive oil

- Cholesterol: 5mg

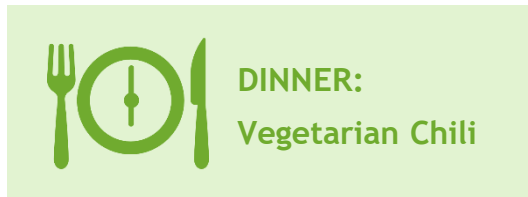
3. 1 tbsp almond
4. Pinch of cinnamon
5. ¼ cup almond milk



4. 2 sliced spring onion
5. 2 tbsp chopped hazelnuts
6. Handful chopped fresh mint
7. Handful chopped fresh parsley
3. 1 tbsp apple cider vinegar
4. 2 cm chopped piece fresh ginger

Instructions:

Cook the lentils on a source pan and cover them with filtered water. Boil and reduce the heat to simmer for 20mins. Transfer to a large bowl and allow to cool. Add the beetroot, spring onions, hazelnuts, and herbs to combine. For the dressing, place the ginger, oil mustard, and vinegar, whizz with a stick blender. Season with salt and drizzle it over the salad, then serve.



Nutritional values

- Calories: 236kcal
- Fat: 6.4g
- Carbohydrate: 37.6g
- Protein: 10.9g

Ingredients

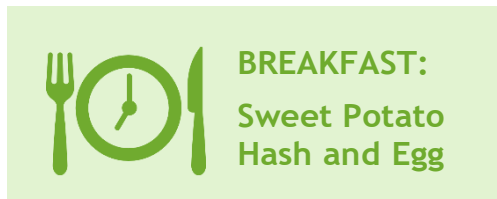
1. 2 tbsp olive oil
2. 1 red onion
3. 1 large red bell pepper
4. 2 medium carrots
5. 2 ribs celery
6. ½ tsp salt
7. 4 garlic cloves
8. 2 tbsp chili powder
9. Cumin
10. Smoked paprika
11. Oregano
12. 1 can diced tomato
13. 2 cans of black beans
14. 1 can of pinto beans
15. 2 cup vegetable broth
16. 1 bay leaf
17. 2 tbsp Sherry vinegar
18. Cilantro for garnishing



Preparation

Warm olive oil in a pot, add onions, bell pepper, carrot, celery, and salt, stir to combine, and cook until the veggies are tender. Add garlic, chili powder, cumin, smoked paprika, and oregano to cook for 1min; add the drained black beans, pinto beans, vegetable broth, and bay leaf to simmer for 30mins. Remove from heat and discard the bay leaf. Take 1½ cup of the chill and blend, then pour it back into the pot. Add chopped cilantro and mix. Add vinegar and salt to taste, then serve.

Sunday



This healthy meal is effortless to make and is loaded with health benefits, full of vitamins and antioxidants that will keep you full till lunchtime.



Nutritional values

- Calories: 198kcal
- Protein: 4g
- Fiber: 7g
- Fat: 0.9g
- Calcium: 76mg
- Sodium: 105mg
- Iron: 2.2mg
- Sugar: 15g
- Carbohydrate: 46g
- Vitamin C: 74mg
- Vitamin E: 3mg

Ingredients

1. 1 Sweet potato
2. Bacon
3. One chopped onion
4. Kale
5. 1 chopped Red bell pepper
6. 1tbsp cumin and paprika

7. ½ tsp garlic powder

8. Pinch salt

Instructions:

Cook the bacon on medium heat until golden and crispy, remove from heat, put in a paper towel, saute the red bell pepper and onions for 1 minute to soften. Add the sweet potatoes and spices to the pan and cook for 10-15 minutes. Add the bacon and kale and still till the kale wilted. Use a spatula and create a Wells in the hash. Crack an egg on each well and allow the egg to cook. Remove the meal from heat. Sprinkle salt, sliced green onion, and pepper, then serve.



This easy-made recipe is coupled with cucumber mixed with veggies to give a sumptuous meal.

Nutritional values

- Calories: 141g
- Fat: 5g

Ingredients

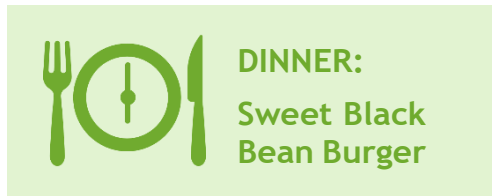
1. 2 peeled medium carrots
2. ½ unpeeled English cucumber
3. ½ cup sliced shallots
4. ¼ 2 large red sliced jalapenos
5. 1 tbsp sugar
6. 1 tbsp fish sauce
7. 24.5-ounce package skinless smoked trout fillets



- Protein: 3g
 - Sugar 3g
8. 1 cup diced tomatoes
 9. ½ cup whole fresh mint leaves
 10. ½ cup small whole fresh basil leaves
 11. 1lb Medium inner leaves of romaine lettuce
 12. ⅓ Asian sweet chili sauce

Preparation

Toss carrots, cucumber, and smoked trout on a hot tangy sauce. Steam some rice in a microwave, chill, and mix with the chopped green onions, fresh mint, lime juice, and chili garlic sauce. Serve with fresh mango.



Nutritional values

- Calories: 113
- Carbohydrate: 17.9g
- Fat: 3.6g
- Fiber: 3.6g
- Sugar 3.1g

Ingredients

1. 2 cups mashed sweet potatoes
2. Olive oil
3. 1 cup cooked salted beans
4. 1½ cup cooked brown rice
5. ½ cup diced green onions
6. ½ cup walnut
7. 2½ tsp ground cumin
8. 1 tsp smoked paprika
9. ¼ tsp salt and pepper
10. ¼ tsp chipotle powder
11. 1 tbsp brown sugar

Preparation.

Preheat the oven, rub olive oil on the potatoes and bake until soft. Cook rice. In a bowl, mash black beans, sweet potato, rice, green onion, nut, and spices. Combine and add seasoning to taste. Line ¼ cup measuring cups with sweet potato mixture, then scrape down to pack. Lift and transfer to the baking sheet and gently press down to mash. Bake for 30minutes and serve.



Week 3

Monday



BREAKFAST: Matcha Pancakes

This amazing feeling comes with stacks of fluffy and buttery breakfast cakes that will make you feel like starting your day with a dessert.

Nutritional values

- Calories: 228
- Proteins: 3.8g
- Sodium: 407.2mg

Ingredients

1. 1½ cup all-purpose flour
2. 1½ tbsp matcha
3. 2½ tbsp baking powder
4. ¼ tsp salt
5. 1⅓ cup cashew milk

Instructions:

Put flour, matcha, baking powder, and salt in a bowl, mix them and make a well in the center. Add cashew milk, egg, and vanilla extract, then mix briefly to combine. Add chocolate chips and stir briefly. Grease lightly a small saucepan and heat on medium



- Sugars: 4.5g
 - Fat: 13.4g
 - Dietary fiber: 0.6g
6. 2 eggs
 7. 2⅓ tbsp olive oil
 8. 3 tsp vanilla extract
 9. ¼ cup white chocolate chips

heat. Pour 3-4 spoons full of the batter at the center of the pan up. Spread the batter with the back of the spoon and cook for like 1 minute. You will see tiny bubbles rising and busting. Serve and enjoy.

This is the type of meal that your taste buds will be thanking you for after eating; a healthy lunch that will keep you active.



Nutritional values

- Calories: 344kcal
- Carbohydrate: 46g
- Protein: 14g
- Fat: 14g
- Fiber: 15g
- Sugar: 8g

- Vitamin C: 13mg
- Calcium: 83mg
- Iron: 5m

Ingredients

1. 15-ounce chickpeas
2. 1 big ripe avocado
3. 1 lime
4. ½ cup fresh cilantro
5. 2 tbsp chopped green onions
6. Spinach leaves
7. Whole wheat bread
8. Pinch of salt and pepper

Instructions:

Wash and drain the chickpeas, remove the outer skin, put them in a bowl, and mash with avocado. Add cilantro, lime juice, and green onions, then sprinkle salt and pepper. Spread the mixture on the bread and add spinach leaves.



DINNER:
Turkey and Quinoa
Stuffed Bell Peppers

Nutritional values

- Calories: 306kcal
- Carbohydrate: 21g
- Fat: 14g
- Protein: 24g
- Cholesterol: 58mg
- Potassium: 842mg
- Fiber: 5g

Ingredients

1. 1tsp olive oil
2. ½ pound ground turkey
3. ½ yellow onion
4. 2 garlic cloves
5. 2 tsp chili powder
6. 1 tsp cumin
7. ½ tsp paprika
8. ¾ tsp kosher salt
9. Black pepper

Preparation

Preheat the oven to 400°F. Add 1tbsp oil in a skillet, add diced onion and cook for 2mins until soft. Add ground minced turkey and cook through breaking it up in crumbles with a spoon. Add paprika, chili powder, cumin, salt, and pepper to cook for



- Calcium: 293mg
- Iron: 3.9g
- Vitamin C: 133.9g

10. 28 ounce diced tomato

11. ½ cup cooked quinoa

12. 1 lime juice

13. 3 extra bell pepper

14. ½ cup shredded Monterey jack cheese

15. ½ cup cheddar cheese

16. Cilantro

30secs. Add tomato and simmer for 5mins. Stir in the cooked quinoa and squeeze lime juice over the mixture. Fill the peppers with the cooked meat and cover with foil paper. Bake for 30mins, remove the paper, and sprinkle cheese, then cook for another 2mins. Serve immediately.

Tuesday



This meal is a perfect way to warm a cool morning. Easy to make and so comforting. Vegan+gluten-free. And you can still reheat the leftovers.

Nutritional values

- Calories: 273kcal
- Carbohydrate: 34g
- Fat: 13g
- Protein: 5g
- Fiber: 5g

Ingredients

1. 3 cup milk
2. 21½ loose leaf chai blend
3. 3 cup old fashioned rolled oats
4. 1¼ tsp baking powder
5. ½ cup maple syrup
6. 2½ tbsp butter
7. 3½ tbsp maple syrup
8. 3 large pears



- Sugar 11g

Instructions:

Put the oats, salt, and baking powder in a bowl, heat the oven to 350°F, and butter. Baking dish put the milk and chai in a saucepan, then bring to simmer, remove from heat and cover and allow it to sleep for 5mins then strain into a large bowl. Put the eggs, maple syrup, and vanilla into the spiced milk and whisk. Then mix the wet and dry ingredients. Put on a prepared dish and bake for about 40-45mins until golden brown. Drizzle the oatmeal with butter when it's done, and serve with maple pears.

To make the maple pears, peel them and slice them thinly; stir in a large frying pan with butter over medium heat. Saute for 3-5 minutes till they soften. Add the maple syrup and stir for another 2mins then serve on top of the baked oatmeal.



Give this amazing healthy salad a try. It's packed with a lot of healthy proteins—a big flavor party in a bowl.

Nutritional values

- Calories: 299
- Carbohydrate: 6.6g
- Fat: 19.2g

Ingredients

For the tuna salad

1. 3 cans tuna (5 ounces each)
2. 2½ celery stalk
3. ½ chopped cucumber
4. 4-5 whole small radishes stem removed
5. 3 chopped green onions
6. ½ medium-sized red onion



7. ½ cup pitted kalamata olive halved

8. 1 cup chopped fresh parsley

Zesty Dijon mustard dressing

1. 2½ tsp Dijon mustard

2. Zest of 1 lime

3. 1½ lime juice

9. ½ cup chopped fresh mint

10. Slice six hair loom tomatoes and pita pockets for serving

4. ½ cup virgin olive oil

5. ½ tbsp sumac

6. Pinch of salt and pepper

Instructions:

For the tuna salad

Put the ingredients in a large bowl and mix gently using a wooden spoon.

For the zesty mustard vinaigrette, whisk the ingredients until well blended, then pour it on the tuna salad. Mix thoroughly, cover, and refrigerate it for 30mins then serve in a pita pocket.



Nutritional values

- Fat: 16.7g
- Cholesterol: 78.5mg
- Sodium: 131.7mg
- Carbohydrate: 14.7g
- Protein: 31g

Ingredients

1. 4 chopped zucchinis

2. 2 tbsp olive oil

3. Kosher salt

4. Ground pepper



5. 2 tbsp brown sugar

6. 2 tbsp lemon juice

7. 1 tbsp Dijon mustard

8. 2 cloves garlic

9. ¼ teaspoon thyme and rosemary

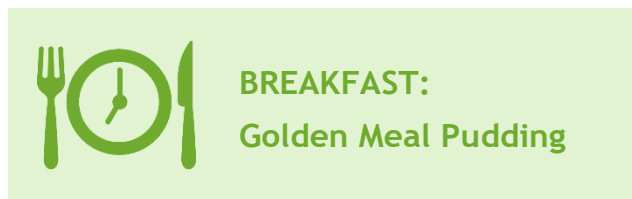
10.4 Simon fillets

112 2 tbsp chopped parsley

Preparation

Preheat the oven to 400°F. Spray a baking tray. Whisk brown sugar, lemon juice, Dijon, garlic, oregano, thyme, rosemary, salt, and pepper in a bowl and set aside. Place zucchini in layers and brush with mixture. Place salmon fillet in a single layer and brush each with the mixture as well. Put in oven and cook until the fish flakes easily. Garnish with parsley and serve immediately.

Wednesday



A meal with plant-based protein and anti-inflammatory properties. You can't beat these two when it comes to a healthy breakfast.

Nutritional values

- Fat: 4g
- Cholesterol: 10g
- Calories: 95kcal
- Carbohydrate: 10g
- Protein: 5g



- Sugar: 7g
- Fiber: 2g

Ingredients

1. 2 cups almond milk
2. 3½ tbsp rolled oats
3. 2½ tbsp ground flax seeds dash of cinnamon
4. 3½ tbsp chia seeds
5. 2 tbsp maple syrup
6. 1 tbsp ground turmeric

Instructions:

Put all the ingredients in a cup and shake it. Keep it overnight. The following day, top it with banana, nut butter, and chia seeds, then serve.



LUNCH:
**Roasted Carrot But-
ternut Squash Soup**

This meal is best to serve during cold weather. It's easy to make and guaranteed it would make your skin glow.

Nutritional values

- Calories: 128.8kcal
- Fat: 2.7g
- Sodium: 628.4mg
- Potassium: 636.5mg
- Carbohydrate: 23.3g
- Protein: 6.5g

Ingredients

1. 450g carrots
2. 1 bag Mann's butter squash cubes
3. 3 cloves garlic
4. 4 cup chicken broth
5. 1 small onion
6. 2 tbsp olive oil
7. Salt and pepper
8. ½ tsp cumin
9. ½ tsp cayenne powder



10. 2 tbsp honey

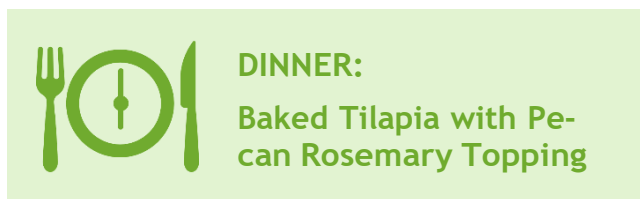
11. 2 cups cooked quinoa

12. Roasted pumpkin seeds

13. Cilantro

Instructions:

Preheat the oven to 400°F. Prepare to baking sheet, put the butternut squash cubes on each sheet and carrot, onion, garlic cloves n drizzle all with oil and sprinkle salt and pepper. Place the sheets on the oven and toast for 25-30mins, flip after 15mins. Blend maple syrup, paprika, cumin, cayenne broth at high speed for 5mins. Put the broth on a large pot, boil together cayenne, paprika, cumin, and roasted veggies. Serve each bowl of soup and top with the quinoa, roasted pumpkin seeds, and cilantro leaves.



Nutritional values

- Calories: 231kcal
- Fat: 10.9g
- Cholesterol: 56mg
- Sodium: 177mh
- Potassium: 407mg
- Carbohydrate: 8.5g

Ingredients

1. ⅓ cup pecans
2. ⅓ cup bread crumbs
3. ½ tsp brown sugar
4. Pinch salt
5. 1 dash cayenne pepper



- Protein: 25.4g

6. 1½ tsp virgin olive oil
7. 3 spray olive cooking spray
8. 2 tsp fresh rosemary
9. 1 large egg(White)
10. 4 fillet tilapia

Instructions:

Preheat oven to 350°F. Stir together breadcrumbs, brown sugar, salt, cayenne pepper, and pecans in a small baking dish. Add olive oil and toss to coat pecan mixture and bake until it's golden brown. Increase heat to 400°. Spray a baking tray in a shallow dish, whisk the egg white and dip the fish in the egg and pecan mixture. Place on the baking fish. Bake until it's booked through.

Thursday



A good-to-go breakfast to kick off your day and remain energized.

Nutritional values

- Calories: 320kcal
- Fat 1g
- Sodium: 1mg

Ingredients

1. 2 eggs
2. 2 tomatoes

Instructions:

Crack the eggs in a bowl, add baking soda and a pinch of salt, set aside, and heat a frying pan on medium heat. Pour the olive oil and allow it to heat, then pour the egg batter, scramble until it cooks, put it on a plate, and set aside. Slice the tomatoes. Put another 3 tbsp of olive oil and put the tomatoes and salt. Stir and allow to cook for 2



- Cholesterol: 2mg
- Protein: 15g

3. 1 tbsp club soda
4. Pinch of salt
5. 6 tbsp Olive oil

minutes. Add the scrambled eggs to the pan and stir so the tomatoes will penetrate the egg. Serve and eat.



Do you constantly crave this meal but are tired of going out to eat. Try assured you can prepare it at the comfort of your home.

Nutritional values

- Calories: 665kcal
- Fat: 31g
- Carbohydrate: 80g

Ingredients

1. 1 tbsp virgin oil
2. 1 thin sliced onion
3. 1 minced tbsp fresh ginger
4. 1 sliced red bell pepper
5. 3 minced garlic cloves
6. 1 small head cauliflower
7. 2 tsp chili powder
8. 14ounce can coconut milk



- Protein: 26g
- Sugar: 17g

9. 3 tbsp red curry paste
10. 1 lime
11. 1½ cups frozen peas
12. 28 ounce can chickpeas
13. Salt and freshly ground black pepper
14. Steamed rice
15. ¼ cup chopped fresh cilantro
16. 4 thinly sliced scallions

Instructions:

Heat the olive oil in a large saucepan over medium heat, add the onion and bell pepper to saute for 5mins, add ginger, garlic and saute for 1min. Add the cauliflower and toss to combine. Stir in the coriander, chili powder, and red curry paste. Cook together till the mixture began to caramelize. Stir in the coconut milk and bring to simmer on low heat for 8-10mins. Remove the lid and squeeze lime juice and stir well. Add chickpeas and peas. Sprinkle salt and pepper. Put the mixture back to simmer. Serve with rice and garnish with cilantro and scallions.



A light proteinous food that is easily digested, so you don't have to think about being bloated the next morning.



Nutritional values

- Calories: 40kcal
- Protein: 4.2g
- Carbohydrate: 0.8g
- Fat: 2.1g
- Cholesterol: 11.4g

Ingredients

1. $\frac{3}{4}$ pound cooked turkey meat
2. 2 stalked celery
3. 2 green onions
4. $\frac{1}{2}$ red bell pepper
5. 1 tbsp cider vinegar
6. 1 tsp white sugar
7. $\frac{1}{4}$ tsp salt
8. 3 tbsp mayonnaise
9. 2 tbsp mustard

Preparation

Finely chop the cooked turkey meat. Then combine green onion, red bell pepper, and celery, blend, set aside in a bowl. Prepare a mixture of mayonnaise, mustard, white sugar, salt, cider vinegar and mix with the turkey meat. Mix all together and serve immediately or refrigerate if that is not the time of eating.

Friday



A meal A happy morning with avocado toast will keep you happy all day. Just imagine a meal of creamy avocado spread onto a well-toasted bread—a delicious to- go breakfast.



Nutritional values

- Calories: 290kcal
- Carbohydrate: 30g
- Fiber: 8g
- Protein: 8g

Ingredients

1. ½ ripe avocado
2. Pinch of salt
3. 1 slice bread

Preparation

Remove the fleshy part of the avocado and sprinkle salt, mash it in a bowl until smooth. Toast the bread until firm and golden brown. Spread the avocado mixture on the bread and eat.



LUNCH: Turkey Taco Lunch Bowls

This is a perfect lunch when you are craving Mexican foods.

Nutritional values

- Calories: 370kcal
- Carbohydrate: 52g
- Protein: 21g
- Fat: 7g
- Cholesterol: 58mg
- Fiber: 5g

Ingredients

1. $\frac{3}{4}$ cup brown rice
2. $\frac{1}{8}$ pinch salt
3. 1 zest lime
4. 2 tbsp homemade taco seasoning
5. $\frac{2}{3}$ cup water
6. $\frac{3}{4}$ lb lean ground turkey

Instructions:

Cook the rice according to the package directions. Add lime and salt to the rice water. Allow cooking, then portion it out. Add the turkey to a medium pan and cook on low heat for 10mins. Sprinkle the taco seasoning over the meat and add water. Stir and simmer for minutes and allow it to cook. Portion it out. Combine all the ingredients and cook together, then divide and assemble in a bowl.



- Sugar: 7g

7. 1 cherry tomato
8. 1 chopped jalapeno
9. $\frac{1}{4}$ chopped onion
10. $\frac{1}{2}$ juiced lime
11. Pinch of salt
12. $\frac{1}{2}$ cup of shredded mozzarella
13. 12 oz can corn kernels



DINNER:
Vegan Coconut
Chickpea

Nutritional values

- Calories: 333kcal
- Fat: 19g
- Sodium: 513mg
- Carbohydrate: 32g
- Potassium: 664mg

Ingredients

1. 1 tbsp coconut oil
2. 1 large red onion
3. 3 garlic cloves
4. 1 tbsp garam masala
5. ¼ tsp turmeric
6. ¼ tsp salt
7. ¼ tsp cayenne pepper
8. 1 cup diced tomatoes
9. 2 tbsp freshly- squeezed lime juice
10. Chopped fresh cilantro
11. 1 cup cooked chickpeas

Preparation

Add coconut oil, onion, and a pinch of salt in a large bowl and saute until it softens. Add garlic, ginger and cook for a minute. Add garam masala, black pepper, salt, cayenne pepper, turmeric, and cook for 30secs. Add the tomato and cook for 3-5mins. Stir in chickpeas, allow it to boil on low heat, and simmer for 10mins. Stir in the fresh lime juice, then garnish with cilantro and serve.



- Protein: 10g

Saturday



BREAKFAST: **Chia Macha Over-** **night Smoothie**

This meal is a make-ahead drink loaded with a lot of fiber and antioxidants.

Nutritional values

- Calories: 136kcal
- Sugar: 3.2g
- Fiber: 5.3g
- Protein: 6g

Ingredients

1. 5-ounce coconut yogurt
2. ½ tbsp matcha powder
3. ½ large banana
4. Pinch of ground cinnamon

Instructions:

Blend the banana, yogurt, protein powder, and milk on high speed until smooth, add matcha powder and cinnamon and blend again. Pour it into a cup or bowl, add the chia seeds and oats, mix the content and refrigerate it overnight. Top with extra honey, maple syrup, or chia seeds the following day and drink.



- Carbohydrate: 14g
- Fat: 6.5g

5. 4 oz vanilla almond milk
6. ½ scoop vanilla protein powder
7. ½ cup chia seeds
8. ¼ cup gluten-free oats
9. ½ tbsp honey



LUNCH: Thai Pumpkin Soup

Nutritional values

- Calories: 391
- Fat: 26g
- Fiber: 3.8g
- Protein: 9g

Ingredients

1. 1 tbsp vegetable oil
2. 1.2kg peeled chopped pumpkin
3. 1 chopped brown onion
4. 1 chopped green onion
5. 2 tbsp chopped fresh coriander leaves
6. 400ml can coconut milk
7. 2 tbsp chopped unsalted roasted peanuts
8. 2 garlic cloves
9. ¼ cup Thai red curry paste
10. 2½ cups mussel chicken style liquid stock

Instructions:

Heat the oil in a large pan on medium heat. Cook the onions for 5mins to soften, then add the pumpkin and potato to cook for 5mins. Add the garlic and cook for 1min. Add curry paste to a pan and cook for 2mins. Add stock and allow to boil. Reduce the heat to simmer for 15mins, remove the lid and simmer for another 15-20mins then remove from heat.

Use a stick blender and blend the soup to smooth, then return to heat. Stir in one cup of coconut milk and season with pepper. Cook for 5-6mins while stirring. Meanwhile, mix peanut, coriander, lime juice, and green onions in a bowl. Ladle the soup into bowls and serve with the remaining coconut milk and sprinkle peanut mixture.



- Carbohydrate: 33.8g



DINNER: Italian Wedding Soup

Nutritional values

- Calories: 376
- Fat: 20g
- Cholesterol: 85mg
- Carbohydrate: 25g

Ingredients

1. 1 tbsp olive oil
2. ¼ diced carrot
3. Meatballs
4. 1¼ cup chopped yellow onions
5. Celery
6. 4 garlic cloves
7. 5 cans low sodium chicken broth
8. 1 cup dry pasta
9. 6 oz fresh spinach
10. Shredded parmesan cheese

Preparation

Heat 1 tbsp olive oil in a large pan, add carrot, onion, celery, and saute for another 1min, pour chicken broth, season with salt and pepper. Add pasta and meatballs and reduce heat to boil lightly. Cook until pasta tender and meatballs are cooked through. Sprinkle parmesan cheese and serve hot.



- Protein: 29g

Sunday



BREAKFAST: Maple Baked Rice Porridge

It is said breakfast is the most important meal of the day. Maple-baked rice porridge is considered one of the safest food to eat.

Nutritional values

- Calories: 170
- Fat: 4g
- Protein: 4g
- Carbohydrate: 30g
- Fiber: 2g

Ingredients

1. 1 cup brown rice
2. 1 tsp pure vanilla extract
3. 3 tbsp pure maple syrup
4. Slice berries
5. 2 cups water

Preparation

Preheat the oven to 400°F. Boil the rice over medium heat, add and stir the vanilla extract and cinnamon. Cover and reduce the heat to simmer for about 10-15mins. Portion the rice into two, top each with maple, berries and sprinkle some salt. Bake for about 10-15mins till the berries are caramelized, and the maple syrup is bubbling. Serve immediately.



Nutritional values

- Calories: 400kcal
- Carbohydrate: 13g
- Protein: 35
- Fat: 23g
- Cholesterol: 104mg



- Calcium: 218mg
- Iron: 2mg

Ingredients

The wrap

1. 4 multi-grain wraps
2. 2 chicken breast
3. 4 slices turkey bacon
4. 1 small sliced red onion
5. 2 cups kale

For Ceasar dressing

6. 1 cup light mayo
7. 1 cup parmesan cheese
8. 2 tbsp lemon juice
9. 1 tbsp Worcestershire sauce
10. 1 tbsp capers
11. 1 tbsp Dijon mustard
12. ½ tsp salt and pepper
13. 3 minced club and garlic

Instructions:

Blend all the Ceasar dressing ingredients. Cook the chicken for 15mins, allow it to cool, and shred apart. Fry turkey bacon over medium heat for 5-7mins. Toss ½ cup chicken, 1 sliced turkey bacon, small red onion, and ½ cup caesar dressing; add the mixture to the center of each whole wheat wrap. Fold the edges, then roll over with the edge of the free side.



DINNER:
Salmon with Green
and Cauliflower Rice

Nutritional values

- Calories: 372kcal
- Protein: 32g
- Carbohydrate: 8.2g
- Fat: 21.4g
- Sugar: 4g

Ingredients

1. 4*4oz skinless salmon fillets
2. 2 tsp ginger



3. 2 tsp crushed garlic
4. 2 tsp chill paste
5. 2*9oz packets cauliflower rice
6. 1 cup frozen peas
7. 1 medium courgette
8. ¼ cup chopped coriander
9. ¼ chopped mint
10. 4oz packed baby kale leaves
11. Lemon wedge

Instructions:

Preheat oven to 320°F. Line the baking tray with baking paper and place the fish on the tray. Spray with olive oil and season with black pepper—Bake for 15-18mins. Aside from heat 1 tbsp olive oil in a large pan, add ginger, garlic, and chili. Add cauliflower rice and stir fry for 2-3mins. Add the peas, coriander, and mint, then stir. Add kale and fold through until wilted. Serve the baked salmon with cauliflower rice and lemon wedges.

Week 4

Monday



BREAKFAST:
Blueberry
Almond Oatmeal

This Suppose you are looking for an easy breakfast with many nutritional benefits and a welcome sign on the breakfast table. Then please prepare this meal and burst your taste buds with flavor on each bite.



Nutritional values

- Calories: 269
- Fiber: 7g
- Carbohydrate: 42g

- Protein: 10g
- Sodium: 28mg
- Fat: 7g
- Cholesterol: 5mg

Ingredients

1. ½ cup oats
2. ⅓ cup fresh frozen blueberries

3. 1 tbsp almond
4. Pinch of cinnamon
5. ¼ cup almond milk

Preparation

Prepare the oats, add blueberries and stir in the almond milk. Sprinkle cinnamon to add to the deliciousness.



Nutritional values

- Calories: 211kcal
- Sodium: 5mg
- Fat: 1g
- Carbohydrate: 53g



- Fiber: 8g
- Sugar: 39g

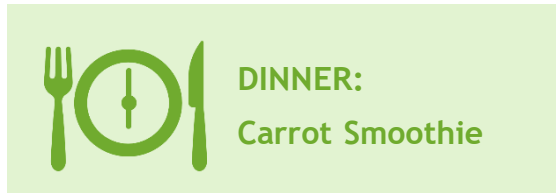
Ingredients

1. 2 sliced pears
2. 4 peeled and sliced kiwis
3. 1 orange
4. 1 large pomegranate

5. Lemon syrup
6. 3 tbsp honey
7. 2 tbsp lime juice
8. 2 tbsp lemon juice

Instructions:

Combine the fruits in a large bowl. Combine the honey, lemon juice, and lime in a large bowl, make sure the honey dissolves. Drizzle over salad and toss to combine them serve.



Nutritional values

- Calories: 144kcal
- Carbohydrate: 32g
- Protein: 2.4g
- Fat: 2.3g
- Sodium: 112mg

Ingredients

1. Carrot
2. Clean water
3. 1 ripe banana
4. 1 cup pineapple
5. ½ tbsp fresh ginger
6. ¼ tsp turmeric
7. 1 tbsp lemon juice
8. 1 cup unsweetened almond milk

Preparation

Blend carrot and water until smooth. Strain and transfer the juice into a jar. Blend banana, pineapple, ginger, turmeric, lemon juice, and unsweetened almond milk together. Taste and adjust the flavor if needed. Serve immediately.



- Fiber: 5g
- Sugar: 17.5g

Tuesday



BREAKFAST: Pineapple Smoothie

Smoothie is one of the foods that, when taken, will remain full and energized, most especially Pineapple smoothie that will make you think you are on a tropical island. This meal also aids in digestion. And in 5 minutes, your breakfast is ready.

Nutritional values

- Calories: 169kcal
- Carbohydrate: 33g
- Protein: 6g
- Fiber: 7g
- Cholesterol: 2mg
- Sodium: 33mg
- Potassium: 744mg
- Calcium: 91mg
- Iron: 1.9mg

Ingredients

1. 1 Frozen pineapple
2. ½ Frozen banana
3. 1 tbsp Vanilla extract
4. 3 tbsp Honey
5. 1 cup pineapple juice
6. ¾ Almond milk

Instructions:

Blend the frozen pineapple, almond milk, pineapple juice, and the banana at high speed until smooth. Serve in a cup.





LUNCH:
**Roasted Red Pepper
and Tomato Soup**

Nutritional values

- Calories: 201kcal
- Protein: 4g
- Carbohydrate: 23g
- Sodium: 353mg
- Fiber: 5g
- Sugar: 14g

Ingredients

1. 3 large tomatoes
2. 4 red bell paper
3. 1 small onion
4. 6-ounce tomato paste
5. 1 tsp dried basil

Instructions:

Prepare the vegetables and wash them. Remove the seeds from the ball paper. Place them on a baking tray and drizzle with olive oil, and sprinkle salt, pepper, and roast the veggies for about 25-30mins. Steam the bell paper on a glass bowl. Cover with plastic wrap for 20mins. Blend the veggies; after they cool down, add the tomato paste, dried basil, and water into the blender and blend until smooth. Garnish and serve.



- Calcium: 53mg
- Iron: 2.4mg
- Fat: 11g

6. 3 tbsp olive oil
7. 1½ cups water
8. 1 tbsp balsamic vinegar
9. 5 garlic cloves
10. Pinch of salt and pepper



DINNER:
Shrimp and
Coconut Curry Soup



Nutritional values

- Calories: 224kcal
- Fat: 20g
- Cholesterol: 45mg
- Sodium: 1265mg
- Carbohydrate: 11g
- Protein: 8g
- Potassium: 736mg

Ingredients

1. 2 tbsp coconut oil
2. ½ onion
3. 2 cloves of garlic
4. 1 cup sliced mushroom
5. 2 diced carrots
6. 1 small diced tomato
7. ½ cup celery
8. ½ zucchini diced
9. 1 cup broccoli florets
10. 12 medium-sized raw shrimp
11. 5 cups chicken broth
12. 1 cup coconut milk
13. 2 tbsp Thai coconut
14. Curry paste
15. Salt and pepper
16. ¼ cup cilantro

Preparation

Heat coconut oil in a pan, add onions and mushrooms to cook until soft. Add garlic and cook for 30secs. Add carrots, tomato, celery. Stir and allow to cook for a minute. Pour broth and curry paste, cook on low heat. Add zucchini and broccoli to cook for a minute. Add the raw shrimp and pour the coconut milk. Cook for 5 mins until shrimps become pink. Add cilantro, then remove from heat and serve.

Wednesday



BREAKFAST: Pineapple and Banana Smoothie

A total healthy breakfast that will solve your cravings.

Nutritional values

- Calories: 313 calories
- Protein: 3g
- Carbs: 78g
- Fat: 0.9g

Ingredients

1. 4 ice cubes
2. ½ fresh peeled pineapple

Preparation

Blend the ingredients until smooth and serve in a cup or bowl.



- Sodium: 10.1g

3. 1 large banana
4. 1 cup apple juice

- Sugars: 4.3g
- Carbohydrate: 30.5g



LUNCH: Hummus and Greek Salad

Nutritional values

- Calories: 422kcal
- Cholesterol: 8.3mg



- Fiber: 7.3g

Ingredients

1. 2 cups arugula
2. ⅓ cup cherry tomatoes
3. ⅓ cup sliced cucumber
4. 1 tbs red onion chopped
5. 1½ virgin olive oil

- Protein: 10.9g

6. 2 tsp red wine vinegar
7. ⅛ tsp ground pepper
8. 4-inch whole wheat pita
9. ¼ cup hummus
10. 1tbsp feta cheese

Preparation

In a bowl, toss arugula with cucumber, tomatoes, onion, oil, vinegar, and pepper, then top it with hummus and pita.



Nutritional values

- Calories: 638kcal
- Protein: 48.2g
- Carbohydrate: 37.3g
- Fat: 32.7g
- Cholesterol: 171g
- Sodium: 1411mg

Ingredients

1. 4 large red bell peppers
2. 1 pounded ground beef
3. 4-ounce ground sausage



4. 1 cup cooked brown rice
5. 1 tsp dried Italian seasoning
6. ½ tsp kosher salt

7. ¼ tsp fresh black pepper

8. 1 clove

9. ¼ cup parmesan cheese

10. 1 egg light beaten

11. Fresh parsley

12. 1 jar tomato

13. 2 cup mozzarella cheese

14. Basil pasta sauce

Preparation

Preheat oven to 350°F. Spray a roasting pan with cooking spray. Combine the ground sirloin, Italian sausage, brown rice, Italian seasoning salt, pepper garlic, parmesan cheese, egg, ½ cup tomato, and basil sauce in a bowl. Mix to combine.

Divide the mixture into the 4 red bell pepper. Arrange in a pan and cover with foil. Bake to soft and remove from oven. Top each with cheese. Return inside the oven to melt the cheese and sprinkle parsley.

Thursday



Nutritional values

- Calories: 296kcal
- Carbohydrate: 56g
- Protein: 4g
- Fat: 10g
- Sugar: 39g
- Fiber: 10g

Ingredients

- 1.** ½ large ripe avocado
- 2.** 4-6 soft dates



- 3.** 1 cup almond milk

4. 2½ tbsp unsweetened cocoa powder
5. 1 cup ice cubes
6. 1 tsp vanilla extract

7. 1 small sliced banana
8. 1 scoop vegan protein powder
9. 1 tbsp peanut butter

Preparation

You need a ripe avocado with smooth green flesh for this. Blend all the ingredients until frothy and thick. Serve immediately with melted chocolate.



Smoothies are not only for dinner or breakfast. You can take them in the afternoon and enjoy them.

Nutritional values

- Calories: 163kcal
- Carbohydrate: 29g
- Protein: 3g
- Fiber: 6g



- Sugar: 17g

Ingredients

1. 1½ cup dairy milk
2. 2 cups spinach
3. 1 frozen banana
4. 1 apple
5. ¼ avocado

Preparation

Mix the ingredients and blend till smooth. Pour in a cup and enjoy



DINNER:
**Curried Potatoes
with Poached Eggs**

Nutritional values

- Calories: 237kcal
- Carbohydrate: 29.2g
- Fat: 9.5g
- Cholesterol: 193mg
- Sodium: 709g

Ingredients

1. 2 medium potatoes
2. 1 piece ginger root
3. 2 garlic cloves
4. 1 tbsp extra virgin olive oil

- Protein: 10.7g

5. 2 tbsp curry powder
6. 1 can tomato sauce
7. 4 large eggs
8. ½ bunch cilantro

Preparation

Wash and cut the potato into tiny cubes. Put the potato in a pot, add water and bring to boil until tender. Drain the potato in a colander. For the sauce, grate the ginger and garlic, add olive oil to a pot. Saute for some minutes and add curry.

Add the tomato sauce and stir on medium heat for 1 minute and add salt. Put in the cooked, drained potato and stir. Make 4 small dips in the mixture and crack an egg in each one. Simmer for a while and garnish with cilantro.



Friday



BREAKFAST: Crunchy Cinnamon Granola

Nutritional values

- Calories: 120kcal
- Fat: 4.5g
- Protein: 2g

Ingredients

1. 3 cups rolled oats
2. 1 cup walnut
3. $\frac{3}{4}$ cup grated sweetened coconut

Preparation

Preheat the oven to 300°F. Combine the oats, walnuts, and coconut in a large bowl. Mix the brown sugar, canola oil, honey, and cinnamon in a small bowl. Drizzle the liquid mixture over the ingredients. Spread them over a large baking pan and bake for 30-35mins. Stir frequently until golden brown.



- Carbohydrate: 18g

4. $\frac{1}{4}$ cup brown sugar
5. $\frac{1}{4}$ cup honey
6. 2 tbsp canola oil
7. $\frac{1}{4}$ tsp cinnamon



LUNCH: Strawberry Banana Smoothie

Nutritional values

- Calories: 198kcal
- Carbohydrate: 30.8g
- Fat: 7.1g



- Protein: 5.8g

Ingredients

1. 2 cups halved fresh strawberries
2. 1 banana

Instructions:

Blend all the ingredients and pour into a cup.



Nutritional values

- Calories: 316kcal
- Fat: 3.3g
- Sugars: 10.1g
- Protein: 13.1g

Ingredients

1. 1 bunch fresh basil
2. 1 medium onion
3. 2 cloves
4. 1kg ripe tomatoes

Preparation

Chop the basil leaves, slice the onions and garlic. Chop the tomatoes. On medium heat, add the olive oil and onions to a saucepan and cook until soft. Add garlic, tomato, and vinegar. Keep stirring for 15mins—season with salt. Add spaghetti and cook according to the package instruction. Drain when cooked and add to the sauce. Finely grate parmesan cheese and serve.

- Fiber 4.8g

3. ½ cup Greek yogurt

4. ½ cup milk



- Carbohydrate: 62.7g
- Fiber 11.1g

5. Olive oil

6. 1 tbsp vinegar

7. 480g dried whole-wheat spaghetti

8. 15g parmesan cheese

Saturday



BREAKFAST: Turmeric Scrambled Egg

A super quick breakfast recipe that will keep you in a good mood for the rest of the day.

Nutritional values

- Calories: 401
- Fat: 19g
- Carbohydrate: 31g
- Sugar: 2g
- Fiber: 2g
- Protein: 25g

Ingredients

1. 2 tbsp Coconut oil
2. 2 eggs
3. ½tsp turmeric powder

Instructions:

Heat the coconut oil on a large pan over medium heat, lightly fry the garlic and spinach leaves, then wait for some minutes. Break the egg and add coconut milk, turmeric, and season then whisk. Add to the pan and stir for 5-8mins until the scrambled egg and cooked, serve on a slice of toasted sourdough bread.



LUNCH: Curried Red Lentil and Spinach Stew

Nutritional values

- Calories: 293kcal
- Fat: 14g



- Fiber: 7g
- Protein: 12g
- Sugar: 8g

Ingredients

1. 2 tbsp olive oil
2. 1 red thinly sliced onion
3. 2 fresh grated gingers
4. 1 tbsp garam masala
5. 1 tsp turmeric
6. 1 tbsp white wine vinegar
7. 28-ounce red pack crushed tomatoes
8. 1 cup water
9. 1 cup red lentils
10. 6 cups fresh baby spinach
11. 1 cup coconut milk
12. Fresh cilantro for serving

Instructions:

Heat oil on a pan, then add the onion and cook till it softened. Stir in the garlic, garam masala, ginger, and turmeric, then cook for 1min. Add the crushed tomatoes, lentils, and water. Cover the pan but not completely and allow to simmer for 20-25mins. Stir in the spinach and vinegar, cook till wilted. Stir in the coconut milk slowly, then serve with some salt. Top it with fresh cilantro.



Nutritional values

- Calories: 372kcal
- Protein: 32g
- Carbohydrate: 8.2g

Ingredients

1. 4*4oz skinless salmon fillets
2. 2 tsp ginger



- Fat: 21.4g
- Sugar: 4g

3. 2 tsp crushed garlic
4. 2 tsp chill paste
5. 2*9oz packets cauliflower rice
6. 1 cup frozen peas
7. 1 medium courgette
8. ¼ cup chopped coriander
9. ¼ chopped mint
10. 4oz packed baby kale leaves
11. Lemon wedge

Instructions:

Preheat oven to 320°F. Line the baking tray with baking paper and place the fish on the tray. Spray with olive oil and season with black pepper—Bake for 15-18mins. Aside from heat 1 tbsp olive oil in a large pan, add ginger, garlic, and chili.

Add cauliflower rice and stir fry for 2-3mind. Add the peas, coriander, and mint, then stir. Add kale and fold through until wilted. Serve the baked salmon with cauliflower rice and lemon wedges.

Sunday



A This sweet smoothie is packed with flavor coupled with banana, yogurt, and almond-an unforgettable breakfast.

Nutritional values

- Calories: 292.9kcal
- Protein: 14.7g
- Fat: 4.4g
- Cholesterol: 14.7mg



Ingredients

1. ½ cup milk
2. 1 cup frozen pitted cherries
3. 2 large bananas
4. ¼ cup yogurt

Preparation

Blend the ingredients for about 1-2mins until smooth, then serve immediately.



This is the type of meal that your taste buds will be thanking you after eating. It's a perfect healthy lunch that will keep you active.

Nutritional values

- Calories: 344kcal
- Carbohydrate: 46g
- Protein: 14g
- Fat: 14g
- Fiber: 15g
- Sugar: 8g
- Vitamin C: 13mg
- Calcium: 83mg
- Iron: 5mg

Ingredients

1. 15-ounce chickpeas
2. 1 big ripe avocado
3. 1 lime
4. ½ cup fresh cilantro
5. 2 tbsp chopped green onions
6. Spinach leaves
7. Whole wheat bread
8. Pinch of salt and pepper



Instructions:

Wash and drain the chickpeas, remove the outer skin, put them in a bowl, and mash with avocado. Add cilantro, lime juice, and green onions, then sprinkle salt and pepper. Spread the mixture on the bread and add spinach leaves.



Nutritional values

- Calories: 333kcal
- Fat: 19g
- Sodium: 513mg
- Carbohydrate: 32g
- Potassium: 664mg

Ingredients

1. 1 tbsp coconut oil
2. 1 large red onion
3. 3 garlic cloves
4. 1 tbsp garam masala
5. ¼ tsp turmeric
6. ¼ tsp salt
7. ¼ tsp cayenne pepper
8. 1 cup diced tomatoes
9. 2 tbsp freshly- squeezed lime juice
10. Chopped fresh cilantro
11. 1 cup cooked chickpeas

Preparation

Add coconut oil, onion, and a pinch of salt in a large bowl and saute until it softens. Add garlic, ginger and cook for a minute. Add garam masala, black pepper, salt, cayenne pepper, turmeric, and cook for 30secs. Add the tomato and cook for 3-5mins. Stir in coconut milk and chickpeas, allow it to boil on low heat, and simmer for 10mins. Stir in the fresh lime juice, then garnish with cilantro and serve.



- Protein: 10g

Kitchen Hacks

- 1 - Store banana in a paper bag to speed ripening
- 2 - Toss an orange peel in your brown sugar and close it in an airtight container to prevent it from hardening
- 3 - Use a teaspoon and scrape ginger root skin
- 4 - Boil potatoes for a few minutes, then give them an ice bath. The skin will peel easily without using a knife or peeler
- 5 - Push cherries inside a bottle to store
- 6 - Freeze cheese such as mozzarella for 30mins before using. It will be easier to grate
- 7 - Slide a slice of bread to the exposed portion of the cake. It will save it from spoiling
- 8 - Create a barrier over ice cream with wax paper to prevent freezer burn
- 9 - Clean rust with salt. It will help scrape it
- 10 - Wash fruits and vegetables with baking soda and water to remove pesticide

Conclusion

These days, you don't need to go to the hospital all the time for inflammation-related problems. You can cut its risk and even cure minor cases with the most appropriate anti-inflammatory foods that are both delicious and easy to make. You can follow the 30days diet routine written in this book. All meals suggested here are meals that are rich in nutrients and anti-inflammatory. They are best for your body's normal and adequate functioning.