






















1 WEEK OF ANTI-INFLAMMATORY EATING

This health-supportive meal plan is packed with ingredients that reduce inflammation, such as turmeric, salmon, broccoli, kale, fresh herbs and ginger, while being low in refined carbs and sugar, which are known to cause inflammation.

BY JESSE LANE LEE

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 1 serving Golden Milk Smoothie (p. 2; save leftovers)	 1 Curried Salmon Bowl (p. 2; save leftovers)	 1 Buddha Bowl (p. 3; save leftovers); 1 serving Peach Ice Cream (p. 4; save leftovers)	Calories: 1,519, Fat: 108 g, Sat. Fat: 60 g, Carbs: 78 g, Fiber: 13 g, Sugars: 27 g, Protein: 70 g, Sodium: 1,294 mg, Cholesterol: 114 mg
TUESDAY	 1 serving Broccoli, Kale & Cheddar Quiche (p. 5; save leftovers)	 1 Buddha Bowl (leftovers, p. 3)	 1 Curried Salmon Bowl (leftovers, p. 2); 1 serving Peach Ice Cream (leftovers, p. 4)	Calories: 1,495, Fat: 95 g, Sat. Fat: 46.5 g, Carbs: 87 g, Fiber: 13 g, Sugars: 22 g, Protein: 77 g, Sodium: 1,606 mg, Cholesterol: 218 mg
WEDNESDAY	 1 serving Golden Milk Smoothie (leftovers, p. 2)	 1 serving Broccoli, Kale & Cheddar Quiche (leftovers, p. 5)	 1 Buddha Bowl (leftovers, p. 3); 2 servings Peach Ice Cream (leftovers, p. 4)	Calories: 1,414, Fat: 101 g, Sat. Fat: 58.5 g, Carbs: 80 g, Fiber: 11 g, Sugars: 36 g, Protein: 52 g, Sodium: 1,278 mg, Cholesterol: 167 mg
THURSDAY	 1 serving Broccoli, Kale & Cheddar Quiche (leftovers, p. 5)	 1 Buddha Bowl (leftovers, p. 3)	 1 Confetti Chickpea Grain Bowl (p. 6; save leftovers); 1 serving Peach Ice Cream (leftovers, p. 4)	Calories: 1,390, Fat: 88 g, Sat. Fat: 30 g, Carbs: 73 g, Fiber: 17 g, Sugars: 27 g, Protein: 55 g, Sodium: 1,530 mg, Cholesterol: 167 mg
FRIDAY	 1 serving Golden Milk Smoothie (p. 2; save leftovers)	 2 servings Broccoli, Kale & Cheddar Quiche (leftovers, p. 5)	 1 Confetti Chickpea Grain Bowl (leftovers, p. 6); 1 serving Peach Ice Cream (leftovers, p. 4)	Calories: 1,396, Fat: 85 g, Sat. Fat: 42.5 g, Carbs: 71 g, Fiber: 18 g, Sugars: 29 g, Protein: 45 g, Sodium: 1,300 mg, Cholesterol: 208 mg
SATURDAY	 1 serving Golden Milk Smoothie (leftovers, p. 2)	 1 Confetti Chickpea Grain Bowl (leftovers, p. 6)	 1 Curried Salmon Bowl (leftovers, p. 2); 1 serving Peach Ice Cream (leftovers, p. 4)	Calories: 1,452, Fat: 98 g, Sat. Fat: 55.5 g, Carbs: 75 g, Fiber: 17 g, Sugars: 28 g, Protein: 52 g, Sodium: 1,009 mg, Cholesterol: 51 mg
SUNDAY	 1 serving Broccoli, Kale & Cheddar Quiche (leftovers, p. 5)	 1 Curried Salmon Bowl (leftovers, p. 2)	 1 Confetti Chickpea Grain Bowl (leftovers, p. 6); 1 serving Peach Ice Cream (leftovers, p. 4)	Calories: 1,428, Fat: 85 g, Sat. Fat: 42 g, Carbs: 84 g, Fiber: 17 g, Sugars: 23 g, Protein: 59 g, Sodium: 1,321 mg, Cholesterol: 155 mg

Golden Milk Smoothie

(P) (Q) (V) (GF)

SERVES 2.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Ground turmeric adds anti-inflammatory power to this vibrant smoothie with coconut milk and warming spices.

- ¾ cup** BPA-free canned full-fat coconut milk
- ½ cup** water, or as needed
- ½** frozen banana
- 2 tbsp** hemp hearts
- 1 pitted** date
- 1 tsp** ground ginger
- ½ tsp** ground turmeric
- ⅓ tsp** ground cinnamon
- Pinch** each sea salt and ground black pepper, optional

Add all ingredients to a blender; blend until smooth, adding additional water if needed to thin.

NOTE: If following our Meal Plan, save leftover serving in the freezer. This recipe is made twice within the plan, so you can also double it and freeze all the leftovers if you prefer.

PER SERVING (½ of recipe): Calories: 269, Total Fat: 23 g, Sat. Fat: 17 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 4 g, Carbs: 15 g, Fiber: 2 g, Sugars: 7 g, Protein: 6 g, Sodium: 69 mg, Cholesterol: 0 mg

Curried Salmon Bowl with Kale

(Q) (GF)

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

With chunks of wild salmon and fresh, nutritious kale, these gluten-free curry bowls are on the table in 30 minutes.

- 1 tbsp** avocado oil
- ½** yellow onion, chopped
- ½ tsp** sea salt, divided
- 3 cloves** garlic, minced
- 1 tbsp** peeled and minced ginger
- 1 tbsp** curry powder
- 1 13.5-oz** BPA-free can full-fat coconut milk
- 2 tbsp** coconut aminos
- 1 tbsp** fresh lime juice
- ¼ tsp** ground black pepper
- 1 lb** wild salmon, skin removed, cut into chunks
- 1 5-oz** container baby kale, roughly chopped
- 1 tsp** arrowroot
- 1 tsp** cold water
- 2 cups** cooked quinoa or whole-grain blend, for serving

1. In a large skillet on medium, heat oil. Add onion, sprinkle with one-half of salt and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and ginger; sauté until fragrant, about 1 minute. Add curry powder and cook, stirring, for 1 minute, until curry is lightly toasted and fragrant.

2. Stir in coconut milk, coconut aminos, lime juice, remaining one-half of salt and pepper. Bring to a boil, reduce to a simmer and stir in salmon and kale. Simmer, stirring occasionally, until salmon is cooked through and kale has wilted, 5 to 7 minutes. Mix arrowroot with water until dissolved. Add arrowroot mixture to skillet; stir and continue to cook until sauce thickens, about 2 minutes more.

3. Divide quinoa among bowls and top with salmon mixture.

NOTE: If following our Meal Plan, freeze 2 servings for later in the week; refrigerate remaining leftovers. Thaw frozen leftovers in the fridge overnight; to reheat, sauté in a pan until warmed through.

PER SERVING (¼ of recipe with quinoa): Calories: 546, Total Fat: 33 g, Sat. Fat: 20 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 3 g, Carbs: 32 g, Fiber: 5 g, Sugars: 3 g, Protein: 33 g, Sodium: 471 mg, Cholesterol: 51 mg

Riced-Broccoli Buddha Bowl with Herbed Chicken



SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **40 MINUTES**.*

*PLUS MARINATING TIME.

We've taken broccoli and turned it into a rice substitute in this flavorful chicken bowl. For a superfood boost, try adding one teaspoon cordyceps powder to the dressing. A medicinal mushroom available in powder form, cordyceps activates the immune system to help fight off infections.

MARINADE/DRESSING

- ½ cup** fresh lime juice
- 9 tbsp** olive oil, divided
- 2 tbsp** reduced-sodium tamari, soy sauce or coconut aminos
- ¼ cup** packed fresh cilantro + additional for garnish
- ¼ cup** packed fresh mint + additional for garnish
- 1 small** shallot, thinly sliced
- ¼ tsp** red pepper flakes
- 1 tbsp** pure maple syrup or raw honey
- ground black pepper, to taste
- ¼ tsp** sea salt

BOWL

- 2** boneless, skinless chicken breasts (about 8 oz each; or use the equivalent weight of boneless, skinless thighs)
- 1 head** broccoli (or 4 cups store-bought riced broccoli)
- 1 tbsp** coconut, avocado or olive oil
- 2 large** cloves garlic, finely chopped
- ¼ tsp** sea salt
- 1 cup** julienned or shredded carrot
- 1 cup** shredded red cabbage
- ¼ cup** chopped, roasted, salted cashews

1. Prepare marinade: In a small bowl, whisk together lime juice, 6 tbsp oil, tamari, cilantro, mint, shallot, pepper flakes, maple syrup and black pepper. Whisk together and set aside.

2. Pound chicken between 2 sheets of plastic wrap to an even thickness. Place chicken in a glass container and pour ½ cup marinade over chicken. Cover and refrigerate for at least 1 hour, or up to 12 hours.

3. Prepare dressing: To remaining marinade, add remaining 3 tbsp olive oil and ¼ tsp salt. Set aside.

4. Cut stems off of broccoli and trim tough outer peel. Chop into 2-inch pieces and place in a food processor. Cut the tops into large florets and add to bowl of processor. Pulse a few times until broccoli resembles rice. (If your food processor is small, do this in batches.)

5. Preheat an indoor grill or grill pan to medium-high. Remove chicken from marinade and discard excess. Grill until cooked through, about 6 minutes each side. Transfer to a cutting board and cover with foil to keep warm.

6. In a large skillet on medium, heat coconut oil. Add garlic and sauté for 20 seconds, or until fragrant. Add riced broccoli and ¼ tsp salt and sauté for 5 minutes, or until desired tenderness is achieved.

7. Divide riced broccoli among bowls. Dice chicken and add to bowls. Add carrots and cabbage. Drizzle with reserved dressing and garnish with cashews and additional cilantro and mint.

NOTE: If following our Meal Plan, refrigerate components and dressing separately. Assemble bowls and add dressing when called for.

PER SERVING (¼ of recipe): Calories: 508, Total Fat: 36 g, Sat. Fat: 8 g, Monounsaturated Fat: 22 g, Polyunsaturated Fat: 4 g, Carbs: 21 g, Fiber: 5 g, Sugars: 7 g, Protein: 29 g, Sodium: 680 mg, Cholesterol: 63 mg

Peach Ice Cream

P F V GF

SERVES 8. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 25 MINUTES.*

*PLUS COOLING AND FREEZING TIME.

Don't have an ice-cream maker? No problem – this luscious and creamy iced treat can be made without one for the ultimate summer dessert.

- 2 cups** sliced peaches
(fresh or frozen)
- 2 tsp** pure vanilla extract, divided
- ¼ tsp** sea salt, divided
- 2 13.5-oz** BPA-free cans coconut milk,
refrigerated overnight (**NOTE:**
It's important to use a brand
without fillers and gums for
this recipe.)
- 3 tbsp** raw honey

1. Chill a large mixing bowl and beaters (for an electric hand mixer) in the refrigerator for 15 minutes.

2. Meanwhile, in a small pot on medium-low, bring peaches, ¼ cup water, 1 tsp vanilla and ⅛ tsp salt to a simmer. Cover and simmer, stirring occasionally, for 10 minutes, using a spoon to crush and break up pieces until texture is a chunky purée. Remove from heat and cool completely.

3. Meanwhile, scoop solid cream from coconut milk cans into chilled bowl; reserve liquid for another use. Using hand mixer, beat cream for 1 minute, until light and fluffy, then add remaining 1 tsp vanilla, ⅛ tsp salt and honey. Beat on high for 1 additional minute. Fold peach purée into coconut mixture, then pour into a parchment-lined loaf pan, spreading so that top is even. Freeze for 3 to 4 hours, stirring vigorously every 30 minutes.

4. To serve, let stand at room temperature for 20 minutes, then slice into individual servings using a warmed knife, or scoop out with a warmed ice cream scoop (run under hot water for 20 seconds).

PER SERVING (⅛ of recipe): Calories: 196, Total Fat: 16 g, Sat. Fat: 15 g, Monounsaturated Fat: 0.5 g, Polyunsaturated Fat: 0.5 g, Carbs: 10 g, Fiber: 1 g, Sugars: 10 g, Protein: 2 g, Sodium: 74 mg, Cholesterol: 0 mg

Broccoli, Kale & Cheddar Quiche with Savory Quinoa Crust

F GF

SERVES 6. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 1 HOUR, 30 MINUTES.*

*PLUS COOLING TIME.

A cheesy quinoa crust makes a delicious, higher-protein swap for the traditional flour and butter quiche crust. Swap out the Tuscan kale in the filling for baby kale or spinach if you prefer a milder flavor.

- 1 cup**
- + 2 tbsp** low-sodium vegetable or chicken broth
- ¾ cup** white quinoa, rinsed
- 1** bay leaf
- 3 large** eggs + 4 large egg whites, divided
- ½ cup** shredded cheddar cheese, divided
- 1 tbsp** olive oil
- 1** leek, white and light green parts only, halved lengthwise and thinly sliced
- 1 cup** ¼-inch broccoli florets
- 1 cup** packed chopped stemmed Tuscan or lacinato kale
- ½ cup** whole milk
- 2 tsp** Dijon mustard
- ½ tsp** sea salt
- ¼ tsp** ground black pepper

- 1.** Preheat oven to 375°F. Mist an 8-inch pie plate or quiche pan with cooking spray; set aside. (**NOTE:** Opt for a dish with a depth of about 1½ inches.)
- 2.** In a small saucepan, combine broth, quinoa and bay leaf; bring to a boil. Reduce heat to low; cover and simmer until quinoa is tender and liquid is absorbed, about 12 minutes. Transfer to a large bowl; let cool.
- 3.** Whisk 1 egg; stir into cooled quinoa. Stir in ¼ cup cheese. Press mixture into bottom and side of prepared pie dish. Bake on a rimmed baking sheet until crust is dry to the touch, about 25 minutes.
- 4.** Meanwhile, in a skillet with a tight-fitting lid, heat oil on medium-low. Add leek and sauté, stirring often, until softened, about 3 minutes. Add broccoli, kale and ¼ cup water; cover and cook until tender, about 4 minutes. Drain and scrape into crust.

- 5.** In a small bowl, whisk together remaining 2 eggs, egg whites, milk, mustard, salt and pepper. Pour into crust and sprinkle with remaining ¼ cup cheese. Bake on a rimmed baking sheet until top is golden and a knife inserted in center comes out clean, about 35 minutes. Cut into 6 wedges and serve warm, or cool completely before serving.

NOTE: If following our Meal Plan, save leftovers and freeze 1 serving. Reheat frozen leftovers at 350°F for 30 minutes, or to an internal temperature of 165°F.

PER SERVING (% of recipe): Calories: 245, Total Fat: 10 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 24 g, Fiber: 3 g, Sugars: 2 g, Protein: 13 g, Sodium: 381 mg, Cholesterol: 104 mg

Confetti Chickpea Grain Bowls with Lemon Herb Dressing



SERVES **4**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **30 MINUTES**.

Buying precooked and frozen grains such as brown rice or quinoa makes it easy to add fiber to your meals without cooking them from scratch. Here, they're tossed with chickpeas and an array of colorful veggies for a complete meal. The recipe makes a little more dressing than you'll need, so we suggest reserving extras in the fridge for quick weeknight salads and slaws.

DRESSING

- ½ cup** extra-virgin olive oil
- 2 tsp** lemon zest +
¼ cup fresh lemon juice
- 2 tsp** Dijon mustard
- 1 tsp** raw honey
- ¼ tsp** each sea salt
and ground
black pepper
- ½ cup** packed fresh
flat-leaf parsley
- 2 tbsp** chopped fresh mint

BOWL

- 2 cups** precooked grain (such
as quinoa or brown rice),
thawed if frozen
- 1 15-oz** BPA-free can chickpeas,
drained and rinsed
- 1 tbsp** extra-virgin olive oil
- 1 tbsp** fresh lemon juice
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 2** bell peppers,
any color, diced
- 6 small** radishes, diced
- 1 cup** snap peas, sliced
on a diagonal
- 2** green onions,
thinly sliced

1. Prepare dressing: In a small bowl, whisk together oil, lemon zest and juice, mustard, honey, salt and pepper. Whisk in parsley and mint.

2. Assemble bowl: To a medium bowl, add grains and chickpeas. Toss in oil and lemon juice; season with salt and pepper. Divide grain mixture among bowls. Divide bell peppers, radishes, snap peas and onions among bowls. Drizzle each bowl with desired amount of dressing.

NOTE: If following our Meal Plan, store leftover bowls and dressing separately in the fridge. Serve with dressing when called for.

PER SERVING (¼ of recipe):
Calories: 441, Total Fat: 26 g, Sat. Fat: 3.5 g,
Monounsaturated Fat: 18 g, Polyunsaturated
Fat: 4 g, Carbs: 43 g, Fiber: 9 g, Sugars: 8 g,
Protein: 10.5 g, Sodium: 395 mg, Cholesterol: 0 mg

GROCERY LIST

PROTEINS & DAIRY

- ☐ 4 13.5-oz BPA-free cans full-fat coconut milk
- ☐ 1 lb wild salmon
- ☐ 2 8-oz boneless, skinless chicken breasts
- ☐ 1 15-oz BPA-free can chickpeas
- ☐ 1 carton low-sodium vegetable or chicken broth
- ☐ 1 dozen large eggs
- ☐ 2 oz cheddar cheese
- ☐ 1 small carton whole milk

VEGGIES & FRUITS

- ☐ 1 yellow onion
- ☐ 1 small shallot
- ☐ 1 leek
- ☐ 1 head garlic
- ☐ 1 banana
- ☐ 2 peaches
- ☐ 1 1-inch piece ginger
- ☐ 3 limes
- ☐ 1 lemon
- ☐ 5 oz baby kale
- ☐ 1 bunch kale
- ☐ 1 bunch cilantro
- ☐ 1 bunch mint
- ☐ 1 bunch parsley
- ☐ 2 heads broccoli
- ☐ 1 carrot
- ☐ 1 small red cabbage
- ☐ 2 bell peppers (any color)
- ☐ 6 small radishes
- ☐ 1 cup snap peas
- ☐ 2 green onions
- ☐ 2 dates
- ☐ 1 bay leaf

WHOLE GRAINS

- ☐ 1 bag quinoa

NUTS, SEEDS & OILS

- ☐ 1 bag roasted salted cashews
- ☐ 1 bag hemp hearts
- ☐ 1 bottle avocado oil
- ☐ 1 bottle olive oil

PANTRY STAPLES

- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle curry powder
- ☐ 1 bottle red pepper flakes
- ☐ 1 bottle ground ginger
- ☐ 1 bottle ground turmeric
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle coconut aminos
- ☐ 1 bag arrowroot starch
- ☐ 1 bottle pure maple syrup or raw honey
- ☐ 1 bottle pure vanilla extract
- ☐ 1 bottle Dijon mustard

We include our symbols on every recipe for easy reading.

P Paleo

F Freezable

Q Quick *under 45 minutes*

V Vegetarian *may contain eggs and dairy*

GF Gluten-free

GFA Gluten-free adaptable *Recipe contains soy sauce, hoisin sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.*