










































SAMPLE MEAL PLANS



ANTI-INFLAMMATORY 5-DAY MEAL PLAN

December 2018  [^]     









Mon	Tue	Wed	Thu	Fri	Sat	Sun
24	25	26	27	28	29	30
Breakfast  Mediterranean Omelet x  Sliced Avocado x Lunch  Red Curry Quinoa Soup x  Grain-Free Rosemary Focaccia x Snack  Beet Hummus x Dinner  Miso Glazed Salmon x  Sesame Lime Kale x  Snow Peas with Sweet Potato x	Breakfast  Fluffy Banana Peanut Butter x Lunch  Leftovers for Lunch x Snack  Cherry Superfood Smoothie x Dinner  Lemon Herb Roasted Chicken x  Butternut Squash And Cauliflower x  Lemon Roasted Brussel Sprouts x  Spiced Apple and Pear Cobbler x	Breakfast  Scrambled Eggs With Spinach And x  Green with Envy Smoothie x Lunch  Leftovers for Lunch x Snack  Blueberries With Almonds x Dinner  Pecan Crusted Sole x  Herb Mushroom Salad x  Green Bean And Almond Salad With x	Breakfast  Cinnamon Bun Overnight Oats x  Strawberries x Lunch  Leftovers for Lunch x Snack  Apple x  Yogurt x Dinner  Turkey Pumpkin Chiii x  Simple Green Salad x	Breakfast  Mexican Spaghetti Squash Frittata With x  Quick Sweet Potato Hash x Lunch  Leftovers for Lunch x Snack  Carrot Cake Bites x Dinner  Coconut Curry Chicken x  Herbed Quinoa x		

Search

Breakfast
 Lunch
 Dinner
 Side
 Snack

Search All Meal Plans

Select a recipe to view, or drag it on to the planner.

-  Grain-Free Rosemary Focaccia
-  Sheet Pan Cashew Garlic Chicken With Cauliflower
-  Cardamom And Orange Overnight Oats
-  Smoked Salmon Stuffed Hasselback Sweet Potatoes
-  One Pot Chicken Chili
-  Kale Citrus Salad
-  Strawberry Cheesecake Chia Pudding
-  Sun Basket Meal

This anti-inflammatory plan contains low-glycemic recipes aimed at stabilizing blood sugar, maintaining a healthy weight, normalizing hormones, promoting healthy digestion, and reducing inflammation associated with many chronic diseases. NOTE: This plan is gluten-free.

28-DAY REFRESH MEAL PLAN

December 2018

[A]



Mon

Tue

Wed

Thu

Fri

Sat

Sun

Copy

	24	25	26	27	28	29	30
Breakfast	Zucchini Bread Green Smoothie Hot Lemon Water	Hard Boiled Eggs With Tomato And Avocado Hot Lemon Water	Herbal Tea Blackberry Chard Smoothie	Hot Lemon Water Eggs Poached in Tomato Sauce	Hot Lemon Water Classic Omelet with Spinach and Basil	Herbal Tea Chard, Tomato, and Zucchini Frittata	Blueberry Chocolate Detox Smoothie Hot Lemon Water
Lunch	Kale Salad with Creamy Tahini Dressing	Leftovers for Lunch	Leftovers for Lunch	Leftovers for Lunch	Leftovers for Lunch	Quick Turkey Tacos	Citrus Beet Salad with Champagne
Snack	Strawberries	Bananas	Raspberries	Apples	Pineapple	Blueberries	Kiwi
Dinner	Roasted Cod with Olives and Tomatoes Warm Grilled Cauliflower and Grilled Asparagus with Lemon Thyme Dressing	Skillet Roasted Chicken Thighs with Carrots and Simple Arugula Radicchio Salad	Coconut Basil Halibut with Spinach LF Chopped Tavern Winter Salad Cauliflower Rice	White Fish Lime Lettuce Tacos Radish, Corn and Cucumber Herb Salad	Grilled Cilantro Lime Chicken Grilled Broccoli	Slow Cooker Lemon Garlic Pepper Chicken Butter Lettuce Herb Salad Green Bean And Almond Salad With	Sheet Pan Herbed Fish and Vegetables Crunchy Broccoli Apple Salad

Search

Breakfast Lunch Dinner
 Side Snack

Search All Meal Plans

Select a recipe to view, or drag it on to the planner.

- Mango Chili Lime Tiger shrimp
- Thai Turkey Salad
- Grilled Sweet and Spicy Chicken with Bok Choy
- Avocado, Grapefruit And Edamame Salad
- Grilled Moroccan Chicken
- Quick Shrimp and Kale Sauté
- White Chicken Chili
- Instant Pot/Crockpot/Stovetop Chicken Cacciatore
- Sheet Pan Cajun Chicken with Vegetables
- Cream of Asparagus and Spinach

This 28-Day Refresh is a great way to get your metabolism humming and jump-start your health. It contains selected low-glycemic recipes aimed at stabilizing blood sugar, maintaining a healthy weight, normalizing hormones, promoting healthy digestion, and reducing inflammation associated with many chronic diseases. At the end of this 4-week plan, you will automatically begin receiving the Anti-Inflammatory Plan to support you in maintaining healthy habits. NOTE: This plan is gluten-free.

