

# Balancing Body Chemistry & Anti-inflammatory Diet

The key to dietary change is variety & creativity. Explore new foods & recipes. Do not overeat, but enjoy!

| Vegetables*           | Portion   |
|-----------------------|-----------|
| Alfalfa Sprouts       | to taste  |
| Arugula               | to taste  |
| Avocado               | ½ Avocado |
| Bean Sprouts          | to taste  |
| Broccoli              | to taste  |
| Brussel Sprouts       | to taste  |
| Cabbage               | to taste  |
| Carrots               | to taste  |
| Cauliflower           | to taste  |
| Celery                | to taste  |
| Cilantro              | to taste  |
| Corn                  | to taste  |
| Cucumber              | to taste  |
| Garlic                | to taste  |
| Kale                  | to taste  |
| Lettuce               | to taste  |
| Mushrooms             | to taste  |
| Mustard Greens        | to taste  |
| Olives                | to taste  |
| Onions                | to taste  |
| Radish                | to taste  |
| Snow Peas             | to taste  |
| Spinach               | to taste  |
| String Beans          | to taste  |
| Sweet Potato / Yam    | ½ Potato  |
| Swiss Chard           | to taste  |
| Tomato - fresh, whole | to taste  |
| Water Cress           | to taste  |
| Zucchini              | to taste  |

| Fruits*        | Portion    |
|----------------|------------|
| Apple          | 1 medium   |
| Blackberries   | 4 oz       |
| Blueberries    | 4 oz       |
| Figs - fresh   | 3-5 figs   |
| Grapefruit     | 4 oz       |
| Grapes         | 4 oz       |
| Kiwi           | 4 oz       |
| Lemon          | 4 oz       |
| Oranges        | 4 oz       |
| Pear           | 1 medium   |
| Plum           | 4 oz       |
| Prunes - dried | 3-5 prunes |
| Raspberries    | 4 oz       |
| Strawberries   | 4 oz       |

| Fats                     | Portion |
|--------------------------|---------|
| Almond Butter            | 1 Tbsp  |
| Almonds - raw / unsalted | 2 oz    |
| Cashew Butter            | 1 Tbsp  |
| Cashews - raw / unsalted | 2 oz    |
| Coconut Oil              | 1 Tbsp  |
| Flax Oil                 | 1 Tbsp  |
| Grapeseed Oil            | 1 Tbsp  |
| Olive Oil                | 1 Tbsp  |
| Omega-3 Oil - fish       | 1 Tbsp  |
| Pecans - raw / unsalted  | 2 oz    |
| Walnuts - raw / unsalted | 2 oz    |

| Dairy Alternatives | Portion |
|--------------------|---------|
| Almond Cheese      | 2 oz    |
| Almond Milk        | 6-8 oz  |
| Coconut Milk       | 4-6 oz  |
| Hemp Milk          | 4-6 oz  |
| Rice Cheese        | 2 oz    |
| Rice Milk          | 4-6 oz  |

| Protein*                                | Portion    |
|---|------------|
| Beef - ground / steak<br>grass fed only | 4-8 oz     |
| Black Beans                             | 4-8 oz     |
| Chicken - breast - free range           | 4-8 oz     |
| Cod                                     | 4-8 oz     |
| Eggs - free range                       | 2-3 eggs   |
| Halibut                                 | 4-8 oz     |
| Lamb                                    | 4-8 oz     |
| Lentils                                 | 4-8 oz     |
| Pinto Beans                             | 4-8 oz     |
| Red Beans                               | 4-8 oz     |
| Red Snapper                             | 4-8 oz     |
| Salmon - wild caught only               | 4-8 oz     |
| Shrimp                                  | 4-8 oz     |
| Tuna                                    | 4-8 oz     |
| Turkey - breast / bacon                 | 3-6 slices |
| Whitefish                               | 4-8 oz     |

| Starch / Grains              | Portion      |
|------------------------------|--------------|
| Gluten-free Bread            | 1 slice      |
| Quinoa                       | ½ Cup        |
| Rice - white                 | ½ Cup        |
| Rice Crackers                | 2-3 crackers |
| Rice Pasta                   | ½ Cup cooked |
| Steel Cut Oats - gluten free | 1 Cup        |

| Beverages     | Portion     |
|---------------|-------------|
| Green Tea     | 3+ Cups/day |
| Herbal Tea    | 2 Cups/day  |
| Mineral Water | 3 Cups/day  |

Beverages may be sweetened using approved sweeteners listed below.

| Sweeteners | Portion  |
|------------|----------|
| Honey      | ½ Tbsp   |
| Stevia     | To Taste |

\*Organic Produce & Protein Preferred

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

**Do not eat foods that you know you have sensitivities to, even if it is on the list**

# Sample Daily Menus

| Day One | Breakfast                        | Lunch                              | Dinner                            | Snacks                 |
|---------|----------------------------------|------------------------------------|-----------------------------------|------------------------|
|         | 2-egg veggie omelet<br>½ Avocado | Lean Protein<br>½ Avocado<br>Salad | Chicken<br>Vegetable<br>Vegetable | 1 Fruit<br>Raw Almonds |

| Day Two | Breakfast                             | Lunch            | Dinner  | Snacks                 |
|---------|---------------------------------------|------------------|---|------------------------|
|         | 2 eggs, scrambled<br>Large Grapefruit | Chicken<br>Salad | Turkey<br>Vegetable<br>Vegetable<br>½ Avocado | 1 Fruit<br>Raw Cashews |

| Day Three | Breakfast   | Lunch                        | Dinner                         | Snacks                |
|-----------|---|------------------------------|--------------------------------|-----------------------|
|           | 2 eggs, scrambled<br>Gluten-free toast<br>Almond Butter | Turkey<br>Vegetable<br>Salad | Fish<br>Vegetable<br>Vegetable | 1 Fruit<br>Raw Pecans |

| Day Four | Breakfast  | Lunch         | Dinner                         | Snacks                 |
|----------|--|---------------|--------------------------------|------------------------|
|          | Steel-cut oats<br>(gluten-free)<br>2 eggs, scrambled | Fish<br>Salad | Beef<br>Vegetable<br>Vegetable | 1 Fruit<br>Raw Walnuts |

| Day Five | Breakfast                        | Lunch                      | Dinner   | Snacks                 |
|----------|----------------------------------|----------------------------|--|------------------------|
|          | 2-egg veggie omelet<br>½ Avocado | Beef<br>Salad<br>Vegetable | Chicken<br>Vegetable<br>Vegetable<br>½ Avocado | 1 Fruit<br>Raw Almonds |

| Day Six | Breakfast                                | Lunch                         | Dinner                           | Snacks                 |
|---------|--|-------------------------------|----------------------------------|------------------------|
|         | 2 egg veggie omelet<br>Gluten-Free bread | Chicken<br>Vegetable<br>Salad | Turkey<br>Vegetable<br>Vegetable | 1 Fruit<br>Raw Cashews |

| Day Seven | Breakfast                        | Lunch                        | Dinner                                      | Snacks                |
|-----------|----------------------------------|------------------------------|---|-----------------------|
|           | 2-egg veggie omelet<br>½ Avocado | Turkey<br>Vegetable<br>Salad | Fish<br>Vegetable<br>Vegetable<br>½ Avocado | 1 Fruit<br>Raw Pecans |