

MINDSET RESET

A 5-DAY 4-WEEK LOW INFLAMMATORY MEAL PLAN

WEEK 1

B: Scrambled eggs w/spinach, avocado and olive oil drizzle
L: Grilled salmon over arugula w/cucumbers, walnuts and lemon vinaigrette
D: Zucchini noodles w/pesto and grilled chicken

B: Chia seed pudding with almond milk, topped w/berries
L: Turkey lettuce wraps w/avocado, shredded carrots and tahini dressing
D: Cauliflower stir fry with shrimp, broccoli, and coconut aminos

B: Coconut milk smoothie with spinach, protein powder, flaxseed and frozen berries
L: Grilled chicken salad with mixed greens, pumpkin seeds, and turmeric vinaigrette
D: Spaghetti Squash with turkey meatballs and no sugar tomato sauce

B: Baked egg on half an avocado
L: Tuna over romaine with olive oil, olives and cherry tomatoes.
D: Baked cod with steamed asparagus and mashed cauliflower

B: Almond flour pancakes w coconut yogurt
L: Leftover turkey meatballs in lettuce wraps with tahini drizzle
D: Stir-fried chicken with bok choy, mushrooms and ginger

Snack options: Brazil nuts, cucumber slices with guac, celery with almond butter, hard boiled egg, almonds, beef stick

WEEK 2

B: Smoothie bowl topped with chia and hemp seeds
L: Grilled shrimp skewers over cauliflower and quinoa
D: Slow cooker beef stew w/carrots and celery

B: Greek yogurt plain, w/cinnamon and berries
L: Turkey roll ups w carrots and pickles
D: Grilled salmon w/roasted broccoli and ½ cooked sweet potato

B: 3 scrambled eggs, ½ avocado, sprinkle of hemp seeds
L: Protein smoothie, ½ banana, almond butter, spinach
D: Burger bowl -with lettuce, tomato, pickles, avocado, honey mustard

B: protein oats w/almond milk and cinnamon
L: Chicken salad lettuce wraps with sliced cucumber
D: Ground turkey stir-fry w/cabbage, carrots, garlic-optional brown rice

B: Boiled eggs w ½ avocado
L: Ground turkey over zucchini noodles and low sugar tomato sauce
D: Lemon herb chicken with roasted Brussel sprouts

WEEK 3

B: Green smoothie (avocado, kale, protein powder)
L: Chicken and veggie curry with coconut milk over cauli rice
D: Grilled trout w/sauteed spinach and garlic

B: Poached eggs over arugula and avocado slices
L: Cobb salad with grilled chicken, egg, avocado, oil and vinegar
D: Stuffed bell peppers w/cauli rice and ground turkey

B: Egg bowl with sausage, greens and avocado
L: Shrimp salad with lime and olive oil dressing
D: Cauliflower crust pizza topped with veggies

B: Coconut chia pudding with flax seed and cinnamon
L: Turkey burger lettuce wraps with avocado and pickles.
D: Baked chicken thighs roasted potatoes & steamed asparagus

B: Scrambled eggs with avocado toast
L: Grilled chicken Caesar salad, no croutons.
D: Cauliflower mash with roasted chicken and broccoli

WEEK 4

B: Veggie packed frittata
L: Grilled tuna steak with arugula and lemon-olive oil dressing
D: Turkey stuffed zucchini boats

B: Protein pancakes with almond butter
L: Egg salad in avocado halves with arugula
D: Beef stir fry with peppers and coconut aminos

B: Sweet potato and egg hash
L: Deviled eggs with baby carrots and hummus
D: Slow cooked chicken soup with celery, leeks, and herbs

B: Overnight oats with protein powder
L: Taco bowl with lettuce, black beans and avocado
D: Shrimp sauteed in garlic and olive oil over spiraled zucchini

B: Coconut yogurt parfait with chia seeds, cinnamon and raspberries
L: Grilled salmon salad
D: Spaghetti squash with roasted veggie marinara and turkey sausage