

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

| 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 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 ½ Avocado | Lean Protein ½ Avocado Salad | Chicken Vegetable Vegetable | 1 Fruit Raw Almonds |
| Day Two | Breakfast | Lunch | Dinner | Snacks |
| | 2 eggs, scrambled Large Grapefruit | Chicken Salad | Turkey Vegetable Vegetable ½ Avocado | 1 Fruit Raw Cashews |
| Day Three | Breakfast | Lunch | Dinner | Snacks |
| | 2 eggs, scrambled Gluten-free toast Almond Butter | Turkey Vegetable Salad | Fish Vegetable Vegetable | 1 Fruit Raw Pecans |
| Day Four | Breakfast | Lunch | Dinner | Snacks |
| | Steel-cut oats (gluten-free) 2 eggs, scrambled | Fish Salad | Beef Vegetable Vegetable | 1 Fruit Raw Walnuts |
| Day Five | Breakfast | Lunch | Dinner | Snacks |
| | 2-egg veggie omelet ½ Avocado | Beef Salad Vegetable | Chicken Vegetable Vegetable ½ Avocado | 1 Fruit Raw Almonds |
| Day Six | Breakfast | Lunch | Dinner | Snacks |
| | 2 egg veggie omelet Gluten-Free bread | Chicken Vegetable Salad | Turkey Vegetable Vegetable | 1 Fruit Raw Cashews |
| Day Seven | Breakfast | Lunch | Dinner | Snacks |
| | 2-egg veggie omelet ½ Avocado | Turkey Vegetable Salad | Fish Vegetable Vegetable ½ Avocado | 1 Fruit Raw Pecans |