

Anti-Inflammatory Meal Plan (for 4 People)

DAY 1-

Breakfast – Turmeric Quinoa Porridge

Cooked quinoa with almond milk, turmeric, cinnamon, chia seeds, blueberries, and walnuts.

Lunch – Grilled Salmon Power Bowl

Grilled salmon over spinach and arugula with roasted sweet potatoes, avocado, and lemon-tahini dressing.

Dinner – Ginger Chicken Stir-Fry

Chicken breast sautéed with garlic, ginger, broccoli, bell peppers, and bok choy in coconut aminos, served over cauliflower rice.

Snack – Chia Pudding with Berries

Chia seeds soaked in almond milk, vanilla, cinnamon, topped with raspberries and almonds.

Breakfast – Turmeric Quinoa Porridge

Portions:

Each adult: ¾ cup cooked quinoa + toppings

Ingredients:

- Quinoa – 1½ cups (uncooked)
- Almond milk – 3 cups
- Turmeric – 1½ tsp
- Cinnamon – 1½ tsp
- Chia seeds – 3 tbsp
- Blueberries – 1½ cups (fresh or frozen)
- Walnuts – ¾ cup (chopped)
- Honey – to taste (optional)

Instructions:

1. Rinse quinoa thoroughly under cold water.
2. In a saucepan, combine quinoa, almond milk, turmeric, cinnamon, and chia seeds.
3. Bring to a gentle simmer over medium heat. Cook for **15-20 minutes**, stirring occasionally, until the quinoa absorbs the liquid.

4. Divide into 4 bowls.
 5. Top each bowl with blueberries, walnuts, and a drizzle of honey if desired.
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Lunch – Grilled Salmon Power Bowl

Portions:

Each adult: 4 oz salmon + 1½ cups bowl

Ingredients:

- Salmon – 4 fillets (24 oz total, 6 oz each)
- Quinoa – 1½ cups (uncooked)
- Spinach – 8 cups (approx. 2 large bags)
- Cucumber – 1 large (sliced)
- Avocado – 2 (sliced)
- Lemon – 1 (juiced)
- Fresh dill – 4 tbsp (chopped)
- Olive oil – 3 tbsp
- Salt & pepper – to taste

Instructions:

1. Cook quinoa according to package instructions.
 2. Preheat oven to **400°F**. Season salmon fillets with salt, pepper, lemon juice, and 1 tbsp olive oil.
 3. Place salmon on a baking sheet. Bake for **12-15 minutes**, until it flakes easily.
 4. In a large bowl, toss spinach, cucumber, quinoa, dill, and remaining olive oil.
 5. Divide into bowls and top each with avocado slices and a salmon fillet.
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Dinner – Ginger Turmeric Chicken Thighs with Roasted Cauliflower & Sweet Potato

Portions:

Each adult: 6 oz chicken + 1½ cups roasted veggies

Ingredients:

- Chicken thighs (bone-in or boneless) – 12 pieces (approx. 3 lbs total)
- Sweet potatoes – 4 medium (cubed)
- Cauliflower – 2 heads (cut into florets)
- Garlic – 4 cloves (minced)

- Olive oil – 4 tbsp
- Turmeric – 2 tsp
- Paprika – 1½ tsp
- Lemon – 1 (juiced)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to **400°F**.
 2. In a bowl, mix chicken thighs with turmeric, paprika, garlic, lemon juice, salt, pepper, and 1½ tbsp olive oil. Coat evenly.
 3. Spread chicken on a baking sheet. Roast for **30-35 minutes**, until cooked through (165°F internal temp).
 4. Toss sweet potatoes and cauliflower with 2½ tbsp olive oil, salt, and pepper. Spread on a separate baking sheet.
 5. Roast veggies for **25-30 minutes**, stirring halfway.
 6. Serve chicken with roasted veggies.
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Snack – Chia Pudding with Berries

Portions:

Each adult: 1 small jar (~½ cup pudding)

Ingredients:

- Chia seeds – 6 tbsp
- Almond milk – 2 cups
- Vanilla extract – 1 tsp (optional)
- Berries – 1½ cups
- Almonds – ½ cup (chopped)

Instructions:

1. In a mixing bowl, combine chia seeds, almond milk, and vanilla extract.
 2. Stir well, cover, and refrigerate for **at least 2 hours** or overnight.
 3. Stir before serving. Divide into small jars or bowls.
 4. Top with berries and chopped almonds.
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DAY 2-

Breakfast – Spinach & Mushroom Scramble

Eggs scrambled with sautéed spinach, mushrooms, garlic, and avocado on the side.

Lunch – Sardine Avocado Toast (or Salmon)

Whole-grain or gluten-free toast topped with mashed avocado, sardines (or salmon), lemon, and chili flakes.

Dinner – Lemon Herb Baked Cod with Roasted Veggies

Cod baked with lemon, garlic, and olive oil; roasted sweet potatoes, zucchini, and asparagus.

Snack – Golden Milk Smoothie

Almond milk, banana, turmeric, ginger, chia seeds, and a touch of honey.

Breakfast – Berry Flaxseed Oatmeal

Portions:

Each adult: $\frac{3}{4}$ cup cooked oatmeal

Ingredients:

- Oats – $1\frac{1}{2}$ cups (rolled or steel-cut)
- Almond milk – 3 cups
- Flaxseeds – 2 tbsp (ground)
- Cinnamon – 1 tsp
- Berries – $1\frac{1}{2}$ cups (fresh or frozen)
- Walnuts – $\frac{1}{2}$ cup (chopped, optional)
- Honey – to taste (optional)

Instructions:

1. In a pot, bring almond milk to a gentle boil over medium heat.
2. Stir in oats and reduce heat. Simmer for **5-10 minutes** (or longer for steel-cut oats), stirring occasionally, until creamy.
3. Stir in flaxseeds and cinnamon.
4. Divide into bowls. Top with berries, walnuts, and a drizzle of honey if desired.

Lunch – Lemon Garlic Chicken Quinoa Bowl

Portions:

Each adult: 4 oz chicken + $1\frac{1}{2}$ cups bowl

Ingredients:

- Chicken breasts – 4 (approx. 24 oz total)
- Quinoa – 1½ cups (uncooked)
- Spinach – 6 cups
- Cucumber – 1 large (sliced)
- Cherry tomatoes – 2 cups (halved)
- Lemon – 1 (juiced)
- Olive oil – 3 tbsp
- Garlic – 3 cloves (minced)
- Salt & pepper – to taste

Instructions:

1. Cook quinoa according to package instructions.
 2. Season chicken with salt, pepper, garlic, and 1 tbsp olive oil. Grill or pan-sear over medium heat for **6-8 minutes per side** or until internal temp reaches 165°F. Let rest, then slice.
 3. In a large bowl, toss spinach, cucumber, and tomatoes with lemon juice and remaining olive oil.
 4. Add cooked quinoa and mix.
 5. Divide into bowls and top with sliced chicken.
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Dinner – Baked Salmon with Roasted Broccoli & Sweet Potatoes

Portions:

Each adult: 6 oz salmon + 1½ cups roasted veggies

Ingredients:

- Salmon fillets – 4 (24 oz total)
- Sweet potatoes – 3 medium (cubed)
- Broccoli – 2 heads (cut into florets)
- Olive oil – 3 tbsp
- Garlic – 3 cloves (minced)
- Lemon – 1 (sliced)
- Paprika – 1 tsp
- Salt & pepper – to taste

Instructions:

1. Preheat oven to **400°F**.
2. Toss sweet potatoes and broccoli with 2 tbsp olive oil, garlic, paprika, salt, and pepper. Spread on a baking sheet. Roast for **25-30 minutes**, stirring halfway.

3. Season salmon fillets with salt, pepper, and 1 tbsp olive oil. Lay lemon slices on top.
 4. Add salmon to the baking sheet during the last **12-15 minutes** of roasting.
 5. Serve salmon with roasted veggies.
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Snack – Apple Almond Butter Slices

Portions:

Each adult: 1 apple + 2 tbsp almond butter

Ingredients:

- Apples – 4
- Almond butter – 8 tbsp
- Cinnamon – to taste (optional)

Instructions:

1. Core and slice apples into wedges.
 2. Spread almond butter on apple slices.
 3. Sprinkle with cinnamon if desired.
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DAY 3-

Breakfast – Berry Almond Overnight Oats

Oats soaked in almond milk with chia seeds, cinnamon, blueberries, almond butter, and walnuts.

Lunch – Quinoa & Black Bean Salad

Quinoa tossed with black beans, cherry tomatoes, cucumber, avocado, cilantro, lime, and olive oil.

Dinner – Baked Turmeric Salmon with Garlic Greens

Salmon with turmeric, garlic, and lemon; served with sautéed spinach and quinoa.

Snack – Almond Energy Bites

Dates, almonds, coconut flakes, cinnamon, chia seeds, and a touch of almond butter.

Breakfast – Veggie & Spinach Scramble

Portions:

Each adult: 3 eggs + 1½ cups veggies

Ingredients:

- Eggs – 12
- Spinach – 4 cups (chopped)
- Bell peppers – 2 (diced)
- Cherry tomatoes – 1 cup (halved)
- Olive oil – 2 tbsp
- Garlic – 2 cloves (minced)
- Avocado – 1 (sliced, for topping)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat.
 2. Sauté garlic, peppers, and cherry tomatoes for **3-4 minutes** until softened.
 3. Add spinach and cook until wilted, about **1-2 minutes**.
 4. Whisk eggs in a bowl, season with salt and pepper, and pour into the skillet.
 5. Stir gently and cook until eggs are set.
 6. Serve hot, topped with avocado slices.
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Lunch – Spiced Chickpea & Roasted Veggie Bowl with Lemon Tahini Dressing

Portions:

Each adult: 2 cups bowl

Ingredients:

- Chickpeas – 2 cans (15 oz each, drained & rinsed)
- Sweet potatoes – 3 (cubed)
- Zucchini – 3 (sliced)
- Spinach – 6 cups
- Garlic – 3 cloves (minced)
- Olive oil – 3 tbsp
- Paprika – 1 tsp
- Cumin – 1 tsp
- Salt & pepper – to taste

Dressing:

- Tahini – 4 tbsp
- Lemon – 1 (juiced)
- Garlic – 1 clove (minced)
- Water – 4 tbsp (to thin)
- Salt – to taste

Instructions:

1. Preheat oven to **400°F**.
 2. Toss sweet potatoes and zucchini with olive oil, paprika, cumin, garlic, salt, and pepper. Spread on a baking sheet and roast for **20-25 minutes** until tender.
 3. In a small bowl, whisk tahini, lemon juice, garlic, water, and salt until smooth.
 4. Heat chickpeas in a skillet over medium heat for **3-4 minutes** until warm.
 5. In large bowls, layer spinach, roasted veggies, and chickpeas.
 6. Drizzle with lemon tahini dressing and serve.
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Dinner – Lemon Garlic Cod with Bok Choy Stir-Fry

Portions:

Each adult: 6 oz cod + 2 cups stir-fry

Ingredients:

- Cod fillets – 4 (approx. 24 oz total)
- Bok choy – 2 bunches (chopped)
- Bell peppers – 2 (sliced)
- Garlic – 3 cloves (minced)
- Fresh ginger – 1 tbsp (grated)
- Olive oil – 3 tbsp
- Lemon – 1 (juiced)
- Coconut aminos – 4 tbsp (or soy sauce alternative)
- Salt & pepper – to taste

Instructions:

1. Heat 1 tbsp olive oil in a skillet over medium heat. Sauté garlic and ginger for **1 minute**.
2. Add cod fillets, season with salt and pepper, and cook for **3-4 minutes per side** until flaky. Squeeze lemon juice over fish. Remove and set aside.
3. In the same skillet, add remaining oil, bok choy, and bell peppers. Stir-fry for **3-5 minutes** until tender but crisp.
4. Stir in coconut aminos and toss to coat.
5. Serve cod with stir-fried veggies.

Snack – Cucumber & Hummus Bites

Portions:

Each adult: 8 cucumber slices + 3 tbsp hummus

Ingredients:

- Cucumber – 2 large (sliced into thick rounds)
- Hummus – $\frac{3}{4}$ cup (store-bought or homemade)
- Paprika – for garnish (optional)

Instructions:

1. Slice cucumbers into thick rounds.
2. Top each slice with a small dollop of hummus.
3. Sprinkle with paprika if desired.

DAY 4-

Breakfast – Sweet Potato Hash with Eggs

Sautéed sweet potatoes, spinach, onion, garlic, and eggs.

Lunch – Chicken & Avocado Power Bowl

Grilled chicken over spinach, roasted broccoli, quinoa, avocado, and tahini dressing.

Dinner – Shrimp & Veggie Stir-Fry

Shrimp stir-fried with ginger, garlic, bok choy, bell peppers, coconut aminos, served over cauliflower rice.

Snack – Apple & Walnut Slices

Sliced apples with walnuts and almond butter.

Breakfast – Turmeric Quinoa Breakfast Bowl

Portions:

Each adult: $\frac{3}{4}$ cup cooked quinoa + toppings

Ingredients:

- Quinoa – $1\frac{1}{2}$ cups (uncooked)

- Almond milk – 3 cups
- Turmeric – 1½ tsp
- Cinnamon – 1 tsp
- Berries – 2 cups (fresh or frozen)
- Walnuts – ¾ cup (chopped)
- Honey – to taste (optional)

Instructions:

1. Rinse quinoa under cold water.
 2. In a saucepan, combine quinoa, almond milk, turmeric, and cinnamon.
 3. Bring to a simmer over medium heat. Cook for **15-20 minutes**, until the liquid is absorbed and quinoa is tender.
 4. Divide into bowls and top with berries and walnuts. Drizzle with honey if desired.
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Lunch – Grilled Chicken & Roasted Veggie Bowl with Avocado Dressing

Portions:

Each adult: 4 oz chicken + 2 cups veggies

Ingredients:

- Chicken breasts – 4 (approx. 2 lbs total)
- Sweet potatoes – 3 (cubed)
- Zucchini – 3 (sliced)
- Red onion – 1 large (sliced)
- Olive oil – 3 tbsp
- Paprika – 1 tsp
- Garlic powder – 1 tsp
- Salt & pepper – to taste

Avocado Dressing:

- Avocado – 2 (peeled and pitted)
- Lemon – 1 (juiced)
- Olive oil – 2 tbsp
- Garlic – 1 clove (minced)
- Water – 3 tbsp (to thin)
- Salt – to taste

Instructions:

1. Preheat oven to **400°F**.

2. Toss sweet potatoes, zucchini, and red onion with olive oil, paprika, garlic powder, salt, and pepper. Spread on a baking sheet and roast for **25-30 minutes** until tender.
 3. Season chicken breasts with salt and pepper.
 4. Grill or bake chicken until cooked through (internal temp **165°F**), about **6-8 minutes per side**.
 5. Blend all dressing ingredients until smooth, adding water to reach your desired consistency.
 6. Serve grilled chicken with roasted veggies and drizzle with avocado dressing.
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Dinner – Ginger Turmeric Shrimp with Bok Choy & Cauliflower Rice

Portions:

Each adult: 6 oz shrimp + 1½ cups cauliflower rice

Ingredients:

- Shrimp – 2 lbs (peeled and deveined)
- Bok choy – 2 bunches (chopped)
- Cauliflower – 2 heads (riced)
- Garlic – 3 cloves (minced)
- Fresh ginger – 1 tbsp (grated)
- Turmeric – 1 tsp
- Coconut aminos – 3 tbsp
- Olive oil – 3 tbsp
- Lime – 1 (juiced)
- Salt & pepper – to taste

Instructions:

1. Pulse cauliflower in a food processor until it resembles rice.
 2. Heat **1 tbsp olive oil** in a skillet over medium heat. Sauté cauliflower rice for **5-7 minutes** until tender. Season with salt and pepper.
 3. In another large skillet, heat **2 tbsp olive oil** over medium heat. Sauté garlic, ginger, and turmeric for **1-2 minutes**.
 4. Add shrimp and cook for **4-5 minutes** until pink and opaque.
 5. Stir in bok choy and coconut aminos. Stir-fry for **3-4 minutes** until bok choy is wilted.
 6. Squeeze lime juice over the shrimp and stir well.
 7. Serve shrimp and veggies over cauliflower rice.
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Snack – Cucumber Slices with Spicy Hummus Dip

Portions:

Each adult: 8 cucumber slices + 3 tbsp hummus

Ingredients:

- Cucumber – 2 large (sliced)
- Hummus – $\frac{3}{4}$ cup
- Paprika – $\frac{1}{2}$ tsp
- Red chili flakes – pinch (optional)

Instructions:

1. Stir paprika and chili flakes into hummus.
 2. Serve cucumber slices alongside hummus for dipping.
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DAY 5-

Breakfast – Matcha Green Smoothie Bowl

Spinach, frozen mango, almond milk, chia seeds, matcha powder; topped with coconut flakes and almonds.

Lunch – Grilled Chicken Quinoa Salad

Grilled chicken, quinoa, spinach, cucumber, cherry tomatoes, avocado, and lemon vinaigrette.

Dinner – Moroccan Chickpea Stew

Chickpeas, carrots, zucchini, tomatoes, garlic, cumin, turmeric, cinnamon; served over quinoa.

Snack – Spiced Almonds

Almonds roasted with olive oil, turmeric, paprika, and sea salt.

Breakfast – Almond Butter Banana Oatmeal

Portions:

Each adult: $\frac{3}{4}$ cup oatmeal

Ingredients:

- Oats – $1\frac{1}{2}$ cups
- Almond milk – 3 cups
- Banana – 2 (sliced)

- Almond butter – 4 tbsp
- Flaxseeds – 1½ tbsp
- Cinnamon – 1 tsp

Instructions:

1. In a pot over medium heat, combine oats and almond milk. Bring to a simmer and cook for **5-7 minutes** until thick and creamy.
 2. Stir in flaxseeds and cinnamon.
 3. Divide into bowls. Top with banana slices and a drizzle of almond butter.
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Lunch – Grilled Cod & Avocado Spinach Salad

Portions:

Each adult: 6 oz cod + 2 cups salad

Ingredients:

- Cod fillets – 4 (6 oz each, approx. 24 oz total)
- Spinach – 8 cups
- Avocados – 2 (sliced)
- Cucumber – 1 large (sliced)
- Olive oil – 3 tbsp
- Lemon – 1 (juiced)
- Garlic – 2 cloves (minced)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to **400°F**.
 2. Season cod with garlic, salt, pepper, and **1 tbsp olive oil**. Bake for **12-15 minutes** until fish flakes easily.
 3. In a large bowl, toss spinach and cucumber with lemon juice and **2 tbsp olive oil**.
 4. Divide salad into bowls, top with cod and avocado slices.
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Dinner – Moroccan Spiced Chicken & Roasted Carrots with Quinoa

Portions:

Each adult: 6 oz chicken + 1 cup quinoa + 1½ cups carrots

Ingredients:

- Chicken thighs – 12 pieces (approx. 3 lbs)
- Carrots – 8 large (sliced)
- Quinoa – 2 cups (uncooked)
- Olive oil – 4 tbsp
- Cumin – 1½ tsp
- Paprika – 1½ tsp
- Cinnamon – ¾ tsp
- Garlic powder – 1 tsp
- Salt & pepper – to taste

Instructions:

1. Preheat oven to **400°F**.
 2. Season chicken thighs with cumin, paprika, cinnamon, garlic powder, salt, pepper, and **2 tbsp olive oil**.
 3. Arrange on a baking sheet and roast for **30-35 minutes** until cooked through (internal temp **165°F**).
 4. Toss sliced carrots with **2 tbsp olive oil**, salt, and pepper. Roast on a separate baking sheet for **25-30 minutes** until tender.
 5. Cook quinoa according to package instructions.
 6. Serve roasted chicken over quinoa with roasted carrots.
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Snack – Date, Walnut & Flax Bites

Portions:

Each adult: 3-4 bites

Ingredients:

- Dates – 2 cups (pitted)
- Walnuts – 1 cup
- Flaxseeds – 3 tbsp
- Cinnamon – 1 tsp

Instructions:

1. Add dates, walnuts, flaxseeds, and cinnamon to a food processor.
2. Blend until mixture forms a sticky dough.
3. Roll into small balls and refrigerate for at least **30 minutes** before serving.

DAY 6-

Breakfast – Coconut Flaxseed Pancakes

Pancakes made with almond flour, flaxseeds, eggs, coconut milk, cinnamon; topped with blueberries and almond butter.

Lunch – Grilled Salmon & Roasted Veggie Plate

Grilled salmon with roasted sweet potatoes, zucchini, and tahini-lemon drizzle.

Dinner – Lemon Garlic Chicken with Roasted Cauliflower

Chicken thighs roasted with garlic, lemon, and rosemary; served with roasted cauliflower and spinach.

Snack – Chia Yogurt Cups

Chia seeds mixed with almond milk, vanilla, topped with berries and walnuts.

Breakfast – Coconut Turmeric Quinoa Porridge

Portions:

Each adult: ¾ cup porridge

Ingredients:

- Quinoa – 1½ cups (uncooked)
- Coconut milk – 2 cups (unsweetened, canned)
- Almond milk – 1 cup (unsweetened)
- Turmeric – 1 tsp
- Cinnamon – 1 tsp
- Berries – 2 cups (fresh or frozen)
- Walnuts – 1 cup (chopped)
- Honey – to taste (optional)

Instructions:

1. Rinse quinoa thoroughly under cold water.
2. In a pot, combine quinoa, coconut milk, almond milk, turmeric, and cinnamon.
3. Bring to a boil, then reduce to a simmer. Cook for **15-20 minutes** until quinoa is tender and the liquid is absorbed.
4. Divide into bowls. Top with berries and walnuts, and drizzle with honey if desired.

Lunch – Lemon Grilled Turkey Lettuce Wraps

Portions:

Each adult: 3 lettuce wraps

Ingredients:

- Ground turkey – 2 lbs
- Lettuce leaves – 12 large (Romaine or Butter lettuce works well)
- Lemon – 1 (juiced)
- Garlic – 3 cloves (minced)
- Olive oil – 2 tbsp
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a skillet over medium heat.
 2. Add garlic and cook until fragrant (about **1 minute**).
 3. Add ground turkey, season with salt and pepper, and cook until browned and cooked through (**8-10 minutes**).
 4. Stir in lemon juice. Mix well.
 5. Spoon turkey into lettuce leaves and serve.
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Dinner – Baked Salmon with Asparagus & Sweet Potatoes**Portions:**

Each adult: 6 oz salmon + 2 cups veggies

Ingredients:

- Salmon fillets – 4 (6 oz each, approx. 24 oz total)
- Asparagus – 2 bunches (trimmed)
- Sweet potatoes – 4 medium (cubed)
- Olive oil – 4 tbsp
- Garlic – 3 cloves (minced)
- Lemon – 1 (sliced)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to **400°F**.
2. Toss cubed sweet potatoes with **2 tbsp olive oil**, garlic, salt, and pepper. Spread on a baking sheet and roast for **20 minutes**.
3. Add asparagus to the baking sheet, drizzle with **1 tbsp olive oil**, and season with salt and pepper.

4. Place salmon fillets on another baking sheet, drizzle with **1 tbsp olive oil**, and top with lemon slices.
 5. Roast salmon and asparagus alongside the sweet potatoes for **12-15 minutes**, until salmon flakes easily and vegetables are tender.
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Snack – Apple Almond Butter Slices

Portions:

Each adult: 1 apple + 2 tbsp almond butter

Ingredients:

- Apples – 4 (sliced)
- Almond butter – 8 tbsp
- Cinnamon – to taste (optional)

Instructions:

1. Slice apples into wedges.
 2. Spread almond butter on each slice.
 3. Sprinkle with cinnamon if desired.
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DAY 7-

Breakfast – Turmeric Smoothie

Banana, almond milk, turmeric, ginger, chia seeds, and spinach blended until smooth.

Lunch – Shrimp Avocado Cucumber Salad

Shrimp, cucumber, avocado, cherry tomatoes, lemon, olive oil, and fresh parsley.

Dinner – Baked Cod with Sweet Potatoes & Greens

Cod baked with lemon and garlic; served with roasted sweet potatoes and sautéed spinach.

Snack – Date & Walnut Energy Balls

Dates, walnuts, chia seeds, coconut flakes, and cinnamon blended into balls.

Breakfast – Sweet Potato & Spinach Breakfast Hash with Turkey

Portions:

Each adult: 1½ cups hash

Ingredients:

- Ground turkey – 1½ lbs
- Sweet potatoes – 4 medium (diced)
- Spinach – 4 cups (chopped)
- Onion – 1 medium (diced)
- Garlic – 3 cloves (minced)
- Olive oil – 3 tbsp
- Paprika – 1 tsp
- Salt & pepper – to taste

Instructions:

1. Heat **2 tbsp olive oil** in a large skillet over medium heat.
 2. Add onions and garlic; sauté until softened and fragrant (**2-3 minutes**).
 3. Add ground turkey, paprika, salt, and pepper. Cook until browned and cooked through (**7-8 minutes**).
 4. Add diced sweet potatoes and **1 tbsp olive oil**. Cook for **10-12 minutes**, stirring occasionally, until potatoes are tender.
 5. Stir in spinach and cook until wilted (**1-2 minutes**).
 6. Season with additional salt and pepper if needed.
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Lunch – Grilled Shrimp Avocado Cucumber Salad

Portions:

Each adult: 6 oz shrimp + 2 cups salad

Ingredients:

- Shrimp – 1½ lbs (peeled and deveined)
- Avocados – 2 (diced)
- Cucumber – 2 large (sliced)
- Cherry tomatoes – 2 cups (halved)
- Lemon – 1 (juiced)
- Olive oil – 3 tbsp
- Fresh parsley – 3 tbsp (chopped)
- Garlic – 2 cloves (minced)
- Salt & pepper – to taste

Instructions:

1. Heat **1 tbsp olive oil** in a skillet over medium heat.
2. Add garlic and shrimp; sauté until shrimp turn pink (**3-4 minutes**).
3. In a large bowl, combine cucumbers, cherry tomatoes, and avocado.

4. Add shrimp, lemon juice, parsley, and **2 tbsp olive oil**.
 5. Toss everything together. Season with salt and pepper to taste.
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Dinner – Garlic Herb Baked Cod with Roasted Cauliflower & Asparagus

Portions:

Each adult: 6 oz cod + 2 cups roasted veggies

Ingredients:

- Cod – 4 fillets (6 oz each, approx. 24 oz total)
- Cauliflower – 2 large heads (cut into florets)
- Asparagus – 2 bunches (trimmed)
- Garlic – 3 cloves (minced)
- Olive oil – 4 tbsp
- Lemon – 1 (sliced)
- Fresh thyme – 1 tbsp (or 1 tsp dried)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to **400°F**.
 2. Toss cauliflower and asparagus with **2 tbsp olive oil**, garlic, salt, and pepper. Spread on a baking sheet and roast for **20 minutes**.
 3. Place cod fillets on a separate baking sheet. Drizzle with **2 tbsp olive oil**, sprinkle with thyme, and season with salt and pepper. Top with lemon slices.
 4. Bake cod alongside vegetables for **12-15 minutes**, until the fish flakes easily and veggies are tender.
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Snack – Turmeric-Spiced Almonds

Portions:

Each adult: ⅓ cup

Ingredients:

- Almonds – 2 cups (raw)
- Turmeric – 1½ tsp
- Olive oil – 1½ tbsp
- Sea salt – to taste

Instructions:

1. Preheat oven to **325°F**.
 2. Toss almonds with olive oil, turmeric, and sea salt.
 3. Spread almonds on a baking sheet.
 4. Roast for **10-12 minutes**, stirring halfway through.
 5. Let cool before serving.
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GROCERY LIST:

PROTEINS

- Chicken breasts – 9 (approx. 4½ lbs total)
 - Salmon fillets – 6 (approx. 36 oz total)
 - Cod fillets – 8 (approx. 48 oz total)
 - Shrimp – 4½ lbs (peeled and deveined)
 - Ground turkey – 3 lbs
 - Eggs – 24
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VEGETABLES

- Sweet potatoes – 12 medium
- Cauliflower – 3 large heads
- Spinach – 30 cups (approx. 7 large bags)
- Zucchini – 6 medium
- Bell peppers – 9 (mixed colors)
- Bok choy – 2 bunches
- Carrots – 4 large
- Red onion – 2 small
- Yellow or white onion – 2 medium
- Garlic – 3 bulbs (approx. 18 cloves)
- Cucumber – 5 large
- Cherry tomatoes – 5 cups (approx. 3 pints)
- Avocados – 6
- Asparagus – 3 bunches
- Fresh parsley – small bunch
- Fresh thyme – small bunch
- Fresh dill – small bunch

- Lemon – 9
 - Lime – 2
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FRUITS

- Banana – 3
 - Berries (blueberries, strawberries, raspberries, or mixed) – 4 cups
 - Apples – 6
 - Dates – 3 cups (pitted)
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GRAINS & PANTRY STAPLES

- Quinoa – 6 cups (uncooked)
 - Oats – 1½ cups (rolled or quick oats)
 - Almond flour – ¾ cup
 - Chia seeds – 6 tbsp
 - Flaxseeds – 2½ tbsp
 - Coconut flakes – ¼ cup
 - Grain-free tortillas – 6 small
 - Almond milk – 7 cups (approx. 2 cartons)
 - Coconut milk – 2 cups (or 1 can)
 - Olive oil – 1 bottle (approx. 1½ cups total used)
 - Almond butter – ¾ cup
 - Tahini – 3 tbsp
 - Nuts (almonds) – 3 cups (whole)
 - Nuts (walnuts) – ¾ cup
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SPICES & SEASONINGS

- Turmeric – approx. 3 tsp
- Cinnamon – approx. 4 tsp
- Paprika – approx. 1½ tsp
- Cumin – approx. 1 tsp
- Coriander – approx. 1 tsp
- Garlic powder – 1 tsp
- Chili flakes – pinch
- Salt – to taste

- Pepper – to taste
 - Coconut aminos – 6 tbsp
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Key Themes Throughout the Week:

- **Omega-3s:** Salmon, sardines, chia seeds, walnuts.
- **Leafy Greens:** Spinach, bok choy, arugula every day.
- **Anti-Inflammatory Boosters:** Turmeric, ginger, garlic, lemon in most meals.
- **Healthy Fats:** Olive oil, avocado, nuts, seeds in every day.
- **Whole, Low-Glycemic Carbs:** Sweet potatoes, quinoa, legumes.

