









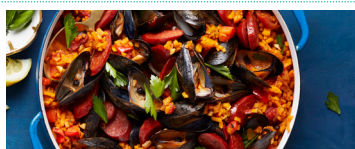


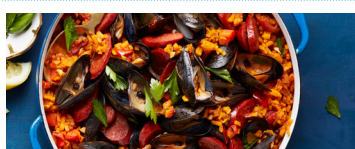















# YOUR ANTI-INFLAMMATORY KICK-START

Inflammation can show up in the body in a number of ways, from joint pain to digestive issues. This 7-day meal plan is packed with healing, anti-inflammatory foods like turmeric, butternut squash, dark leafy greens and berries.

BY JESSE LANE LEE

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS	
MONDAY	 1 Berry Delicious Smoothie (p. 2)	 1 serving Squash, Spinach & Chickpea Curry with Turmeric Blend (p. 2, save leftovers)	 1 serving Squash-Rice Paella with Mussels & Chorizo (p. 3, save leftovers)	 1 Turmeric Ginger Latte (p. 4)  Calories: 1,418, Fat: 76 g, Sat. Fat: 30 g, Carbs: 140 g, Fiber: 36 g, Sugars: 65 g, Protein: 56 g, Sodium: 1,386 mg, Cholesterol: 62 mg	
TUESDAY	 1 serving Cashew Maple Banana Pudding with Orange-Scented Berries (p. 4, save leftovers)	 1 Turmeric Ginger Latte (p. 4)	 1 serving Squash-Rice Paella with Mussels & Chorizo (leftovers, p. 3)	 1 serving Squash, Spinach & Chickpea Curry with Turmeric Blend (leftovers, p. 2)  Calories: 1,448, Fat: 76 g, Sat. Fat: 33 g, Carbs: 129 g, Fiber: 22 g, Sugars: 58 g, Protein: 53 g, Sodium: 1,263 mg, Cholesterol: 62 mg	
WEDNESDAY	 1 serving Cashew Maple Banana Pudding with Orange-Scented Berries (leftovers, p. 4)	 1 serving Spinach & Roasted Beet Salad (p. 4, save leftovers)	 1 serving Squash-Rice Paella with Mussels & Chorizo (leftovers, p. 3)	  Calories: 1,540, Fat: 94 g, Sat. Fat: 18 g, Carbs: 110 g, Fiber: 23 g, Sugars: 51 g, Protein: 53 g, Sodium: 1,869 mg, Cholesterol: 62 mg	
THURSDAY	 1 Berry Delicious Smoothie (p. 2)	 1 serving Spinach & Roasted Beet Salad (leftovers, p. 4)	 1 serving Squash-Rice Paella with Mussels & Chorizo (leftovers, p. 3)	  Calories: 1,510, Fat: 94 g, Sat. Fat: 15 g, Carbs: 121 g, Fiber: 37 g, Sugars: 58 g, Protein: 56 g, Sodium: 1,992 mg, Cholesterol: 62 mg	
FRIDAY	 1 serving Cashew Maple Banana Pudding with Orange-Scented Berries (leftovers, p. 4)	 1 serving Squash, Spinach & Chickpea Curry with Turmeric Blend (leftovers, p. 2)	 1 serving Poached Chicken (p. 5, save leftovers)	 1 serving Yellow Rice (p. 5, save leftovers)	 1 Turmeric Ginger Latte (p. 4)  Calories: 1,423, Fat: 54 g, Sat. Fat: 28 g, Carbs: 152 g, Fiber: 20 g, Sugars: 51 g, Protein: 75 g, Sodium: 706 mg, Cholesterol: 98 mg
SATURDAY	 1 serving Cashew Maple Banana Pudding with Orange-Scented Berries (leftovers, p. 4)	 1 serving Spinach & Roasted Beet Salad (leftovers, p. 4)	 1 serving Squash, Spinach & Chickpea Curry with Turmeric Blend (leftovers, p. 2)	 1 Turmeric Ginger Latte (p. 4)  Calories: 1,586, Fat: 90 g, Sat. Fat: 32 g, Carbs: 150 g, Fiber: 29 g, Sugars: 67 g, Protein: 40 g, Sodium: 1,111 mg, Cholesterol: 0 mg	
SUNDAY	 1 Berry Delicious Smoothie (p. 2)	 1 serving Spinach & Roasted Beet Salad (leftovers, p. 4)	 1 serving Poached Chicken (leftovers, p. 5)	 1 serving Yellow Rice (leftovers, p. 5)  Calories: 1,485, Fat: 72 g, Sat. Fat: 10 g, Carbs: 144 g, Fiber: 35 g, Sugars: 51 g, Protein: 78 g, Sodium: 1,435 mg, Cholesterol: 98 mg	

## Berry Delicious Smoothie

**SERVES 1.**

**HANDS-ON TIME: 5 MINUTES.**

**TOTAL TIME: 5 MINUTES.**

Prep this delicious fruit-filled protein smoothie first thing in the morning or whenever you need an energy boost!

- 1** banana
- ½** avocado
- 1 cup** frozen blackberries
- 1 cup** spinach
- 1 scoop** vanilla protein powder

To a blender, add all ingredients and 1 cup water. Blend on high speed for about 40 to 50 seconds, pour into a glass and enjoy!

**PER SERVING** (1 smoothie): Calories: 418, Total Fat: 14 g, Sat. Fat: 2 g, Carbs: 62 g, Fiber: 20 g, Sugars: 33 g, Protein: 15 g, Sodium: 162 mg, Cholesterol: 0 mg

## Squash, Spinach & Chickpea Curry with Turmeric Blend

**SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 45 MINUTES.**

This super-simple curry gets volumes of flavor with an anti-inflammatory punch from a DIY curry blend that starts with turmeric.

- 6 tbsp** ground turmeric
- 4 tsp** each ground coriander and cumin
- 2 tsp** each ground black pepper and dry mustard
- 1 tsp** ground cinnamon
- ½ tsp** ground cayenne pepper, or to taste
- 1 tbsp** coconut oil
- 1 small** yellow onion, chopped
- 4 cloves** garlic
- 2 cups** low-sodium vegetable or chicken broth
- 2 cups** peeled and cubed butternut squash or pumpkin
- 1 13.5-oz** BPA-free can full-fat coconut milk
- 1 15-oz** BPA-free can chickpeas, drained and rinsed
- 2 cups** baby spinach
- 1 cup** frozen peas, thawed
- ½ cup** fresh basil, chopped

**1.** In a small jar with a lid, combine turmeric, coriander, cumin, black pepper, mustard, cinnamon and cayenne. Shake to mix; set aside.

**2.** In a medium pot, heat oil. Add onions and sauté for 3 to 5 minutes, until softened. Add 2 to 3 tbsp turmeric mixture (reserve remaining spice mixture for another use) and garlic. Cook, stirring constantly, for 1 minute. Add broth and squash; bring to a boil, reduce heat and simmer, partly covered, for 10 minutes, until squash is tender.

**3.** Transfer half of cooked squash to a blender, add coconut milk and purée until smooth. Return to pot and add chickpeas, spinach and peas; cook for 2 to 3 minutes, until chickpeas and peas are heated through and spinach is wilted. Transfer to serving bowls and top with basil.

**NOTE:** If following our Meal Plan, freeze two servings in an airtight container; cover and refrigerate remaining servings. Reheat and top with basil when called for.

**PER SERVING** (¼ of recipe): Calories: 423, Total Fat: 27 g, Sat. Fat: 21 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 39 g, Fiber: 10 g, Sugars: 7 g, Protein: 13 g, Sodium: 96 mg, Cholesterol: 0 mg

# Squash-Rice Paella

## with Mussels & Chorizo

SERVES **4**. HANDS-ON TIME: **45 MINUTES**. TOTAL TIME: **1 HOUR, 5 MINUTES**.

Squash stands in for rice in this remake of the traditional Spanish dish. You can use butternut squash or yellow squash – we recommend spiralizing the veg first, then cutting or pulsing in the food processor to get rice-size pieces. If using yellow squash, cutting it is a safer bet since the veg is so delicate.

Check the labels when you are purchasing chorizo as some brands contain sugar.

- 12 oz** yellow squash (or 18 oz peeled, seeded butternut squash, neck only)
- ¼ cup** avocado oil, divided
- 1 small** yellow onion, diced
- 1 small** red bell pepper, diced
- ¾ tsp** sea salt, divided
- 6 cloves** garlic, minced
- 1 tbsp** each paprika and dried oregano
- ½ tsp** red pepper flakes
- Pinch** saffron threads
- 1 14-oz** BPA-free can diced tomatoes (preferably fire-roasted)
- 1½ lb** mussels, scrubbed and debearded
- 2–3 links** chorizo, sliced
- ¼ tsp** ground black pepper
- ¼ cup** chopped fresh flat-leaf parsley, for garnish
- lemon wedges, optional

**1.** Secure squash into a spiral maker and turn crank to create noodles, according to manufacturer's directions. Working in batches, place on a cutting board and chop into "rice." Transfer to a large bowl.

**2.** In a large pot on medium, heat 2 tbsp oil. Add onion and bell pepper, season with ¼ tsp salt and cook, stirring occasionally, until tender, about 6 minutes. Add garlic, paprika, oregano, pepper flakes and saffron; sauté 1 minute. Pour in tomatoes and 1 cup water; bring to a boil. Reduce heat to low, cover and simmer for 20 minutes, stirring once or twice.

**3.** Add mussels to pot, cover, increase heat to medium; cook for 5 minutes, shaking pot occasionally. Uncover and transfer any mussels that have opened to a bowl. Cover and continue to cook, shaking occasionally for about 3 minutes longer, checking every 30 seconds for mussels that have opened and transfer to bowl. Discard any mussels that don't open. Tent mussels with foil. Reduce heat to low setting; cover.

**4.** In a large skillet on medium-high, heat remaining 2 tbsp oil. Add chorizo; cook, turning once or twice, until lightly browned, 5 to 7 minutes. Transfer to a plate. Reduce heat to medium, stir in squash rice and cook, stirring, until tender, 3 to 4 minutes. (If using butternut squash rice, cook 7 to 8 minutes, adding 2 tbsp water to prevent sticking.) Season with remaining ½ tsp salt and black pepper.

**5.** Preheat broiler to high. Using a slotted spoon, transfer tomato mixture from mussels cooking liquid to skillet with rice; fold together to combine. Broil until mixture is golden on top and excess liquid has cooked off, 4 to 5 minutes, watching to prevent burning. Top with mussels and chorizo. Sprinkle with parsley and serve with lemon wedges (if using).

**NOTE:** If following our Meal Plan, refrigerate leftovers in an airtight container. Reheat when called for and serve with parsley and lemon wedges.

**PER SERVING** (¼ of recipe): Calories: 477, Total Fat: 33 g, Sat. Fat: 7 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 5 g, Carbs: 21 g, Fiber: 5 g, Sugars: 8 g, Protein: 27 g, Sodium: 991 mg, Cholesterol: 62 mg



## Turmeric Ginger Latte

SERVES 1.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 15 MINUTES.

The golden spice is a potent antioxidant with anti-inflammatory effects. Studies show that turmeric can help relieve symptoms of osteoarthritis and digestive disorders such as irritable bowel syndrome. Plus, it's packed with manganese, a mineral that helps with wound healing and blood sugar control.

- ½ tsp ground ginger
- ½ tsp ground lemongrass, optional
- ¼ tsp ground turmeric
- Pinch saffron threads
- ¾ cup plain unsweetened almond milk
- 1 tbsp raw honey

1. To a Mason jar, add 3 tbsp boiling water, ginger, lemongrass (if using), turmeric and saffron. Shake well.

2. In a small pot on medium, bring milk and honey to a boil.

3. Pour hot milk into jar, seal and shake well to create frothy foam. Slowly remove lid and pour into a mug to serve.

**NOTE:** If using a handheld frother, froth mixture in Mason jar until foamy. Pour into a mug to serve.

**PER SERVING** (1 cup): Calories: 100, Total Fat: 2 g, Sat. Fat: 0 g, Carbs: 20 g, Fiber: 1 g, Sugars: 17 g, Protein: 1 g, Sodium: 137 mg, Cholesterol: 0 mg

## Cashew Maple Banana Pudding

with Orange-Scented Berries

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.\*

\*PLUS OVERNIGHT SOAKING TIME.

This four-ingredient vegan pudding makes a perfect protein-packed breakfast. No berries? Top with whatever fruit you have on hand.

### PUDDING

- 2 cups raw unsalted cashews
- 2 bananas, cut into chunks
- 3 tbsp pure maple syrup
- 2 tbsp fresh orange juice
- Pinch sea salt

### BERRY TOPPING

- 2 cups mixed berries of your choice
- zest of 1 orange + 3 tbsp fresh orange juice

1. In a large bowl, cover cashews with water. Cover and refrigerate for 6 to 8 hours, or overnight.

2. Prepare berry topping: In a medium bowl, combine all topping ingredients. Cover and refrigerate at least 3 hours, or overnight.

3. Drain cashews then blend in a high-powered blender or food processor with ⅓ to ½ cup cold water for 5 minutes, or until very smooth and thick like sour cream. To blender or food processor, add remaining pudding ingredients and blend until smooth. Serve chilled with berry topping.

**NOTE:** If following our Meal Plan, refrigerate pudding and topping separately in airtight containers. Reheat when called for and garnish before serving.

**PER SERVING** (¼ of recipe): Calories: 448, Total Fat: 25 g, Sat. Fat: 4.5 g, Carbs: 51 g, Fiber: 6 g, Sugars: 26 g, Protein: 12 g, Sodium: 39 mg, Cholesterol: 0 mg

## Spinach & Roasted Beet Salad

SERVES 1.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 1 HOUR.

Chickpeas and walnuts add protein to this spinach salad to fuel you through busy afternoons. Roast the beets in advance for quicker assembly.

- 3 cups spinach
- 1 cup diced cooked beets (**TIP:** Roast your own using instructions below)
- ½ cup BPA-free canned chickpeas
- ¼ cup walnuts
- 2 tbsp extra-virgin olive oil
- 1 tbsp apple cider vinegar
- Pinch each salt and pepper

In a serving bowl, toss spinach, beets, chickpeas and walnuts. In a separate small bowl, whisk together oil, vinegar, salt and pepper; drizzle over salad.

**ROASTED BEETS:** Preheat oven to 375°F. Place 5 large scrubbed beets in a baking dish; cover with foil and bake 45 to 60 minutes. Let cool, then peel, dice and refrigerate.

**NOTE:** If following our Meal Plan, make salad fresh each time it's called for in the plan; however, if roasting beets from scratch, the above quantity will make enough to last all week.

**PER SERVING** (1 recipe): Calories: 615, Total Fat: 47 g, Sat. Fat: 6 g, Carbs: 40 g, Fiber: 12 g, Sugars: 17 g, Protein: 14 g, Sodium: 839 mg, Cholesterol: 0 mg

## Poached Chicken

SERVES 2. HANDS-ON TIME: 5 MINUTES. TOTAL TIME: 30 MINUTES.

It may not be the first cooking method that comes to mind when you think of chicken, but poaching is a great way to cook lean proteins that have a tendency to dry out.

- 1 cup** low-sodium chicken broth
- 2 6-oz** boneless, skinless chicken breasts
- 2 sprigs** parsley, optional

**1.** In a medium saucepan on medium heat, combine broth and 3 cups water. Bring to a boil, then reduce to a simmer. Add chicken and, if desired, parsley. Cook for 6 minutes, adjusting heat to maintain a gentle simmer.

**2.** Remove from heat and let stand until chicken is cooked through, about 15 minutes.

**NOTE:** If following our Meal Plan, store chicken in an airtight container and reheat when called for.

**PER SERVING** (½ of recipe): Calories: 200, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 0 g, Fiber: 0 g, Sugars: 0 g, Protein: 38 g, Sodium: 87 mg, Cholesterol: 101 mg

## Yellow Rice

SERVES 2.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 40 MINUTES.

Ground turmeric adds flavor and a bright yellow color to this rice, while also imparting hefty anti-inflammatory benefits.

- 2 tsp** olive oil
- ¼ cup** minced yellow onion
- ½ tsp** minced fresh garlic
- ½ tsp** ground turmeric
- ¼ tsp** sea salt, or to taste
- ½ cup** brown rice, rinsed
- 1¼ cups** low-sodium chicken broth

**1.** In a saucepan on medium, heat oil. Add onion, garlic, turmeric and salt and cook, stirring for 1 to 2 minutes.

**2.** Stir in rice; cook 1 minute, then add broth and bring to a boil. Cover, reduce heat to low and simmer until tender, 30 to 35 minutes. Let sit covered for 10 minutes; fluff with a fork.

**NOTE:** If following our Meal Plan, store rice in an airtight container in the refrigerator and reheat when called for.

**PER SERVING** (½ of recipe): Calories: 252, Total Fat: 7 g, Sat. Fat: 1 g, Carbs: 42 g, Fiber: 3 g, Sugars: 1 g, Protein: 7 g, Sodium: 288 mg, Cholesterol: 0 mg

## SHOPPING LIST

### PROTEINS & DAIRY

- ☐ 1½ lb mussels
- ☐ 2 or 3 links chorizo
- ☐ 2 15-oz BPA-free can chickpeas
- ☐ 2 6-oz boneless, skinless chicken breasts
- ☐ 1 container vanilla protein powder
- ☐ 1 qt unsweetened almond milk

### VEGGIES & FRUITS

- ☐ 2 butternut squash
- ☐ 3 small yellow onions
- ☐ 1 small red bell pepper
- ☐ 2 heads garlic
- ☐ 18 oz baby spinach
- ☐ 1 bunch fresh basil
- ☐ 1 bunch fresh flat-leaf parsley
- ☐ 1 bag frozen peas
- ☐ 5 bananas
- ☐ 2 avocados
- ☐ 1 bag frozen blackberries
- ☐ ½ qt mixed berries
- ☐ 1 orange
- ☐ 1 14-oz BPA-free can diced tomatoes (preferably fire-roasted)
- ☐ 5 large beets

### WHOLE GRAINS

- ☐ 1 bag brown rice

### NUTS, SEEDS & OILS

- ☐ 1 bottle avocado oil
- ☐ 1 bottle coconut oil
- ☐ 1 bottle olive oil
- ☐ 1 13.5-oz BPA-free can full-fat coconut milk
- ☐ 4 oz walnuts
- ☐ 11 oz raw unsalted cashews

### PANTRY STAPLES

- ☐ 1 carton low-sodium chicken broth
- ☐ 1 bottle apple cider vinegar
- ☐ 1 bottle ground turmeric
- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle paprika
- ☐ 1 bottle dried oregano
- ☐ 1 bottle red pepper flakes
- ☐ 1 bottle ground coriander
- ☐ 1 bottle ground cumin
- ☐ 1 bottle ground ginger
- ☐ 1 bottle dry mustard
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle cayenne pepper
- ☐ 1 bottle pure maple syrup
- ☐ 1 bottle raw honey
- ☐ 1 bottle saffron threads