

Meal Plan

The meal plan below is designed to guide you through the first three weeks, step by step, and then act as a guideline moving forward. You can use the Recipe Book to guide you along the way. Also, there are tons of incredibly high-quality resources online. When searching for a recipe, search for “anti-inflammatory recipes” or “auto-immune recipes”. The PATH plan is not geared towards autoimmune specifically, but meal plans and recipes for autoimmune conditions will always be a safe bet when it comes to inflammation.

Look at the week ahead on Sunday. Go through each recipe and see what you need for ingredients. Create a shopping list with all of the ingredients that you don’t have. When you are in the grocery store, stick to the list. It is really easy to slip into old patterns and buy the foods you used to, but if you make a list based on the recipes and stick to it, you can’t go wrong.

The meal plans listed here are very basic, and it may seem repetitive. That is by design. Simple means doable. What I have found is that if a meal is too complicated, it doesn’t happen. Some people love to cook and find new recipes, so if that is the case for you then by all means explore and have fun.

Whenever it says, “Your Usual”, eat what you are familiar with. It doesn’t matter what it is, just do you best to be mindful of what you are trying to remove. The idea here is to go slowly and not change everything all at once.

If you are hungry, eat. Just make sure you are following the guidelines. There are far more recipes in the Recipe Book than listed in the meal plan, so if you need a bit extra, don’t hesitate.

Path 2 notes: If you are on Path 2, you can make substitutions. Replace eggs with steak, have cauliflower rice instead of lentils and grains, and simply do not add any nightshades.

Daily Additions

I would encourage you to have a tonic or green smoothie every day. You can have these in place of your snack, or as an addition. The tonics provided in the Recipe Book are all anti-inflammatory, as are the smoothies.

I also recommend having bone broth every day. While it is not discussed in the course, bone broth is one of the most effective foods to add when healing a leaky gut. You can have as many glasses of it a day as you wish. You will find a recipe for bone broth in the Recipe Book.

Week 1

In week one, we start slow. The goal is to remove gluten, so as the week progresses do your best to consume as little gluten-based foods as possible. For a full list of foods with gluten in them, check the **Foods Containing Gluten** handout. For the most part, in week one you will eat as usual. Remember, one of the best ways to decrease healing reactions is to go slow.

| | Breakfast | Lunch | Snack | Dinner |
|-----------|--|------------------------------------|---|--|
| Monday | Your Usual | Your Usual | Your Usual | Jane's Kale and Sausage Soup |
| Tuesday | Your Usual | Left Over Soup | Chocolate, Coconut, and Hemp Energy Balls | Your Usual |
| Wednesday | Sweet Potato & Egg Breakfast Salad (or steak for Path 2) | Your Usual | Your Usual | Everything Salad |
| Thursday | Bacon and Eggs Breakfast Salad | Your Usual | Chocolate, Coconut, and Hemp Energy Balls | Your Usual |
| Friday | Your Usual | Green Smoothie, Hummus and Carrots | Your Usual | Lemon Ginger Salmon with Sautéed Greens with Garlic |
| Saturday | Butternut Squash Frittata with Salad | Your Usual | Hummus and Carrots | Roasted Chicken and Vegetables (make enough for leftovers) |
| Sunday | Breakfast-Anytime Nachos | Dinner Leftovers | Kale Chips | Tom Kha Gai |

Week 2

In week two, you will have progressed to a completely gluten free diet. The primary focus for week 2 is to continue to eat gluten-free, plus remove sugar. Just as in week one, do this gradually. Any meal that says “Your Usual” can be just that but cannot contain gluten, and by the end of the week, cannot contain any sugar. If you find that none of your usual dishes are gluten free, then you will use the meal plan for Week 3, which is a completely gluten free meal plan.

| | Breakfast | Lunch | Snack | Dinner |
|------------------|--|---|----------------------------------|---|
| Monday | Bacon and Eggs Salad | Dinner Leftovers (roast chicken) | Chocolate Chia Seed Pudding | Your Usual |
| Tuesday | Quick and easy Spinach and Eggs | Your Usual | Vegetables and Hummus OR Gummies | Garlic Steak with Oven Roasted Asparagus Balsamic Mushrooms |
| Wednesday | Your Usual | Everything Salad with Left over steak | Chocolate Chia Seed Pudding | Simple Baked Salmon and Rosemary Roast Vegetables (make enough for leftovers) |
| Thursday | Your Usual | Dinner Leftovers | Chocolate Chia Seed Pudding | Your Usual |
| Friday | Sweet Potato and Eggs Salad (or steak for Path 2) | Your Usual | Vegetables and Hummus OR Gummies | Fish of choice and Lemon-Thyme Parsnip Fries and Homemade Ranch |
| Saturday | Smoked Salmon with Scrambled Eggs and Asparagus | Everything Salad | Kale Chips | Green Plantain Fritters with Sausage and Roast Vegetables (make enough for leftovers) |
| Sunday | Spiced Mushroom and Veggie Hash with Sunshine Eggs | Dinner Leftovers (Sausage and Plantain) | Kale Chips | Creamy Coconut Chicken Squash Soup |

Week 3

Week three we continue eating gluten-free and sugar-free, plus, remove dairy. Week three is the best example of how you should structure your weekly diet plans moving forward.

| | Breakfast | Lunch | Snack | Dinner |
|------------------|--|-------------------------------------|----------------------------------|--|
| Monday | Quick and Easy Spinach and Eggs | Left over squash soup | Chocolate Chia Seed Pudding | Everything Salad |
| Tuesday | Bacon and Egg Salad | Smoked Salmon Salad | Vegetables and Hummus OR Gummies | Fish of choice and Lemon-Thyme Parsnip Fries and Homemade Ranch |
| Wednesday | Sweet Potato and Egg Salad (or steak for Path 2) | Green Smoothie, Hummus and Carrots | Chocolate Chia Seed Pudding | Roasted chicken and Rosemary Roast Vegetables (make enough for leftovers and prep chicken stock soup base) |
| Thursday | Sweet Potato BLTs | Dinner Leftovers | Kale Chips | Tom Kha Gai |
| Friday | Spinach and Eggs | Everything Salad | Vegetables and Hummus OR Gummies | Lemon Ginger Salmon and Rosemary Roast Vegetables (make enough for leftovers) |
| Saturday | Spiced Mushroom and Veggie Hash with Sunshine Eggs | Warm Quinoa, Kale and Chicken Salad | Kale Chips | Chicken, Squash and Leak Soup (make enough for leftovers) |
| Sunday | Breakfast-Anytime Nachos | Dinner Leftovers | Banana Bread | Hamburgers with Mushrooms Provençale-Style with Brussels Sprouts, Bacon, and Cranberries |

Moving Forward

The PATH Plan is not concerned about counting calories or tracking macros. It is concerned with removing foods that cause inflammation and adding foods that heal your body. Moving forward it is a good idea to plan your week ahead. This takes the thinking out of the equation. It is a good idea to prepare a large enough dish that it can be eaten for several meals throughout the week (soups are great for this – and you could even make a double batch and freeze some).

Use a simple chart similar to the ones we have been using so far. Fill it out on Sunday and stick in on the fridge. Remember to plan your grocery shopping accordingly and to stick to the list!

| | Breakfast | Lunch | Snack | Dinner |
|-----------|-----------|-------|-------|--------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |