



# 7 Day Anti Inflammatory Detox

## **Why is Anti-Inflammatory foods important to my health?**

This is not another fad diet or detox, this is resetting your body for good health. These principles can be used to incorporate a healthier lifestyle in your routine for a longer and happier life.

Short term inflammation in body fights the flu and repairs paper cuts. Inflammation that is very subtle and long term is harmful for the body. It can sometimes be dangerous because it can go unnoticed and worsen overtime due to low visibility. This kind of inflammation can occur in your gut, arteries and tissues of organs. This has been suggested to be a precursor for diseases such as arthritis, ulcerative colitis, strokes and others that are not well researched enough to make valid connections.

Inflammation that occurs in arteries is common in heart disease. One study shows when fat builds up in the arteries, the body will fight back with inflammation which will cause blood clots that can lead to strokes and heart attacks.

Giving your body a chance to detox with anti-inflammatory foods will help kick-start your body for a healthier, feel-good lifestyle.

## **What foods to avoid?**

Foods that induce inflammation are foods that are processed, have refined grains, high in saturated fats, red meat, and high in trans-fat.

- No processed foods: chalked full of preservatives and fats.
- No saturated fats: eat nonfat dairy and leaner white meats.
- Sugary drinks: flavor water with herbs and fruit instead of drinking sugar

# What Should I Eat?

## Stock your kitchen full of healthier options like:

Simply choose foods that are full of fiber and nutrients. With healthier diet and exercise you can live a happier and healthier long life.

- Fruits and Veggies
- Spices and omega-3 oil
- Sleep
- Physical activity
- Legumes
- Ginger
- Leafy greens
- Turmeric
- Leaner meats
- Fish Oil

Little to no Grains:	Veggies:	Fruit	Dairy & Nuts/Seeds:	Seasonings:
Oats Quinoa Soba Noodles Lentils Black Beans Pinto Beans Cannelloni Beans Chickpeas	Dark Leafy Greens Celery Cucumber Sweet peppers Zucchini Broccoli Cauliflower Garlic Onion Sweet Potatoes Squash Carrots	Apples Berries Pears Grapefruit Grapes Avocado Cherries Mango Plums Melons Pineapple	Almond Milk Coconut Milk Hemp Milk Coconut Yogurt <b>Seeds:</b> Pumpkin, flax, sunflower, sesame, chia <b>Nuts:</b> Almonds, walnuts, Macadamia nuts, cashews, pecans	Sea Salt Tamari Garlic Seasoning Dulse Cinnamon Turmeric Honey Maple Syrup
Proteins	Beverages	Grab N Go	Baking Goods:	Fats
Chicken Turkey Eggs Wild Salmon Grass Feed Beef Wild Halibut Bison Wild Tilapia Skipjack Tuna (less mercury) Hemp Seeds Protein Powder	Herbal Tea Dandelion Root Tea Organic Coffee Perrier Water Flavored Water (lemon, cucumber, mint)	Kind Bars Lara Bars Vega Bars Almonds Dried/Fresh Fruit	GF Flour Blend Coconut Flour Baking Soda Baking Powder Raw Honey Nut Butter Coconut Oil Cocoa Olive Oil Vanilla Balsamic Vinegar	Olive Oil Coconut Oil Hempseed Oil Flaxseed Oil Pumpkinseed Oil Nuts/Seeds Avocado Flax seeds



# The 7 Day Plan

## Create Your Plan

First step is to set yourself up for success by:

- Creating a healthier environment by throwing unhealthy food out, enrolling friends and family to join you, and find physical activity you like.
- Plan each day the night before so you are prepared with snacks and prepped meals.
- Find what motivates you and keep that in mind when a moment of weakness happens.
- Love yourself because we are humans and mistakes will happen. Old habits are hard to kick just keep in mind a healthier lifestyle is gradual.

The next step is to get into action. Find an accountability partner or a family member or friend to join you in the process.

## What Supplements should I take?

A few supplements to incorporate into your diet are Turmeric and Omega-3 capsules. Both have shown to reduce inflammation and promote health. During your 7 Day Anti-Inflammatory, taking these supplements will be a huge part of your success.

Turmeric is one of the most recently and extensively studied compounds to increase health because of its anti-inflammatory properties. Turmeric is also a great antioxidant which fights off free radicals from damaging your healthy cells. Studies have also shown to help overall digestion by lowering inflammation in the gut which can cause many digestive issues.

Omega-3 oils are shown to be more beneficial than most fish oil capsules in the diet. Omega-3 capsules will help with skin, cardiovascular, and repairing body breakdown.

# What to eat for the next 7 Days?

## Here is Your 7 Day Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B:</b> Green Smoothie with flax <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>B:</b> Spinach Frittata <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>B:</b> 3 Omelet Muffins <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>B:</b> Overnight Oats <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>B:</b> Berry Yogurt with flax <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>B:</b> 3 Omelet muffins <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>B:</b> Green Smoothie with Flax <i>Supplement: Turmeric + Omega 3 Fish Oil</i>
<b>Snack:</b> 1 apple + 2 Tbsp almond butter	<b>Snack:</b> ½ cup yogurt, berries, flax seed	<b>Snack:</b> ½ banana, scoop yogurt, greens, ¼ cup berries, blended	<b>Snack:</b> 2 hardboiled eggs + 15 grapes	<b>Snack:</b> 1 banana and ¼ cup almonds	<b>Snack:</b> ½ banana, scoop yogurt, greens, ¼ cup berries, blended	<b>Snack:</b> Kale Chips with ½ apple
<b>L:</b> Quinoa Salad	<b>L:</b> Chicken Lettuce Wrap	<b>L:</b> Curry Bean Salad	<b>L:</b> Lentil Salad	<b>L:</b> Quinoa Salad	<b>L:</b> Minestrone Soup	<b>L:</b> Lentil Salad
<b>D:</b> Chicken Veggie Curry <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>D:</b> Black bean patties <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>D:</b> Dill Salmon on quinoa <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>D:</b> Scratch Chili <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>D:</b> Chicken with Broccoli <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>D:</b> Scratch Chili <i>Supplement: Turmeric + Omega 3 Fish Oil</i>	<b>D:</b> Dill Salmon on quinoa <i>Supplement: Turmeric + Omega 3 Fish Oil</i>
<b>Snack:</b> 2 hardboiled eggs + ½ apple	<b>Snack:</b> Kind bar	<b>Snack:</b> Kale Chips	<b>Snack:</b> 2 Tbsp Hummus + veggies	<b>Snack:</b> 1 can tuna, 6 grape tomatoes, 1 Tbsp yogurt	<b>Snack:</b> ½ sweet potato slices, baked	<b>Snack:</b> ¼ dried fruit + ¼ cup almonds

# Recipes

## Omelet Muffins

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Makes: 8 muffins, 2 servings: 1 Serving Calories 251 Carbs: 7g Protein: 21g Fat: 14g

### Ingredients

- 5 eggs, whisked with salt and pepper
- ¼ onion, chopped
- ½ cup mushrooms, sliced
- ¼ bell pepper, chopped
- 2 handfuls fresh spinach
- Feta, crumbled
- Tomato, chopped

### Directions

1. Preheat oven to 350, grease muffin tins
2. Beat eggs together and add salt and pepper
3. Saute onion, bell pepper, and mushrooms until tender
4. Add spinach until wilted, about 3 minutes
5. Fill muffin tins 1/3 with egg, 1/3 with veggie mixture and sprinkle with feta and tomato
6. Bake for about 40 minutes or until top begins to brown



## Berry Yogurt with Flax

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Makes 1 serving

### Ingredients

- ½ cup nonfat plain greek yogurt (or coconut yogurt)
- ¼ mashed mixed berries
- 1 Tbsp Flax
- Drizzle of agave
- Sprinkle of rolled oats

### Directions

1. Mix all ingredients together and enjoy.



## Overnight Oats

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Makes 1 serving

### Ingredients

- ½ cup rolled oats
- ½ almond milk
- ¼ cup mixed berries
- Sprinkle slivered almonds

### Directions

1. Mix all ingredients in a glass jar and shake. Place in fridge for at least two hours up to overnight.





## Green Machine

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Makes 1 serving

Calories: 260 Carbs 21g Protein: 35g Fat: 3.5g

Ingredients

- 1 scoop Protein Powder  
(Whey-26 Advanced Protein Powder)
- 2 cups fresh spinach
- ½ cup nonfat plain greek yogurt
- 1 cup almond milk
- ½ cup mixed frozen berries
- 1 Tbsp Flax Seed

Directions

1. Mix all ingredients in a blender until smooth.



## Eggs with avocado, arugula and tomato

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Makes 4 servings

1 serving: Calories: 270 Carbs: 7g Protein: 20g Fat: 18g

Ingredients

- 1 Tbsp green onion, chopped
- 2 cups arugula
- 1 tomato, chopped
- 10 eggs
- Sprinkle of cilantro
- ½ large avocado



Directions

1. Over medium heat, heat skillet and grease with coconut oil.
2. Whisk eggs together and season with salt and pepper
3. Add green onion, arugula and tomato. To the skillet stir for 1 minute and add eggs.
4. Stir until eggs begin to cook, set aside.
5. Complete the cooking under broiler for 2-4 minutes. Top with avocado and serve.
6. This can be frozen (without the avocado).

## Tuna Salad

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Makes 1 serving

Calories: 330 Carbs: 9g Protein: 43g Fat: 15g

### Ingredients

- 2 cups spinach
- 1 Tbsp Balsamic Vinegar
- ½ avocado , chopped
- ½ tomato, chopped
- 6 oz tuna (can and a half)



### Directions

1. Cut avocado and tomato into dices.
2. Place spinach in a bowl and top with all ingredients and mix well.

## Quinoa Salad

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Makes 1 serving

### Ingredients

- 1/3 cup cooked quinoa
- 1 Tbsp chopped cashews
- 7 cherry tomatoes
- 5 cucumber slices
- 7 green beans/edamame
- ¼ bell pepper
- 2 handfuls of spinach
- ¼ of avocado



### Directions

1. Chop all ingredients and toss with spinach and avocado.
2. Make a dressing: 2 part Olive oil, 1 part red wine vinegar, salt and pepper and dash of ground mustard.

## Curry Bean Salad

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Makes 4 servings

Ingredients:

- 1 cup water
- 1 cup almonds blanched
- 1/2 cup coconut milk
- 2 tablespoons tapioca starch
- 1 tablespoon lemon juice
- 1 tablespoon chopped onion
- 1 clove garlic
- 1 teaspoon sea salt
- 2 teaspoons curry powder
- 2- 15 ounce can chickpeas or 1 cup dried chickpeas, soaked and cooked until tender
- 1/4 cup sweet Vidalia onion, chopped
- 1/2 red bell pepper, chopped
- 1 celery stalk, finely chopped
- 1/4 cup raisins (optional)



Directions:

Bring water to boil in a small saucepan, add almonds and cook for 1 minute. Immediately drain almonds using a colander and rinse with cold water. Using fingers slip the skins off the almonds and discard them. In a high speed blender, combine almonds and coconut milk and process until smooth. Add tapioca starch, lemon juice, onion, garlic, sea salt and process until completely smooth and creamy. Pour sauce to a medium saucepan on medium heat stirring using a whisk until sauce thickens. Remove from heat, stir in curry powder until fully combined. In a medium bowl, add chickpeas, onions, bell pepper, celery and raisins and sauce. Stir to combine flavors. Delicious served with salad, bread, tortilla or crackers.



## Lentil Salad

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Makes 1 serving

Calories 270 Carbs: 34g Protein: 9g Fat: 14

Ingredients

- 1/2 cups Celery, Raw
- 1/2 teaspoons Thyme, Ground
- 2 tablespoons Lemon Juice
- 1 tablespoons Olive Oil
- 1 clove Garlic, Raw
- 1 cups Carrot, Raw
- 1 cups Lentil, Sprouted, Raw



Instructions

1. In a saucepan combine lentils, carrots, onion, garlic, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.
2. Drain lentils and vegetables. Add olive oil, lemon juice, and celery. Add optional parsley, salt and pepper to taste. Toss to mix and serve at room temperature.

## Chicken Lettuce Wraps

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Makes: 15

1 serving: Calories: 80 Carbs: 4g Protein: 7g Fat: 4g

Ingredients

- 16 Leaves Butterhead Lettuce
- 2 tsp sesame oil
- 1 Tbsp water
- 1 Tbsp ginger- grated
- 2 ½ Tbsp Hoisin sauce
- 2 cups bell pepper, chopped
- 8 green onion, chopped
- 1 lb ground chicken



Directions

1. In a large pan, brown the ground chicken over medium-high heat, breaking up the pieces. Pour into a colander, in the sink and drain fat. Return chicken to pan. When cool enough to handle, break up into pieces.
2. Add the scallions, red pepper, hoisin sauce, ginger, water and sesame oil. Cook for a few minutes until scallions and red pepper are soft. Keep warm.
3. To assemble each chicken wrap: Spoon about ¼ cup of chicken filling onto one lettuce leaf and roll it up as desired.

## Simple Salmon with Dill

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Makes 2 servings

1 serving: Calories: 210 Carbs: 1g Protein: 24g Fat: 12g

Ingredients

- ¼ tsp black pepper, ground
- ¼ tsp salt
- ½ tsp dill
- 1 Tbsp lemon juice
- 4-5 lemon slices
- 8 oz salmon

Directions

1. Preheat oven to 350.
2. Place lemon slices on foil and salmon skin side down on top of lemon slices. Squeeze lemon juice and sprinkle dill, salt, pepper.
3. Wrap in foil and bake for 30 minutes until done.



## Almond Lemon Chicken with Broccoli

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Makes 4 servings

1 Serving: Calories: 380 Carbs: 8g Protein: 48g Fat: 16g

Ingredients

- 1 tsp black pepper
- 1 dash salt
- 5 basil leaves, chopped
- 2 Tbsp almonds, slivered
- 1 Tbsp lemon zest
- 1 Tbsp lemon juice
- 2 tsp garlic, minced
- 2 Tbsp Coconut oil
- 4 cups broccoli
- 1.5 pounds skinless chicken breast

Directions

1. Preheat the oven to 375.
2. Season chicken with salt and pepper.
3. Pan sear the breasts on each side with coconut oil over high heat.
4. Remove chicken and add garlic and almonds to the pan and cook until browned.
5. Add lemon zest, lemon juice and broccoli to the pan, stir to coat evenly.
6. Place broccoli in oven safe baking dish. Place chicken on top of broccoli and top with basil leaves.
7. Bake until chicken is cooked through and broccoli is tender, about 15-20 minutes.



## Vegetable Curry

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Makes 4 Servings

1 serving: Calories 420 Carbs: 27g Protein: 23g Fat: 25g

### Ingredients

- ½ cup shallots
- 2 Tbsp ginger, grated
- 1 garlic clove, minced
- ¼ cup natural peanut butter
- 2 tsp turmeric
- 1 tsp cumin
- ½ chili paste
- 1 cup water
- 10 oz light coconut milk
- 3 lime juice
- 1 tsp lime zest
- 2 Tsp brown sugar
- 28 oz extra firm tofu, browned on each side
- ½ cup bell pepper, chopped
- ½ cup carrot, chopped
- 1/3 cup sweet potato, skin on, chopped
- 1/3 cup mushrooms



### Directions

1. In skillet heat 1 Tbsp of oil with shallots, ginger and garlic. Cook for about 5 minutes.
2. Heat a separate pan with a little coconut oil. Slice tofu into ½ inch pieces and saute to brown on each side.
3. Add peanut butter, turmeric, cumin and chili paste. Stir for about 2 minutes.
4. Whisk in water, coconut milk, lime and brown sugar. Let simmer and season with salt.
5. Add vegetables and simmer over medium heat until tender, about 20 minutes. May add more water if desired.
6. Add cooked tofu and stir to mix well and enjoy.

## Quinoa Black Bean Patties

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Makes 5 patties

### Ingredients

- ¼ cup cooked quinoa
- ¾ cup black beans, drained
- ½ onion, chopped
- 1 tsp garlic clove, minced
- ½ tsp salt and pepper
- ½ tsp cumin
- 1 egg
- ¼ oat flour



### Directions

1. Mix all ingredients well in a bowl. Shape your patties and place on baking sheet
2. Preheat oven to 375. Bake on each side for about 25 minutes. Until top is golden.
3. Serve on one bun with lettuce and tomato. You may also chop up into a salad. Or eat alone.

## Scratch Chili

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Makes 4 servings

### Ingredients

- 1/2 onion, chopped
- 4 garlic cloves, minced
- 1 carrot stick, chopped
- 1 celery stalk, chopped
- 1 bell pepper, chopped
- 1/2-1 lb ground lean turkey
- 1 can corn, rinsed
- 1 can black beans, rinsed
- 1 can kidney beans, rinsed
- 2 cups fresh tomatoes slightly blended
- 2 cups water
- 1 tsp salt
- 1/2 tsp cumin
- 1/4 tsp cayenne
- 1/8 tsp oregano
- 1 Tbsp cocoa powder



### Directions

1. Saute onion and garlic in a tsp of oil until tender, about 5 minutes.
2. Add the carrot, celery, and turkey and cook for about 10 minutes.
3. Add the remaining ingredients and bring to a boil. Turn on low and let simmer for about 30 minutes.
4. May serve with a dollop of non fat greek yogurt (replacing sour cream)



## Kale Quinoa Minestrone Soup

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Makes: 6-8 servings

### Ingredients

- 1 large yellow onion, diced (2 cups)
- 3 medium carrots, diced (1 1/2 cups)
- 2 stalks celery, diced (1 cup)
- 2 Tbsp olive oil
- 2 cups diced, fresh zucchini (from about 2 small)
- 2 cups green beans, cut into 1-inch segments
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1 (32 oz) carton unsalted or low-sodium vegetable broth
- 1 (28 oz) can crushed tomatoes
- 3 cups water
- 3 1/2 Tbsp chopped fresh parsley
- 1 tsp dried rosemary, crushed
- 3/4 tsp dried thyme
- 1 1/2 tsp granulated sugar
- Salt and freshly ground black pepper, to taste
- 3/4 cup dry quinoa
- 1 (15 oz) can cannellini beans, drained and rinsed
- 1 (15 oz) can chick peas, drained and rinsed (aka garbanzo beans)
- 2 (heaping) cups chopped fresh kale, thick ribs removed
- 1 Tbsp lemon juice



### Directions

1. In a large stockpot, heat olive oil over medium-high heat. Add diced onion, carrots and celery and saute about 5 minutes, until softened. Add in zucchini, green beans, red bell pepper and saute 2 minutes, then add garlic and cook 1 minute longer.
2. Add in vegetable broth, crushed tomatoes, water, parsley, rosemary, thyme, granulated sugar, season with salt and pepper to taste and bring mixture to a boil, then reduce heat to medium and allow soup to gently boil, uncovered for about 20 minutes.
3. Add in dry quinoa then cover and cook 15 - 20 minutes longer.
4. Add cannellini beans, chick peas, kale and lemon juice and cook, uncovered, until kale has wilted, about 5 minutes.