



Anti-Inflammatory Diet Cookbook for Beginners



*Quick 5-Ingredient Recipes, 4-Week
Meal Plan, No Snacking, Color-Coded
System for Energy, Gut Health &
Reduced Inflammation +
Shopping Lists*

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INTRODUCTION

Let's start with the fact that we all constantly deal with inflammation. Generally, our bodies need inflammation. Although it can be unpleasant and result in adverse effects, it is a beneficial response of our immune system to irritants. Nevertheless, inflammation becomes hazardous when it persists for an extended period and begins to inflict harm on healthy cells. That's where the anti-inflammatory diet comes in, easing inflammation and its symptoms without rigid rules or restrictions. This diet isn't about weight loss, and it's something everyone needs all the time.

What is the Anti-Inflammatory Diet and Why Do You Need It?

It's impossible to avoid inflammation entirely—it arises as a response to stress, irritants, allergies, viruses, and infections. In some people, due to genetic conditions, the immune system constantly triggers inflammation in the body, such as in type 1 diabetes, rheumatoid arthritis, or multiple sclerosis. Sometimes a high-calorie diet, high amounts of stress, and inactivity can lead to chronic, low-grade inflammation. This type of low-level inflammation often doesn't cause noticeable symptoms but, over time, can contribute to the development of chronic diseases.

In such cases, nutritionists recommend anti-inflammatory diets. Of course, diet alone can't eliminate all inflammation. You can't sleep three hours a night, work four jobs, eat a great vegetable, and expect inflammation to disappear. But when you approach stress reduction holistically, nutrition becomes a key component.

Anti-Inflammatory Diet Menu

There isn't just one diet that reduces inflammation. They all recommend including a variety of foods that reduce inflammation in the body but don't set strict rules about portion sizes, calories, or daily menus. There are no strict rules about portion sizes or calorie limits in anti-inflammatory diets. They don't just stress a few meals or vitamins; instead, they encourage eating a wide range of anti-inflammatory foods on a daily basis. This increases immunity by guaranteeing a wider range of protecting elements.

In general, these diets emphasize eating a variety of fruits and vegetables, unsaturated fats (avocado, olive oil, nuts, nut butter, seeds, walnuts, flax, chia seeds), minimally processed whole grains, legumes, tea, coffee, herbs, spices, seafood, and fatty fish. Essentially, diets like the Mediterranean diet and the DASH diet for hypertension include many anti-inflammatory foods, so they can be considered part of this category.

Furthermore, foods that feed persistent low-grade inflammation, such as fatty red meat, fried foods, sugary drinks, saturated fats (full-fat dairy products like cream and butter, partially hydrogenated oils, fatty cuts of meat and poultry), and refined carbohydrates (white bread, pasta, rice), should be avoided, according to anti-inflammatory diets. It's also advised to avoid excessive alcohol consumption.

How the Anti-Inflammatory Diet Works

The foods recommended by these diets contain plant-based compounds, antioxidants, and fiber that prevent cellular stress and suppress inflammatory signals. Antioxidants combat free radicals, which cause oxidative stress in the body and contribute to chronic diseases, heart conditions, and certain types of cancer. Fiber-rich diets improve metabolism and can reduce inflammation by supporting weight loss. High-fiber foods also nourish beneficial gut bacteria, which produce substances that help lower inflammation throughout the body. These foods also protect the body from sharp spikes in blood glucose levels, further reducing inflammation.

Foods That Are Naturally Anti-Inflammatory

To follow an anti-inflammatory diet, most of what you eat should be minimally-processed. Examples of anti-inflammatory foods include:

Herbs: oregano, thyme, cilantro, mint, parsley, or rosemary;

Spices: turmeric, cinnamon, garlic, cloves, curry, ginger or onion;

Fatty fish high in omega-3s: tuna, mackerel, sardines, and salmon;

Seeds: pumpkin, flax, chia, or sesame;

Fresh fruits: oranges, apples, pears, avocado, watermelon, cherries, strawberries, blueberries, raspberries, peaches, or blackberries;

Nuts: almonds, walnuts, pecan, hazelnuts, peanuts, pistachio, Brazil nuts;

Probiotics: kombucha, yogurt, or kefir;

Vegetables: broccoli, Brussel sprouts, cauliflower, cabbage, spinach, lettuce, kale, carrots, celery, and tomatoes;

Healthy fats: olive oil, coconut oil, flax or chia seeds.

The above-listed foods should, as much as possible, be grilled, roasted, steamed, sautéed, or eaten raw.

Beta-carotenes, polyphenols, anthocyanins, and other phytonutrients are among the antioxidants found in many of these foods. Antioxidants like these are crucial in the battle against inflammation.

Plant-based milks like almond, oat, or pea milk can be used in place of fat-free milk and dairy products, or they can be a component of the anti-inflammatory diet. Additionally, as whole grain products are far higher in fiber, vitamins, and minerals, they should be used in place of all refined grains, including white bread, pasta, and white rice.

What to Avoid

There are some foods that should be avoided in the diet as they promote inflammation and increase the risk of diseases such as obesity, cancer, or diabetes. These foods include:

High-fat foods such as bacon, all deep-fried foods, whole-fat cheeses, whole milk, margarine, butter, pizza, frozen lasagna, and mayonnaise;

Processed and deli meats such as sausages, pepperoni, ham, salami, pastrami, roast beef, and bologna.

High sugar foods, such as cookies, soft drinks, ice cream, artificial juice drinks, and pastries, among others;

Red meats such as beef, lamb, and pork.

The foods listed above can be consumed in moderation as part of a usual diet, but they need to be eliminated completely if following an anti-inflammatory diet.

The anti-inflammatory diet is flexible since it doesn't involve rigid meal plans. However, it requires individuals to plan their meals and find recipes that incorporate the recommended foods. Fortunately, our book features the right, delicious, and exciting recipes that will fit perfectly into your anti-inflammatory eating plan.

WHY THREE MEALS A DAY WITHOUT SNACKING?

The decision to structure this anti-inflammatory diet around three balanced meals per day, without snacking, is grounded in both scientific evidence and practical benefits. First, spacing meals 4-6 hours apart aligns with the body's digestive and metabolic rhythms, allowing periods of rest that can reduce inflammation. Research, such as a 2020 study in *Cell Metabolism*, indicates that meal spacing improves insulin sensitivity and stabilizes blood sugar levels, both of which are critical for minimizing pro-inflammatory responses in the body. By avoiding constant grazing, you give your system a chance to process nutrients efficiently, which is especially important when prioritizing anti-inflammatory foods like fiber-rich vegetables, lean proteins, and healthy fats.

Second, three nutrient-dense meals eliminate the need for snacks, which often include processed or sugary foods that can trigger inflammation. Each meal in this plan is designed to be satisfying, incorporating protein (e.g., grilled chicken or lentils), healthy fats (e.g., avocado or olive oil), and complex carbohydrates (e.g., quinoa or sweet potatoes) to keep you full and energized for hours. This approach not only curbs cravings but also simplifies your daily routine, making it easier to stick to the diet amidst a busy schedule. For instance, a breakfast of Greek yogurt with berries and chia seeds provides lasting satiety, reducing the temptation to reach for a mid-morning pastry.

Finally, skipping snacks supports gut health, a cornerstone of reducing inflammation. Emerging research on meal timing and intermittent fasting suggests that giving the digestive system breaks between meals fosters a healthier gut microbiome, which plays a significant role in regulating inflammation. While transitioning to a no-snack rhythm may feel new, the meals in this book are crafted to be both filling and flavorful, helping you adapt naturally while reaping the anti-inflammatory rewards.

HOW TO USE THIS BOOK?

This book is designed to make healthy eating simple, flexible, and realistic — even with a busy schedule.

Here's how to get the most out of it:

1. Follow the Colour System

Each day in your plan is color-coded based on your expected energy needs and appetite:

- **Yellow Days (Balanced Energy):** Choose steady, nourishing meals.

- **Green Days (Peak Energy):** Choose nutrient-dense, energizing meals.

- **Red Days (Rest and Lightness):** Choose lighter, restorative meals.

You'll find that each meal recipe is labeled with a color (Yellow, Green, or Red) so you can quickly match your food choices to your day.

2. Three Meals a Day — No Snacking

This plan is built around three satisfying meals a day: breakfast, lunch, and dinner. No snacks are needed because the meals are designed to keep you full, energized, and balanced between eating times.

- Why?

Fewer meals give your body time to digest, reset, and balance blood sugar naturally.

You'll avoid energy crashes and emotional eating by focusing on complete, nourishing meals.

If you truly feel hungry between meals, it's a signal to adjust the portion size of your next meal — not to add random snacks.

3. How to Use the Adaptive Meal Plan

You'll find a suggested 4-week meal plan inside, but it's completely flexible. Stick to the suggested plan for easy structure, or:

- Mix and match meals based on your schedule, appetite, and mood.
- Feel free to repeat favorite meals or skip meals you don't like.
- Swap meals within the same color day to match your needs (for example, switch a Green Day lunch with another Green Day lunch).

This is your plan — adapt it to fit your life, not the other way around.

4. Listen to Your Body

The color coding and meal plan are guides, not rules.

- If you feel tired, heavy, or bloated — choose lighter (Red Day) meals.
- If you're more active, stressed, or busy — choose energizing (Green Day) meals.
- If you feel steady and balanced — Yellow Day meals are perfect.

Every day can be adjusted. Trust your instincts. The more you practice, the more comfortable and effortless it will become.

5. Keep It Simple, Keep It Real

This book was built for real life — not perfection.

Focus on doing your best, meal by meal. If you miss a meal, eat something different, or have a “non-plan” day, that’s okay.

Come back gently. No guilt. No stress.

The goal is not to follow a “diet” perfectly, but to build a flexible, joyful way of eating that helps you feel good and thrive.

UNDERSTANDING THE COLOUR SYSTEM

To make meal planning easy, flexible, and intuitive, this book uses a simple color-coded system based on how your body feels during different days of the week.

Each day is marked as Yellow, Green, or Red, reflecting your energy levels, appetite, and recovery needs.

This way, you can quickly choose meals that match your day — no complicated planning is needed.

Yellow Days — Balance and Steady Energy (Usually Monday–Tuesday)

After the weekend, your body often needs steady, moderate nourishment — not too heavy, not too light.

Yellow Day meals focus on balance: moderate calories, good fiber, healthy fats, and satisfying but simple flavors.

Goal:

- Support moderate energy needs.
- Help you ease into the week without overwhelming digestion.
- Feel clear-headed, steady, and satisfied.

Typical Foods:

- Balanced protein (like eggs, chicken, fish, lentils)
- Colorful vegetables
- Healthy grains (like oats or brown rice)
- Gentle spices and herbs

Green Days — Power and Peak Energy (Usually Wednesday–Friday)

Midweek tends to be the busiest, most active time for most people — work deadlines, workouts, errands, stress.

Green Day meals are nutrient-dense, slightly higher in calories, and built to fuel your brain, body, and stamina.

Goal:

- Provide higher energy for active, stressful, or long days.
- Deep nourishment with antioxidants, proteins, healthy fats, and fiber.

Typical Foods:

- Fatty fish (salmon, mackerel), lean meats
- Extra vegetables, dark leafy greens
- Seeds, nuts, avocado, olive oil
- More complex carbs (like quinoa, sweet potatoes)

Red Days — Lightness and Recovery (Usually Saturday–Sunday)

Weekends are often a natural time to slow down, rest, and let your body recover.

Red Day meals are lighter, easier to digest, and help your body reset without feeling deprived.

Goal:

- Support rest and gentle detox.
- Allow digestion to “catch up” without stress.
- Reduce the overall inflammation burden.

Typical Foods:

- Lighter proteins (like eggs, shellfish, tofu)
- Hydrating fruits and vegetables
- Broths, light soups, smoothies
- Simpler, easy-to-prepare meals

Adapting the Colours to Your Life

The colour system is flexible — it’s here to help you, not box you in.

If you have a busy Saturday, treat it like a Green Day with hearty meals.

If you’re sick or exhausted midweek, switch to Red Day lighter meals.

Trust your body: use the colour that matches how you feel, not just what the calendar says.

There’s no “wrong” choice — the goal is to adapt your food to your natural rhythm.

Note: Choose meals based on your day’s energy needs: Balance (Yellow), Boost (Green), or Recovery (Red). Listen to your body and adjust as needed.

NAVIGATION GUIDE: YOUR 4-WEEK ANTI-INFLAMMATORY MEAL JOURNEY

Welcome to your 4-week anti-inflammatory transformation.

This isn't a diet of rules — it's a **return to how your body wants to eat**: gently, regularly, and with care.

Each week is organized by intention and color-coded days to match your natural rhythm:

- **YELLOW DAYS (Mon–Tues) — Balanced, calm energy**
- **GREEN DAYS (Wed–Fri) — High energy, nutrient-dense meals**
- **RED DAYS (Sat–Sun) — Lighter, restful meals**

WEEK 1: Easy Start – Cleansing & Input

“Slow down and pay attention to your body now. Don't look for perfect — just get started.”

Your focus:

- Gently replace processed foods with fresh, real ingredients
- Eat only 3 complete meals a day — no snacking
- Begin restoring digestion and appetite awareness
- Reduce inflammation with powerful foods: turmeric, leafy greens, salmon, garlic, berries

Features this week:

- Oatmeal bowls and smoothies to support digestion
- Simple proteins like shrimp and chicken with greens
- Calming herbs and spices (turmeric, ginger, rosemary)
- Consistent Yellow/Green day structure

Color structure:

- Mon/Tues = Gentle, grounding start
- Wed–Fri = Nutrient-dense energizers
- Sat/Sun = Light, hydrating, easy to digest

WEEK 2: Strengthening Habits – Repetition & Confidence

“The first results may not be visible, but your body is already changing.”

Your focus:

- Reinforce structure through repetition of meals you liked
- Establish a meal rhythm you can stick with
- Notice how digestion, energy, and hunger respond to routine
- Introduce variety with subtle swaps (e.g. quinoa instead of oats, salmon instead of chicken)

Features this week:

- Repeat easy favorites to build consistency
- Add new vegetables and herbs (like cabbage, thyme, lemon zest)
- Begin intuitive shifts — lighter dinner, heavier lunch, etc.
- Maintain 3-meal rhythm, still no snacking

Color structure:

- Mon/Tues = Consistency + calm energy
- Wed–Fri = Strong, vibrant meals for peak energy
- Sat/Sun = Gentle recalibration with soft digestion support

WEEK 3: Adaptation & Variation – Trust Your Rhythm

“You’ve found your rhythm. Now explore it with confidence.”

Your focus:

- Learn how to change food to fit your wants in real life.
- Switch meals between days based on how you feel
- Try warm vs. cold meals, light vs. hearty, cooked vs. raw
- Support mood and mental clarity through food choices

Features this week:

- More bowls and build-your-own meals
- Try different combinations of flavors, like pesto and zucchini, lemon and ginger, and turmeric and veggies.
- Flexible day planning (Red meals on a Green day if needed)
- Still only 3 meals — but more autonomy in choosing them

Color structure:

- Use early-week meals to reset
- Use Green Days to challenge and nourish
- Use Red Days when digestion or energy feels low

WEEK 4: Trust & Confidence – Living the Lifestyle

“You’re no longer following a plan. You’re creating a lifestyle that serves you.”

Your focus:

- Practice freedom: swap, repeat, rest
- Continue meal timing, anti-inflammatory choices, and simplicity
- Trust your intuition to guide portions, energy balance, and meals
- Reflect on how far you’ve come — and how good it feels

Features this week:

- Quick-prep meals from past weeks
- Intuitive plating: salad + protein + oil
- Add rest days if needed — no guilt, no fallback
- Prepare to maintain or restart with confidence

Color structure:

- Re-center when you feel off
- Push forward with energy and clarity
- Recover when needed — especially from stress or sleep loss

Visual Navigation Tip:

You'll see each recipe marked with a color dot this lets you easily plan your days — or rearrange them to match your energy and needs.

Summary: Your Weekly Progress Path

Week	Theme	Goal	Color Flow
Week 1	Easy Start	Cleanse gently, reset digestion	●●●●●●
Week 2	Strengthening Habits	Reinforce structure, notice stability	●●●●●●
Week 3	Adaptation & Variation	Intuitively adjust meals and structure	●●●●●●
Week 4	Trust & Confidence	Live the lifestyle freely and confidently	Flexible (user-guided mix of ●●●)

DO YOU WANT MORE FLEXIBILITY?

You can continue if you liked this approach and want more inspiring recipes!

Depending on your needs and lifestyle, you can choose one of the additional recipe catalogs:

● Yellow Catalog: balanced, moderate meals for every day.

● Green Catalog: rich, filling meals for active and energy-consuming days.

● Red Catalog: light, restorative recipes for relaxation and recharge.

Each catalog is an extension of the adaptive system you already know. Just choose what you need now.

Scan the QR code below to select and purchase the supplemental catalog you need, and continue your anti-inflammatory diet easily, deliciously, and stress-free.



CHAPTER 1

WEEK 1: EASY START

Nourish your body. Rest your digestion. Reset your habits gently.

This first week is about easing into your new rhythm — gently, without stress or self-criticism.

You are not here to chase perfection or force dramatic changes overnight.

Instead, your focus is simple: start feeding your body nourishing, anti-inflammatory foods and build trust in your ability to listen to what your body needs.

During the Cleansing and Input phase, you'll:

- Shift from processed foods and erratic eating patterns to simple, satisfying meals.
- Give your digestion a break by avoiding constant snacking.
- Learn to match your meals to your energy levels (using Yellow, Green, and Red Days).
- Begin restoring your natural hunger, energy, and fullness signals.

You might feel lighter, more energized, or even a little tired as your body adjusts — this is normal. Every meal you choose is a small, powerful step toward less inflammation, more energy, and better well-being.

Key Reminders for Week 1:

- Eat three complete meals each day — breakfast, lunch, and dinner.
- Pick your meals based on your color day: Yellow (steady), Green (active), or Red (recovery).
- Focus on nourishing foods from the anti-inflammatory base: leafy greens, berries, olive oil, fatty fish, avocado, nuts, seeds, herbs, and spices.
- Let go of perfect. Show up meal by meal. Trust that small steps build real change.

This week isn't about doing it all. It's about doing it differently — with more kindness, simplicity, and intention.

Weekly Focus Tip:

- Nourish your body with real, simple foods.
- Rest your digestion with three complete meals a day.
- Reset your habits gently, without pressure.

Progress starts with one meal, one day, one choice at a time.

Here is Mini Daily Motivational Prompts for 1-st Week

Day	Prompt
Monday	Today is a fresh beginning. Nourish your body gently and trust the process.
Tuesday	Focus on balance, not perfection. Each simple meal is a step forward.
Wednesday	Let food be your energy, your medicine, and your quiet support today.
Thursday	Pause. Breathe. Choose meals that make you feel light, strong, and calm.
Friday	You're not just eating — you're rebuilding. Small actions create real change.
Saturday	Honor your hunger and your rest. Trust your body's quiet signals.
Sunday	Reflect on how far you've already come. Each choice today is a celebration of care.

Remember: “It’s important to slow down and listen to your body now. Don’t look for perfect, but just get started.”

Today is a fresh beginning. Nourish your body gently and trust the process.

Golden Turmeric Oatmeal



Category: Breakfast **Cook Time:** 10 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Turmeric, black pepper, chia seeds, blueberries

INGREDIENTS:

- Rolled oats: ½ cup / 50 g
- Unsweetened almond milk: 1 cup / 240 ml
- Ground turmeric: ½ tsp / 1 g
- Ground black pepper: a pinch
- Fresh blueberries: 1 cup / 150 g
- Optional: Honey: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Put the rolled oats and almond milk in a small pot and mix them together. Bring to a gentle simmer over medium heat, stirring occasionally, and cook for about 5-7 minutes until creamy.
2. Add the ground turmeric and a little black pepper and mix well. Stir the oatmeal well for one more minute as it cooks to make the taste mix.
3. Divide the oatmeal into two bowls. Top each serving with fresh blueberries and drizzle with honey if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 260 Carbohydrates: 41 g Sodium: 70 mg
Protein: 6 g Saturated Fat: 1 g Fiber: 6 g
Fat: 6 g Cholesterol: 0 mg Sugar: 9 g

Ginger-Lime Salmon Salad



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Salmon, arugula, avocado, fresh ginger, black pepper, extra virgin olive oil

INGREDIENTS:

- Salmon fillet: 8 oz / 230 g
- Fresh arugula: 3 cups / 90 g
- Avocado: 1 medium / 200 g
- Freshly grated ginger: 1 tsp / 2 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Fresh lime juice: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Preheat a nonstick skillet over medium heat. Lightly rub the salmon fillet with fresh ginger and 1 tablespoon of olive oil. Cook until brown and cooked through, approximately 4 to 5 minutes per side.
2. Use a large bowl to toss the arugula with 1 tablespoon olive oil. Add the avocado to the salad after thinly slicing it.
3. Flake the cooked salmon over the salad. Drizzle with optional fresh lime juice before serving.

NUTRITIONAL VALUE (PER SERVING):

Calories: 410 Carbohydrates: 8 g Sodium: 100 mg
Protein: 27 g Saturated Fat: 5 g Fiber: 5 g
Fat: 30 g Cholesterol: 65 mg Sugar: 2 g



Garlic Shrimp with Wilted Spinach

Category: Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 2

Anti-Inflammatory Base: Extra virgin olive oil, garlic, black pepper, spinach

NUTRITIONAL VALUE (PER SERVING):

Calories: 290

Protein: 26 g

Fat: 18 g

Carbohydrates: 5 g

Saturated Fat: 3 g

Cholesterol: 180 mg

Sodium: 190 mg

Fiber: 2 g

Sugar: 1 g

INGREDIENTS:

- Raw shrimp, peeled and deveined: 8 oz / 230 g
- Fresh spinach: 4 cups / 120 g
- Garlic, minced: 3 cloves / 9 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon: 1 medium / 120 g (juice)
- Optional: Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add the minced garlic and cook for 30 seconds until fragrant, then add the shrimp. Stir-fry for 4-5 minutes until the shrimp turn pink and are fully cooked.
2. Remove the shrimp from the skillet and set aside. In the same pan, add the remaining olive oil and fresh spinach. Sauté for 2-3 minutes until just wilted.
3. Return the shrimp to the skillet, drizzle with lemon juice, and toss everything together. Add a pinch of black pepper to season, if you like.

MONDAY

WEEK 1: EASY START

1-st Day

Meal	
Breakfast	Golden Turmeric Oatmeal
Lunch	Ginger-Lime Salmon Salad
Dinner	Garlic Shrimp with Wilted Spinach

Focus on balance, not perfection. Each simple meal is a step forward.

Matcha Chia Breakfast Pudding



Category: **Breakfast** Cook Time: 0 minutes
(plus chill time)
Prep Time: 5 minutes Servings: 2

Anti-Inflammatory Base: Matcha powder, chia seeds

INGREDIENTS:

- Chia seeds: ¼ cup / 40 g
- Unsweetened almond milk: 1 cup / 240 ml
- Matcha powder: 1 tsp / 2 g
- Maple syrup: 1 tbsp / 15 ml
- Vanilla extract: ½ tsp / 2 ml
- Optional – Fresh berries for topping: ½ cup / 75 g

COOKING INSTRUCTIONS:

1. In a bowl, whisk the chia seeds, almond milk, matcha powder, maple syrup, and vanilla extract together until smooth.
2. Cover the bowl and refrigerate for at least 20 minutes, or overnight, until the mixture thickens to a pudding-like consistency.
3. Stir once before serving, divide into two bowls, and top with fresh berries if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 270 Carbohydrates: 26 g Sodium: 55 mg
Protein: 7 g Saturated Fat: 1 g Fiber: 10 g
Fat: 13 g Cholesterol: 0 mg Sugar: 10 g

Ginger Chicken Stir-Fry with Broccoli



Category: **Lunch** Cook Time: 15 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Fresh ginger, black pepper, broccoli, avocado oil

INGREDIENTS:

- Chicken breast, cut into strips: 8 oz / 230 g
- Broccoli florets: 2 cups / 150 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Avocado oil: 1 tbsp / 15 ml
- Tamari sauce (low sodium, gluten-free soy alternative): 2 tbsp / 30 ml
- Optional – Sesame seeds: 1 tbsp / 10 g

COOKING INSTRUCTIONS:

1. Use a large skillet or wok over medium-high heat to warm the avocado oil. Stir-fry the chicken strips for 4 to 5 minutes, or until they are just beginning to become brown.
2. Add the broccoli florets and grated ginger to the pan. Stir-fry until the chicken is cooked through and the broccoli is crisp-tender, about 5 to 7 more minutes, tossing often.
3. Drizzle tamari sauce over the stir-fry, toss well to coat, and sprinkle with optional sesame seeds before serving.

NUTRITIONAL VALUE (PER SERVING):

Calories: 330 Carbohydrates: 12 g Sodium: 300 mg
Protein: 30 g Saturated Fat: 2 g Fiber: 4 g
Fat: 16 g Cholesterol: 70 mg Sugar: 3 g



Rosemary Chicken with Roasted Broccoli

Category: Dinner

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Anti-Inflammatory Base: Rosemary, black pepper, olive oil, broccoli

NUTRITIONAL VALUE (PER SERVING):

Calories: 370

Protein: 30 g

Fat: 24 g

Carbohydrates: 8 g

Saturated Fat: 4 g

Cholesterol: 120 mg

Sodium: 180 mg

Fiber: 4 g

Sugar: 2 g

INGREDIENTS:

- Chicken thighs, boneless, skinless: 2 medium / 300 g
- Broccoli florets: 2 cups / 150 g
- Fresh rosemary, chopped: 1 tbsp / 2 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon: 1 medium / 120 g (juice)
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Set the oven's temperature to 400°F / 200°C. Place the broccoli florets and chicken thighs on a parchment paper-lined baking sheet.
2. Pour lemon juice and olive oil over the chicken and broccoli. Sprinkle with chopped rosemary and black pepper. Toss lightly to coat.
3. Bake for 18-20 minutes, turning the broccoli once halfway, until the chicken is cooked through and the broccoli is tender and slightly crispy.

TUESDAY

WEEK 1: EASY START

2-nd Day

Meal	
Breakfast	Matcha Chia Breakfast Pudding
Lunch	Ginger Chicken Stir-Fry with Broccoli
Dinner	Rosemary Chicken with Roasted Broccoli

Let food be your energy, your medicine, and your quiet support today.

Berry Matcha Smoothie Bowl



Category: Breakfast **Cook Time:** 0 minutes
Prep Time: 7 minutes **Servings:** 2

Anti-Inflammatory Base: Blueberries, matcha powder, chia seeds, spinach

INGREDIENTS:

- Frozen blueberries: 1 cup / 150 g
- Fresh spinach: 1 cup / 30 g
- Unsweetened almond milk: $\frac{3}{4}$ cup / 180 ml
- Matcha powder: 1 tsp / 2 g
- Chia seeds: 2 tbsp / 30 g
- Optional – Coconut flakes: 1 tbsp / 7 g

COOKING INSTRUCTIONS:

1. In a blender, combine the frozen blueberries, fresh spinach, almond milk, and matcha powder. Blend until smooth and creamy.
2. Pour the smoothie mixture into two bowls. Leave it for 2 minutes to slightly thicken.
3. Place chia seeds and optional coconut flakes on top of each bowl. Serve cold with a spoon.

NUTRITIONAL VALUE (PER SERVING):

Calories: 240 Carbohydrates: 30 g Sodium: 60 mg
Protein: 6 g Saturated Fat: 1 g Fiber: 9 g
Fat: 8 g Cholesterol: 0 mg Sugar: 14 g

Grilled Salmon and Avocado Salad



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Salmon, avocado, olive oil, arugula, black pepper

INGREDIENTS:

- Salmon fillets: 2 small (about 5 oz each) / 280 g total
- Fresh arugula: 2 cups / 60 g
- Avocado, sliced: 1 medium / 200 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon (juice): 1 medium / 120 g
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Preheat a grill pan over medium heat. Brush the salmon fillets lightly with 1 tablespoon olive oil and grill for 4-5 minutes per side until cooked through.
2. In a large bowl, toss the arugula with the lemon juice and the remaining tablespoon of olive oil. Arrange sliced avocado on top.
3. Place the grilled salmon over the salad, sprinkle with black pepper if desired, and serve immediately.

NUTRITIONAL VALUE (PER SERVING):

Calories: 410 Carbohydrates: 8 g Sodium: 100 mg
Protein: 28 g Saturated Fat: 4 g Fiber: 6 g
Fat: 28 g Cholesterol: 65 mg Sugar: 2 g



Turmeric Chicken with Roasted Cauliflower

Category: Dinner
Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Anti-Inflammatory Base: Turmeric, black pepper, cauliflower, olive oil

NUTRITIONAL VALUE (PER SERVING):

Calories: 390	Carbohydrates: 8 g	Sodium: 170 mg
Protein: 30 g	Saturated Fat: 4 g	Fiber: 4 g
Fat: 24 g	Cholesterol: 120 mg	Sugar: 2 g

INGREDIENTS:

- Chicken thighs, boneless, skinless: 2 medium / 300 g
- Cauliflower florets: 2 cups / 200 g
- Ground turmeric: ½ tsp / 1 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Ground black pepper: a pinch
- Optional: Lemon wedges for serving

COOKING INSTRUCTIONS:

1. Set the oven’s temperature to 400°F / 200°C. Place the cauliflower florets and chicken thighs on a parchment paper-lined baking sheet.
2. Drizzle both with olive oil, sprinkle with ground turmeric and black pepper, and toss to coat evenly.
3. Bake for 18-20 minutes, flipping halfway, until the chicken is cooked through and the cauliflower is golden. Serve with lemon wedges if desired.

WEDNESDAY
WEEK 1: EASY START
3-rd Day

Meal	
Breakfast	Berry Matcha Smoothie Bowl
Lunch	Grilled Salmon and Avocado Salad
Dinner	Turmeric Chicken with Roasted Cauliflower

Pause. Breathe. Choose meals that make you feel light, strong, and calm.

Savory Avocado and Pomegranate Toast



Category: Breakfast **Cook Time:** 5 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Avocado, pomegranate, black pepper

INGREDIENTS:

- Whole-grain bread: 2 slices / 80 g
- Ripe avocado: 1 medium / 200 g
- Pomegranate seeds: ¼ cup / 40 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Ground black pepper: a pinch
- Optional – Lemon juice: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Toast the whole-grain bread until golden and crisp. Use a small bowl to mash the ripe avocado until smooth.
2. Evenly cover each piece of bread with mashed avocado. Sprinkle pomegranate seeds over the top.
3. Drizzle with olive oil and a squeeze of lemon juice if desired. Finish with a pinch of black pepper and serve.

NUTRITIONAL VALUE (PER SERVING):

Calories: 340 Carbohydrates: 24 g Sodium: 140 mg
Protein: 6 g Saturated Fat: 3 g Fiber: 7 g
Fat: 24 g Cholesterol: 0 mg Sugar: 4 g

Spicy Chickpea and Spinach Stew



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Cayenne pepper (small amount), black pepper, spinach, olive oil

INGREDIENTS:

- Cooked chickpeas: 1 cup / 165 g
- Fresh spinach: 2 cups / 60 g
- Garlic, minced: 2 cloves / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Cayenne pepper: 1/8 tsp / 0.5 g
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Use a skillet to heat the olive oil over medium heat. Cook the minced garlic for 30 seconds until it becomes aromatic.
2. Add chickpeas to the skillet and stir for 4-5 minutes. Add spinach and cayenne pepper. Cook together for another 3-4 minutes until the spinach is wilted.
3. Season with black pepper if desired. Divide into two bowls.

NUTRITIONAL VALUE (PER SERVING):

Calories: 310 Carbohydrates: 28 g Sodium: 90 mg
Protein: 11 g Saturated Fat: 2 g Fiber: 7 g
Fat: 18 g Cholesterol: 0 mg Sugar: 2 g



Garlic Shrimp and Broccoli Stir-Fry

Category: Dinner
Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Anti-Inflammatory Base: Garlic, black pepper, broccoli, olive oil

NUTRITIONAL VALUE (PER SERVING):

Calories: 290
 Protein: 26 g
 Fat: 18 g

Carbohydrates: 5 g
 Saturated Fat: 3 g
 Cholesterol: 180 mg

Sodium: 190 mg
 Fiber: 2 g
 Sugar: 1 g

INGREDIENTS:

- Raw shrimp, peeled and deveined: 8 oz / 230 g
- Broccoli florets: 2 cups / 150 g
- Garlic, minced: 3 cloves / 9 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Ground black pepper: a pinch
- Optional – Fresh lemon juice: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Use a large skillet over medium heat to warm olive oil. Add the minced garlic and cook for 30 seconds until fragrant.
2. Add the shrimp and broccoli to the pan. Stir-fry for 6-7 minutes until the shrimp are pink and the broccoli is tender-crisp.
3. Season with ground black pepper and optional lemon juice.

THURSDAY

WEEK 1: EASY START
 4-th Day

Meal	
Breakfast	Savory Avocado and Pomegranate Toast
Lunch	Spicy Chickpea and Spinach Stew
Dinner	Garlic Shrimp and Broccoli Stir-Fry

You're not just eating — you're rebuilding. Small actions create real change.

Turmeric Quinoa Breakfast Bowl



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Turmeric, black pepper, walnuts, kale

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Fresh kale, chopped: 1 cup / 30 g
- Ground turmeric: ½ tsp / 1 g
- Chopped walnuts: 2 tbsp / 20 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Lemon zest: 1 tsp / 2 g

COOKING INSTRUCTIONS:

1. In a skillet, heat olive oil over medium heat. Add the chopped kale and cook until it wilts, about 2 to 3 minutes.
2. Stir in the cooked quinoa and ground turmeric. Cook for a further 3 to 4 minutes, stirring often, until everything is well heated and turmeric-coated.
3. Divide into two bowls, top with chopped walnuts, and sprinkle with lemon zest if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 320 Carbohydrates: 30 g Sodium: 80 mg
Protein: 10 g Saturated Fat: 2 g Fiber: 6 g
Fat: 16 g Cholesterol: 0 mg Sugar: 2 g

Ginger-Lemon Chicken Quinoa Bowl



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Ginger, black pepper, olive oil, kale

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Chicken breast, cubed: 8 oz / 230 g
- Fresh kale, chopped: 1 cup / 30 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Use a large skillet over medium heat to warm olive oil. Cook for 5 to 6 minutes after adding the cubed chicken, or until it is cooked through and gently browned.
2. Add the chopped kale, cooked quinoa, and grated ginger to the skillet. Stir-fry for 4-5 minutes until the kale is wilted and everything is heated through.
3. Season with black pepper if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 390 Carbohydrates: 32 g Sodium: 120 mg
Protein: 30 g Saturated Fat: 2 g Fiber: 5 g
Fat: 14 g Cholesterol: 70 mg Sugar: 2 g



Basil Pesto Zucchini Noodles with Chicken

Category: Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 2

Anti-Inflammatory Base: Basil, olive oil, walnuts, zucchini

NUTRITIONAL VALUE (PER SERVING):

Calories: 370

Protein: 30 g

Fat: 24 g

Carbohydrates: 8 g

Saturated Fat: 3 g

Cholesterol: 70 mg

Sodium: 140 mg

Fiber: 3 g

Sugar: 3

INGREDIENTS:

- Chicken breast, diced: 8 oz / 230 g
- Zucchini, spiralized into noodles: 2 medium / 300 g
- Fresh basil leaves: 1 cup / 30 g
- Walnuts: 2 tbsp / 20 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Lemon zest: 1 tsp / 2 g

COOKING INSTRUCTIONS:

1. Use a skillet over medium heat to warm 1 tablespoon olive oil. Cook the diced chicken for 5 to 6 minutes, or until it is cooked through.
2. In a blender, combine basil leaves, walnuts, and 1 tablespoon olive oil to make a quick pesto. Blend until smooth.
3. Add zucchini noodles to the skillet with the chicken, stir in the pesto, and cook together for 2-3 minutes until just warmed through. Top with lemon zest if desired.

FRIDAY

WEEK 1: EASY START

5-th Day

Meal	
Breakfast	Turmeric Quinoa Breakfast Bowl
Lunch	Ginger-Lemon Chicken Quinoa Bowl
Dinner	Basil Pesto Zucchini Noodles with Chicken

Honor your hunger and your rest. Trust your body's quiet signals.

Spinach Avocado Smoothie



Category: **Breakfast** Cook Time: 0 minutes
Prep Time: 5 minutes Servings: 2

Anti-Inflammatory Base: Spinach, avocado, matcha powder

INGREDIENTS:

- Fresh spinach: 2 cups / 60 g
- Avocado: 1 medium / 200 g
- Unsweetened almond milk: 1 cup / 240 ml
- Matcha powder: 1 tsp / 2 g
- Chia seeds: 2 tbsp / 30 g
- Optional – Honey: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Prepare the ingredients. Clean the spinach with cold water and pat it dry. Take the pit out of one half of the avocado and put the meat into a blender. Chia seeds, matcha powder, and almond milk should all be measured out.
2. Add the spinach, avocado flesh, almond milk, matcha powder, and chia seeds into the blender. Blend on high speed for about 30-45 seconds, or until the mixture becomes creamy and smooth. If the texture is too thick, add a little more almond milk.
3. Taste the smoothie. If you prefer a slightly sweeter flavor, add the optional honey and blend again for 5 seconds. Pour the smoothie evenly into two glasses.

NUTRITIONAL VALUE (PER SERVING):

Calories: 280 Carbohydrates: 18 g Sodium: 90 mg
Protein: 6 g Saturated Fat: 2 g Fiber: 9 g
Fat: 18 g Cholesterol: 0 mg Sugar: 3 g

Ginger Chicken and Kale Salad



Category: **Lunch** Cook Time: 10 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Kale, fresh ginger, olive oil

INGREDIENTS:

- Chicken breast, cooked and shredded: 8 oz / 230 g
- Fresh kale, chopped: 2 cups / 60 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon (juice): 1 medium / 120 g
- Optional: Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Prepare the chicken and vegetables. If your chicken breast is raw, season lightly and grill, bake, or sauté it until fully cooked, then shred it into bite-sized pieces. Clean the kale leaves under cold water, cut off the tough stems, and then chop the leaves into small pieces that you can eat. Peel and finely grate the fresh ginger.
2. Heat 1 tablespoon of olive oil in a skillet over medium heat. Add the grated ginger and stir for about 30 seconds until fragrant. Add the shredded chicken and cook for 2-3 minutes, stirring occasionally to warm the meat evenly without drying it out.
3. Place the chopped kale into a large bowl. Put the last tablespoon of olive oil and the lemon juice on top. Massage the kale gently with your hands for 1-2 minutes to soften the texture. Place the warm ginger chicken on top of the greens. If you want, add a pinch of ground black pepper.

NUTRITIONAL VALUE (PER SERVING):

Calories: 360 Carbohydrates: 6 g Sodium: 120 mg
Protein: 28 g Saturated Fat: 3 g Fiber: 3 g
Fat: 20 g Cholesterol: 70 mg Sugar: 2 g



Lemon Garlic Shrimp with Broccoli

Category: Dinner
Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Anti-Inflammatory Base: Garlic, black pepper, broccoli, olive oil

NUTRITIONAL VALUE (PER SERVING):

Calories: 310	Carbohydrates: 6 g	Sodium: 190 mg
Protein: 26 g	Saturated Fat: 3 g	Fiber: 3 g
Fat: 18 g	Cholesterol: 180 mg	Sugar: 1 g

INGREDIENTS:

- Raw shrimp, peeled and deveined: 8 oz / 230 g
- Broccoli florets: 2 cups / 150 g
- Garlic, minced: 2 cloves / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon (juice): 1 medium / 120 g
- Optional: Fresh parsley for garnish

COOKING INSTRUCTIONS:

1. Prepare all ingredients before starting. Devein and peel the shrimp if you haven't already. Rinse the broccoli and cut it into small florets. Peel and finely mince the garlic cloves.
2. In a large skillet, heat 1 tablespoon of olive oil over medium heat. Stir the minced garlic for approximately 30 seconds, or until it is fragrant but not browned. Place all of the shrimp in one layer in the pan and cook them for two to three minutes on each side, or until they are opaque and pink. Remove the shrimp to a plate.
3. In the same pan, add the remaining tablespoon of olive oil and the broccoli florets. Stir-fry the broccoli for 4 to 5 minutes, or until it is crisp-tender. Return the shrimp to the skillet, drizzle with lemon juice, stir everything to combine, and sprinkle with fresh parsley if using.

SATURDAY
WEEK 1: EASY START
6-th Day

Meal	
Breakfast	Spinach Avocado Smoothie
Lunch	Ginger Chicken and Kale Salad
Dinner	Lemon Garlic Shrimp with Broccoli

Reflect on how far you've already come. Each choice today is a celebration of care.

Turmeric Coconut Quinoa Porridge



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Turmeric, black pepper, chia seeds, coconut milk

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Unsweetened coconut milk: 1 cup / 240 ml
- Ground turmeric: ½ tsp / 1 g
- Chia seeds: 2 tbsp / 30 g
- Ground black pepper: a pinch
- Optional: Fresh berries: ½ cup / 75 g

COOKING INSTRUCTIONS:

1. Prepare your ingredients. Measure the cooked quinoa and coconut milk. Set aside chia seeds, turmeric, black pepper, and fresh berries if using.
2. In a medium saucepan, combine the cooked quinoa, coconut milk, ground turmeric, and a pinch of black pepper. Stir everything together gently. Set the saucepan on medium heat and bring the mixture to a gentle simmer. Stir occasionally to prevent sticking. Let it cook for about 5-7 minutes, until the mixture thickens into a creamy porridge.
3. Remove from heat. Divide the warm porridge into two bowls. Sprinkle chia seeds evenly over the top and add optional fresh berries if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 320 Carbohydrates: 28 g Sodium: 60 mg
Protein: 9 g Saturated Fat: 6 g Fiber: 6 g
Fat: 18 g Cholesterol: 0 mg Sugar: 3 g

Grilled Chicken and Avocado Power Bowl



Category: Lunch **Cook Time:** 10 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Avocado, olive oil, arugula, lemon

INGREDIENTS:

- Chicken breast, grilled and sliced: 8 oz / 230 g
- Fresh arugula: 2 cups / 60 g
- Avocado, diced: 1 medium / 200 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon (juice): 1 medium / 120 g
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Prepare the ingredients. Rinse the arugula under cold water and gently dry with a clean towel. Cut the avocado in half, take out the pit, and cut the flesh into small cubes. If the chicken breast is raw, season lightly, grill on a preheated grill or grill pan over medium heat for about 5-6 minutes per side until cooked through, then slice thinly.
2. In a large salad bowl, toss the arugula with 1 tablespoon of olive oil and the fresh lemon juice. Use your hands or salad tongs to gently mix the leaves to coat them.
3. Arrange the sliced grilled chicken and diced avocado on top of the arugula. Drizzle with the remaining olive oil. Sprinkle with a pinch of ground black pepper if desired. Serve fresh.

NUTRITIONAL VALUE (PER SERVING):

Calories: 400 Carbohydrates: 8 g Sodium: 120 mg
Protein: 30 g Saturated Fat: 4 g Fiber: 7 g
Fat: 26 g Cholesterol: 70 mg Sugar: 2 g



Ginger Beef and Vegetable Stir-Fry

Category: Dinner
Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Anti-Inflammatory Base: Ginger, black pepper, broccoli, cabbage, avocado oil

NUTRITIONAL VALUE (PER SERVING):

Calories: 380
 Protein: 28 g
 Fat: 22 g

Carbohydrates: 8 g
 Saturated Fat: 4 g
 Cholesterol: 70 mg

Sodium: 160 mg
 Fiber: 3 g
 Sugar: 2 g

INGREDIENTS:

- Lean beef strips: 8 oz / 230 g
- Broccoli florets: 1 cup / 75 g
- Shredded cabbage: 1 cup / 75 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Avocado oil: 1 tbsp / 15 ml
- Optional – Tamari sauce (low-sodium, gluten-free): 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Prepare the ingredients. Wash the broccoli and cabbage under cold running water. Cut the broccoli into small florets. If the cabbage isn't pre-shredded, use a knife to slice it finely. Peel and finely grate the ginger. Cut the beef into thin strips against the grain for tenderness.
2. In a large skillet or wok, heat the avocado oil over medium-high heat. Add the beef strips and cook for 4-5 minutes, stirring now and then, until they're browned all over.
3. Add the broccoli florets, shredded cabbage, and grated ginger to the skillet. Stir-fry for approximately 6-7 minutes, stirring regularly, until the vegetables are crisp-tender and brightly colored. Drizzle with optional tamari sauce if desired.

SUNDAY

WEEK 1: EASY START
7-th Day

Meal	
Breakfast	Turmeric Coconut Quinoa Porridge
Lunch	Grilled Chicken and Avocado Power Bowl
Dinner	Ginger Beef and Vegetable Stir-Fry

CHAPTER 2

WEEK 2: STRENGTHENING HABITS

“The first changes may feel small or invisible, but your body is already realigning on the inside. Keep showing up for yourself, one meal at a time.”

This week is all about **consistency** — reinforcing the structure you began last week and learning to trust the process.

The meals may look simple, the routines familiar, but something powerful is happening underneath. Your digestion is balancing. Your energy is stabilizing. Your body is learning what it means to be nourished — not just fed.

You may not feel a dramatic shift yet. That’s okay. The real transformation often begins **quietly** — in the moments where you choose a steady breakfast, say no to snacks, or cook even when you’re tired. These acts of care are laying the foundation for deeper healing.

This week, you’ll repeat some ingredients, build confidence in meal flow, and notice subtle changes in your cravings, appetite, and mood. You’ll feel lighter, clearer, steadier — not because you’re doing more, but because you’re doing it again.

Show up for each meal with intention, not perfection.

Let your food be simple. Let your progress be quiet.

And know this: **repetition is a form of self-respect.**

Key Reminders for Week 2: Strengthening Habits

Eat three complete meals per day — no snacking

Repeat ingredients where possible to simplify prep

Stay hydrated and get consistent rest

Notice subtle shifts: more stable hunger, better digestion, calmer energy

Trust that doing it again is the real progress

Progress isn’t about how it looks — it’s about how it feels

Weekly Focus Tip

Let consistency do the work. Repetition may feel small, but it’s how transformation begins.

Mini Daily Motivational Prompts — Week 2: Strengthening Habits

Day	Prompt
Monday	Repeat what works. Consistency is where real change begins.
Tuesday	Staying steady is strength. Keep showing up for yourself.
Wednesday	Fuel your focus. Energy flows from how you nourish.
Thursday	Routines build resilience. Repetition is progress in disguise.
Friday	You're creating momentum now. Every choice makes you stronger.
Saturday	Let your body rest and recalibrate. That's growth, too.
Sunday	Feel the shift. Trust the rhythm you've built.

Repeat what works. Consistency is where real change begins.

Cinnamon-Spiced Apple Quinoa Bowl



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Cinnamon, chia seeds, walnuts, apple

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Unsweetened almond milk: 1 cup / 240 ml
- Apple, finely chopped: 1 medium / 150 g
- Ground cinnamon: ½ tsp / 1 g
- Chia seeds: 1 tbsp / 15 g
- Optional – Chopped walnuts: 2 tbsp / 20 g

COOKING INSTRUCTIONS:

1. Prepare the apple by rinsing it, removing the core and seeds, and chopping it into small cubes (no need to peel unless desired). Use a medium saucepan to combine the cooked quinoa, almond milk, and chopped apple. Stir gently with a wooden spoon or silicone spatula.
2. Place the pan over medium heat and let it come to a gentle simmer. To avoid sticking, stir every few minutes. Cook for about 10 minutes, until the apple pieces begin to soften and the mixture thickens slightly. Stir in the ground cinnamon and chia seeds. Let cook for another 3-5 minutes, continuing to stir. The chia seeds will absorb some liquid and add a slightly thicker texture.
3. Turn off the heat. Divide the mixture between two bowls. If using, top with chopped walnuts for crunch and added healthy fats.

NUTRITIONAL VALUE (PER SERVING):

Calories: 310 Carbohydrates: 42 g Sodium: 65 mg
Protein: 7 g Saturated Fat: 1 g Fiber: 6 g
Fat: 12 g Cholesterol: 0 mg Sugar: 10 g

Herb Chicken with Warm Lentil Arugula Salad



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Thyme, oregano, garlic, olive oil, arugula

INGREDIENTS:

- Chicken breast, grilled and sliced: 8 oz / 230 g
- Cooked lentils: 1 cup / 200 g
- Fresh arugula: 2 cups / 60 g
- Fresh garlic, minced: 1 clove / 3 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Dried thyme and oregano: ½ tsp each / 1 g total

COOKING INSTRUCTIONS:

1. If your chicken is not yet cooked, grill or sauté it first: season lightly with salt-free herbs, and cook over medium heat for about 6 minutes per side or until fully cooked (no pink inside). Let cool slightly, then slice thinly.
2. In a nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Add the minced garlic and sauté for 30-45 seconds until fragrant (not browned). Add the cooked lentils to the skillet. Stir gently and heat for 2-3 minutes, just until warmed through. Add the arugula and optional thyme and oregano. Stir softly for 1-2 minutes, just until the arugula begins to wilt while remaining vibrant green. Remove from heat.
3. Put equal amounts of the lentil mix into two bowls or plates. Top each with sliced chicken. Drizzle with the remaining tablespoon of olive oil. Serve warm or at room temperature.

NUTRITIONAL VALUE (PER SERVING):

Calories: 390 Carbohydrates: 22 g Sodium: 150 mg
Protein: 31 g Saturated Fat: 3 g Fiber: 7 g
Fat: 20 g Cholesterol: 70 mg Sugar: 2 g



Lemon-Rosemary Salmon with Steamed Broccoli

Category: Dinner
Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Anti-Inflammatory Base: Rosemary, lemon, black pepper, broccoli, olive oil

NUTRITIONAL VALUE (PER SERVING):

Calories: 400
 Protein: 29 g
 Fat: 26 g

Carbohydrates: 7 g
 Saturated Fat: 4 g
 Cholesterol: 65 mg

Sodium: 110 mg
 Fiber: 3 g
 Sugar: 2 g

INGREDIENTS:

- Salmon fillets: 2 small (about 5 oz each) / 280 g
- Fresh rosemary, chopped: 1 tbsp / 2 g
- Broccoli florets: 2 cups / 150 g
- Lemon (juice + zest): 1 medium / 120 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Set the oven's temperature to 375°F / 190°C. Cover a small baking sheet with parchment paper. Set the salmon fillets on the sheet, skin-side down if they are skin-on. Drizzle with 1 tablespoon of olive oil. Top with chopped rosemary, lemon zest, and a pinch of ground black pepper, if desired.
2. Place the salmon in the preheated oven and bake for 12-15 minutes, or until it flakes easily with a fork and is opaque all the way through. Meanwhile, rinse the broccoli and cut it into bite-sized florets. Steam the broccoli over simmering water for 5-6 minutes until tender but still bright green.
3. When everything is prepared, arrange the salmon and broccoli on a plate. Drizzle both with the remaining 1 tablespoon of olive oil and finish by squeezing fresh lemon juice over them.

MONDAY

**Week 2:
 Strengthening Habits
 8-th Day**

Meal	
Breakfast	Cinnamon-Spiced Apple Quinoa Bowl
Lunch	Herb Chicken with Warm Lentil Arugula Salad
Dinner	Lemon-Rosemary Salmon with Steamed Broccoli

Staying steady is strength. Keep showing up for yourself.

Blueberry Almond Overnight Oats



Category: **Breakfast** Cook Time: 0 minutes
Prep Time: 10 minutes Servings: 2 (overnight soak)

Anti-Inflammatory Base: Blueberries, chia seeds, cinnamon, almond milk

INGREDIENTS:

- Rolled oats: ½ cup / 50 g
- Unsweetened almond milk: 1 cup / 240 ml
- Fresh blueberries: 1 cup / 150 g
- Chia seeds: 1 tbsp / 15 g
- Ground cinnamon: ½ tsp / 1 g
- Optional: Sliced almonds: 2 tbsp / 15 g

COOKING INSTRUCTIONS:

1. Use a bowl or jar to add the rolled oats, almond milk, chia seeds, and ground cinnamon. Stir thoroughly until everything is evenly mixed. Gently fold in the blueberries, being careful not to crush them. Stir once more to combine.
2. Put the bowl or jar in the fridge overnight (or for at least 6 hours) with the lid on top. The oats and chia will absorb the liquid and soften.
3. In the morning, stir the mixture again. Divide into two servings. Top with sliced almonds if using, and enjoy cold.

NUTRITIONAL VALUE (PER SERVING):

Calories: 280 Carbohydrates: 36 g Sodium: 70 mg
Protein: 7 g Saturated Fat: 1 g Fiber: 8 g
Fat: 10 g Cholesterol: 0 mg Sugar: 9 g

Warm Quinoa Bowl with Garlic Sautéed Greens & Egg



Category: **Lunch** Cook Time: 15 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Olive oil, garlic, arugula, quinoa, black pepper

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Arugula or baby kale: 2 cups / 60 g
- Eggs: 2 large / 100 g
- Garlic, minced: 2 cloves / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Rinse and dry the greens. If using kale, chop it into bite-sized pieces. Use a skillet to heat 1 tablespoon of olive oil over medium heat. Add the minced garlic and sauté for 30-45 seconds until fragrant (avoid browning). Add the arugula or kale and cook for 2-3 minutes, stirring gently, until wilted and bright green. Remove from heat and set aside.
2. Use a small pot to bring water to a simmer. Break each egg into a small bowl, and then carefully pour them into the water that is about to boil. For 5 to 6 minutes, poach the eggs until the whites are set but the yolks are still soft. Use a hooked spoon to take it out.
3. Warm the cooked quinoa briefly (microwave or stovetop). Divide between two bowls, top with sautéed greens and a poached egg each. Drizzle with the remaining olive oil and sprinkle with pepper if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 370 Carbohydrates: 28 g Sodium: 90 mg
Protein: 14 g Saturated Fat: 4 g Fiber: 5 g
Fat: 22 g Cholesterol: 185 mg Sugar: 2 g



Baked Cod with Carrot Purée and Steamed Kale

Category: Dinner

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2

Anti-Inflammatory Base: Olive oil, garlic, kale, black pepper, carrots

NUTRITIONAL VALUE (PER SERVING):

Calories: 360

Protein: 28 g

Fat: 20 g

Carbohydrates: 16 g

Saturated Fat: 3 g

Cholesterol: 60 mg

Sodium: 100 mg

Fiber: 5 g

Sugar: 5 g

INGREDIENTS:

- Cod fillets: 2 small / 280 g
- Carrots, peeled and chopped: 2 medium / 200 g
- Fresh kale, chopped: 2 cups / 60 g
- Garlic, minced: 1 clove / 3 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Set your oven's temperature to 375°F / 190°C. Lightly oil the surface of the baking dish or line it with parchment paper. Place the cod fillets in the baking dish. Rub each with 1 tablespoon of olive oil and the minced garlic. Sprinkle with ground black pepper if using. Bake in the oven for 12-15 minutes until the fish is flaky.
2. While the cod bakes, bring a pot of water to boil. Add the chopped carrots and cook for 10-12 minutes, or until fork-tender. Drain and transfer to a blender or use an immersion blender. Add 1 tablespoon of olive oil and blend into a smooth purée. Add a splash of warm water if too thick.
3. In a steamer or a shallow pan with a splash of water, steam the kale for 3-4 minutes until tender but still vibrant green. Plate the cod with a generous spoonful of carrot purée and steamed kale.

TUESDAY

**Week 2:
Strengthening Habits**

9-th Day

Meal	
Breakfast	Blueberry Almond Overnight Oats
Lunch	Warm Quinoa Bowl with Garlic Sautéed Greens & Egg
Dinner	Baked Cod with Carrot Purée and Steamed Kale

Fuel your focus. Energy flows from how you nourish.

Power Greens Scramble with Avocado



Category: **Breakfast** Cook Time: 10 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: pinach, kale, black pepper, olive oil, avocado

INGREDIENTS:

- Eggs: 4 large / 200 g
- Fresh spinach: 1 cup / 30 g
- Fresh kale, chopped: 1 cup / 30 g
- Avocado: 1 medium / 200 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional: Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Rinse the spinach and kale thoroughly. Shake dry or pat dry with a towel. Chop kale into small strips if using whole leaves. Crack the eggs into a mixing bowl and whisk well with a fork or whisk until mixed well. Use a nonstick skillet to heat olive oil over medium heat. Add the kale and spinach. Sauté for 2-3 minutes until the greens are wilted and soft.
2. Add the eggs that have been beaten to the greens in the pan. Leave them to cook for 30 seconds, then use a spatula to slowly stir them and move the eggs from the sides to the middle. Stir and cook for another two to three minutes, until the eggs are just set (soft and slightly moist).
3. Cut the avocado in half, take out the pit, and cut the meat into thin slices. Divide the scramble into two bowls. Top with sliced avocado and season with black pepper if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 340 Carbohydrates: 8 g Sodium: 160 mg
Protein: 16 g Saturated Fat: 5 g Fiber: 5 g
Fat: 26 g Cholesterol: 370 mg Sugar: 1 g

Zesty Quinoa and Chickpea Salad



Category: **Lunch** Cook Time: 10 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Arugula, lemon, olive oil, chickpeas, black pepper

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Canned chickpeas, rinsed: 1 cup / 165 g
- Fresh arugula: 2 cups / 60 g
- Lemon (juice + zest): 1 medium / 120 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. If not already cooked, rinse and drain chickpeas and cook quinoa per package instructions. Let both cool slightly before assembling.
2. In a large salad bowl, combine the quinoa, chickpeas, and arugula. Toss gently to mix. Use a small cup or jar to whisk together lemon juice, olive oil, and lemon zest until emulsified (well-blended).
3. Put the dressing on top of the salad and toss it again to cover it all. Add black pepper if desired. Let rest 5 minutes before serving so flavors can absorb.

NUTRITIONAL VALUE (PER SERVING):

Calories: 360 Carbohydrates: 42 g Sodium: 80 mg
Protein: 13 g Saturated Fat: 2 g Fiber: 9 g
Fat: 16 g Cholesterol: 0 mg Sugar: 3 g



Ginger-Turmeric Chicken with Roasted Sweet Potatoes

Category: Dinner

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Anti-Inflammatory Base: Turmeric, ginger, olive oil, black pepper, sweet potato

NUTRITIONAL VALUE (PER SERVING):

Calories: 410

Protein: 32 g

Fat: 18 g

Carbohydrates: 30 g

Saturated Fat: 3 g

Cholesterol: 75 mg

Sodium: 120 mg

Fiber: 5 g

Sugar: 6 g

INGREDIENTS:

- Chicken breast, sliced: 8 oz / 230 g
- Sweet potatoes, peeled and cubed: 2 cups / 250 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Ground turmeric: ½ tsp / 1 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Set the oven's temperature to 400°F / 200°C. Put parchment paper on a baking sheet. Peel the sweet potatoes and cut them into bite-sized cubes. Place them on the baking sheet. Drizzle with 1 tbsp of olive oil and sprinkle with black pepper and turmeric. Toss to coat evenly. Roast for 20 minutes, flipping halfway through.
2. Use a large skillet over medium heat to warm 1 tablespoon of olive oil, while the sweet potatoes roast. Add the grated ginger and cook for 30 seconds until fragrant. Add the sliced chicken breast to the skillet. Flip the food every so often for 6 to 8 minutes, or until it's fully cooked and golden brown.
3. Remove sweet potatoes from the oven and serve alongside the chicken. Spoon any juices or browned bits from the skillet over the top for extra flavor.

WEDNESDAY

**Week 2:
Strengthening Habits**

10-th Day

Meal	
Breakfast	Power Greens Scramble with Avocado
Lunch	Zesty Quinoa and Chickpea Salad
Dinner	Ginger-Turmeric Chicken with Roasted Sweet Potatoes

Routines build resilience. Repetition is progress in disguise.

Savory Kale & Quinoa Egg Bowl



Category: **Breakfast** Cook Time: 15 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Kale, olive oil, quinoa, black pepper, eggs

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Fresh kale, chopped: 1 cup / 30 g
- Eggs: 2 large / 100 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Ground black pepper: a pinch
- Optional - Lemon zest: 1 tsp / 2 g

COOKING INSTRUCTIONS:

1. If the quinoa isn't already cooked, start by rinsing $\frac{1}{2}$ cup of dry quinoa thoroughly. Then, simmer it in 1 cup of water for 12-15 minutes. Set it aside once done. Rinse kale leaves and remove tough stems. Chop finely into bite-sized pieces.
2. Use a skillet to heat $\frac{1}{2}$ tablespoon of olive oil over medium heat. Now add chopped kale and sauté for 3-4 minutes until bright green and wilted. Stir frequently.
3. In a separate nonstick pan, cook eggs your preferred way (fried or poached). For fried: heat the remaining oil, crack an egg into the pan, and cook for 3-4 minutes. For poached: bring a pot of water to simmer, gently add eggs, and cook for 5-6 minutes. Reheat the quinoa briefly if cold. Divide quinoa into bowls, top with sautéed kale and one egg each. Add lemon zest and black pepper if desired. Serve warm.

NUTRITIONAL VALUE (PER SERVING):

Calories: 320 Carbohydrates: 28 g Sodium: 85 mg
Protein: 13 g Saturated Fat: 3 g Fiber: 5 g
Fat: 17 g Cholesterol: 185 mg Sugar: 1 g

Mediterranean Chickpea & Roasted Veggie Bowl



Category: **Lunch** Cook Time: 15 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Chickpeas, olive oil, garlic, oregano, bell pepper

INGREDIENTS:

- Cooked chickpeas: 1 cup / 165 g
- Zucchini, chopped: 1 medium / 150 g
- Bell pepper, chopped: 1 medium / 120 g
- Garlic, minced: 2 cloves / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional - Dried oregano: $\frac{1}{2}$ tsp / 1 g

COOKING INSTRUCTIONS:

1. Set the oven's temperature to 400°F / 200°C. Put parchment paper on a baking tray. Rinse the zucchini and bell pepper. Cut zucchini into half-moons or cubes, and bell pepper into strips or chunks.
2. Place chopped vegetables on the baking tray. Drizzle with 1 tbsp olive oil and sprinkle with minced garlic and oregano. Toss gently to coat. Roast the vegetables for 15 minutes, stirring halfway through, until they are tender and lightly browned.
3. While vegetables cook, rinse and drain chickpeas if using canned. Warm them in a small skillet over low heat with the remaining 1 tbsp olive oil for about 3-5 minutes. Combine roasted vegetables and warm chickpeas in a bowl. Mix gently.

NUTRITIONAL VALUE (PER SERVING):

Calories: 350 Carbohydrates: 36 g Sodium: 90 mg
Protein: 11 g Saturated Fat: 2 g Fiber: 8 g
Fat: 18 g Cholesterol: 0 mg Sugar: 6 g



Spiced Lentil Stew with Spinach & Carrots

Category: Dinner
Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Anti-Inflammatory Base: Lentils, spinach, turmeric, garlic, olive oil, black pepper

NUTRITIONAL VALUE (PER SERVING):		
Calories: 370	Carbohydrates: 40 g	Sodium: 100 mg
Protein: 18 g	Saturated Fat: 2 g	Fiber: 10 g
Fat: 16 g	Cholesterol: 0 mg	Sugar: 6 g

INGREDIENTS:

- Dry red lentils: ½ cup / 100 g
- Fresh spinach: 2 cups / 60 g
- Carrots, chopped: 2 medium / 200 g
- Garlic, minced: 2 cloves / 6 g
- Ground turmeric: ½ tsp / 1 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional: Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Rinse the lentils under cool water using a fine mesh strainer. Peel and chop carrots into small cubes or half-moons. Use a medium saucepan to heat 1 tbsp of olive oil over medium heat. Now add minced garlic and sauté for 30 seconds until fragrant.
2. Add the rinsed lentils, chopped carrots, turmeric, and 2 cups of water to the saucepan. Bring to a boil, then turn the heat down to low. Simmer, uncovered, for 15 to 20 minutes, stirring every now and then, until the carrots and lentils are soft.
3. Stir in the spinach during the last 2-3 minutes of cooking, just until wilted. Add more water if needed for a stew-like consistency. Remove from heat, drizzle with remaining olive oil, and season with black pepper if desired.

THURSDAY

**Week 2:
 Strengthening Habits
 11-th Day**

Meal	
Breakfast	Savory Kale & Quinoa Egg Bowl
Lunch	Mediterranean Chickpea & Roasted Veggie Bowl
Dinner	Spiced Lentil Stew with Spinach & Carrots

You're creating momentum now. Every choice makes you stronger.

Warm Sweet Potato Breakfast Hash



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Sweet potato, olive oil, garlic, black pepper, kale

INGREDIENTS:

- Sweet potato, peeled and diced: 1 large / 200 g
- Fresh kale, chopped: 1 cup / 30 g
- Garlic, minced: 1 clove / 3 g
- Eggs: 2 large / 100 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Peel the sweet potato and cut it into small cubes. Rinse the kale, remove tough stems, and chop into small strips. Use a skillet to heat 1 tablespoon of olive oil over medium heat. Add the sweet potato dices and cook for 8-10 minutes, stirring every now and then, until the potatoes are golden brown and soft. Put kale and minced garlic in the pan. Cook for another 2-3 minutes, stirring until kale is wilted and fragrant. Remove from heat.
2. In another skillet, heat the remaining olive oil and crack in the eggs. Fry for 3-4 minutes, or to your desired doneness. You can also poach or soft-boil them if preferred.
3. Divide the sweet potato hash between two plates or bowls. Top each with one cooked egg and sprinkle with black pepper if using. Serve warm.

NUTRITIONAL VALUE (PER SERVING):

Calories: 360 Carbohydrates: 28 g Sodium: 100 mg
Protein: 11 g Saturated Fat: 4 g Fiber: 6 g
Fat: 22 g Cholesterol: 185 mg Sugar: 5 g

Spiced Quinoa Chickpea Bowl with Tahini-Lemon Dressing



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Quinoa, chickpeas, turmeric, lemon, olive oil

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Cooked chickpeas: 1 cup / 165 g
- Ground turmeric: ½ tsp / 1 g
- Lemon juice: 2 tbsp / 30 ml
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Tahini: 1 tbsp / 15 g

COOKING INSTRUCTIONS:

1. If not already cooked, rinse and cook quinoa according to package directions. Drain and rinse chickpeas if using canned.
2. In a skillet, heat olive oil over medium heat. Add chickpeas and ground turmeric. Sauté for 5-6 minutes, stirring often, until chickpeas are warmed through and lightly crisped.
3. In a bowl, whisk together lemon juice and tahini (optionally) for a creamy dressing. Add a spoonful of warm water if it's too thick. Divide the quinoa between two bowls. Top with sautéed chickpeas. Drizzle with lemon-tahini dressing.

NUTRITIONAL VALUE (PER SERVING):

Calories: 390 Carbohydrates: 38 g Sodium: 120 mg
Protein: 14 g Saturated Fat: 3 g Fiber: 8 g
Fat: 18 g Cholesterol: 0 mg Sugar: 3 g



One-Pan Roasted Salmon with Brussels Sprouts & Carrots

Category: Dinner
Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Anti-Inflammatory Base: Salmon, olive oil, rosemary, black pepper, cruciferous vegetables

NUTRITIONAL VALUE (PER SERVING):		
Calories: 420	Carbohydrates: 14 g	Sodium: 110 mg
Protein: 29 g	Saturated Fat: 4 g	Fiber: 5 g
Fat: 26 g	Cholesterol: 65 mg	Sugar: 5 g

INGREDIENTS:

- Salmon fillets: 2 small / 280 g
- Brussels sprouts, halved: 1 cup / 150 g
- Carrots, sliced: 1 cup / 120 g
- Fresh rosemary, chopped: 1 tbsp / 2 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Preheat oven to 400°F / 200°C. Put a parchment paper on a baking sheet. Rinse the Brussels sprouts and carrots. Trim the ends off the sprouts and cut them in half. Peel carrots and slice into thin rounds or sticks.
2. Place salmon fillets on one side of the baking sheet. Spread the vegetables on the other side. Drizzle everything with olive oil. Sprinkle the rosemary and a pinch of black pepper over the top. Toss the vegetables gently to coat.
3. Roast for 18-20 minutes, flipping the veggies once halfway through. The salmon should be opaque and flake easily, and the vegetables should be tender and slightly crisped.

FRIDAY

**Week 2:
 Strengthening Habits
 12-th Day**

Meal	
Breakfast	Savory Kale & Quinoa Egg Bowl
Lunch	Mediterranean Chickpea & Roasted Veggie Bowl
Dinner	Spiced Lentil Stew with Spinach & Carrots

Let your body rest and recalibrate. That's growth, too.

Coconut Chia Pudding with Raspberries



Category: **Breakfast** Cook Time: 0 minutes
(plus chill time)
Prep Time: 5 minutes Servings: 2

Anti-Inflammatory Base: Chia seeds,
coconut milk, berries

INGREDIENTS:

- Chia seeds: ¼ cup / 40 g
- Unsweetened coconut milk: 1 cup / 240 ml
- Vanilla extract: ½ tsp / 2 ml
- Fresh raspberries: ½ cup / 75 g
- Optional – Maple syrup: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Place the chia seeds in a medium-sized mixing bowl or mason jar. Pour in the coconut milk and add the vanilla extract. To break up any clumps, mix thoroughly for 30 to 60 seconds using a fork or tiny whisk.
2. Let the mixture sit for 5 minutes, then stir again to redistribute the seeds. Put the bowl or jar in the fridge for at least two hours, or better yet, overnight. Cover it with a lid or plastic wrap. The mixture will get thicker until it looks like pudding.
3. Before serving, give the pudding a final stir. Put it into two small glasses or bowls. Top each with fresh raspberries and drizzle with maple syrup if a sweeter taste is preferred.

NUTRITIONAL VALUE (PER SERVING):

Calories: 260 Carbohydrates: 18 g Sodium: 50 mg
Protein: 6 g Saturated Fat: 10 g Fiber: 8 g
Fat: 17 g Cholesterol: 0 mg Sugar: 5 g

Steamed Zucchini with Poached Egg & Lemon Oil



Category: **Lunch** Cook Time: 10 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Zucchini, olive
oil, lemon, black pepper, egg

INGREDIENTS:

- Zucchini, sliced: 2 medium / 300 g
- Eggs: 2 large / 100 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon (juice + zest): 1 medium / 120 g
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Rinse the zucchini and cut off the ends. Slice into thick round coins, about ½ inch (1.5 cm) thick. Fill a medium saucepan with 1 inch (2.5 cm) of water and bring it to a boil. Put the zucchini in a steaming basket over the boiling water. Cover and steam for 5-6 minutes until fork-tender but not mushy.
2. Meanwhile, fill another saucepan with 3 inches (7-8 cm) of water and bring to a low simmer (small bubbles, not boiling). Crack each egg into a small cup. Stir the water gently to create a whirlpool and carefully slide in the egg. Cook for 5-6 minutes for a soft poach. Remove with a slotted spoon and gently blot dry on a paper towel.
3. In a small cup, mix the lemon juice, lemon zest, and olive oil using a fork or small whisk. Divide the zucchini between two plates. Top each with a poached egg. Drizzle generously with lemon oil and sprinkle with black pepper if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 280 Carbohydrates: 7 g Sodium: 70 mg
Protein: 10 g Saturated Fat: 4 g Fiber: 3 g
Fat: 22 g Cholesterol: 185 mg Sugar: 4 g



Cauliflower Rice Stir-Fry with Ginger and Greens

Category: Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 2

Anti-Inflammatory Base: Cauliflower, ginger, olive oil, spinach

NUTRITIONAL VALUE (PER SERVING):

Calories: 220

Protein: 6 g

Fat: 14 g

Carbohydrates: 14 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 120 mg

Fiber: 4 g

Sugar: 5 g

INGREDIENTS:

- Cauliflower rice: 2 cups / 200 g
- Fresh spinach: 2 cups / 60 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Tamari sauce (low-sodium): 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. If using a whole cauliflower, chop it into florets and pulse in a food processor until it resembles rice. If using pre-riced cauliflower, skip to step 2. Rinse the spinach and shake off excess water. Set aside. Peel the ginger and grate it using a fine grater or microplane.
2. Use a large nonstick skillet or wok to heat the olive oil over medium heat. Add the grated ginger and stir constantly for about 30 seconds until fragrant. Add the cauliflower rice and stir-fry for 5-6 minutes, stirring often, until it softens and turns slightly golden.
3. Put the spinach in the skillet. Stir continuously for 2-3 more minutes until the spinach wilts. If using tamari, drizzle it over the mixture and stir well to combine. Remove from heat and serve immediately.

SATURDAY

**Week 2:
Strengthening Habits
13-th Day**

Meal	
Breakfast	Coconut Chia Pudding with Raspberries
Lunch	Steamed Zucchini with Poached Egg & Lemon Oil
Dinner	Cauliflower Rice Stir-Fry with Ginger and Greens

Feel the shift. Trust the rhythm you've built.

Warm Cinnamon Pear Compote with Chia



Category: **Breakfast** Cook Time: 10 minutes
Prep Time: 5 minutes Servings: 2

Anti-Inflammatory Base: Pears, cinnamon, chia seeds, olive oil

INGREDIENTS:

- Ripe pears, diced: 2 medium / 300 g
- Ground cinnamon: ½ tsp / 1 g
- Chia seeds: 1 tbsp / 15 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Lemon zest: 1 tsp / 2 g

COOKING INSTRUCTIONS:

1. Wash the pears thoroughly, cut them in half, remove the core and seeds, then dice them into small cubes (leave the skin on for fiber).
2. Heat the olive oil in a small saucepan over medium heat. Put in the diced pears and stir gently. Cook the pears for 5-6 minutes, stirring occasionally, until they begin to soften and release juices.
3. Sprinkle the cinnamon on top and mix it in well. Continue to cook for another 3-4 minutes, stirring occasionally, until the pears are tender and slightly caramelized. Stir in the chia seeds and lemon zest (if using), mix well, and divide into two bowls.

NUTRITIONAL VALUE (PER SERVING):

Calories: 250 Carbohydrates: 35 g Sodium: 10 mg
Protein: 3 g Saturated Fat: 1 g Fiber: 6 g
Fat: 11 g Cholesterol: 0 mg Sugar: 22 g

Creamy Butternut Squash Soup with Ginger



Category: **Lunch** Cook Time: 15 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Butternut squash, ginger, garlic, olive oil

INGREDIENTS:

- Butternut squash, peeled and cubed: 2 cups / 300 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Garlic, minced: 1 clove / 3 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Water or low-sodium broth: 1.5 cups / 360 ml
- Optional – Black pepper: a pinch

COOKING INSTRUCTIONS:

1. Peel the squash and remove the seeds. Cut into 1-inch (2.5 cm) cubes. Use a medium saucepan to heat 1 tbsp olive oil over medium heat. Add grated ginger and minced garlic. Stir constantly for 1 minute until fragrant but not browned.
2. Add the cubed squash and pour in the broth or water. Stir once and bring to a boil. Reduce heat to low, cover partially, and simmer for 12-15 minutes or until the squash is soft when pierced with a fork.
3. Remove from heat and blend using an immersion blender directly in the pot, or transfer carefully to a standard blender in batches. Return to the pot if needed, add ground black pepper to taste, and stir in the remaining tablespoon of olive oil. Serve hot.

NUTRITIONAL VALUE (PER SERVING):

Calories: 280 Carbohydrates: 30 g Sodium: 90 mg
Protein: 4 g Saturated Fat: 2 g Fiber: 6 g
Fat: 16 g Cholesterol: 0 mg Sugar: 7 g



Steamed Cod with Carrot-Ginger Purée

Category: Dinner
Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Anti-Inflammatory Base: Cod, carrots, ginger, olive oil, lemon

NUTRITIONAL VALUE (PER SERVING):

Calories: 340	Carbohydrates: 10 g	Sodium: 110 mg
Protein: 28 g	Saturated Fat: 3 g	Fiber: 3 g
Fat: 20 g	Cholesterol: 65 mg	Sugar: 5 g

INGREDIENTS:

- Cod fillets: 2 small / 280 g
- Carrots, chopped: 2 medium / 200 g
- Fresh ginger, sliced: 1 tbsp / 6 g
- Lemon (juice): 1 medium / 120 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Fresh parsley: 1 tbsp / 4 g

COOKING INSTRUCTIONS:

1. Fill a medium steamer pot or large saucepan with 1-2 inches (2.5-5 cm) of water and bring to a boil. Put cod fillets in the steaming basket, cover, and steam for 8-10 minutes until the fish flakes easily with a fork and appears opaque throughout.
2. Peel and chop the carrots into chunks while the fish steams. Add carrots and sliced ginger to a pot of boiling water. Simmer for 10-12 minutes until carrots are soft. Drain the carrots and ginger. Add them to a blender with 1 tbsp olive oil and blend until smooth and creamy. Add a splash of warm water if needed to thin the purée.
3. Before you serve, spoon carrot-ginger purée onto each plate, place the steamed cod fillet on top, drizzle with remaining olive oil, and garnish with chopped parsley. Serve immediately.

SUNDAY

**Week 2:
 Strengthening Habits
 14-th Day**

Meal	
Breakfast	Warm Cinnamon Pear Compote with Chia
Lunch	Creamy Butternut Squash Soup with Ginger
Dinner	Steamed Cod with Carrot-Ginger Purée

CHAPTER 3

WEEK 3: ADAPTATION & VARIATION

“Now you know your rhythm. Try changing days by color consciously.”

In this week, you begin to take ownership of your rhythm. You’ve built consistency, and now you can explore subtle variations, try new ingredients, and shift meals around based on how you feel.

We’ll continue with the 3-meals-a-day structure — no snacks — and color-coded rhythm:

Day	Color Code	Theme
Mon	● Yellow	Balanced reset
Tue	● Green	Energy-focused day
Wed	● Red	Recovery and nourishment
Thu	● Yellow	Light variety + stability
Fri	● Green	Peak performance meals
Sat	● Green	Sustained energy + variety
Sun	● Red	Gentle digestive support

Key Reminders for Week 3

- You’ve laid the foundation — now refine it. Notice what fuels you best and feel free to rotate meals based on your energy and appetite.
- Explore variety within your structure: try a new spice, swap leafy greens, or change how you cook your protein.
- Match your meals to your needs. Some days may need lighter fare, others more sustaining food — and that’s okay.
- Stick to three complete meals per day to support digestion and hormone balance. Resist the urge to snack unless absolutely needed.
- Notice your hunger and satiety signals — they’re becoming more reliable now. Trust them.
- Let your meals evolve from obligation to self-care.

Weekly Focus Tip

Eat with awareness. Adapt with intention.

You’re no longer just following the plan — you’re living it. Each choice is a chance to refine what “nourishment” means for you now.

Mini Daily Motivational Prompts - Week 3

Day	Prompt
Monday	Your body already knows more than it did two weeks ago. Trust it to guide you today.
Tuesday	Change doesn't have to be dramatic. A small swap is still powerful.
Wednesday	Feeling tired? That's not failure — it's information. Rest is progress.
Thursday	Food is not just fuel. It's communication. Listen to what your meal is telling you.
Friday	Today, move with energy — but eat with calm.
Saturday	You don't need perfect meals. You need meals that care for you.
Sunday	Reflect, don't restrict. You've come further than you think.

Your body already knows more than it did two weeks ago. Trust it to guide you today.

Warming Cinnamon Apple Quinoa



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Cinnamon, apple, walnuts, extra virgin olive oil

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Apple, diced: 1 medium / 150 g
- Ground cinnamon: ½ tsp / 1 g
- Chopped walnuts: 2 tbsp / 20 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Maple syrup: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Rinse the apple under cold water, pat dry, remove the core, and dice it into small cubes (leave the peel on for extra fiber). Use a small skillet to heat ½ tablespoon (7 ml) of olive oil over medium heat. Now add the diced apple and sauté for 4-5 minutes, stirring occasionally, until they soften slightly and release a sweet aroma.
2. Sprinkle the cinnamon over the apples. Stir well and continue cooking for 1-2 more minutes until the apples are golden and tender. Remove from heat. In a separate small saucepan, warm the cooked quinoa with the remaining ½ tablespoon (7 ml) of olive oil and a splash (2-3 tbsp) of water to loosen it. Stir frequently over low heat for 3-4 minutes until fully heated through.
3. Divide the warm quinoa into two bowls. Top each with half of the cinnamon apple mixture, then sprinkle chopped walnuts over the top. If desired, drizzle each bowl with a small amount of maple syrup for added sweetness.

NUTRITIONAL VALUE (PER SERVING):

Calories: 310 Carbohydrates: 38 g Sodium: 10 mg
Protein: 6 g Saturated Fat: 2 g Fiber: 5 g
Fat: 14 g Cholesterol: 0 mg Sugar: 10 g

Lentil & Roasted Beet Arugula Salad



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Lentils, arugula, beets, olive oil, black pepper

INGREDIENTS:

- Cooked lentils: 1 cup / 180 g
- Roasted beets, diced: 1 cup / 150 g
- Arugula: 2 cups / 60 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon juice: 1 tbsp / 15 ml
- Optional – Black pepper: a pinch

COOKING INSTRUCTIONS:

1. If using raw beets, preheat your oven to 400°F / 200°C. Scrub the beets clean under water, cut off the tops and roots, and wrap them in foil. Roast for 35-40 minutes until tender when pierced with a knife. Let cool slightly, then peel and dice. For pre-cooked beets, simply dice them into ½-inch cubes.
2. Rinse the arugula thoroughly under cool water. Use a fresh towel or salad spinner to dry it after shaking off any extra. Place the cooked lentils, diced beets, and arugula in a large mixing bowl.
3. Use a small bowl to whisk together the olive oil and lemon juice until combined. Drizzle the dressing over the salad. Use tongs or clean hands to gently toss the ingredients together until well coated. Season with a pinch of black pepper if desired. Serve at room temperature or cooled down.

NUTRITIONAL VALUE (PER SERVING):

Calories: 360 Carbohydrates: 30 g Sodium: 70 mg
Protein: 12 g Saturated Fat: 3 g Fiber: 9 g
Fat: 20 g Cholesterol: 0 mg Sugar: 7 g



Herb Chicken with Steamed Green Beans

Category: Dinner
Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Anti-Inflammatory Base: Garlic, rosemary, olive oil, green beans

NUTRITIONAL VALUE (PER SERVING):

Calories: 390
 Protein: 36 g
 Fat: 24 g

Carbohydrates: 7 g
 Saturated Fat: 3 g
 Cholesterol: 80 mg

Sodium: 90 mg
 Fiber: 3 g
 Sugar: 3 g

INGREDIENTS:

- Chicken breast, sliced:
8 oz / 230 g
- Green beans, trimmed:
2 cups / 200 g
- Garlic, minced:
2 cloves / 6 g
- Fresh rosemary (or dried):
1 tsp / 1 g
- Extra virgin olive oil:
2 tbsp / 30 ml
- Optional – Lemon zest:
1 tsp / 2 g

COOKING INSTRUCTIONS:

1. Use paper towels to wipe dry after rinsing the chicken breast under cold water. Slice into thin strips for quicker, even cooking. Mince the garlic cloves finely and chop the rosemary leaves (if using fresh). Rub the chicken strips with the garlic and rosemary.
2. Use a large nonstick skillet over medium heat to warm 1 tablespoon (15 ml) of olive oil. Add the chicken in a single layer and cook for 6-8 minutes, turning once or twice, until golden brown and fully cooked through (internal temp should reach 165°F / 74°C). While the chicken cooks, trim the ends off the green beans and rinse well. Fill a pot with 1 inch of water and bring to a boil. Cover the pot and set a steamer basket over it. Add the green beans and steam them for 6-7 minutes, until they are bright green and soft to the fork.
3. Toss the steamed green beans in a bowl with the remaining 1 tablespoon of olive oil and lemon zest if using. Plate the cooked chicken and green beans together and serve.

MONDAY

WEEK 3: ADAPTATION & VARIATION

15-th Day

Meal

Breakfast

Warming Cinnamon
Apple Quinoa

Lunch

Lentil & Roasted Beet
Arugula Salad

Dinner

Herb Chicken with
Steamed Green Beans

Change doesn't have to be dramatic. A small swap is still powerful.

Power Berry Matcha Smoothie Bowl



Category: Breakfast **Cook Time:** 0 minutes
(no cooking required)
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Frozen berries, fresh spinach, matcha powder, chia seeds, unsweetened almond milk

INGREDIENTS:

- Frozen mixed berries (blueberries, raspberries, strawberries): 1 cup / 150 g
- Fresh spinach: 1 cup / 30 g
- Unsweetened almond milk: $\frac{3}{4}$ cup / 180 ml
- Matcha powder: 1 tsp / 2 g
- Chia seeds: 2 tbsp / 30 g
- Optional – Sliced almonds for topping: 2 tbsp / 15 g

COOKING INSTRUCTIONS:

1. Gather all ingredients. Rinse the fresh spinach well under cold water and use a new towel to pat dry.
2. Add the frozen berries, spinach, almond milk, and matcha powder in a blender. Blend on high speed for about 30-45 seconds until the mixture is completely smooth. If the smoothie is too thick, just add some more almond milk.
3. Pour the smoothie into two bowls. Sprinkle each serving with chia seeds and also, if you like, top with sliced almonds. Serve immediately with a spoon.

NUTRITIONAL VALUE (PER SERVING):

Calories: 240 Carbohydrates: 30 g Sodium: 60 mg
Protein: 6 g Saturated Fat: 1 g Fiber: 9 g
Fat: 8 g Cholesterol: 0 mg Sugar: 14 g

Citrus Chicken Quinoa Salad



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Chicken, quinoa, mixed greens, citrus, olive oil

INGREDIENTS:

- Chicken breast, grilled and sliced: 8 oz / 230 g
- Cooked quinoa: 1 cup / 170 g
- Mixed greens (a combination of spinach and arugula): 2 cups / 60 g
- Orange segments, peeled and separated: 1 medium orange / 130 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon juice: 1 tbsp / 15 ml
- Optional: Fresh mint leaves, roughly chopped: 1 tbsp / 3 g

COOKING INSTRUCTIONS:

1. If not pre-cooked, season the chicken breast lightly (optional: use herbs like thyme or rosemary) and grill it over medium heat for about 5-6 minutes each side until fully cooked. Let it rest for a few minutes, and then slice it thinly.
2. Use a large bowl to join the cooked quinoa and mixed greens. Add the orange segments carefully so as not to break them apart.
3. In a small bowl, whisk together the olive oil and lemon juice. Drizzle the dressing over the salad. Toss everything together gently. If desired, sprinkle chopped mint leaves over the top for extra freshness. Serve immediately at room temperature.

NUTRITIONAL VALUE (PER SERVING):

Calories: 400 Carbohydrates: 20 g Sodium: 120 mg
Protein: 30 g Saturated Fat: 4 g Fiber: 7 g
Fat: 26 g Cholesterol: 70 mg Sugar: 8 g



Spicy Ginger Beef with Stir-Fried Broccoli & Bell Peppers

Category: Dinner
Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Anti-Inflammatory Base: Lean beef, broccoli, bell peppers, fresh ginger, extra virgin olive oil

NUTRITIONAL VALUE (PER SERVING):		
Calories: 410	Carbohydrates: 12 g	Sodium: 150 mg
Protein: 28 g	Saturated Fat: 2 g	Fiber: 4 g
Fat: 18 g	Cholesterol: 70 mg	Sugar: 4 g

INGREDIENTS:

- Lean beef strips: 8 oz / 230 g
- Broccoli florets: 1 cup / 75 g
- Red bell pepper, sliced into strips: 1 medium / 120 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Tamari sauce (low-sodium, gluten-free): 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Rinse the broccoli and cut into small florets. Rinse the red bell pepper and remove the seeds and core before slicing it into thin strips. Peel a small piece of ginger and grate finely using a microplane or fine grater.
2. Use a large skillet or wok to heat the olive oil over medium-high heat. Once the oil shimmers, add the lean beef strips in a single layer. Stir-fry the beef for around 4-5 minutes until it browns and is nearly cooked through.
3. Add the prepared broccoli and red bell pepper to the skillet. Sprinkle with the grated ginger. Stir-fry together for an additional 5-6 minutes until the vegetables are tender yet crisp. If desired, drizzle the optional tamari sauce over the mixture during the last minute of cooking. Mix everything together well so that it's all covered. Place on plates and serve right away.

TUESDAY

WEEK 3: ADAPTATION & VARIATION

16-th Day

Meal	
Breakfast	Power Berry Matcha Smoothie Bowl
Lunch	Citrus Chicken Quinoa Salad
Dinner	Spicy Ginger Beef with Stir-Fried Broccoli & Bell Peppers

**Feeling tired? That's not failure — it's information.
Rest is progress.**

Creamy Turmeric Millet Porridge



Category: Breakfast **Cook Time:** 20 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Turmeric, black pepper, chia seeds, almond milk

INGREDIENTS:

- Uncooked millet: ¼ cup / 45 g
- Unsweetened almond milk: 1 ½ cups / 360 ml
- Ground turmeric: ½ tsp / 1 g
- Ground black pepper: a pinch
- Chia seeds: 1 tbsp / 15 g
- Optional – Honey or maple syrup: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Rinse the millet thoroughly under cold water using a fine mesh sieve. Use a small saucepan to combine millet and almond milk. Bring to a low boil over medium heat.
2. Add turmeric and black pepper. Lower the heat, cover, and let it cook slowly for 15 to 18 minutes, stirring every now and then, until the millet is soft and smooth.
3. Stir in chia seeds and cook uncovered for 2 more minutes to thicken. Divide into two bowls. Drizzle with optional honey or syrup.

NUTRITIONAL VALUE (PER SERVING):

Calories: 280 Carbohydrates: 36 g Sodium: 40 mg
Protein: 6 g Saturated Fat: 1 g Fiber: 5 g
Fat: 9 g Cholesterol: 0 mg Sugar: 5 g

Carrot-Ginger Soup with Arugula Side Salad



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Ginger, garlic, carrots, olive oil, arugula

INGREDIENTS:

Ingredients for the Soup:

- Carrots, peeled and sliced: 3 medium / 250 g
- Garlic, minced: 1 clove / 3 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Water or low-sodium veggie broth: 2 cups / 480 ml

Ingredients for the Side Salad:

- Fresh arugula: 2 cups / 60 g
- Lemon juice: 1 tbsp / 15 ml
- Extra virgin olive oil: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Use a medium saucepan to heat olive oil over medium heat. Add some garlic and ginger, and then sauté for 30-60 seconds until fragrant.
2. Add the sliced carrots and pour in water or broth. Bring to a boil, then reduce heat and simmer for 12-15 minutes until the carrots are tender. Pour the soup into a blender (or use an immersion blender) and blend until smooth. Let it cool slightly before blending.
3. For the salad, rinse the arugula, dry it, and place it in a bowl. Drizzle with lemon juice and olive oil. Toss gently. Serve the warm soup with the fresh salad on the side.

NUTRITIONAL VALUE (PER SERVING):

Calories: 260 Carbohydrates: 29 g Sodium: 90 mg
Protein: 4 g Saturated Fat: 2 g Fiber: 6 g
Fat: 14 g Cholesterol: 0 mg Sugar: 9 g



Baked Sweet Potato with Garlic Spinach

Category: Dinner

Prep Time: 5 minutes

Cook Time: 25 minutes

Servings: 2

Anti-Inflammatory Base: Sweet potato, garlic, spinach, olive oil

NUTRITIONAL VALUE (PER SERVING):

Calories: 350
Protein: 6 g
Fat: 14 g

Carbohydrates: 50 g
Saturated Fat: 2 g
Cholesterol: 0 mg

Sodium: 100 mg
Fiber: 8 g
Sugar: 9 g

INGREDIENTS:

- Medium sweet potatoes: 2 / ~400 g total
- Fresh spinach: 4 cups / 120 g
- Garlic, minced: 2 cloves / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Preheat oven to 400°F / 200°C. Rinse the sweet potatoes well and prick each one several times with a fork.
2. Place sweet potatoes directly on a baking sheet or on the oven rack. Bake for 25 minutes, or until very tender when pierced with a knife. While potatoes bake, rinse spinach and drain well.
3. Use a large skillet to heat 1 tbsp olive oil over medium heat. Now add minced garlic and sauté for 30 seconds. Add spinach and stir constantly for 2-3 minutes until wilted. Take out the sweet potatoes from the oven. Slice each one open, drizzle with remaining olive oil, and top with the garlic spinach. Add pepper if desired.

WEDNESDAY

WEEK 3: ADAPTATION & VARIATION

17-th Day

Meal	
Breakfast	Power Berry Matcha Smoothie Bowl
Lunch	Citrus Chicken Quinoa Salad
Dinner	Spicy Ginger Beef with Stir-Fried Broccoli & Bell Peppers

Food is not just fuel. It's communication. Listen to what your meal is telling you.

Sautéed Greens & Egg Bowl with Avocado



Category: **Breakfast** Cook Time: 10 minutes
Prep Time: 5 minutes Servings: 2

Anti-Inflammatory Base: Extra virgin olive oil, spinach, avocado, black pepper

INGREDIENTS:

- Eggs: 2 large / ~100 g
- Fresh spinach: 2 cups / 60 g
- Avocado: 1 medium / 200 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Ground black pepper: a pinch
- Optional – Lemon juice: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Rinse the spinach thoroughly under cold water and shake off any excess moisture. Cut the avocado in half, remove the pit, and scoop out the flesh. Slice it thinly and set aside. Heat 1 tablespoon of olive oil in a medium skillet over medium heat. Add the spinach and stir gently for about 2-3 minutes until wilted and soft. Remove the spinach from the skillet and place it in two serving bowls.
2. Add the remaining 1 tablespoon of olive oil to the skillet. Crack the eggs carefully. Cook them sunny-side-up (or over-easy, if preferred) for about 3-4 minutes until the whites are fully set but yolks remain soft.
3. Top each bowl of spinach with one cooked egg and half of the sliced avocado. Sprinkle with black pepper and a small drizzle of lemon juice if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 340 Carbohydrates: 8 g Sodium: 120 mg
Protein: 10 g Saturated Fat: 5 g Fiber: 6 g
Fat: 28 g Cholesterol: 190 mg Sugar: 1g

Chickpea & Cucumber Salad with Olive Oil Dressing



Category: **Lunch** Cook Time: 0 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Chickpeas, cucumber, lemon, olive oil, herbs

INGREDIENTS:

- Cooked chickpeas: 1 cup / 165 g
- Cucumber, diced: 1 large / 250 g
- Fresh parsley or dill, chopped: 2 tbsp / 4 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon juice: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. If using dried chickpeas, soak overnight and cook in advance until tender. If using pre-cooked chickpeas, rinse them well under cold water and drain. Rinse the cucumber and chop off the ends.
2. Slice it lengthwise, then dice it into small bite-sized cubes. Wash and finely chop the parsley or dill. Use a medium bowl to join the chickpeas, diced cucumber, and fresh herbs. In a small cup or bowl, whisk together the olive oil and lemon juice.
3. Add the dressing over the chickpea mixture, and then stir gently until evenly coated. Optionally you can add a pinch of black pepper. Chill in the fridge for 5-10 minutes or serve immediately.

NUTRITIONAL VALUE (PER SERVING):

Calories: 360 Carbohydrates: 26 g Sodium: 80 mg
Protein: 12 g Saturated Fat: 3 g Fiber: 8 g
Fat: 22 g Cholesterol: 0 mg Sugar: 4 g



Rosemary Chicken with Roasted Carrots & Zucchini

Category: Dinner

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Anti-Inflammatory Base: Chicken, rosemary, olive oil, black pepper

NUTRITIONAL VALUE (PER SERVING):

Calories: 420

Protein: 32 g

Fat: 28 g

Carbohydrates: 14 g

Saturated Fat: 4 g

Cholesterol: 120 mg

Sodium: 130 mg

Fiber: 4 g

Sugar: 6 g

INGREDIENTS:

- Chicken thighs, boneless, skinless: 2 medium / 300 g
- Carrots, peeled and sliced: 2 medium / 160 g
- Zucchini, sliced into half-moons: 1 medium / 180 g
- Fresh or dried rosemary: 1 tsp / 1 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional: Lemon wedges for serving

COOKING INSTRUCTIONS:

1. Preheat the oven to 400°F / 200°C. Grease a baking tray lightly or line with parchment paper. Rinse the chicken thighs under cold water and pat them dry with paper towels. Trim excess fat if needed.
2. Peel the carrots, trim off the ends, and slice into thin rounds. Rinse and slice the zucchini into half-moons. Arrange the chicken, carrots, and zucchini on the baking tray in a single layer. Drizzle everything with olive oil and sprinkle with rosemary. Toss the vegetables gently so they're evenly coated.
3. Place the tray in the oven, roast for 20 minutes, and flip the vegetables all the way. The chicken should be fully cooked (internal temp of 165°F / 74°C) and the vegetables should be slightly golden. Serve immediately with lemon wedges if using.

THURSDAY

WEEK 3: ADAPTATION & VARIATION

18-th Day

Meal	
Breakfast	Sautéed Greens & Egg Bowl with Avocado
Lunch	Chickpea & Cucumber Salad with Olive Oil Dressing
Dinner	Rosemary Chicken with Roasted Carrots & Zucchini

Spiced Quinoa Breakfast Bowl with Walnuts & Kale



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Turmeric, black pepper, walnuts, kale, olive oil

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Fresh kale, chopped: 1 cup / 30 g
- Ground turmeric: ½ tsp / 1 g
- Chopped walnuts: 2 tbsp / 20 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional: Lemon zest: 1 tsp / 2 g

COOKING INSTRUCTIONS:

1. Rinse the kale under cold water. Get rid of the tough stems and chop the leaves into small pieces. Use a skillet to heat olive oil over medium heat. Add kale and sauté for 2-3 minutes, stirring occasionally, until wilted.
2. Add cooked quinoa and turmeric to the skillet. Stir well and cook for another 3-4 minutes until heated through and the turmeric is evenly distributed.
3. Divide the mixture into two bowls. Top each with chopped walnuts and optional lemon zest for brightness. Serve warm.

NUTRITIONAL VALUE (PER SERVING):

Calories: 320 Carbohydrates: 30 g Sodium: 80 mg
Protein: 10 g Saturated Fat: 2 g Fiber: 6 g
Fat: 16 g Cholesterol: 0 mg Sugar: 2 g

Ginger-Lemon Chicken Quinoa Bowl



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Fresh ginger, black pepper, kale, olive oil, quinoa

INGREDIENTS:

- Chicken breast, cubed: 8 oz / 230 g
- Cooked quinoa: 1 cup / 170 g
- Fresh kale, chopped: 1 cup / 30 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Wash and chop the kale. Peel and grate the ginger using a fine grater. Cut chicken breast into bite-sized cubes. Heat olive oil in a large skillet over medium heat.
2. Put in the cubed chicken and cook for 5-6 minutes. Stir occasionally, until golden brown and cooked through. Add the quinoa, kale, and ginger to the skillet. Stir everything well and cook for 4-5 minutes, until the kale is wilted and everything is hot.
3. Season with black pepper if desired. Divide into two bowls and serve hot.

NUTRITIONAL VALUE (PER SERVING):

Calories: 390 Carbohydrates: 32 g Sodium: 120 mg
Protein: 30 g Saturated Fat: 2 g Fiber: 5 g
Fat: 14 g Cholesterol: 70 mg Sugar: 2 g



Zucchini Noodles with Chicken & Basil Pesto

Category: Dinner
Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Anti-Inflammatory Base: Basil, olive oil, walnuts, zucchini

NUTRITIONAL VALUE (PER SERVING):

Calories: 370	Carbohydrates: 8 g	Sodium: 140 mg
Protein: 30 g	Saturated Fat: 3 g	Fiber: 3 g
Fat: 24 g	Cholesterol: 70 mg	Sugar: 3 g

INGREDIENTS:

- Chicken breast, diced: 8 oz / 230 g
- Zucchini, spiralized into noodles: 2 medium / 300 g
- Fresh basil leaves: 1 cup / 30 g
- Walnuts: 2 tbsp / 20 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Lemon zest: 1 tsp / 2 g

COOKING INSTRUCTIONS:

1. Wash and trim the zucchini. Turn it into noodles (or use pre-spiralized) using a spiralizer. Use a skillet to heat 1 tbsp olive oil over medium heat.
2. Add the chicken dices and cook for 5 to 6 minutes, until the chicken is fully cooked and crispy. Remove from heat. Meanwhile, make the pesto: In a small blender or food processor, blend basil leaves, walnuts, and 1 tbsp olive oil until smooth. Add a teaspoon of water if it's too thick.
3. Return skillet to low heat. Add zucchini noodles and pesto. Stir gently for 2-3 minutes until just warmed through (avoid overcooking to keep noodles firm). Stir in the cooked chicken, toss everything together, and top with optional lemon zest.

FRIDAY

WEEK 3: ADAPTATION & VARIATION
19-th Day

Meal	
Breakfast	Ginger-Lemon Chicken Quinoa Bowl
Lunch	Spiced Quinoa Breakfast Bowl with Walnuts & Kale
Dinner	Zucchini Noodles with Chicken & Basil Pesto

You don't need perfect meals. You need meals that care for you.

Spinach Avocado Smoothie



Category: **Breakfast** Cook Time: 0 minutes
Prep Time: 5 minutes Servings: 2

Anti-Inflammatory Base: Spinach, avocado, matcha powder, chia seeds

INGREDIENTS:

- Fresh spinach: 2 cups / 60 g
- Avocado: 1 medium / 200 g
- Unsweetened almond milk: 1 cup / 240 ml
- Matcha powder: 1 tsp / 2 g
- Chia seeds: 2 tbsp / 30 g
- Optional – Honey: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Wash the spinach in cold water and pat it dry. Take the pit out of one half of the avocado and put the meat into a blender.
2. Add the spinach, almond milk, matcha powder, and chia seeds. Blend for 30-45 seconds until smooth and creamy. If the smoothie is too thick, just add a little more almond milk and blend again.
3. Taste and add optional honey if desired. Blend for 5 more seconds, and then serve it in two glasses.

NUTRITIONAL VALUE (PER SERVING):

Calories: 280 Carbohydrates: 18 g Sodium: 90 mg
Protein: 6 g Saturated Fat: 2 g Fiber: 9 g
Fat: 18 g Cholesterol: 0 mg Sugar: 3 g

Ginger Chicken and Kale Salad



Category: **Lunch** Cook Time: 10 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Chicken, kale, ginger, olive oil

INGREDIENTS:

- Chicken breast, cooked and shredded: 8 oz / 230 g
- Fresh kale, chopped: 2 cups / 60 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon (juice): 1 medium / 120 g
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. If your chicken isn't pre-cooked, bake or sauté it lightly seasoned until fully cooked (internal temp 165°F / 74°C), then shred it using two forks. Rinse kale under cold water, pat dry, remove tough stems, and chop into small pieces.
2. Use a skillet to heat 1 tbsp olive oil over medium heat. Add grated ginger and sauté for 30 seconds. Add shredded chicken and stir gently for 2-3 minutes until warmed through.
3. In a mixing bowl, add kale, remaining olive oil, and lemon juice. Massage kale with clean hands for 1-2 minutes to soften. Top the kale with the warm ginger chicken. Add black pepper if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 360 Carbohydrates: 6 g Sodium: 120 mg
Protein: 28 g Saturated Fat: 3 g Fiber: 3 g
Fat: 20 g Cholesterol: 70 mg Sugar: 2 g



Lemon Garlic Shrimp with Broccoli

Category: Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 2

Anti-Inflammatory Base: Shrimp, garlic, olive oil, lemon, broccoli

NUTRITIONAL VALUE (PER SERVING):

Calories: 310

Protein: 26 g

Fat: 18 g

Carbohydrates: 6 g

Saturated Fat: 3 g

Cholesterol: 180 mg

Sodium: 190 mg

Fiber: 3 g

Sugar: 1 g

INGREDIENTS:

- Raw shrimp, peeled and deveined: 8 oz / 230 g
- Broccoli florets: 2 cups / 150 g
- Garlic, minced: 2 cloves / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon (juice): 1 medium / 120 g
- Optional: Fresh parsley for garnish

COOKING INSTRUCTIONS:

1. Rinse shrimp under cold water, then pat dry with paper towels. Rinse broccoli and cut into small florets. Mince the garlic. Use a large skillet to heat 1 tbsp olive oil over medium heat. Add some garlic and cook for 30 seconds, stirring constantly to avoid burning.
2. Add shrimp to the skillet in a single layer. Cook for 2-3 minutes per side, until pink and opaque. Transfer the shrimp to a plate. In the same skillet, add another 1 tbsp olive oil and broccoli. Stir-fry for 4-5 minutes until tender-crisp.
3. Return shrimp to the pan. Drizzle with lemon juice and stir everything together. Garnish with parsley if using.

SATURDAY

WEEK 3: ADAPTATION & VARIATION

20-th Day

Meal	
Breakfast	Ginger-Lemon Chicken Quinoa Bowl
Lunch	Spiced Quinoa Breakfast Bowl with Walnuts & Kale
Dinner	Zucchini Noodles with Chicken & Basil Pesto

Reflect, don't restrict. You've come further than you think.

Turmeric Coconut Quinoa Porridge



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Turmeric, black pepper, chia seeds, coconut milk

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Unsweetened coconut milk: 1 cup / 240 ml
- Ground turmeric: ½ tsp / 1 g
- Ground black pepper: a pinch
- Chia seeds: 2 tbsp / 30 g
- Optional – Fresh berries: ½ cup / 75 g

COOKING INSTRUCTIONS:

1. In a small saucepan, combine the cooked quinoa and coconut milk. Place over medium heat. Stir occasionally as it begins to warm, ensuring the mixture doesn't stick to the pan.
2. Once warm, stir in the turmeric and a pinch of black pepper. Let the porridge simmer for 5-7 minutes, stirring gently, until thick and creamy. Stir in chia seeds and let it sit for 2 more minutes to absorb liquid.
3. Divide into two bowls. Top with fresh berries if using

NUTRITIONAL VALUE (PER SERVING):

Calories: 320 Carbohydrates: 28 g Sodium: 60 mg
Protein: 9 g Saturated Fat: 6 g Fiber: 6 g
Fat: 18 g Cholesterol: 0 mg Sugar: 3 g

Grilled Chicken & Avocado Power Bowl



Category: Lunch **Cook Time:** 10 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Avocado, arugula, olive oil, lemon

INGREDIENTS:

- Chicken breast, grilled and sliced: 8 oz / 230 g
- Fresh arugula: 2 cups / 60 g
- Avocado, diced: 1 medium / 200 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon (juice): 1 medium / 120 g
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. If using raw chicken, cook it on a grill or skillet over medium heat for 5 to 6 minutes on each side, or until it is cooked through (no pink in the middle). Let it rest, then slice thinly. Meanwhile, rinse arugula and pat it dry.
2. Dice the avocado and drizzle it with a little lemon juice to prevent browning. In a bowl, toss arugula with 1 tablespoon olive oil and lemon juice.
3. Place the arugula in serving bowls. Add sliced chicken and avocado on top. Drizzle remaining olive oil, season with black pepper if desired, and serve.

NUTRITIONAL VALUE (PER SERVING):

Calories: 400 Carbohydrates: 8 g Sodium: 120 mg
Protein: 30 g Saturated Fat: 4 g Fiber: 7 g
Fat: 26 g Cholesterol: 70 mg Sugar: 2 g



Ginger Beef & Vegetable Stir-Fry

Category: Dinner
Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Anti-Inflammatory Base: Ginger, black pepper, broccoli, cabbage, avocado oil

NUTRITIONAL VALUE (PER SERVING):

Calories: 380
 Protein: 28 g
 Fat: 22 g

Carbohydrates: 8 g
 Saturated Fat: 4 g
 Cholesterol: 70 mg

Sodium: 160 mg
 Fiber: 3 g
 Sugar: 2 g

INGREDIENTS:

- Lean beef strips: 8 oz / 230 g
- Broccoli florets: 1 cup / 75 g
- Shredded cabbage: 1 cup / 75 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Avocado oil: 1 tbsp / 15 ml
- Optional – Tamari (low-sodium, gluten-free): 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Slice the beef into thin strips. Rinse and cut the broccoli into bite-size florets. If using whole cabbage, shred it thinly. Grate the fresh ginger using a fine grater.
2. Use a large skillet or wok to heat the avocado oil over medium-high heat. Add the beef strips and sauté for 4-5 minutes until browned. Add broccoli, cabbage, and ginger. Stir well.
3. Continue stir-frying for 6-7 minutes until vegetables are tender but still vibrant. Drizzle with tamari if using. Mix everything and divide between two plates.

SUNDAY

WEEK 3: ADAPTATION & VARIATION

21-st Day

Meal	
Breakfast	Turmeric Coconut Quinoa Porridge
Lunch	Grilled Chicken & Avocado Power Bowl
Dinner	Ginger Beef & Vegetable Stir-Fry

CHAPTER 4

WEEK 4: FIXING & TRUST

“You’re not just following a plan — you’re learning to choose. It’s no longer a diet, but a lifestyle.”

Theme of the Week:

This week is about building confidence. You’ve practiced listening to your body, experienced the difference food can make, and now it’s time to **stabilize the habits** that feel good. This is not about restriction—but **reinforcement** and **trusting your rhythm**.

Key Reminders for Week 4:

Stick to three nourishing meals per day, no snacking is needed.

Choose meals that reflect your actual energy level (Yellow = steady, Green = high, Red = low).

Add variety by swapping vegetables, proteins, or herbs — you know the base now.

Don’t worry about doing everything “right.” Just keep showing up.

Weekly Focus Tip:

Trust your body. This is where food becomes natural again — not a rule, but a rhythm.

**Mini Daily Motivational Prompts – Week 4:
Fixing & Trust**

Day	Prompt
Monday	Your body knows the way now. Let your meals match your life, not your calendar.
Tuesday	Consistency isn't perfection — it's returning to what feels right, again and again.
Wednesday	You're no longer learning — you're practicing. Keep showing up.
Thursday	This isn't a "diet" anymore. This is nourishment.
Friday	Notice how you feel after each meal — that's your progress speaking.
Saturday	Take it slow. You don't need to change anything fast to keep growing.
Sunday	You've created something sustainable. Celebrate that with something simple and fresh.

Your body knows the way now. Let your meals match your life, not your calendar.

Warming Cinnamon Apple Oats



Category: Breakfast **Cook Time:** 10 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Cinnamon, chia seeds, apple, almond milk

INGREDIENTS:

- Rolled oats: ½ cup / 50 g
- Unsweetened almond milk: 1 cup / 240 ml
- Apple, diced (peel on): 1 medium / 180 g
- Ground cinnamon: ½ tsp / 1 g
- Chia seeds: 1 tbsp / 10 g
- Optional – Honey: 1 tsp / 5 ml

COOKING INSTRUCTIONS:

1. Take a small saucepan and add ½ cup rolled oats and 1 cup almond milk in it. Stir to combine. Place over medium heat and bring to a gentle simmer. While it begins to heat, wash the apple, remove the core, and dice it into small cubes (about 1 cm). Stir occasionally to prevent sticking.
2. Add the diced apple, cinnamon, and chia seeds after the mixture starts to bubble. Continue cooking over low-medium heat for 7-10 minutes, stirring every minute or so. The oats will thicken and soften, and the apple will start to become tender.
3. Turn off the heat and let the oatmeal sit for 1 minute to cool slightly and finish thickening. Divide into two bowls and drizzle with a little honey if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 270 Carbohydrates: 43 g Sodium: 55 mg
Protein: 6 g Saturated Fat: 1 g Fiber: 7 g
Fat: 7 g Cholesterol: 0 mg Sugar: 10 g

Lemon Herb Quinoa Chickpea Bowl



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Olive oil, parsley, lemon, chickpeas

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Cooked chickpeas: 1 cup / 165 g
- Fresh parsley, chopped: 2 tbsp / 8 g
- Lemon (juice + zest): 1 medium / 120 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. If using dried chickpeas, soak and cook them ahead of time. Place 1 cup cooked quinoa and 1 cup cooked chickpeas into a large skillet or sauté pan. Warm over low heat for 3-4 minutes just until heated through, stirring occasionally.
2. While quinoa warms, chop the parsley finely. Zest the lemon using a grater (zest first, then juice). Put the lemon juice, zest, and parsley in the pan. Add 1 tablespoon of olive oil and mix everything together slowly.
3. Remove from heat. Taste and season with a pinch of ground black pepper and an additional drizzle of olive oil if desired. Divide into two serving bowls and serve warm or chilled.

NUTRITIONAL VALUE (PER SERVING):

Calories: 360 Carbohydrates: 40 g Sodium: 90 mg
Protein: 13 g Saturated Fat: 2 g Fiber: 9 g
Fat: 16 g Cholesterol: 0 mg Sugar: 2 g



Baked Rosemary Cod with Sautéed Greens

Category: Dinner
Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Anti-Inflammatory Base: Cod, olive oil, rosemary, spinach, garlic

NUTRITIONAL VALUE (PER SERVING):

Calories: 310
 Protein: 29 g
 Fat: 18 g

Carbohydrates: 6 g
 Saturated Fat: 3 g
 Cholesterol: 65 mg

Sodium: 140 mg
 Fiber: 2 g
 Sugar: 1 g

INGREDIENTS:

- Cod fillets:
2 small / 8 oz / 230 g
- Fresh rosemary, chopped: 1 tsp / 1 g
- Fresh spinach:
3 cups / 90 g
- Garlic, minced:
2 cloves / 6 g
- Extra virgin olive oil:
2 tbsp / 30 ml
- Optional: Lemon wedges for serving

COOKING INSTRUCTIONS:

1. Set the oven's temperature to 375°F / 190°C. Line a small baking tray with parchment paper. Put the cod pieces on the pan and use a paper towel to dry them off. Then drizzle them with 1 tablespoon of olive oil. Sprinkle chopped rosemary evenly on top. Bake for 12-15 minutes, to the point when fish is opaque and flaky.
2. While the cod bakes, rinse the spinach thoroughly and dry it with a clean towel or salad spinner. Mince the garlic. Use a large nonstick skillet for heating the remaining 1 tbsp olive oil over medium heat. Add the garlic and cook for 30 seconds, just until fragrant. Add spinach and cook for 2-3 minutes, stirring gently, until it wilts but remains bright green.
3. Remove cod from the oven. Divide the sautéed spinach onto two plates. Place a cod fillet on each, and serve with lemon wedges on the side.

MONDAY

WEEK 4: FIXING & TRUST

22-nd Day

Meal	
Breakfast	Warming Cinnamon Apple Oats
Lunch	Lemon Herb Quinoa Chickpea Bowl
Dinner	Baked Rosemary Cod with Sautéed Greens

Consistency isn't perfection — it's returning to what feels right, again and again.

Savory Spinach & Avocado Scramble



Category: Breakfast **Cook Time:** 10 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Eggs, spinach, avocado, olive oil

INGREDIENTS:

- Eggs: 4 large / 200 g
- Fresh spinach: 2 cups / 60 g
- Ripe avocado: 1 medium / 200 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Rinse spinach leaves and pat dry. Take a bowl, and then crack eggs in and whisk until the whites and yolks are well blended. Slice the avocado thinly after peeling it and removing the pit.
2. Use a nonstick skillet over medium heat to warm the olive oil. Then add spinach and sauté for 1-2 minutes until it gets wilted. Pour in the eggs and gently stir with a silicone spatula as they begin to set, about 2-3 minutes.
3. When the eggs are just set (no longer runny but still moist), remove from heat. Divide onto two plates and top each with sliced avocado. Add a pinch of black pepper if desired and serve warm.

NUTRITIONAL VALUE (PER SERVING):

Calories: 330 Carbohydrates: 6 g Sodium: 160 mg
Protein: 14 g Saturated Fat: 6 g Fiber: 5 g
Fat: 28 g Cholesterol: 370 mg Sugar: 1 g

Ginger Chicken Bowl with Broccoli and Brown Rice



Category: Lunch **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Ginger, broccoli, olive oil, brown rice

INGREDIENTS:

- Chicken breast, diced: 8 oz / 230 g
- Broccoli florets: 2 cups / 150 g
- Cooked brown rice: 1 cup / 185 g
- Fresh ginger, grated: 1 tbsp / 6 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional – Tamari (low-sodium): 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Cut the chicken breast into small cubes. Rinse broccoli, and then cut into bite-sized florets. If brown rice is not yet cooked, prepare it in advance.
2. Use a large skillet over medium heat to warm olive oil. Cook for 4 to 5 minutes, until the chicken is lightly golden after you add it. After you add the broccoli and chopped ginger, stir the food every so often and let it simmer for another five to six minutes, until the chicken is fully cooked and the broccoli is soft.
3. Add the brown rice and tamari (if using). Toss everything in the skillet for 1 minute to heat through and combine flavors. Divide between two bowls and serve warm.

NUTRITIONAL VALUE (PER SERVING):

Calories: 410 Carbohydrates: 35 g Sodium: 180 mg
Protein: 30 g Saturated Fat: 2 g Fiber: 5 g
Fat: 14 g Cholesterol: 70 mg Sugar: 2 g



Baked Salmon with Garlic Kale and Roasted Sweet Potato

Category: Dinner
Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Anti-Inflammatory Base: Salmon, garlic, kale, olive oil, sweet potato

NUTRITIONAL VALUE (PER SERVING):		
Calories: 450	Carbohydrates: 22 g	Sodium: 160 mg
Protein: 31 g	Saturated Fat: 4 g	Fiber: 5 g
Fat: 26 g	Cholesterol: 70 mg	Sugar: 5 g

INGREDIENTS:

- Salmon fillets: 2 small / 8 oz / 230 g
- Sweet potatoes, peeled and cubed: 1 medium / 200 g
- Fresh kale, chopped: 2 cups / 60 g
- Garlic, minced: 2 cloves / 6 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional: Lemon wedges for serving

COOKING INSTRUCTIONS:

1. Preheat oven to 400°F / 200°C. Line a baking tray with parchment paper. Spread sweet potato cubes on one side, drizzle with 1 tbsp olive oil, and toss to coat. Place salmon fillets on the other side and drizzle with a little oil.
2. Bake everything for 18-20 minutes. Meanwhile, rinse kale thoroughly and remove stems. Chop into bite-size pieces. Heat 1 tbsp olive oil in a skillet, add garlic, and sauté for 30 seconds. Add kale and stir for 2-3 minutes until wilted.
3. Remove salmon and sweet potatoes from the oven. Put kale on two plates, then add salmon and sweet potatoes on top of each plate. Serve with lemon wedges.

TUESDAY
WEEK 4: FIXING & TRUST
23-rd Day

Meal	
Breakfast	Savory Spinach & Avocado Scramble
Lunch	Ginger Chicken Bowl with Broccoli and Brown Rice
Dinner	Baked Salmon with Garlic Kale and Roasted Sweet Potato

**You're no longer learning — you're practicing.
Keep showing up.**

Creamy Chia Berry Pudding



Category: Breakfast **Cook Time:** 0 minutes
(plus chill time)
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Chia seeds, berries, almond milk

INGREDIENTS:

- Chia seeds: ¼ cup / 40 g
- Unsweetened almond milk: 1 cup / 240 ml
- Mixed fresh berries: 1 cup / 150 g
- Vanilla extract: ½ tsp / 2 ml
- Optional – Maple syrup: 1 tsp / 5 ml

COOKING INSTRUCTIONS:

1. In a medium bowl or jar, combine chia seeds and almond milk. You can add vanilla extract and maple syrup, if you like. Whisk well or stir thoroughly until combined.
2. Let sit at room temperature for 5 minutes, then stir again to prevent clumping. Cover and refrigerate for at least 1 hour, or overnight, until thickened to a pudding texture.
3. Stir the pudding once again before you serve it. Divide into two bowls and top each with fresh berries.

NUTRITIONAL VALUE (PER SERVING):

Calories: 260 Carbohydrates: 26 g Sodium: 60 mg
Protein: 7 g Saturated Fat: 1 g Fiber: 9 g
Fat: 13 g Cholesterol: 0 mg Sugar: 8 g

Cauliflower Rice with Lemon Garlic Shrimp



Category: Lunch **Cook Time:** 10 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Garlic, lemon, olive oil, cauliflower

INGREDIENTS:

- Raw shrimp, peeled and deveined: 8 oz / 230 g
- Cauliflower rice (fresh or frozen): 2 cups / 200 g
- Garlic, minced: 2 cloves / 6 g
- Lemon juice: 1 tbsp / 15 ml
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional: Fresh parsley for garnish

COOKING INSTRUCTIONS:

1. Rinse shrimp and pat dry. If using a whole cauliflower, grate it into rice-sized pieces. Mince garlic and set aside.
2. Use a skillet over medium heat to warm 1 tbsp of olive oil. Add garlic and sauté for 30 seconds. Add shrimp, then cook them for 2-3 minutes on each side until pink and opaque. Remove shrimp and set aside.
3. Use the same skillet, and add remaining oil and cauliflower rice. Sauté for 4-5 minutes until it gets softer. Return shrimp to pan, drizzle with lemon juice, and toss everything together. Garnish with parsley.

NUTRITIONAL VALUE (PER SERVING):

Calories: 290 Carbohydrates: 6 g Sodium: 190 mg
Protein: 25 g Saturated Fat: 3 g Fiber: 2 g
Fat: 18 g Cholesterol: 180 mg Sugar: 1 g



Steamed Broccoli with Poached Egg and Avocado

Category: Dinner
Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 2

Anti-Inflammatory Base: Avocado, olive oil, broccoli, eggs

NUTRITIONAL VALUE (PER SERVING):

Calories: 310	Carbohydrates: 10 g	Sodium: 150 mg
Protein: 12 g	Saturated Fat: 5 g	Fiber: 7 g
Fat: 25 g	Cholesterol: 190 mg	Sugar: 2 g

INGREDIENTS:

- Eggs: 2 large / 100 g
- Broccoli florets: 2 cups / 150 g
- Ripe avocado: 1 medium / 200 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional: Lemon wedges, black pepper

COOKING INSTRUCTIONS:

1. Bring water to boil in a steamer or saucepan with a steamer basket. Add broccoli florets, cover, and steam for 5-7 minutes until fork-tender but still vibrant green.
2. While broccoli steams, poach the eggs: crack each egg into a small bowl. Bring a small saucepan of water to a gentle simmer. Create a whirlpool, gently slide in an egg, and cook for 3-4 minutes. Remove with a slotted spoon. Repeat with second egg.
3. Slice the avocado and divide it between two plates with the steamed broccoli. Top each with a poached egg, drizzle with olive oil, and add optional lemon juice or black pepper.

WEDNESDAY
WEEK 4: FIXING & TRUST
24-th Day

Meal	
Breakfast	Steamed Broccoli with Poached Egg and Avocado
Lunch	Cauliflower Rice with Lemon Garlic Shrimp
Dinner	Creamy Chia Berry Pudding

This isn't a "diet" anymore. This is nourishment.

Creamy Coconut Millet Porridge



Category: **Breakfast** Cook Time: 20 minutes
Prep Time: 5 minutes Servings: 2

Anti-Inflammatory Base: Millet, coconut milk, cinnamon, chia seeds

INGREDIENTS:

- Cooked millet: 1 cup / 180 g
- Unsweetened coconut milk: 1 cup / 240 ml
- Ground cinnamon: 1/2 tsp / 1 g
- Chia seeds: 1 tbsp / 10 g
- Optional – Fresh berries: 1/2 cup / 75 g

COOKING INSTRUCTIONS:

1. In a small saucepan, combine cooked millet and coconut milk. Stir gently and place over medium heat. Allow the mixture to come to a light simmer.
2. Add cinnamon and chia seeds. Keep stirring it as it slowly boils for 8 to 10 minutes, until it gets thick and creamy. Add a splash more coconut milk if needed for texture.
3. Remove from heat and divide into two bowls. Top with fresh berries if using and serve warm.

NUTRITIONAL VALUE (PER SERVING):

Calories: 290 Carbohydrates: 34 g Sodium: 60 mg
Protein: 7 g Saturated Fat: 6 g Fiber: 5 g
Fat: 14 g Cholesterol: 0 mg Sugar: 4 g

Mediterranean Chickpea Salad with Arugula



Category: **Lunch** Cook Time: 0 minutes
Prep Time: 10 minutes Servings: 2

Anti-Inflammatory Base: Olive oil, arugula, chickpeas, oregano

INGREDIENTS:

- Cooked chickpeas: 1 cup / 165 g
- Fresh arugula: 2 cups / 60 g
- Cherry tomatoes, halved: 1 cup / 150 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Dried oregano: 1/2 tsp / 1 g
- Optional – Lemon juice: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Rinse arugula and pat dry. Halve the cherry tomatoes. Place chickpeas in a large mixing bowl.
2. Add arugula and cherry tomatoes to the bowl with chickpeas. Drizzle with olive oil, sprinkle with oregano, and add lemon juice if desired.
3. Toss everything gently to combine. Serve immediately or chill slightly for 10 minutes before eating.

NUTRITIONAL VALUE (PER SERVING):

Calories: 320 Carbohydrates: 28 g Sodium: 100 mg
Protein: 11 g Saturated Fat: 2 g Fiber: 7 g |
Fat: 18 g Cholesterol: 0 mg Sugar: 3 g



Lemon Baked Cod with Steamed Green Beans

Category: Dinner

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2

Anti-Inflammatory Base: Cod, lemon, olive oil, green beans

NUTRITIONAL VALUE (PER SERVING):

Calories: 300

Protein: 28 g

Fat: 16 g

Carbohydrates: 8 g

Saturated Fat: 3 g

Cholesterol: 65 mg

Sodium: 120 mg

Fiber: 4 g

Sugar: 2 g

INGREDIENTS:

- Cod fillets: 2 small / 8 oz / 230 g
- Fresh green beans: 2 cups / 160 g
- Lemon juice: 2 tbsp / 30 ml
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F / 190°C. Put a parchment paper on a baking sheet. Arrange cod fillets on the sheet and drizzle with 1 tbsp olive oil and half the lemon juice.
2. Bake cod for 12-15 minutes until opaque and flaky. Meanwhile, trim the ends of green beans and steam in a basket or saucepan for 6-7 minutes until tender-crisp.
3. Divide the green beans between two plates and top with baked cod. Drizzle remaining olive oil and lemon juice over both. You can also add black pepper if desired and serve warm.

THURSDAY

WEEK 4: FIXING & TRUST

25-th Day

Meal	
Breakfast	Creamy Coconut Millet Porridge
Lunch	Mediterranean Chickpea Salad with Arugula
Dinner	Lemon Baked Cod with Steamed Green Beans

Notice how you feel after each meal — that's your progress speaking.

Sautéed Veggie & Quinoa Breakfast Skillet



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Quinoa, spinach, olive oil, black pepper

INGREDIENTS:

- Cooked quinoa: 1 cup / 170 g
- Fresh spinach: 2 cups / 60 g
- Bell pepper, diced: 1 medium / 120 g
- Eggs: 2 large / 100 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. Dice the bell pepper into small cubes and rinse spinach. Heat 1 tbsp olive oil in a nonstick skillet over medium heat. Sauté the bell pepper for 3-4 minutes until soft, then add spinach and stir until wilted.
2. Push the veggies to the side of the pan. Crack in the eggs and scramble gently for 2-3 minutes until just set. Add the cooked quinoa and remaining olive oil, and stir everything together until hot.
3. Season with black pepper if desired. Divide evenly into two bowls and serve immediately.

NUTRITIONAL VALUE (PER SERVING):

Calories: 360 Carbohydrates: 28 g Sodium: 150 mg
Protein: 15 g Saturated Fat: 4 g Fiber: 5 g
Fat: 22 g Cholesterol: 190 mg Sugar: 3 g

Avocado Chicken Bowl with Roasted Veggies



Category: Lunch **Cook Time:** 20 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Chicken, avocado, olive oil, cruciferous veg

INGREDIENTS:

- Chicken breast, cubed: 8 oz / 230 g
- Broccoli florets: 1 cup / 100 g
- Carrot, sliced: 1 medium / 100 g
- Ripe avocado: 1 medium / 200 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Lemon juice: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Preheat oven to 400°F / 200°C. On a parchment-lined tray, toss cubed chicken, broccoli, and carrot slices with 1 tbsp olive oil. Roast for 20 minutes, stirring once halfway.
2. Cut the avocado in half. Then, take out the pit and slice or split the fruit. Once roasted, transfer chicken and vegetables to a large bowl.
3. Add the avocado and, if you want, drizzle with the rest of the olive oil and lemon juice. Toss gently and serve warm.

NUTRITIONAL VALUE (PER SERVING):

Calories: 450 Carbohydrates: 20 g Sodium: 160 mg
Protein: 33 g Saturated Fat: 5 g Fiber: 7 g
Fat: 28 g Cholesterol: 75 mg Sugar: 5 g



Spiced Lentils with Sautéed Kale and Garlic

Category: Dinner
Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Anti-Inflammatory Base: Lentils, garlic, turmeric, kale, olive oil

NUTRITIONAL VALUE (PER SERVING):		
Calories: 370	Carbohydrates: 34 g	Sodium: 120 mg
Protein: 18 g	Saturated Fat: 2 g	Fiber: 9 g
Fat: 18 g	Cholesterol: 0 mg	Sugar: 3 g

INGREDIENTS:

- Cooked green or brown lentils: 1 cup / 200 g
- Fresh kale, chopped: 2 cups / 60 g
- Garlic, minced: 2 cloves / 6 g
- Ground turmeric: ½ tsp / 1 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Ground black pepper: a pinch

COOKING INSTRUCTIONS:

1. In a pan over medium-low heat, warm up 1 tablespoon of olive oil. Put in the garlic and cook for 30 seconds, until it smells good. Add cooked lentils and turmeric, stirring gently to combine.
2. Cook lentils for 5-7 minutes until warm and seasoned. In another skillet, heat the remaining olive oil and sauté chopped kale for 2-3 minutes until just wilted.
3. Divide kale onto two plates, top with the warm spiced lentils, and season with black pepper if desired.

FRIDAY

WEEK 4: FIXING & TRUST
26-th Day

Meal	
Breakfast	Sautéed Veggie & Quinoa Breakfast Skillet
Lunch	Avocado Chicken Bowl with Roasted Veggies
Dinner	Spiced Lentils with Sautéed Kale and Garlic

Take it slow. You don't need to change anything fast to keep growing.

Warm Pear & Cinnamon Compote with Walnuts



Category: **Breakfast** **Cook Time:** 10 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Pear, cinnamon, walnuts

INGREDIENTS:

- Ripe pears, diced: 2 medium / 300 g
- Ground cinnamon: ½ tsp / 1 g
- Water: 2 tbsp / 30 ml
- Chopped walnuts: 2 tbsp / 20 g
- Optional – Maple syrup: 1 tsp / 5 ml

COOKING INSTRUCTIONS:

1. Wash, core, and dice the pears into small cubes (no need to peel if organic). Place them in a small saucepan with water and cinnamon.
2. Cover and cook over low heat for 8-10 minutes, stirring occasionally, until the pears are soft and fragrant but not mushy.
3. Divide the warm compote into two bowls, top with chopped walnuts, and drizzle with maple syrup if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 240 Carbohydrates: 38 g Sodium: 10 mg
Protein: 3 g Saturated Fat: 1 g Fiber: 6 g
Fat: 10 g Cholesterol: 0 mg Sugar: 22 g

Creamy Broccoli Soup with Garlic & Olive Oil



Category: **Lunch** **Cook Time:** 15 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Broccoli, garlic, olive oil

INGREDIENTS:

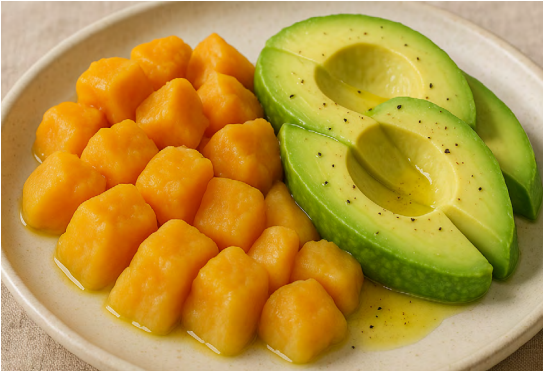
- Broccoli florets: 3 cups / 225 g
- Garlic, minced: 2 cloves / 6 g
- Water or unsalted vegetable broth: 2 cups / 480 ml
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional – Lemon juice: 1 tbsp / 15 ml

COOKING INSTRUCTIONS:

1. Put broccoli, garlic, and water or broth in a medium pot. Bring to a boil, then lower the heat and let it cook for 10 minutes, until the broccoli is soft.
2. Take it off the heat. While being careful, move the mixture to a standing blender or use an immersion blender to blend until it is smooth and creamy. Add the olive oil and mix again for a short time.
3. Taste and add lemon juice if using. Divide between two bowls and serve warm.

NUTRITIONAL VALUE (PER SERVING):

Calories: 220 Carbohydrates: 14 g Sodium: 80 mg
Protein: 5 g Saturated Fat: 2 g Fiber: 5 g
Fat: 16 g Cholesterol: 0 mg Sugar: 4 g



Steamed Sweet Potato & Avocado Plate

Category: Dinner
Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Anti-Inflammatory Base: Sweet potato, avocado, olive oil

NUTRITIONAL VALUE (PER SERVING):

Calories: 350	Carbohydrates: 32 g	Sodium: 60 mg
Protein: 4 g	Saturated Fat: 3 g	Fiber: 9 g
Fat: 22 g	Cholesterol: 0 mg	Sugar: 6 g

INGREDIENTS:

- Sweet potatoes, peeled and cubed: 2 small / 300 g
- Ripe avocado: 1 medium / 200 g
- Extra virgin olive oil: 1 tbsp / 15 ml
- Optional: Ground black pepper or lemon juice

COOKING INSTRUCTIONS:

1. Peel and cut sweet potatoes into cubes. Place in a steamer basket or saucepan with a steamer insert. Steam for 12-15 minutes until fork-tender.
2. While sweet potatoes cook, halve the avocado, remove the pit, and slice or cube the flesh. Arrange on plates.
3. Add the steamed sweet potato next to the avocado. Drizzle with olive oil and a little lemon juice or black pepper if desired.

SATURDAY
WEEK 4: FIXING & TRUST
27-th Day

Meal	
Breakfast	Warm Pear & Cinnamon Compote with Walnuts
Lunch	Creamy Broccoli Soup with Garlic & Olive Oil
Dinner	Steamed Sweet Potato & Avocado Plate

You've created something sustainable. Celebrate that with something simple and fresh.

Cinnamon Apple Millet Bowl



Category: Breakfast **Cook Time:** 15 minutes
Prep Time: 5 minutes **Servings:** 2

Anti-Inflammatory Base: Millet, cinnamon, chia seeds, apple

INGREDIENTS:

- Cooked millet: 1 cup / 180 g
- Apple, diced: 1 medium / 150 g
- Ground cinnamon: ½ tsp / 1 g
- Chia seeds: 1 tbsp / 10 g
- Unsweetened almond milk: 1 cup / 240 ml
- Optional – Maple syrup: 1 tsp / 5 ml

COOKING INSTRUCTIONS:

1. Dice the apple into small cubes. In a small saucepan, combine cooked millet, diced apple, almond milk, and cinnamon.
2. Bring to a gentle simmer over medium-low heat. Stir the mixture every so often for 10 to 12 minutes, or until the apples are soft and the mixture gets thick. In the last two minutes, stir in the chia seeds.
3. Remove from heat and divide into bowls. Add a drizzle of maple syrup if desired.

NUTRITIONAL VALUE (PER SERVING):

Calories: 300 Carbohydrates: 45 g Sodium: 60 mg
Protein: 6 g Saturated Fat: 1 g Fiber: 6 g
Fat: 9 g Cholesterol: 0 mg Sugar: 11 g

Roasted Veggie & Chickpea Bowl with Lemon-Tahini Drizzle



Category: Lunch **Cook Time:** 20 minutes
Prep Time: 10 minutes **Servings:** 2

Anti-Inflammatory Base: Chickpeas, olive oil, cruciferous veg, lemon

INGREDIENTS:

- Cooked chickpeas: 1 cup / 165 g
- Carrot, sliced: 1 medium / 100 g
- Broccoli florets: 1 cup / 100 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Lemon juice: 1 tbsp / 15 ml
- Optional – Tahini: 1 tbsp / 15 g

COOKING INSTRUCTIONS:

1. Preheat oven to 400°F / 200°C. Line a baking tray with parchment paper. Spread broccoli, carrots, and chickpeas evenly. Drizzle with 1 tbsp olive oil and toss to coat.
2. Roast for 18-20 minutes, turning halfway, until veggies are tender and slightly crispy. While roasting, whisk lemon juice with the remaining olive oil and tahini (if using) until smooth.
3. Divide roasted mixture between two bowls and drizzle with the lemon-tahini sauce.

NUTRITIONAL VALUE (PER SERVING):

Calories: 370 Carbohydrates: 30 g Sodium: 100 mg
Protein: 11 g Saturated Fat: 3 g Fiber: 8 g
Fat: 22 g Cholesterol: 0 mg Sugar: 5 g



Garlic-Herb Baked Sweet Potato with Sautéed Greens

Category: Dinner

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Anti-Inflammatory Base: Sweet potato, garlic, olive oil, greens, black pepper

NUTRITIONAL VALUE (PER SERVING):

Calories: 340

Protein: 5 g

Fat: 20 g

Carbohydrates: 30 g

Saturated Fat: 3 g

Cholesterol: 0 mg

Sodium: 90 mg

Fiber: 7 g

Sugar: 6 g

INGREDIENTS:

- Sweet potatoes, halved:
2 small / 300 g
- Garlic, minced: 2 cloves / 6 g
- Fresh spinach or kale: 2 cups / 60 g
- Extra virgin olive oil: 2 tbsp / 30 ml
- Optional: Ground black pepper or thyme

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F / 190°C. Cut the sweet potatoes in half and place them cut side up on a baking sheet. Add 1 tablespoon of olive oil and black pepper or thyme to taste. Fry for 25 minutes, or until soft enough to pierce.
2. Rinse and cut up your greens while the sweet potatoes bake. Heat remaining olive oil in a skillet, add garlic, and sauté for 30 seconds. Add greens and cook for 2-3 minutes until just wilted.
3. Place baked sweet potatoes on plates and top with sautéed greens. Serve warm and enjoy a calming evening meal.

SUNDAY

WEEK 4: FIXING & TRUST

28-th Day

Meal	
Breakfast	Warm Pear & Cinnamon Compote with Walnuts
Lunch	Creamy Broccoli Soup with Garlic & Olive Oil
Dinner	Steamed Sweet Potato & Avocado Plate

BONUS

1-ST WEEK MEAL PLAN

Day	Meal	Dish	Calories (Per Serving)
Monday	Breakfast	Golden Turmeric Oatmeal	260 kcal
	Lunch	Ginger-Lime Salmon Salad	410 kcal
	Dinner	Garlic Shrimp with Wilted Spinach	290 kcal
Tuesday	Breakfast	Matcha Chia Breakfast Pudding	270 kcal
	Lunch	Ginger Chicken Stir-Fry with Broccoli	330 kcal
	Dinner	Rosemary Chicken with Roasted Broccoli	370 kcal
Wednesday	Breakfast	Berry Matcha Smoothie Bowl	240 kcal
	Lunch	Grilled Salmon and Avocado Salad	410 kcal
	Dinner	Turmeric Chicken with Roasted Cauliflower	390 kcal
Thursday	Breakfast	Savory Avocado and Pomegranate Toast	340 kcal
	Lunch	Spicy Chickpea and Spinach Stew	310 kcal
	Dinner	Garlic Shrimp and Broccoli Stir-Fry	290 kcal
Friday	Breakfast	Turmeric Quinoa Breakfast Bowl	320 kcal
	Lunch	Ginger-Lemon Chicken Quinoa Bowl	390 kcal
	Dinner	Basil Pesto Zucchini Noodles with Chicken	370 kcal
Saturday	Breakfast	Spinach Avocado Smoothie	280 kcal
	Lunch	Ginger Chicken and Kale Salad	360 kcal
	Dinner	Lemon Garlic Shrimp with Broccoli	310 kcal
Sunday	Breakfast	Turmeric Coconut Quinoa Porridge	320 kcal
	Lunch	Grilled Chicken and Avocado Power Bowl	400 kcal
	Dinner	Ginger Beef and Vegetable Stir-Fry	380 kcal

2-ND WEEK MEAL PLAN

Day	Meal	Dish	Calories (Per Serving)
Monday	Breakfast	Cinnamon-Spiced Apple Quinoa Bowl	310 kcal
	Lunch	Herb Chicken & Lentil Arugula Salad	390 kcal
	Dinner	Lemon-Rosemary Salmon with Broccoli	400 kcal
Tuesday	Breakfast	Blueberry Almond Overnight Oats	280 kcal
	Lunch	Warm Quinoa Bowl with Greens & Egg	370 kcal
	Dinner	Baked Cod with Carrot Purée	360 kcal

Wednesday	Breakfast	Power Greens Scramble with Avocado	340 kcal
	Lunch	Zesty Quinoa Chickpea Salad	360 kcal
	Dinner	Ginger-Turmeric Chicken with Sweet Potatoes	410 kcal
Thursday	Breakfast	Savory Kale & Quinoa Egg Bowl	320 kcal
	Lunch	Mediterranean Chickpea & Roasted Veg Bowl	350 kcal
	Dinner	Spiced Lentil Stew with Spinach & Carrots	370 kcal
Friday	Breakfast	Sweet Potato Breakfast Hash	360 kcal
	Lunch	Spiced Quinoa Chickpea Bowl w/ Tahini	390 kcal
	Dinner	Roasted Salmon w/ Brussels & Carrots	420 kcal

Saturday	Breakfast	Coconut Chia Pudding w/ Raspberries	260 kcal
	Lunch	Steamed Zucchini w/ Poached Egg	280 kcal
	Dinner	Cauliflower Rice Stir-Fry w/ Spinach	220 kcal
Sunday	Breakfast	Warm Cinnamon Pear Compote w/ Chia	250 kcal
	Lunch	Creamy Butternut Squash Ginger Soup	280 kcal
	Dinner	Steamed Cod with Carrot-Ginger Purée	340 kcal

3-RD WEEK MEAL PLAN

Day	Meal	Dish	Calories (Per Serving)
Monday	Breakfast	Lemon Blueberry Quinoa Bowl	280 kcal
	Lunch	Zucchini Noodles with Avocado Pesto	360 kcal
	Dinner	Ginger Carrot Soup with Side Greens	250 kcal
Tuesday	Breakfast	Savory Veggie & Egg Scramble	320 kcal
	Lunch	Grilled Chicken with Quinoa & Spinach	390 kcal
	Dinner	Spiced Salmon with Sautéed Greens	420 kcal
Wednesday	Breakfast	Creamy Chia Berry Pudding	290 kcal
	Lunch	Cauliflower Rice with Lemon Garlic Shrimp	370 kcal
	Dinner	Steamed Broccoli with Poached Egg and Avocado	260 kcal
Thursday	Breakfast	Creamy Coconut Millet Porridge	300 kcal
	Lunch	Mediterranean Chickpea Salad with Arugula	380 kcal
	Dinner	Lemon Baked Cod with Steamed Green Beans	340 kcal
Friday	Breakfast	Sautéed Veggie & Quinoa Skillet	310 kcal
	Lunch	Avocado Chicken Bowl with Roasted Veggies	400 kcal
	Dinner	Spiced Lentils with Sautéed Kale	360 kcal
Saturday	Breakfast	Warm Pear & Cinnamon Compote	270 kcal
	Lunch	Creamy Broccoli Soup with Garlic	330 kcal
	Dinner	Steamed Sweet Potato & Avocado Plate	310 kcal
Sunday	Breakfast	Cinnamon Apple Millet Bowl	300 kcal
	Lunch	Roasted Veggie & Chickpea Bowl	370 kcal
	Dinner	Garlic-Herb Baked Sweet Potato with Greens	340 kcal

4-TH WEEK MEAL PLAN

Day	Meal	Dish	Calories (Per Serving)
Monday	Breakfast	Avocado Millet Toast	290
	Lunch	Chickpea Spinach Quinoa Bowl	390
	Dinner	Baked Lemon Chicken with Greens	370
Tuesday	Breakfast	Sautéed Mushroom & Spinach Eggs	320
	Lunch	Salmon & Roasted Sweet Potato Bowl	410
	Dinner	Broccoli & Chicken Stir-Fry	400
Wednesday	Breakfast	Chia Pear Pudding	280
	Lunch	Zucchini Soup with Olive Oil	340
	Dinner	Avocado Sweet Potato Mash	310
Thursday	Breakfast	Golden Apple Amaranth Bowl	300
	Lunch	Lentil Arugula Salad	360
	Dinner	Grilled Cod & Cauliflower	350
Friday	Breakfast	Crispy Veggie Quinoa Scramble	310
	Lunch	Chicken & Avocado Salad	400
	Dinner	Spiced Carrot Lentil Bowl	360
Saturday	Breakfast	Banana Chia Yogurt	270
	Lunch	Broccoli Avocado Soup	330
	Dinner	Steamed Veggies & Baked Tofu	310
Sunday	Breakfast	Cinnamon Apple Millet Bowl	300
	Lunch	Roasted Veggie & Chickpea Bowl	370
	Dinner	Garlic-Herb Sweet Potato with Greens	340

SHOPPING LISTS

WEEK 1 SHOPPING LIST

1. Vegetables & Greens

- Spinach: 6 cups / 150 g
- Arugula: 3 cups / 90 g
- Broccoli: 4 cups / 300 g
- Kale: 1 cup / 30 g

2. Fruits

- Blueberries: 1 cup / 150 g
- Avocado: 3 medium / 400 g
- Lemon: 2 medium / 240 g

3. Fish & Seafood

- Salmon fillets: 2 fillets (6 oz each) / 340 g
- Shrimp (peeled): 16 oz / 450 g

4. Meat & Poultry

- Chicken thighs (boneless, skinless): 2 medium / 300 g

5. Whole Grains & Cereals

- Quinoa (cooked): 1 cup / 170 g
- Rolled oats: 1/2 cup / 50 g

6. Nuts & Seeds

- Chia seeds: 3 tbsp / 45 g
- Walnuts (chopped): 2 tbsp / 20 g

7. Oils & Fats

- Extra virgin olive oil: 6 tbsp / 90 ml
- Almond milk (unsweetened): 2 cups / 480 ml

8. Herbs & Spices

- Turmeric (ground): 1 tsp / 2 g
- Black pepper: 1 tsp / 2 g
- Garlic (fresh): 6 cloves / 18 g
- Ginger (fresh grated): 1 root / 10 g

9. Optional / Pantry Items

- Maple syrup: 1 tbsp / 15 ml
- Tamari sauce (low sodium): 2 tbsp / 30 ml
- Matcha powder: 1 tsp / 2 g

WEEK 2 SHOPPING LIST

1. Vegetables & Greens

- Spinach: 6 cups / 150 g
- Kale: 4 cups / 120 g
- Arugula: 2 cups / 60 g
- Broccoli florets: 6 cups / 450 g
- Zucchini (spiralized):
2 medium / 300 g
- Cauliflower florets: 2 cups / 200 g
- Cabbage (shredded): 1 cup / 75 g

2. Fruits

- Avocado: 3 medium / 600 g
- Lemon: 4 medium / 480 g
- Lime: 1 medium / 120 g
- Pomegranate seeds: ¼ cup / 40 g
- Apple: 1 medium / 200 g
- Fresh berries (mixed, optional):
½ cup / 75 g

3. Fish & Seafood

- Shrimp (peeled, deveined):
16 oz / 450 g
- Salmon fillets: 2 fillets / 340 g

4. Meat & Poultry

- Chicken breast (cubed/sliced/
shredded): 5 pieces / 1150 g total
- Chicken thighs (boneless, skinless):
2 medium / 300 g
- Lean beef strips: 1 portion / 230 g

5. Plant-Based Protein

- Chickpeas (dried, soaked & cooked):
1 cup / 165 g

6. Whole Grains & Cereals

- Quinoa (cooked): 2 cups / 340 g
- Rolled oats: ½ cup / 50 g

7. Nuts & Seeds

- Chia seeds: 5 tbsp / 75 g
- Walnuts (chopped): 2 tbsp / 20 g
- Sesame seeds (optional):
1 tbsp / 10 g

8. Oils & Fats

- Extra virgin olive oil:
8 tbsp / 120 ml
- Avocado oil: 1 tbsp / 15 ml

9. Herbs & Spices

- Garlic (fresh): 6 cloves / 18 g
- Ginger (freshly grated): 2 tbsp / 12 g
- Rosemary (fresh or dried):
1 tbsp / 2 g
- Black pepper: 1 tsp / 2 g
- Turmeric (ground): 1 tsp / 2 g
- Basil (fresh): 1 cup / 30 g

10. Optional / Pantry Items

- Tamari sauce (low sodium):
2 tbsp / 30 ml
- Maple syrup: 1 tbsp / 15 ml
- Vanilla extract: ½ tsp / 2 ml
- Honey: 1 tbsp / 15 ml
- Coconut flakes (optional):
1 tbsp / 7 g
- Matcha powder: 2 tsp / 4 g

WEEK 3 SHOPPING LIST

1. Vegetables & Greens

- Spinach (fresh): 5 cups / 125 g
- Kale (chopped): 3 cups / 90 g
- Arugula: 2 cups / 60 g
- Broccoli florets: 6 cups / 450 g
- Cauliflower florets: 2 cups / 200 g
- Zucchini (spiralized):
2 medium / 300 g
- Cabbage (shredded): 1 cup / 75 g
- Sweet potato (cubed):
2 medium / 600 g
- Mushrooms (sliced): 2 cups / 150 g
- Tomatoes (diced): 2 medium / 300 g

2. Fruits

- Blueberries (frozen or fresh):
1 cup / 150 g
- Avocado: 4 medium / 800 g
- Apple (diced): 1 medium / 200 g
- Kiwi: 2 medium / 200 g
- Lemons: 4 medium / 480 g
- Limes: 2 medium / 240 g
- Banana (sliced): 1 medium / 120 g

3. Fish & Seafood

- Salmon fillets: 2 small / 280 g
- Shrimp (raw, peeled): 8 oz / 230 g
- Cod fillet: 1 medium / 170 g

4. Meat & Poultry

- Chicken breast (cubed/grilled):
4 pieces / 920 g
- Chicken thighs (boneless, skinless):
2 medium / 300 g
- Ground turkey: 1 lb / 450 g

5. Plant-Based Protein

- Lentils (dried, soaked & cooked):
1 cup / 200 g

6. Whole Grains & Cereals

- Quinoa (cooked): 2 cups / 340 g
- Rolled oats: ½ cup / 50 g
- Millet (cooked): 1 cup / 170 g

7. Nuts & Seeds

- Chia seeds: 3 tbsp / 45 g
- Walnuts (chopped): 2 tbsp / 20 g
- Flaxseed (ground): 1 tbsp / 10 g
- Pumpkin seeds: 2 tbsp / 20 g

8. Oils & Fats

- Extra virgin olive oil: 8 tbsp / 120 ml
- Avocado oil: 1 tbsp / 15 ml
- Coconut milk (unsweetened):
1 cup / 240 ml

9. Herbs & Spices

- Garlic (fresh): 6 cloves / 18 g
- Ginger (freshly grated): 2 tbsp / 12 g
- Basil (fresh): 1 cup / 30 g
- Oregano: 1 tbsp / 3 g
- Thyme: 1 tbsp / 3 g
- Turmeric (ground): 1 tsp / 2 g
- Black pepper: 1 tsp / 2 g
- Cinnamon (ground): 1 tsp / 2 g
- Rosemary: 1 tsp / 2 g

10. Optional / Pantry Items

- Honey or maple syrup: 2 tbsp / 30 ml
- Vanilla extract: 1 tsp / 5 ml
- Matcha powder: 1 tsp / 2 g
- Green tea: 5 bags

WEEK 4 SHOPPING LIST

1. Vegetables & Greens

- Spinach (fresh): 6 cups / 150 g
- Kale (chopped): 3 cups / 90 g
- Arugula: 3 cups / 90 g
- Broccoli florets: 6 cups / 450 g
- Cauliflower florets: 2 cups / 200 g
- Zucchini (spiralized): 2 medium / 300 g
- Cabbage (shredded): 1 cup / 75 g
- Lettuce (leafy): 1 head / 1 pc
- Sweet potatoes (cubed): 2 medium / 600 g
- Tomatoes (diced): 2 medium / 300 g
- Mushrooms (sliced): 2 cups / 150 g

2. Fruits

- Blueberries: 1 cup / 150 g
- Strawberries: 1 cup / 150 g
- Apples (sliced/diced): 2 medium / 400 g
- Avocados: 4 medium / 800 g
- Lemons: 4 medium / 480 g
- Limes: 2 medium / 240 g
- Kiwi: 2 medium / 200 g
- Banana (sliced): 1 medium / 120 g

3. Fish & Seafood

- Salmon fillets: 2 small / 280 g
- Shrimp (raw, peeled): 8 oz / 230 g
- Cod fillet: 1 medium / 170 g

4. Meat & Poultry

- Chicken breast (grilled or cubed): 5 pcs / 1150 g
- Chicken thighs (boneless, skinless): 2 medium / 300 g
- Lean beef strips: 1 portion / 230 g
- Ground turkey: 1 lb / 450 g

5. Plant-Based Protein

- Lentils (dried, soaked & cooked): 1 cup / 200 g
- Chickpeas (dried): 1 cup / 165 g

- Tofu: 1 block / 450 g

6. Whole Grains & Cereals

- Quinoa (cooked): 2 cups / 340 g
- Rolled oats: ½ cup / 50 g
- Millet (cooked): 1 cup / 170 g

7. Nuts & Seeds

- Chia seeds: 3 tbsp / 45 g
- Walnuts (chopped): 2 tbsp / 20 g
- Pumpkin seeds: 2 tbsp / 20 g
- Flaxseed (ground): 1 tbsp / 10 g
- Sesame seeds (optional): 1 tbsp / 10 g

8. Oils & Fats

- Extra virgin olive oil: 8 tbsp / 120 ml
- Avocado oil: 1 tbsp / 15 ml
- Coconut milk (unsweetened): 1 cup / 240 ml

9. Herbs & Spices

- Garlic (fresh): 6 cloves / 18 g
- Ginger (freshly grated): 2 tbsp / 12 g
- Turmeric (ground): 1 tsp / 2 g
- Black pepper: 1 tsp / 2 g
- Cinnamon: 1 tsp / 2 g
- Rosemary (fresh or dried): 1 tbsp / 2 g
- Thyme: 1 tbsp / 2 g
- Basil (fresh): 1 cup / 30 g
- Oregano: 1 tbsp / 3 g
- Cayenne pepper: ¼ tsp / 1 g

10. Optional / Pantry Items

- Tamari sauce (low sodium): 2 tbsp / 30 ml
- Honey or maple syrup: 2 tbsp / 30 ml
- Vanilla extract: 1 tsp / 5 ml
- Matcha powder: 1 tsp / 2 g
- Coconut flakes (unsweetened): 2 tbsp / 14 g
- Green tea: 5 bags

CONCLUDING TIPS & RECOMMENDATIONS

You've finished the 4-week anti-inflammatory journey — but this is just the beginning.

Over the last month, you've created something powerful: a rhythm. You've traded restriction for nourishment, stress for clarity, and confusion for trust. This chapter — and this book — is designed not to control you, but to empower you to live and eat by your own natural rhythm.

Keep It Simple

The most lasting results often come from the simplest actions. Stick to the core principles that served you well:

Eat three complete meals per day. It supports steady energy, balanced hormones, and smoother digestion.

Use color-coded days. Choose meals that suit your mood, energy, or schedule — Yellow (moderate), Green (active), Red (restorative).

Rely on food, not rules. Let flavor, satisfaction, and intuition guide your choices — not perfectionism or calorie counting.

Moving Forward

Repeat or remix. Return to Week 1 when you need a reset. Or combine days from different weeks depending on your energy and appetite.

Find your “anchor meals.” Choose a few favorites you love and keep their ingredients on hand. This reduces decision fatigue and makes healthy eating automatic.

Plan with ease. A little prep — washing produce and cooking grains — can set you up for success without overcomplicating your week.

What You've Learned

You don't need to snack all day to feel energized.

Real, whole foods calm inflammation and truly satisfy.

You're learning to eat by feel — and that's more powerful than any chart or calculator.

Final Thoughts

This isn't a diet to follow. It's a way to live with more trust, more nourishment, and more peace.

Meal by meal, you're rebuilding a healthier relationship with food — one that's built on care, not control.

Keep going. Come back to this structure when you need it. And always remember: you already know what to do — now you know how to do it with ease.

Looking for More?

Following this structured plan is already a meaningful step toward lowering inflammation, balancing blood sugar, and supporting your long-term health.

If you're looking to add variety, swap in new meals, or explore themed plans for specific goals — there's more waiting for you.

Explore extended guides, alternative recipes, and companion meal plans designed to meet you where you are — whether you need flexibility, deeper focus, or just a fresh start.

All new releases are available through Iris Kennedy's official Amazon author page.

Need more flexibility or inspiration?

Don't forget — you can continue your anti-inflammatory journey with the extended meal catalogs:

- Yellow for balanced, everyday meals
- Green for energizing, active-day meals
- Red for light, restorative options

Each one complements the system you've already followed — just choose what fits your day best.

Scan the QR code to explore and download the catalog that's right for you.

To explore more:

- Search for Iris Kennedy on Amazon
- Or click the author's name on the book page to view the full catalog

Your next step may be just one page away.

