

Anti- Inflammatory Diet

Use as much Organic as possible

Upon Rising – juice ½ lemon into 4oz. warm water and drink, this will start the day alkalizing the body and cleansing the liver and gallbladder.

Coffee and tea are fine just make sure they are Organic and no more than two cups per day.

Breakfast Ideas

Protein smoothie made with 8oz Unsweetened Almond Milk, Unsweetened Cashew Milk or Unsweetened Coconut milk and protein powder. Add 1 Tablespoon **MCT** oil (available at health food stores) to any of these recipes.

Option #1

Green Giant - 1 Tablespoon of “greens” (Garden of Life or Barleans) 1 handful of spinach, 1/2 cup pineapple and ice

Option #2

Cocoa Mocha - 1 Tabl. Cocoa powder and 1 Tabl. Flax seed (grind in dry blender then add liquid) 1/4 cup cold brewed coffee, 1/2 banana and ice.

Option #3

Harvest Spice - 1/2 cup canned pumpkin, 1 tsp. pumpkin pie spice, 1 tsp vanilla extract, ice and sprinkle of cinnamon and nutmeg

Option #4

Berry Madness - ½ cup of berry blend fresh or frozen, 1 handful of spinach

2 Organic eggs - (scrambled, poached or soft boiled) and 1 chicken sausage or 2 slices bacon

2 Organic eggs - scrambled with spinach, peppers and onions, serve with hash browns (frozen Organic potatoes are fine)

2 Organic eggs - with ½ avocado sliced and salsa

Quinoa - (always rinse before cooking) cook and serve with raw nuts, fresh blueberries, almond/cashew/coconut milk. Sweeten with pure maple syrup, organic Agave nectar or raw honey.

Oatmeal - almond/coconut/cashew milk, 1/4 cup berries top with chopped raw nuts. Sweeten with 1 Tabl. pure maple syrup or raw honey.

Snack ideas

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- Celery stuffed with Almond butter
- Hummus, baby carrots and celery
- 2 oz. hard goat cheese with sliced raw vegetables
- Goat cheese topped with Pesto and served with rice/nut crackers
- 2 slices oven roasted turkey or roast beef and 1/2 avocado
- 1/2 cup raw mixed nuts and seeds (make homemade trail mix)
- Rice or nut crackers with hummus
- Smoked salmon on nut crackers

Lunch Ideas

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- Large salad with mixed greens (do not use iceberg lettuce) topped with fresh veggies, 4oz. fish or chicken and raw vegetables. Dressing should be dairy free and sugar free.
- 4 oz. fresh fish or chicken grilled or broiled and 2 cups steamed vegetables
- 2 cups soup, fresh is best because you can reduce sodium. Use your crock-pot!
- Tuna salad or wild salmon salad (Costco has a good canned salmon) on a bed of greens.
- 1/2 Large Avocado or large tomato stuffed with chicken salad or tuna salad
- Lettuce wrap – romaine or butter lettuce leaves, hummus as spread topped with avocado and turkey, sprinkle with raw sunflower or pumpkin seeds.
- Stir fried vegetables on top of brown rice (add protein ie: chicken, shrimp)
- 2 Fish (grilled) or chicken tacos on corn tortillas with 1 cup whole pinto or black beans, coleslaw
- Bento Box - (Amazon carries these) Fill it with hardboiled eggs, baby carrots, sliced veggies such as red pepper, celery, cucumber, Hummus, turkey roll-up or lettuce wrap sliced to fit. Get Creative!

Eating Out

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- Salads are usually available at most fast food restaurants.
- Baked potato with chili and side salad (leave butter off)
- Some sandwich stores have lettuce wraps instead of bread
- Chipotle has burrito bowl minus tortilla
- Panera Bread has quite a few gluten free choices
- Chick-fil-A has grilled chicken bites and Kale salad
- In-and-Out Burger has “bunless” burger and REAL fries!
- Steak, potato or rice and vegetable

Dinner Ideas



- 4 oz. fish, beef, lamb, pork or chicken (Grilled, broiled or sauté) , sweet potato and unlimited steamed broccoli or any other vegetable.
- Grilled grass fed beef or bison hamburger and oven sweet potato fries (frozen are ok), veggie
- Crock pot - beans, chili or beef stew, serve with steamed vegetables
- Omelette and fruit salad

Evening Snacks-choose one preferably before 7pm



- Air popped Organic popcorn topped with grass-fed butter and Pink Himalayan salt
- Any of the snack ideas from above
- Cup of herbal tea with one teaspoon Agave Nectar or raw honey
- 1 oz. Dark Chocolate or 3-4 Dark Chocolate covered almonds
- 1/2 cup Chia seed pudding
- 2 nut gem cookies (recipe on www.thenomadicnutritionist.com)

General Guidelines



- Use Stevia, raw honey, Real Maple Syrup or Agave Nectar for sweetener's
- Use Organic extra virgin olive oil, un-refined coconut oil, Avocado oil, MCT oil and grass-fed butter generously, this will satiate you!
- Avoid all dairy including Parmesan cheese, sour cream, cream cheese and all hard cheeses. **Goat cheese is ok and Organic, plain Greek Yogurt**
- Avoid all breads, crackers (except rice and nut), pasta, muffins, cookies, cakes, pastries
- Avoid "gluten free"** breads, biscuits, baked goods
- Avoid dairy based salad dressings instead use oil based.
- Limit alcohol to three drinks per week**

Check out Paleo Diet websites for recipe ideas! One of my favorite www.paleogrubs.com

Visit my site www.thenomadicnutritionist.com for recipes!

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