MACKENZIE WELLS

Anti-Inflammatory Recipe Pack

ELEVATE YOUR GUT HEALTH AND REDISCOVER YOUR VITALITY.

Hey Hey!

Inflammation is your body's natural defense, but when it sticks around it can leave you feeling bloated, achy, and tired. What you eat every day is one of the easiest things you can change.

These 30 recipes are built around foods linked to lower inflammation: colorful fruits and vegetables, fiber, healthy fats like olive oil, avocado, nuts, and salmon, and quality protein, with processed foods kept to a minimum.

Start with two or three that sound good and go from there. You don't have to be perfect, you just have to be consistent.

– Mackenzie Wells

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Contents

Breakfast

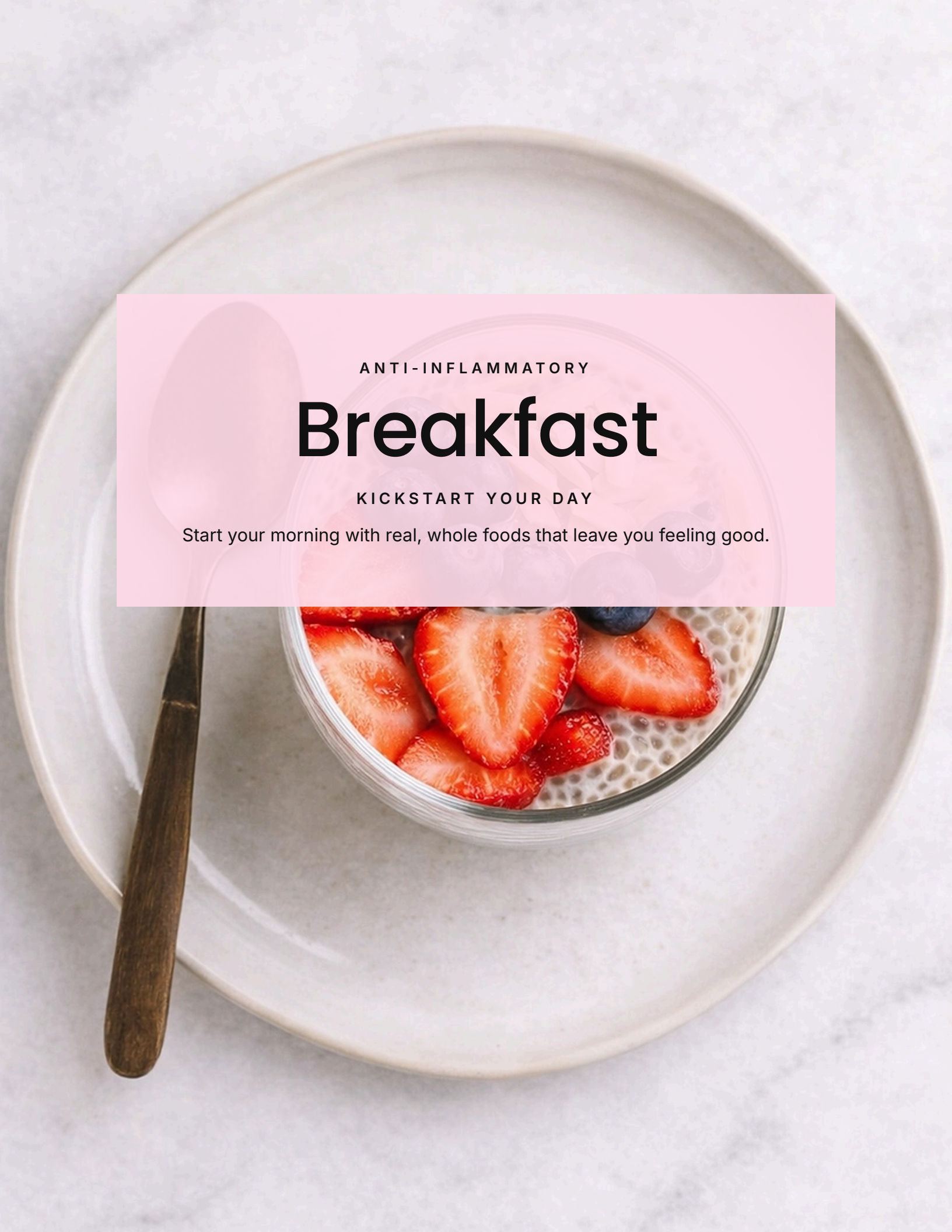
Chia Cherry Smoothie 5
Coco Mint Strawberry Smoothie 6
Eggless Breakfast Hash 7
Cinnamon Chia Pudding 8
Green Collagen Smoothie 9
Protein Granola Bars 10
Shredded Brussels & Salmon 11
Strawberry Overnight Oats 12
Turkey and Veggie Skillet 13
Very Berry Yogurt Bowl 14

Lunch

Asian-Style Salad With Grass-Fed Steak 16
Balsamic Chicken & Burrata Salad 17
Chicken Cucumber Boats 18
Ginger Tahini Chicken Salad 19
Lentil Curry 20
Quinoa Bowl with Avocado Dressing 21
Roasted Veggie Quinoa Salad 22
Salsa Chicken "Tacos" 23
Savory Cabbage Salad w/ Baked Salmon 24
Tuna Avocado Salad 25

Dinner

Bison Greek Skillet 27
Chicken Meatballs with Roasted Veggies 28
Curry Roasted Chickpea and Veggie Quinoa 29
Detox Soup 30
Dill-icious Savory Salmon Soup 31
Flavor Packed Chicken and Rice 32
Garlic Shrimp and Greens 33
Lentil Beef Chili 34
Mediterranean Stuffed Peppers 35
Turkey Cashew Lettuce Wraps 36



ANTI-INFLAMMATORY

Breakfast

KICKSTART YOUR DAY

Start your morning with real, whole foods that leave you feeling good.

BREAKFAST

Chia Cherry Smoothie

SERVINGS	PREP TIME	COOKING TIME
1	2 minutes	0 minutes

INGREDIENTS

- **0.25 tsp** [0.57 g] Cinnamon
- **1 cup** [155 g] Frozen Cherries
- **1 cup** [240 g] Kefir *(Whole Milk)*
- **1 tbsp** [12 g] Chia Seeds
- **0.25 cup (8 fl oz)** [59.25 g] Water
- **20 almond** [24 g] Almonds

DIRECTIONS

1. In a blender, blend together cherries, kefir, cinnamon, chia seeds, and 1/4 cup water. Add more water more thinner consistency if desired.
2. Serve with a side of almonds.

433	26.9 g	38.3 g	17.7 g	18.8 g	24.2 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Coco Mint Strawberry Smoothie

SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

1 cup [245 g] Almond Milk

1 tablespoon [16 g] Almond Butter

0.75 cup, halves [114 g] Strawberries

1 tsp [3.2 g] Cacao Nibs

1 scoop [20 g] Collagen Powder

1 tbsp [10 g] Hemp Seeds

0.5 cup [15 g] Baby Spinach

0.25 tsp [0.57 g] Cinnamon

0.25 tbsp [5.25 g] Honey

DIRECTIONS

1. Blend all ingredients together in a blender until smooth and enjoy!

323	20.2 g	20.3 g	19.5 g	5.5 g	11.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Eggless Breakfast Hash

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	25 minutes

INGREDIENTS

1 tbsp [12.8 g] Clarified Butter Ghee ((use olive oil if following and AIP diet))

2 cup, cubes [266 g] Sweet Potato

0.25 cup, chopped [40 g] Onions

2 cup, chopped [248 g] Zucchini

1 dash [0.4 g] Sea Salt

1 dash [0.1 g] Black Pepper

2 cup, chopped [140 g] Mushrooms

9 oz [255.15 g] Beef Skirt Steak *(Lean Only, Trimmed to 1/4" Fat)*

DIRECTIONS

1. In a large skillet, add the ghee on medium/high heat.
2. Add the cubed sweet potatoes and cook until the edges start to brown (3-5 minutes). Turn the skillet to medium heat and add the chopped white onions.
3. Cover the skillet with a lid and let the veggies cook for another 5-10 minutes, or until the sweet potatoes are cooked through.
4. Uncover the skillet and add the zucchini and mushrooms. Add salt and pepper to the veggies to taste.
5. Sauté the veggies for another 5-8 minutes or until all the veggies are cooked. Remove the veggie hash from the pan and set aside.
6. Turn the skillet to high heat and cook the ribeye for 34 minutes, or until cooked to desired internal temperature.
7. Mix the cooked ribeye in with the veggies. Serve hot and enjoy!

414	17.3 g	34.1 g	31.8 g	6 g	9.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Cinnamon Chia Pudding

SERVINGS	PREP TIME	COOKING TIME
1	3 minutes	0 minutes

INGREDIENTS

- **2 tbsp** [24 g] Chia Seeds
- **1 cup** [245 g] Almond Milk
- **0.25 tsp** [0.57 g] Cinnamon
- **0.5 tsp** [2.1 g] Vanilla Extract
- **0.5 tbsp** [10.5 g] Honey
- **0.25 cup** [36.25 g] Blueberries
- **0.5 cup, sliced** [83 g] Strawberries
- **1 tbsp** [7.5 g] Slivered Almonds

DIRECTIONS

1. In a bowl, combine chia seeds, almond milk, cinnamon, vanilla extract, and honey. Stir well to combine.
2. Let the mixture sit for about 5 minutes, then stir again to break up any clumps. Cover and refrigerate overnight, or for at least 3 hours.
3. Once the chia pudding has reached a pudding-like consistency, stir well. Add more milk if needed to reach desired consistency.
4. Top with berries and almonds and enjoy!

287	17.5 g	33.9 g	7.9 g	14.3 g	16.9 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Green Collagen Smoothie

SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

1 cup [245 g] Almond Milk

1.5 scoop [30 g] Collagen Powder

1 cup [30 g] Baby Spinach

1 apple Apples (Peeled)

0.25 avocado [34 g] Avocado

0.5 cup [82.5 g] Frozen Mango

1 tbsp, whole [10.3 g] Flaxseeds

DIRECTIONS

1. Add all the ingredients into a blender and blend on high for 60 seconds, or until creamy. Add water to meet desired consistency. Enjoy!

373	13.9 g	45.5 g	22.7 g	9.6 g	29.7 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Protein Granola Bars

SERVINGS	PREP TIME	COOKING TIME
4	10 minutes	0 minutes

INGREDIENTS

0.75 cup [187.5 g] Almond Butter

3 tbsp [63 g] Honey

1.5 scoop [30 g] Collagen Powder

1 tbsp [14.8 g] Water

1 cup [90 g] Rolled Oats Gluten Free

1 tbsp [6 g] Unsweetened Shredded Coconut

1 tbsp [12 g] Chia Seeds

DIRECTIONS

1. In a large bowl, combine the almond butter and honey. In a small bowl, combine the collagen powder and water and stir together until it forms a thick paste.
2. Add the collagen powder to the almond butter and honey mixture and stir until combined.
3. Stir in the rolled oats and coconut flakes until the batter is evenly combined. Spread the batter evenly into an 8×8 baking dish lined with parchment paper.
4. Place the bars in the freezer for 1-2 hours, or until the bars set.
5. Remove the bars from the freezer and slice them into 6 even portions. Store in the refrigerator. Serve cold and enjoy!

NOTES

1. **Freeze Time:** Freeze for 1-2 hours before eating.

453	29.4 g	36.9 g	17.7 g	8.3 g	16.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Shredded Brussels & Salmon

SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	10 minutes

INGREDIENTS

2 cup [176 g] Brussels Sprouts *(Shredded)*

0.5 tablespoon [6.75 g] Olive Oil

0.25 tsp [0.55 g] Turmeric *(Ground)*

1 dash [0.4 g] Sea Salt

1 dash [0.1 g] Black Pepper

0.5 avocado [68 g] Avocado

3 oz, boneless [85.05 g] Smoked Salmon (Smoked or sushi

DIRECTIONS

1. Warm a medium skillet over medium-high heat. Add olive oil, brussels sprouts, turmeric, salt, and pepper. Cook for approximately 5-10 minutes, turning occasionally.
2. Transfer to a bowl, top with avocado and salmon, and enjoy! grade raw salmon)

362	22 g	22.6 g	23 g	11.8 g	4.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Strawberry Overnight Oats

SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

0.75 cup [183.75 g] Almond Milk

1 tbsp [7 g] Chopped Walnuts

1 tbsp [12 g] Chia Seeds

0.5 cup, halves [76 g] Strawberries

0.5 cup [45 g] Rolled Oats Gluten Free

0.33 cup [79.2 g] Kefir *(Whole Milk)*

1 tsp [7.1 g] Honey

DIRECTIONS

1. Add all ingredients to a mason jar.
2. Close the lid and shake to combine all the ingredients together.
3. Store overnight in the refrigerator.
4. Add more milk to thin if needed before serving. Top with more strawberries (optional). Serve cold and enjoy!

393	18 g	48.9 g	15 g	14.5 g	13.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Turkey and Veggie Skillet

SERVINGS	PREP TIME	COOKING TIME
2	5 minutes	15 minutes

INGREDIENTS

1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper

1 tbsp [14 g] Avocado Oil

1 sweetpotato, 5" long [130 g] Sweet Potato

0.5 small [35 g] Onions

2 sprigs [0.4 g] Dill *(Chopped)*

1 dash [0.4 g] Sea Salt *(To taste)*

1 dash [0.1 g] Black Pepper *(To taste)*

1 clove [3 g] Garlic *(Minced)*

10 oz, cooked [280 g] Ground Turkey

0.5 lemon yields [23.5 g] Lemon Juice

2 cup [60 g] Baby Spinach

DIRECTIONS

1. Heat 1/2 tbsp olive oil in a medium skillet over medium heat.
2. Add sweet potatoes, onion, and 1 tbsp water to the skillet. Cover and cook 8-10 minutes, until sweet potato softens. Add bell pepper, fresh dill, salt and pepper and cook approximately 5 more minutes, until sweet potatoes are cooked through.
3. Remove veggies from the skillet and set aside. Add remaining olive oil and garlic to the skillet. Cook for 1 minute then add ground turkey. Cook for approximately 5 minutes, crumbling and breaking up the turkey as you go along.
4. When turkey is no longer pink in the middle, add the cooked vegetables back to the skillet along with the lemon juice and baby spinach. Cook 1-2 minutes until spinach is wilted. Enjoy warm!

478	25.6 g	21.1 g	40.8 g	5.5 g	6.4 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Very Berry Yogurt Bowl

SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

- **1.5 cup** [360 g] Low Fat Greek Yogurt
- **0.25 cup** [30.75 g] Raspberries
- **1 tbsp** [7 g] Chopped Walnuts
- **0.5 cup** [72.5 g] Blueberries
- **0.25 tsp** [0.57 g] Cinnamon

DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

386	15.5 g	39.9 g	24.8 g	4.6 g	33.4 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

ANTI-INFLAMMATORY

Lunch

RE-FUEL AND RE-ENERGIZE

Quick, easy, and built to hold you through the afternoon.

LUNCH

Asian-Style Salad With Grass-Fed Steak

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	20 minutes

INGREDIENTS

8 oz [226.8 g] Beef Top Sirloin *(Trimmed to 1/8" Fat)*

3 cups [170.1 g] Shredded Green & Red Cabbage with Carrots

1 tsp [4.5 g] Sesame Oil

0.5 cup [102.5 g] Bean Sprouts

0.5 cup [85 g] Edamame *(Shelled)*

2 large [50 g] Scallions or Spring Onions

0.25 cup [4 g] Cilantro

1 medium [150 g] Avocado *(Sliced)*

0.33 tbsp [4.62 g] Rice Vinegar

0.5 tbsp [7 g] Soy Sauce

1 clove [3 g] Garlic

1 slices (1" dia) [2.2 g] Ginger

1 oz (18 kernels) [28.35 g] Roasted Salted Cashew Nuts

0.5 tbsp [7 g] Avocado Oil

0.5 Juice of 1 lime (2" dia) [19 g] Fresh Lime Juice

1 tsp [7.1 g] Honey

DIRECTIONS

1. Let steak sit at room temperature for about 30 minutes.
2. Season with salt and pepper. Heat a cast iron skillet over medium-high heat and add avocado oil.
3. Sear steak 3–5 minutes per side (depending on thickness and desired doneness). Remove and rest 10 minutes before slicing.
4. While steak rests, prepare the salad: In a large bowl, combine cabbage mix, sliced scallions, and chopped cilantro.
5. If using frozen edamame, boil 4 minutes, drain, and add to the salad along with bean sprouts.
6. Slice avocado and set aside.
7. Whisk soy sauce, rice vinegar, sesame oil, lime juice, and honey. Grate in garlic and ginger; season to taste.
8. Toss salad with dressing just before serving. Top with avocado and cashews. Slice steak and serve over or alongside salad.

599	39.9 g	29.5 g	34.3 g	11.5 g	11.2 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Balsamic Chicken & Burrata Salad

SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

2 cup [60 g] Baby Spinach

2 beet (2" dia) [164 g] Beets *(roasted and chopped)*

1 tbsp [7 g] Chopped Walnuts

5 oz [140 g] Skinless Chicken Breast *(Baked and sliced)*

1 oz [28 g] Burrata Cheese

0.5 tablespoon [6.75 g] Olive Oil

1 dash [0.4 g] Sea Salt

1 dash [0.1 g] Black Pepper

0.5 tbsp [7.5 g] Balsamic Glaze

DIRECTIONS

1. In a salad bowl, combine the raw spinach, red beets, walnuts, and chicken.
2. Stir until all the ingredients are combined.
3. Top with the burrata and drizzle balsamic glaze and olive oil on top.
4. Add salt and pepper to taste. Serve cold and enjoy!

434	19.9 g	21.6 g	41.8 g	8 g	13.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Chicken Cucumber Boats

SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

1 can (5 oz) yields [140 g] Canned Organic Chicken *(Drained)*

2 tsp [9 g] Olive Oil

0.25 tsp [0.45 g] Ginger *(Ground)*

0.15 tsp [0.33 g] Turmeric *(Ground)*

1 dash [0.1 g] Black Pepper

1 dash [0.4 g] Sea Salt

0.25 medium (approx 2-3/4" long, 2-1/2" dia) [28.5 g] Red Bell Pepper *(Chopped)*

1 tbsp, chopped [5 g] Red Onions

1 medium (7" long) [201 g] Cucumber (Halved lengthwise

DIRECTIONS

1. Drain canned chicken and add chicken to a medium bowl. Add olive oil, ginger, turmeric, black pepper, salt, chopped bell pepper, and chopped red onion. Mix well until chicken and veggies are coated with olive oil and seasoning.
2. Fill deseeded cucumber with chicken mixture and top with microgreens. Serve with a side of pistachios. and deseeded) 1 cup [20 g] Microgreens 15 nut [9 g] Pistachio Nuts

425	23.8 g	16.2 g	37.3 g	5.8 g	5.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Ginger Tahini Chicken Salad

SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

1.5 cup [85.05 g] Shredded Green Cabbage

1 tbsp [7.5 g] Slivered Almonds

1 tbsp [1 g] Cilantro *(Coriander)*

1 medium [114 g] Orange Bell Pepper

0.25 thin slice [2.25 g] Red Onions

0.25 cup [62.5 g] Chickpeas *(canned and drained)*

4 oz [112 g] Skinless Chicken Breast (Precooked (baked))

0.5 tbsp [7.5 g] Tahini

1 tsp [2 g] Ginger

0.5 tbsp [7 g] Coconut Aminos

0.5 tablespoon [6.75 g] Olive Oil

0.5 tbsp [6.8 g] Sesame Oil

DIRECTIONS

1. Put all salad ingredients together in a large bowl.
2. In a small bowl, whisk together all dressing ingredients. Toss salad dressing with salad ingredients and enjoy!

475	23.8 g	33.1 g	34.5 g	9.7 g	11.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Lentil Curry

SERVINGS	PREP TIME	COOKING TIME
2	15 minutes	30 minutes

INGREDIENTS

1 tablespoon [13.5 g] Olive Oil

1 cup, chopped [160 g] Onions

3 clove [9 g] Garlic

3 tsp [6 g] Ginger *(Grated)*

1 tbsp [6.3 g] Curry Powder

1 tsp [2.2 g] Turmeric *(Ground)*

3 medium whole (2-3/5" dia) [369 g] Tomatoes *(Diced)*

0.5 cup, dry [100 g] Brown Lentils

0.75 cup [169.5 g] Coconut Milk

1.5 cup [360 g] Beef Bone Broth

2 cup [60 g] Baby Spinach

1 dash [0.4 g] Sea Salt *(To Taste)*

1 dash [0.1 g] Black Pepper *(To Taste)*

DIRECTIONS

1. Heat the olive oil in a large pan over medium heat. Add the diced onion and cook until softened, about 5 minutes.
2. Add the minced garlic, ginger, curry powder, and ground turmeric. Cook for another 1-2 minutes until fragrant.
3. Add diced tomatoes with their juice, lentils, coconut milk, bone broth, salt, and pepper. Stir until well blended.
4. Reduce the heat to low and simmer for about 15-20 minutes.
5. Stir in the fresh spinach and cook until wilted. Serve warm.

519	26.7 g	53.9 g	25.3 g	14.6 g	10.2 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Quinoa Bowl with Avocado Dressing

SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

1 cup, cooked [160 g] Quinoa *(Cooked)*

1 small (6-3/8" long) [158 g] Cucumber *(Chopped)*

2 tbsp [7.6 g] Parsley *(Chopped)*

0.25 cup [28.25 g] Shredded Carrots

1 tbsp [3 g] Mint *(Chopped)*

0.5 oz [14.18 g] Roasted Salted Hulled Pumpkin and/or Squash Seeds

1 dash [0.4 g] Sea Salt

1 dash [0.1 g] Black Pepper

0.5 avocado [68 g] Avocado

0.25 cup [56.75 g] Whole Milk Greek Yogurt Plain

0.5 Juice of 1 lemon (2-1/8" dia) [23.5 g] Fresh Lemon Juice

1 clove [3 g] Garlic

1 tbsp [14.8 g] Water

DIRECTIONS

1. Add quinoa to a medium serving bowl and top with carrots, cucumber, parsley, mint, pumpkin seeds, salt and pepper.
2. In a blender, add avocado, Greek yogurt, lemon juice, garlic, and water. Blend until smooth. Add more water if needed to desired consistency. Pour over quinoa salad and enjoy!

533	23.5 g	62.9 g	22.7 g	11.7 g	6.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Roasted Veggie Quinoa Salad

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	25 minutes

INGREDIENTS

0.75 cup [127.5 g] Quinoa *(Uncooked)*

1 cup [149 g] Cherry Tomatoes

1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper *(Diced)*

1 sweetpotato, 5" long [130 g] Sweet Potato *(Peeled and diced)*

0.5 small [35 g] Onions *(Sliced)*

1 tbsp [14 g] Avocado Oil

0.5 tsp [1.1 g] Turmeric *(Ground)*

0.5 tsp [1.05 g] Cumin

1 dash [0.4 g] Sea Salt

1 dash [0.1 g] Black Pepper

2 tbsp [17.6 g] Dry Roasted Sunflower Seeds *(with Salt Added)*

1 lemon yields [47 g] Lemon Juice

DIRECTIONS

1. Cook quinoa according to package and set aside.
2. In the meantime, preheat the oven to 400°F (200°C).
3. In a large bowl, toss the cherry tomatoes, bell pepper, sweet potato, and onion with olive oil, turmeric, cumin, salt, and pepper until well coated.
4. Spread the vegetables on a baking sheet and roast for approximately 20 minutes, until vegetables are at desired consistency.
5. Top quinoa with roasted veggies, lemon juice, sunflower seeds, and parsley. Enjoy warm or cold.

454	15.6 g	70 g	12.7 g	10.6 g	8.7 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Salsa Chicken "Tacos"

SERVINGS	PREP TIME	COOKING TIME
2	5 minutes	240 minutes

INGREDIENTS

12 oz [336 g] Skinless Chicken Breast

1.25 cup [310 g] Salsa

6 leaf, medium [12 g] Iceberg Lettuce

1.5 avocado [204 g] Avocado *(Chopped)*

0.25 cup, chopped [40 g] Onions

DIRECTIONS

1. In a crockpot, combine chicken and red salsa. Cook on high for 4 hours or until the chicken shreds easily.
2. Shred the chicken and place it back into the crockpot with the salsa.
3. Use the iceberg lettuce leaves as cups and place the salsa chicken into them.
4. Top with avocado and white onion. Serve and enjoy!

424	19.2 g	21.4 g	43.9 g	10.4 g	6 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Savory Cabbage Salad w/ Baked Salmon

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	20 minutes

INGREDIENTS

2 cup [113.4 g] Shredded Green Cabbage

2 cup [113.4 g] Shredded Red Cabbage

0.5 cup [56.5 g] Shredded Carrots

0.5 cup [8 g] Cilantro *(Coriander)*

0.25 cup [30 g] Slivered Almonds

0.24 cup, hulled [30.72 g] Dry Roasted Hulled Sunflower Seeds

10 oz [283.33 g] Wild Atlantic Salmon

1 dash [0.4 g] Sea Salt

1 dash [0.1 g] Black Pepper

4 tbsp [56 g] Rice Vinegar

1 tbsp [21 g] Honey

2 tbsp [28 g] Coconut Aminos

3 tsp [6 g] Ginger *(Minced)*

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Place salmon on an oven safe dish and top with salt and pepper. Bake for approximately 20 minutes, until internal temperature reaches 145 degrees F (62 C).
3. In a large bowl, combine the green cabbage, red cabbage, shredded carrots, cilantro, almonds, and sunflower seeds. Toss until combined.
4. In a small bowl, whisk together rice vinegar, honey, soy sauce, and ginger. Pour the dressing over the salad and combine.
5. Place the salad in a bowl or plate and top with cooked salmon.
6. Serve cold and enjoy!

560	25.1 g	48.1 g	37.8 g	11.3 g	34.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Tuna Avocado Salad

SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

2 cup [40 g] Arugula *(Rocket)*

1 tablespoon [13.5 g] Olive Oil

7 oz [198.45 g] Tuna in Water (Canned) *(Drained)*

0.5 avocado [68 g] Avocado *(Diced)*

2 tsp [9.2 g] Everything Bagel Seasoning

1 medium [180 g] Apples

DIRECTIONS

1. Add the arugula (or arugula-spinach mix) to one bowl or food container.
2. Drizzle with olive oil and toss to coat.
3. In a separate bowl, combine the drained tuna and diced avocado. Mix in the everything bagel seasoning.
4. Top the dressed greens with the tuna mixture.
5. Enjoy with the apple on the side.

588	26.7 g	32.8 g	53.7 g	10.3 g	20.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

ANTI-INFLAMMATORY

Dinner

FINISH STRONG

Real food, simple cooking, and leftovers you'll be glad you made.

DINNER

Bison Greek Skillet

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	25 minutes

INGREDIENTS

- **10 oz** [283.5 g] Ground Bison Meat
- **0.5 tablespoon** [6.75 g] Olive Oil
- **1 small** [70 g] Onions *(Finely chopped)*
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper *(Diced)*
- **2 clove** [6 g] Garlic
- **1 tsp, ground** [1.8 g] Oregano
- **1 tsp, leaves** [0.7 g] Basil *(Dried)*
- **0.5 tsp, ground** [0.7 g] Thyme *(Dried)*
- **0.5 tsp** [0.9 g] Ginger *(Ground)*
- **1 dash** [0.4 g] Sea Salt
- **1 dash** [0.1 g] Black Pepper
- **1 cup, chopped or sliced** [180 g] Tomatoes *(Diced)*
- **0.5 cup, dry** [62.5 g] Brown Rice
- **1 cup** [30 g] Baby Spinach *(chopped)*

DIRECTIONS

1. Cook brown rice according to package.
2. Warm a large skilled over medium-high heat. Add bison and cook until browned all the way through, crumbling and flipping as it cooks.
3. Push the bison to the edge of the skillet and add olive oil, onion, bell pepper, and garlic. Cook 4-5 minutes until vegetables begin to soften.
4. Add oregano, basil, thyme, ginger, salt, pepper, and tomatoes. Mix together with the vegetables and the bison. Cook approximately 5 minutes.
5. Add brown rice and spinach. Cook for 3 - 4 minutes.
6. Serve warm, topped with crumbled goat cheese.

NOTES

1. **OPTIONAL:** Sprinkle with crumbled goat cheese

575	28 g	49.1 g	32.8 g	6.9 g	6.9 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Chicken Meatballs with Roasted Veggies

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	30 minutes

INGREDIENTS

12 oz [340.8 g] Ground Chicken

0.5 small [35 g] Onions *(Minced)*

2 clove [6 g] Garlic *(Minced or pressed)*

1 cup [165 g] Fingerling Potatoes *(Quartered)*

8 small (5-1/2" long) [400 g] Carrots *(Stems removed and halved lengthwise)*

2 cup chopped [182 g] Broccoli *(Florets)*

1.5 tbsp [21 g] Avocado Oil

0.5 tbsp [3.45 g] Onion Powder

0.5 tbsp [4.2 g] Garlic Powder

1 tbsp [1.3 g] Parsley *(Dried)*

0.5 tbsp [3.45 g] Paprika

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. In a medium bowl, mix together ground chicken, minced onion, and garlic, using your hands to combine. Then create meatballs, 1 inch in diameter, and spread evenly on a large baking sheet.
3. Add potatoes, carrots, and broccoli to this same baking sheet.
4. In a large bowl mix together avocado oil, onion powder, garlic powder, parsley, and paprika. Pour oil mixture over vegetables and toss to coat well.
5. Spread veggies into a single layer. Bake for 25-30 minutes until internal temperature of chicken reaches above 165 degrees F (65 C). Serve warm.

538	23.6 g	47.2 g	37.7 g	12 g	12.8 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Curry Roasted Chickpea and Veggie Quinoa

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	45 minutes

INGREDIENTS

0.5 cup [85 g] Quinoa *(Uncooked)*

1 cup (8 fl oz) [237 g] Water

1 tsp [4.5 g] Olive Oil

0.5 tsp [1.1 g] Turmeric *(Ground)*

1.25 cup [312.5 g] Chickpeas (canned and drained) *(Drained and rinsed)*

0.25 tsp [0.57 g] Cinnamon

1 dash [0.4 g] Sea Salt

1 dash [0.1 g] Black Pepper

1 tbsp [14 g] Avocado Oil

0.5 tablespoon [10.5 g] Honey

0.5 lemon yields [23.5 g] Lemon Juice

1 tsp [2 g] Curry Powder

3 tbsp [45 g] Tahini

2 beet (2" dia) [164 g] Beets *(Diced)*

0.5 medium [55 g] Red Onions

2 cup [113.4 g] Shredded Red Cabbage

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a medium sauce pan, add water and quinoa. Bring to a bowl, then reduce heat to a simmer.
3. Add olive oil, turmeric, cinnamon, salt, and pepper. Cook covered approximately 25-30 minutes, or until quinoa is soft. Remove from heat and fluff with a fork.
4. While quinoa is cooking, in a large bowl mix together avocado oil, honey, lemon, curry powder, tahini, and water.
5. Add chickpeas, beets, onion, and cabbage to the bowl and coat veggies with the sauce. Spread chickpeas and veggies in one layer on a baking sheet and bake for approximately 15 minutes.
6. Top cooked quinoa with chickpea and veggies.

653	25.8 g	91.2 g	19.7 g	16.5 g	14.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Detox Soup

SERVINGS	PREP TIME	COOKING TIME
2	15 minutes	30 minutes

INGREDIENTS

1 tablespoon [13.5 g] Olive Oil

3 clove [9 g] Garlic

2 tsp [4 g] Ginger *(Grated)*

0.5 small [35 g] Onions

1 medium [114 g] Orange Bell Pepper *(Diced)*

0.5 tbsp [0.65 g] Parsley *(Dried)*

1 tsp, ground [1.8 g] Oregano

0.5 tsp [3 g] Sea Salt

0.25 tsp [0.53 g] Black Pepper

3 cup [720 g] Beef Bone Broth

5 oz [140 g] Skinless Chicken Breast

0.5 medium head (5-6" dia) [287.5 g] Cauliflower *(Chopped)*

1 small [118 g] Zucchini *(Chopped)*

1 avocado [136 g] Avocado *(Diced)*

DIRECTIONS

1. In a large pot, heat olive oil over medium heat.
2. Add garlic, ginger, and onion. Cook 2-3 minutes, stirring occasionally.
3. Add bell pepper, parsley, oregano, salt, and pepper. Cook 3-4 minutes until peppers begin to soften.
4. Add bone broth and chicken breast. Bring to a boil then reduce heat to a simmer and cook for approximately 20 minutes, until chicken is cooked through.
5. Remove chicken from the pot. Add the cauliflower and zucchini. Continuing simmering for 5-7 minutes.
6. In the meantime, shred the chicken with two forks, and return to the pot.
7. Remove from heat. Allow to cool slightly and serve warm. Top with avocado (optional)

403	19.4 g	24.1 g	37.6 g	11.5 g	8.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Dill-icious Savory Salmon Soup

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	25 minutes

INGREDIENTS

12 oz, boneless, raw [340.2 g] Salmon

1 Potato medium (2-1/4" to 3-1/4" dia) [213 g] Russet Potatoes *(Flesh and Skin)*

0.5 medium [55 g] Yellow Onions

2 stalk, medium (7-1/2" - 8" long) [80 g] Celery

1 large (7-1/4" to 8-1/2" long) [72 g] Carrots

3 clove [9 g] Garlic

2.5 cup (8 fl oz) [607.5 g] Chicken Stock

2 cup, florets [142 g] Broccoli

4 sprigs [0.8 g] Dill

1 tbsp [14 g] Olive Oil

1 dash [0.4 g] Salt *(To taste)*

1 dash [0.1 g] Black Pepper *(To taste)*

2 tbsp [38 g] Coconut Cream *(Canned)*

DIRECTIONS

1. Prep the salmon fillet first by cutting into small bite size pieces and season with salt and pepper. Set aside in a bowl.
2. Peel the potato. Dice the onion, celery, carrot, broccoli and potato all into similar sizes so they cook evenly. Mince garlic and set aside. Finely chop fresh dill and set aside.
3. In a medium sized pot, turn heat to medium-high and add 2 tbsps of olive oil. Start by sautéing onions, carrots and celery first for 5 minutes.
4. Add minced garlic and cook for an additional minute.
5. Pour in the broth, scraping anything that got stuck to the bottom of the pot. Add potatoes and allow to cook for 10-15 minutes, then reduce the heat to medium-low.
6. Once the potatoes are close to being fully cooked, add salmon and broccoli at the same time as they both cook within 5 minutes.
7. After 5 minutes check the salmon to make sure it's fully cooked. Finally, add a splash of cream to the pot and season with salt, pepper and chopped fresh dill.

498	21 g	35.1 g	44.1 g	5.5 g	6.4 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Flavor Packed Chicken and Rice

SERVINGS	PREP TIME	COOKING TIME
2	15 minutes	30 minutes

INGREDIENTS

12 oz [339 g] Boneless Skinless Chicken Thighs *(raw)*

0.5 tbsp [6.4 g] Clarified Butter Ghee

2.5 tbsp [35 g] Olive Oil

0.25 cup, dry [31.25 g] Brown Rice

1 cup [237 g] Water

0.25 tsp [1.5 g] Salt

0.25 tsp [0.55 g] Turmeric *(Ground)*

1 cup [20 g] Arugula *(Rocket)*

0.5 medium whole (2-3/5" dia) [61.5 g] Tomatoes *(Diced)*

0.5 medium (7" long) [100.5 g] Cucumber *(Diced)*

2 tbsp, chopped [10 g] Red Onions

1 tbsp [14 g] Lemon Juice

0.25 cup [15 g] Parsley (Chopped (optional) to garnish)

DIRECTIONS

1. Rinse 1 cup of rice in a mesh strainer, then add to a pot with 2 cups of water. Add salt, turmeric powder and 0.5 tbsp (7.5 g) olive oil to the rice. Mix until combined and then bring to a boil.
2. Once boiling, bring heat to low, cover, and let cook for an additional 20 minutes.
3. Meanwhile, heat a sauté pan (preferably cast iron) to a medium-high heat. Season chicken thighs with salt and pepper.
4. Once the pan is almost smoking, add ghee and 1 tbsp (14 g) olive oil. Then add the chicken thighs. Sear chicken on one side for 10 minutes then reduce heat to medium-low.
5. Flip chicken to cook for another 10 minutes, ensuring the chicken is throughly cooked to an internal temp of 165 F (74 C) Remove from heat and allow the chicken to rest while making the salad.
6. Chop the tomato, cucumber, and red onion and mix with arugula. To dress the salad, add 1 tbsp olive oil and 1 tbsp (14 g) lemon juice. Season with salt and pepper.

487	27.7 g	23.7 g	36.1 g	2.6 g	2.7 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Garlic Shrimp and Greens

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	20 minutes

INGREDIENTS

12 oz [340.8 g] Shrimp

0.75 cup, dry, yields [427.5 g] White Rice

1 tbsp [14 g] Olive Oil

3 clove [9 g] Garlic

1 cup, chopped [21 g] Kale

2 tbsp [28 g] Lemon Juice

0.5 tbsp [7.5 g] Apple Cider Vinegar

1 dash [0.4 g] Salt *(To taste)*

1 dash [0.1 g] Black Pepper *(To taste)*

DIRECTIONS

1. Cook rice according to package.
2. In a large skillet, warm olive oil over medium heat. Add garlic and cook 1 minute. Add kale, 1 tbsp lemon juice, and apple cider vinegar. Cover and cook 4-3 minutes.
3. Uncover and push kale to one side of the skillet. Add the shrimp, remaining lemon juice, salt, and pepper. Cook 2-3 minutes, then flip the shrimp and cook an additional 2-3 minutes.
4. Serve kale and shrimp warm over bed of rice.

492	10.1 g	64.4 g	30.2 g	1.1 g	0.2 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Lentil Beef Chili

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	60 minutes

INGREDIENTS

10 oz [283.5 g] Ground Beef (95% Lean / 5% Fat) *(Organic and grass fed)*

2 cup [480 g] Beef Bone Broth

0.5 medium [55 g] Yellow Onions

1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper

3 clove [9 g] Garlic

14 oz [396.9 g] Crushed Tomatoes *(Canned)*

0.5 cup, dry [100 g] Brown Lentils

1 tsp [2.1 g] Cumin

0.5 tsp [0.9 g] Red or Cayenne Pepper

0.5 tsp, ground [0.9 g] Oregano

1 dash [0.4 g] Salt *(To taste)*

1 dash [0.1 g] Black Pepper *(To taste)*

0.5 avocado [68 g] Avocado

DIRECTIONS

1. Take the ground beef out of the fridge and let it come to room temp (takes about 30 minutes.)
2. Chop the onion, red pepper and garlic into a fine dice, set aside.
3. Wash lentils in a fine mesh strainer and set aside. In a medium sized pot, turn the heat to high and add 2 tbsp of olive oil and sauté the ground beef until cooked. Transfer to a separate bowl once fully cooked.
4. In the same pot, add another 1 tbsp olive oil and sauté the onions and peppers for 5 minutes. Add the garlic and cook for 30 seconds.
5. Quickly add your spices so it allows the spice to open up and toast for 20 seconds. Immediately add the broth to deglaze the pot.
6. Add the lentils and crushed tomatoes and bring the temperature to medium-low. Cook without a lid for 40- 50 minutes. Season to taste with salt and pepper.
7. Check every 20 minutes to make sure there is enough liquid. If it's evaporating quickly turn heat down and add a little water. Once ready add your favorite toppings.

566	14.5 g	56.9 g	57.8 g	17.6 g	5.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Mediterranean Stuffed Peppers

SERVINGS	PREP TIME	COOKING TIME
4	5 minutes	30 minutes

INGREDIENTS

2 medium (approx 2-3/4" long, 2-1/2" dia) [228 g] Red Bell Pepper

2 medium [228 g] Orange Bell Pepper

1 tbsp [12.8 g] Clarified Butter Ghee

12 oz [340.2 g] Ground Beef (95% Lean / 5% Fat) *(Organic and grass fed)*

0.25 cup, chopped [40 g] Onions

1 tbsp, ground [1.8 g] Oregano

1.5 cup, cooked [240 g] Quinoa *(Cooked)*

0.25 cup, crumbled [35 g] Goat Cheese

1 dash [0.4 g] Salt *(To taste)*

1 dash [0.1 g] Black Pepper *(To taste)*

DIRECTIONS

1. Preheat the oven to 400 F (205 degrees C). Slice the tops off the peppers and clean out the insides, keeping them whole.
2. In a large skillet, heat the ghee over medium heat.
3. Add the onions and cook until translucent. Once the onions begin to brown, add the ground beef, oregano, salt and pepper.
4. Once the ground beef is cooked, stir in the cooked quinoa and feta.
5. Fill the peppers with the beef/quinoa mixture. Place them in the oven and bake for 12-15 minutes, until the peppers begin to brown on the edges.
6. Serve warm and enjoy!

300	11.7 g	24.5 g	24.6 g	5.4 g	5.6 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Turkey Cashew Lettuce Wraps

SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	12 minutes

INGREDIENTS

1 tbsp [14 g] Olive Oil

16 oz [453.6 g] Ground Turkey

0.5 tsp [0.9 g] Ginger *(Ground)*

0.25 tsp [0.55 g] Turmeric *(Ground)*

1 tbsp [14 g] Coconut Aminos

1 tbsp [16 g] Almond Butter

1 dash [0.1 g] Black Pepper *(To taste)*

0.5 cup [56.5 g] Shredded Carrots

1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper *(Chopped)*

1 tbsp [1 8.5] Dry Roasted Cashew Nuts

9 g Sesame Seeds

1 head (small) [95 g] Romaine Lettuce

0.25 cup [5 g] Microgreens

DIRECTIONS

1. In a large skillet, warm 1/2 tbsp olive oil over medium heat. Add ground turkey and cook 4-5 minutes, crumbling and turning while you cook.
2. In the meantime, mix together remaining olive oil, ground ginger, turmeric, coconut aminos, almond butter, and black pepper.
3. Add shredded carrots, bell pepper, cashews, sesame seeds, and olive oil mixture to the skillet.
4. Cook for an additional 5-8 minutes, until turkey is cooked through, and vegetables are desired consistency.
5. When ready to serve, separate leaves of romaine lettuce. Wash and pat dry with a towel. Fill leaves with turkey mixture and top with microgreens.

536	33.6 g	13.7 g	43.6 g	5.1 g	6.9 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR