

## 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**

- 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**

- 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.
- ½ 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

- 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](http://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](http://www.paleogrubs.com)

Visit my site [www.thenomadicnutritionist.com](http://www.thenomadicnutritionist.com) for recipes!

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