

**PREPARED FOR JOHN SMITH**



# *Anti - Inflammatory Sample Meal Plan*



**PREPARED BY CARLA CHERNENCOFF**

# Week at a Glance

*CURATED ESPECIALLY FOR YOU!*

	Breakfast	Lunch	Dinner
<b>M</b> <b>o</b> <b>n</b>	 Blackberry Tofu Pancakes	 Tempeh & Arugula Benedict	 Steak with Pineapple & Avocado Salsa
<b>T</b> <b>u</b> <b>e</b> <b>s</b>	 Blackberry Tofu Pancakes	 Tempeh & Arugula Benedict	 Steak with Pineapple & Avocado Salsa
<b>W</b> <b>e</b> <b>d</b>	 Bacon & Egg Breakfast Pizza	 Shrimp BLT	 BBQ Chicken Pizza
<b>T</b> <b>h</b> <b>u</b> <b>r</b>	 Bacon & Egg Breakfast Pizza	 Roasted Red Pepper, Chicken & Pesto Wraps	 BBQ Chicken Pizza
<b>F</b> <b>r</b> <b>i</b>	 Persian Crepe	 Roasted Red Pepper, Chicken & Pesto Wraps	 Artichoke, Olive & Sun Dried Tomato Pesto Pizza
<b>S</b> <b>a</b> <b>t</b>	 Persian Crepe	 Deluxe Pizza	 Parmesan Roasted Potatoes
<b>S</b> <b>u</b> <b>n</b>	 Blueberry Coconut Smoothie	 Deluxe Pizza	 Parmesan Roasted Potatoes

# Shopping List

## Fruits

- 1 Avocado
- 1 1/3 cups Blackberries
- 2 tbsps Lemon Juice
- 1 Lime
- 1 cup Pineapple

## Breakfast

- 2 tbsps Maple Syrup

## Seeds, Nuts & Spices

- 1 tbsps Cajun Seasoning
- 1/2 cups Cashews
- 1 1/3 tbsps Pistachios
- 2 3/4 tbsps Sea Salt
- **0 Sea Salt & Black Pepper**
- 1/2 tbs Turmeric

## Frozen

- 1/4 cup Frozen Banana
- 1 cup Frozen Blueberries
- 5 1/3 lbs Pizza Dough

## Baking

- 3 1/4 cups All Purpose Gluten-Free Flour
- 2 tbs Baking Powder
- 1/4 cup Coconut Sugar
- 1 2/3 ozs Unbleached All Purpose Flour

## Boxed & Canned

- 2 cups Marinara Sauce

## Vegetables

- 2 cups Arugula
- 3 cups Baby Spinach
- 1 tbsps Chives
- 2 tsps Cilantro
- 6 Cremini Mushrooms
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 3 cups Mini Potatoes
- 1 cup Mixed Greens
- 1 tbsp Parsley
- 1 Red Bell Pepper
- 1 cup Red Onion
- 2 Sweet Potato
- 1 Tomato
- 1/2 Yellow Onion

## Cold

- 2 tsps Butter
- 12 Egg
- 1/3 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk

## Other

- 1 1/2 lbs Cauliflower Pizza Crust
- 1 cup Coconut Water
- 1/4 fl oz Rose Water
- 1/4 cup Vanilla Protein Powder
- 2/3 cup Water

## Bread, Fish, Meat & Cheese

- 12 slices Bacon
- 7 1/16 ozs Cheddar Cheese
- 8 ozs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 1 lb Flank Steak
- 1 1/3 Mozzarella Cheese
- 1 piece Naan
- 2/3 cup Parmigiano Reggiano
- 3 1/3 ozs Pepperoni
- 4 3/4 ozs Shrimp, Cooked
- 1 1/2 lbs Silken Tofu
- 1 lb Tempeh
- 4 slices Whole Grain Bread
- 2 Whole Wheat Tortilla

## Condiments & Oils

- 1/4 cup Artichoke Hearts
- 2 cups Barbecue Sauce
- 1/3 cup Black Olives
- 1/4 cup Coconut Oil
- 1 tsp Dijon Mustard
- 1/3 Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 3/4 cup Pesto
- 1 tbsp Sun Dried Tomato Pesto





# Blackberry Tofu Pancakes

**6 servings**  
25 minutes

## Ingredients

- 12 ozs Silken Tofu
- 2 Egg
- 1 1/2 cups All Purpose Gluten-Free Flour
- 1 tsp Baking Powder
- 2 tbsps Coconut Sugar
- 1/4 tsp Sea Salt
- 2 tbsps Coconut Oil (divided)
- 2/3 cup Blackberries

## Directions

1. Add the tofu, eggs, flour, baking powder, coconut sugar, and salt to a blender. Blend until a smooth consistency is achieved.
2. In a large pan over medium-low heat, warm enough oil to cover the bottom of the pan. Scoop 1/2 cup of batter per pancake into the pan and cook for approximately two to three minutes on each side. Repeat until all of the batter is used up.
3. Transfer the pancakes to a plate, top with blackberries, serve, and enjoy!



## Bacon & Egg Breakfast Pizza

**6 servings**  
40 minutes

### Ingredients

- 4 slices Bacon
- 3 Egg (whisked)
- 1/3 cup Pesto
- 12 ozs Cauliflower Pizza Crust
- 1 cup Baby Spinach
- 3 ozs Mozzarella Cheese

### Directions

1. Preheat the oven to 350°F (175°C).
2. In a pan over medium heat, cook the bacon to desired crispness. Remove the bacon from the pan and drain the excess fat. Break it up into small pieces.
3. Add the eggs and scramble for two to three minutes or until cooked to your desired texture.
4. Spread the pesto evenly over the pizza crust. Add the spinach. Top with the scrambled eggs, bacon, and cheese.
5. Bake the pizza in the oven for 15 to 20 minutes. Slice, serve, and enjoy!



## Persian Crepe

**1 serving**  
20 minutes

### Ingredients

- 1/2 cup Unsweetened Almond Milk
- 1 Egg
- 2 tbsps All Purpose Gluten-Free Flour
- 1 tbsp Plain Greek Yogurt
- 1/8 tsp Sea Salt
- 1 tsp Butter
- 1 tbsp Maple Syrup
- 1 tbsp Water
- 1/8 fl oz Rose Water (optional)
- 2 tsps Pistachios (chopped)

### Directions

1. In a bowl, whisk together the almond milk, egg, flour, yogurt, and sea salt.
2. Melt the butter in a medium pan over medium heat. Pour the batter into the pan to about 1/4-inch thick. Cook for two to three minutes then flip and cook the other side until golden brown.
3. Meanwhile, in a small bowl mix together the maple syrup, water, and rose water.
4. Slice the crêpe into eight pieces while it's in the pan. Pour the syrup over the crepe and let simmer for about one to two minutes or until the crepe has absorbed most of the syrup.
5. Top with pistachios and enjoy!



## Blueberry Coconut Smoothie

**1 serving**  
5 minutes

### Ingredients

- 1 cup Coconut Water
- 1 cup Frozen Blueberries
- 1/4 cup Frozen Banana
- 1/4 Plain Greek Yogurt
- 1/4 Vanilla Protein Powder

### Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!





*Dianne's Vegan Kitchen*

# Tempeh & Arugula Benedict

**2 servings**  
35 minutes

## Ingredients

- 8 ozs Tempeh (cut into 2 x 2-inch squares)
- 1 Sweet Potato (large, cut into rounds)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Cashews (raw, soaked for at least 6 hours, drained & rinsed)
- 1 tbsp Lemon Juice
- 1/4 tsp Turmeric
- 1/2 tsp Sea Salt
- 1/4 cup Water
- 1 cup Arugula

## Directions

1. Preheat the oven to 375°F (190°C). Brush both sides of the tempeh and sweet potato rounds with half of the oil. Place them on a baking sheet and bake in the oven for 30 minutes, or until the sweet potato is fork-tender.
2. Add the remaining oil, cashews, lemon juice, turmeric, salt, and water to a blender. Blend for approximately one minute, or until smooth and creamy. Add a little more water if necessary to achieve your desired consistency.
3. Stack the sweet potato rounds, arugula, and tempeh, then drizzle on the cashew hollandaise. Enjoy!





## Shrimp BLT

**2 servings**  
15 minutes

### Ingredients

- 4 slices Bacon (halved)
- 4 3/4 Shrimp, Cooked (small shrimp)
- 2 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- 1 tbsp Chives
- 4 slices Whole Grain Bread (lightly toasted)
- 1 Tomato (medium, sliced)
- 1 cup Mixed Greens

### Directions

- 1.** Cook the bacon in a pan over medium heat for five minutes per side or until desired crispiness.
- 2.** Meanwhile, combine the cooked shrimp, mayonnaise, mustard, and chives in a bowl. Divide the mixture evenly between the slices of bread.
- 3.** Add the tomato slices and bacon. Top the greens. Close the sandwich and enjoy!



## Roasted Red Pepper, Chicken & Pesto Wrap

**1 serving**  
35 minutes

### Ingredients

- 4 ozs Chicken Breast
- 1/2 Red Bell Pepper (sliced)
- 1/2 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla
- 1 tbsp Pesto
- 1/2 cup Baby Spinach

### Directions

1. Preheat the oven to 400° F (205° C). Place the chicken and red pepper on a baking sheet and drizzle with oil. Season with salt and pepper to taste. Bake for 25 minutes, then slice the chicken into thin strips.
2. Place the tortilla on a plate and spread the pesto in a thin layer on top. Add the sliced chicken, red pepper, and spinach. Fold in the sides of the tortilla and roll it up. Slice the wrap in half if desired. Enjoy!



## Deluxe Pizza

**4 servings**  
30 minutes

### Ingredients

- 1 1/3 lbs Pizza Dough (store bought)
- 1/3 oz Unbleached All Purpose Flour
- 1 cup Marinara Sauce
- 3 1/2 ozs Mozzarella Cheese (shredded)
- 1 2/3 Pepperoni (sliced)
- 3 Cremini Mushrooms (sliced)
- 1/4 Green Bell Pepper (medium, sliced)
- 2 tbsps Black Olives (sliced)

### Directions

1. Allow the pizza dough to rise and come to room temperature on the counter for 30 minutes. You can leave it in its packaging during this process.
2. Preheat the oven to 425°F (220°C).
3. Lightly dust a cutting board with flour. Roll the dough out on the cutting board to your desired shape and thickness. Transfer it to a baking sheet or pizza pan.
4. Top the dough with the remaining ingredients. Bake for 15 to 20 minutes or until the cheese bubbles and the crust is nicely browned and cooked through.
5. Cut into slices and enjoy!



## Steak with Pineapple & Avocado Salsa

**2 servings**  
20 minutes

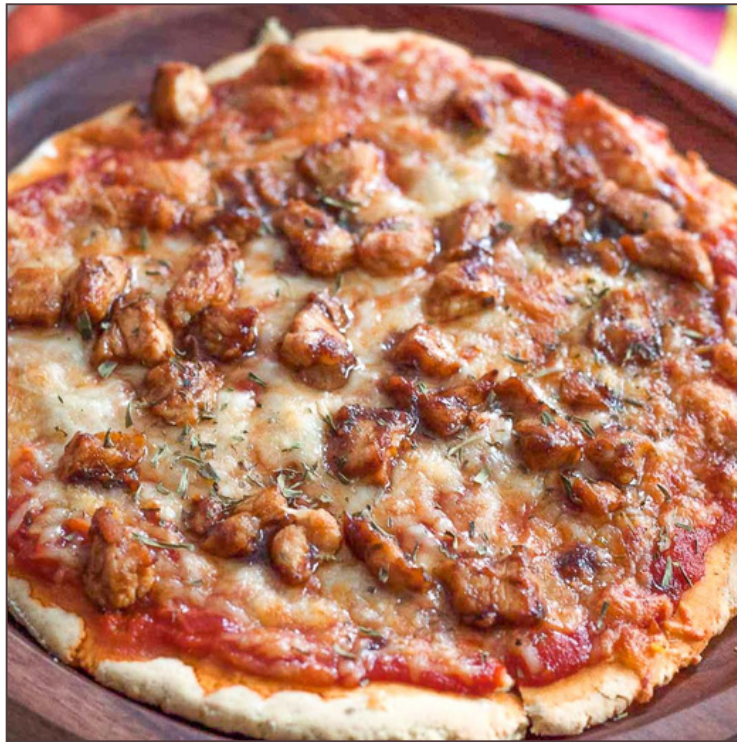
### Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 8 ozs Flank Steak
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pineapple (chopped)
- 1/2 Avocado (diced)
- 1/4 Yellow Onion (chopped)
- 1/2 Lime (juiced)
- 1 tsp Cilantro (finely chopped)

### Directions

1. Warm the oil in a pan over medium-high heat. Season both sides of the steak with half of the salt. Add the steak to the pan and cook for five to six minutes on each side, or until desired doneness.
2. Meanwhile, in a small bowl mix the remaining ingredients together.
3. Remove the steak from the heat and allow it to rest for about five minutes before slicing into it.
4. Divide the steak evenly between plates. Top with the pineapple salsa and enjoy!





## BBQ Chicken Pizza

**8 servings**  
45 minutes

### Ingredients

- 1 1/3 lbs Pizza Dough (store bought)
- 4 ozs Chicken Breast, Cooked (shredded)
- 1 cup Barbecue Sauce (divided)
- 1/2 oz Unbleached All Purpose Flour
- 1/2 cup Red Onion (sliced)
- 3 1/2 ozs Mozzarella Cheese (shredded)
- 3 1/2 ozs Cheddar Cheese (shredded)
- 3 stalks Green Onion (chopped)

### Directions

1. Place the dough in a large bowl and cover it with a tea towel. Leave it on counter for at least 30 minutes to rise and come to room temperature.
2. Preheat the oven to 500°F (260°C).
3. In a small bowl, add the chicken and half of the BBQ sauce. Mix to combine.
4. Lightly dust a clean surface on the counter with flour. Roll the dough out to approximately one inch in thickness. Transfer it to a baking sheet or pizza pan.
5. Spread the remaining barbecue sauce onto the dough. Add the red onion, mozzarella cheese, cheddar cheese, and barbecue chicken. Bake for 15 to 20 minutes or until the cheese has melted and the dough is browned and cooked through.
6. Top the pizza with green onions and cut it into slices. Enjoy!



## Artichoke, Olive & Sun Dried Tomato Pesto Pizza

**1 serving**  
20 minutes

### Ingredients

- 1 piece Naan
- 1 tbsp Sun Dried Tomato Pesto
- 1 1/2 ozs Mozzarella Cheese (shredded, divided)
- 1/4 cup Artichoke Hearts (from the can, drained, sliced)
- 2 tbsps Black Olives (pitted, sliced)
- 1 tbsp Parsley (chopped)

### Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
2. Spread the pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
3. Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy. Cut into slices, sprinkle with parsley, and enjoy!



## Parmesan Roasted Potatoes

**2 servings**  
30 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil (divided)
- 1 1/2 cups Mini Potatoes (halved)
- 1/3 cup Parmigiano Reggiano (finely grated)
- 1 1/2 tsps Cajun Seasoning

### Directions

1. Preheat the oven to 400°F (205°C). Grease a cast iron pan or a baking dish with half of the oil.
2. In a bowl, toss together the potatoes and remaining oil. In another bowl, mix together the parmesan and cajun seasoning.
3. Use a spoon and scatter the parmesan mixture over the cast iron or baking dish. Spread as evenly as possible.
4. Place the potatoes cut side down and firmly press them. Bake potatoes in the oven for 20 to 25 minutes or until cooked and soft.
5. Rest for five minutes, then use a spoon and cut around each potatoes. Flip and enjoy!