



Anti – Inflammatory Eating Plan

The anti-inflammatory eating plan will help reduce inflammation and down regulate an overactive immune system.

Eat from the list provided for at least 30 days. Most people will try for 90 days.

This is also known as an elimination diet and we remove the foods even some of the healthy foods that can be detrimental to your health. You can slowly add in one food at a time for 3 days in a row and wait to see how you feel (at least 3 days). A good indicator that the food you reintroduce is not for you at this time is pain, swelling, headache, accelerated pulse, skin eruptions, bloating, gas and other GI issues.

You can proceed with adding in the next food for 3 days in a row and see how you feel. (eggs, nuts, seeds, pork, night shades, raw organic milk, are some of the foods). Avoid gluten altogether, legumes are borderline when re-introducing foods.

Anti-Inflammatory Shopping List

Fruits & Veggies

- Alfalfa sprouts
- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Beets
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Escarole
- Garlic
- Ginger Roots
- Kale
- Leeks
- Lettuce
- Noodles (Shiritaki Yam)
- Okra
- Olives
- Onions
- Parsley
- Peas
- Pickles (w/out sugar)
- Radishes
- Salsa (w/out sugar)
- Sauerkraut
- Seaweed
- Spinach
- Squash
- String Beans
- Sugar Snap Peas
- Swiss Chard
- Turnips
- Turnip Greens
- Water Chestnuts
- Zucchini
- * Apples
- * Apricots
- * Avocados
- * Berries & Cherries
- * Grapefruit
- * Grapes (red & purple)
- * Lemons/Limes
- * Oranges
- * Peaches
- * Pears
- * Plums

Note: You should be eating mostly vegetables; eat only 1/3 cup of fruit for every cup of vegetables. Choose organic vegetables and fruits.

***Paradise Proteins & Greens or other plant based protein with at least 20 grams of protein/serving

Potatoes, mushrooms and tomatoes off limits

Remove night shades: Chili flakes & powder, curry, eggplants, paprika, all peppers (bell, cayenne, chili, sweet, jalapeno)

Milk, Juices & Beverages

- Canned coconut milk
- Apple Cider Vinegar
- Unsweetened Organic Cranberry Juice
- Coconut water
- Spring Water
- Lemon Juice
- Kombucha
- Kevita
- Bone Broth

Protein

- Paradise Protein & Greens
- Hormone Free-range Chicken & Turkey
- Grass Fed Beef
- Wild Caught Fish (Salmon, Mahi, Tuna, Sardines)
- Lamb
- Bison
- Organ meats

Spices/Herbs

- Caraway seeds
- Cayenne
- Cinnamon
- Dill
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Ground Pepper
- Sea Salt
- Stevia
- Turmeric
- Vanilla

Fats/Oils

- Coconut
- Extra Virgin Olive
- Macadamia nut
- Avocado
- Walnut
- Sesame Seed

Starches/Fiber

- Tuber vegetables: artichoke, yam, sweet potato, taro, jicama, cassava (3-4x's week)
- coconut flour

NO:

- Corn, Soy, Nuts, Seeds
- Grains
- Gluten/Wheat
- Sugar or artificial sweeteners
- Alcohol
- Dairy Products or eggs
- Processed Foods with preservatives
- Legumes (beans, peanut)
- coffee

Sample Eating Menu

(Anti-Inflammatory Eating Plan)

Morning Meal (sunrise meal) 30 -60 minutes upon rising

Small piece of protein ($\frac{1}{4}$ turkey patty, salmon patty, chicken, bison or beef)

Breakfast Smoothie

approximately 1 hour after sunrise meal

Blend the following:

1-2 scoop of protein powder (Clearvite, Paradise Protein & Greens)

6-8 ounces of coconut milk

4 ounces of coconut water

1-3 cups of organic greens like kale or spinach

1 celery stalk

$\frac{1}{4}$ cup of organic berries

1 tablespoon of olive oil or coconut oil

dash of sea salt

$\frac{1}{2}$ to 1 cup of ice cubes

Other goodies to add-vanilla, cinnamon, stevia, unsweetened coconut flakes, cocoa powder

Lunch Meal

Organic Protein (Fish, Turkey, Bison, Beef, Duck, Lamb, Chicken, Organ meats)

Organic Non-Starchy Vegetables-**always have fats with vegetables**

Starch plant permitted- sweet potatoes, tapioca, taro, lotus root – with either lunch or dinner

Fats from olives, coconut and avocado

Fermented vegetables & fruit (sauerkraut, kimchi, curtido, beet kvass, coconut kefir, kombucha)

Midmorning or Midafternoon snack

Sweet potato with coconut oil or ghee
Vegetables with garlic paste

Dinner Meal

Organic Protein (Fish, Turkey, Bison, Beef, Duck, Lamb, Chicken, Organ meats)
Organic Non-Starchy Vegetables-**always have fats with vegetables**
Starch plant permitted- sweet potatoes, tapioca, taro, lotus root – with either lunch or dinner
Fats from olives, coconut and avocado
Fermented vegetables & fruit (sauerkraut, kimchi, curtido, beet kvass, coconut kefir, kombucha)

Beverages & Other Super foods

Bone Broth Soup
Cranberry Cocktail (6-8 ounces water mixed with 2 ounces Organic unsweetened cranberry juice, 1-2 Tbsp apple cider vinegar, juice of ½ lemon, sweetened with stevia if desired)
Water infused with lemon, cucumbers & dash sea salt
Organic Caffeine-free Tea

Food Examples for the Anti-Inflammatory Eating Plan



Apple Cider Vinegar



Cranberry Juice



Just Like Sugar



Kal Stevia



Coconut Sugar



Coconut Milk



Paradise Protein & Greens



Organic Sauerkraut



Kerry Gold Grass Fed Butter



Coconut Wraps



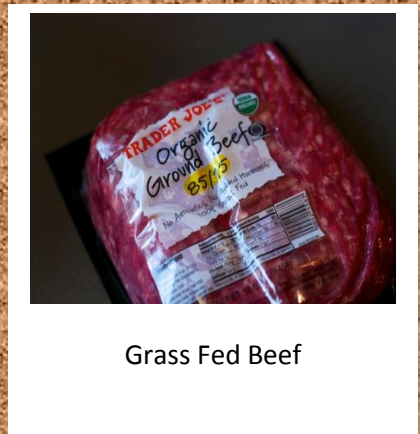
Trader Joe's Chicken Sausage



Applegate Cold Cuts



Kombucha Tea



Grass Fed Beef



Grass Fed Beef Burgers



Grass Fed Bison/Buffalo Burger



Great Lakes Gelatin



Sockeye Salmon Fillets



Organic Free Range Chicken



Shirataki Yam Noodles