

## 7-Day Quick and Manageable Meal Plan - FAQ's and Recipes

### FAQ's

The following *Quick and Manageable Meal Plan* is gluten, dairy and grain free, hence free of most inflammatory ingredients. Emphasis is on plenty of nutrient dense, low glycemic phytochemical-rich plant food, healthy fats and the best quality proteins. All ingredients, by default, should be purchased organic whenever possible. Snacks are optional.

This is a very basic approach. You may need to tweak the macronutrients to satisfy your own unique biochemical diversity. If this is the case, please contact Cat for further advice.

### NOTES:

**Breakfast Smoothie 1:** Blend 1 cup choice almond, coconut, hazelnut milk, 1 cup frozen berries, 1/2 avocado, 1 handful spinach or kale, 1/2 tsp. cinnamon, ice, *optional 1 scoop rice, pea, hemp or whey protein powder.*

**Breakfast Smoothie 2:** 1 cup choice almond, coconut, hazelnut milk, 1/2 frozen green-tipped banana, 1 tbsp. coconut manna, 1 tsp. pumpkin pie spice, ice, 1 tsp cacao nibs, *optional 1 scoop rice, pea, hemp or whey protein powder.*

*\*Optional 2-3 oz. protein with smoothies can be any meat, chicken or fish.*

**Coconut Aminos:** Mineral-rich seasoning sauce made from the sap of the coconut tree, similar to soy without all the sodium.

EVO = extra virgin olive oil

Zoodles or Shiratake (yam noodles sold in cooler section of most healthy minded stores)

### Use your choice of the following Vinaigrettes/Sauces in any recipe:

**Cilantro Lime Sauce-** Blend until smooth: 2 cloves garlic, 1 large bunch cilantro, 1/2 yellow onion, chopped, 1 tbsp. lime juice, 1/2 cup olive oil, 1/2 tsp salt, pepper.

**Simple Apple Cider Vinaigrette-** Shake in jar: 1 cup olive oil, 1/3 cup apple cider vinegar, 1 crushed clove garlic, 3 shakes dried oregano, 1/2 tsp salt and freshly cracked pepper.

**Simple Red Wine Vinaigrette-** Shake in jar: 1 cup olive oil, 1/3 cup red wine vinegar, 1 crushed clove garlic, 3 torn leaves fresh basil or other fresh herb, 1/2 tsp salt and fresh cracked pepper.

RaWRAP (coconut flax based); nori seaweed; or Paleo (coconut) wraps are available on ThriveMarket, Whole Foods or other major natural foods purveyors.

**Coconut Manna:** Delicious, raw coconut spread. Full of fiber, and healthy fats.

**MENU INFO:**

**SUNDAY:**

**Chia Pudding-** Mix all 1 hour to night before (1 cup coconut milk, 1/4 cup chia, 1/4 tsp. stevia). *Add 1 scoop rice, pea or hemp protein powder if desired.* Layer as desired with a 1 handful each toasted nuts and fruit.

**Lemon Rubbed Kale Salad-** Rub kale leaves with lemon juice a 1/4 tsp. sea salt, let sit for at least 20 minutes. Add remaining ingredients, olive oil OR choice vinaigrette.

**Skirt Steak-** Rub steak with garlic, salt, pepper and fresh or dried rosemary. Bake at 375 until desired doneness, or sear stovetop in ghee or butter. Toss with butter, or ghee, season and roast together any or all of the following: zucchini, onions, peppers, mushrooms, cauliflower, broccoli and garlic.

*\*Make extra for Monday breakfast.*

**MONDAY:**

**Scramble Eggs-** in butter, ghee or coconut oil and serve with leftover vegetables.

**Mediterranean Tuna Salad-** Toss all in 2 tbsp. EVO and 1 tbsp. red wine vinegar or lemon and *optional chopped basil or parsley.* Serve on romaine leaves.

**Pan Seared Chicken-** Season with salt and pepper *and optional garlic powder, rosemary and thyme.* Sear in medium-hot pan until golden on both sides. Finish in oven if need be. Toss salad with vinaigrette.

*\*Make extra for Tuesday lunch.*

**Toasted Nuts-** Toast nuts at 350 F on sheet tray until golden.

**TUESDAY:**

*\*See smoothie recipes.*

**Chicken Breast with Green Salad-** Beets can be raw grated or boiled and sliced. Add chickpeas, beets and choice vinaigrette.

**Stir-fry-** Noodles should be rinsed, drained and dried in a hot dry pan before using. 1 package is enough for 1 serving. (Make 2 servings) Stir fry 1/2 lb. beef with 1 tsp raw grated ginger, 1 clove garlic in 2 tsp coconut oil for 4 minutes or until barely cooked. Add salt and pepper. Remove meat from pan. Add roughly chopped broccoli, 1/2 small onion to pan and cook until broccoli turns bright green and onion translucent. Add spinach and 2 tbsp. coconut aminos and serve over noodles.

*\*Cook extra for Wednesday lunch.*

**WEDNESDAY:**

**Beef or Turkey Burgers-** Buy frozen organic pre-made burgers. Bake on sheet tray according to package directions. Slice sweet potato into 1/2 inch slices and toast in toaster until golden and cooked through. Serve burger on 2 sweet potato slices with mustard, and avocado mayo if desired. Top with steamed spinach and sauerkraut.

*\*Make extra burger and save rest of sweet potato slices for later in week.*

**THURSDAY:**

***\*See smoothie samples.***

**Burger-** Wrap in choice wrap with choice lettuce, tomato, grated carrots, onions and avocado.

**Salmon-** Make cilantro lime sauce. Roast vegetables. Season salmon and place in oven on top of roasting vegetable when they are close to being done. Serve together with sauce to top.

*\*Make extra salmon and vegetables for Friday lunch.*

**FRIDAY:**

**Pancakes-** Blend 2 oz. cream cheese, 2 eggs, 1/2 - 1 tsp stevia, 1/2 tsp cinnamon until smooth. Pour 1/4 of the batter into a hot pan greased with butter or ghee. Cook for 2 minutes until golden, flip and cook 1 minute on the other side. Repeat with the rest of the batter. Serve with 1 -2 tsp coconut manna and raspberries warmed in the hot pan used for the pancakes.

**Rotisserie Chicken bought at market-** With Sautéed greens lightly in EVO and 1 clove garlic. Serve tomatoes drizzled with olive oil.

*\*Make extra sautéed greens and chicken for Saturday lunch.*

**SATURDAY:**

**Poached Eggs-** Poach eggs in simmering water for 4 minutes or until desired doneness. Serve with tomatoes and avocado.

**Chicken and Spinach Wrap-** Get creative and add whatever you have leftover. ie. beets, olives, leftover vegetables etc.

**Sautéed Shrimp-** Roast sweet potato for 45 minutes or until done. Steam green beans until just done and set aside. Sauté shrimp in 1 tbsp. ghee or butter until opaque. Add 1 - 2 tbsp pesto and serve over green beans with the sweet potato on the side.

**Pumpkin Seeds-** Roast pumpkin seeds stove top 5 minutes or until crackling.