Challenge meal plan

REBOOT YOUR HEALTH

Meal Planner

MONDAY

Breakfast: Scrambled eggs with spinach and mushrooms

Lunch: Grilled tuna salad with mixed greens, cherry tomatoes, avocado, and lemon-tahini dressing

Dinner: Pan-seared salmon with roasted asparagus and broccoli seasoned with garlic, ginger, and turmeric

TUESDAY

Breakfast: Coconut yogurt with blueberries, almonds and chia seeds

Lunch: Grilled shrimp and vegetable skewers with a side of mixed green salad with cucumber, red onion, and lemon-tahini dressing

Dinner: Fish with roasted veggies and Brussels sprouts seasoned with paprika and garlic

WEDNESDAY

Breakfast: Spinach and mushroom omelet with avocado on the side

Lunch: Grilled sardines with arugula, roasted red peppers, and olives

Dinner: Grilled salmon with roasted squash and zuchinni seasoned with rosemary and thyme

THURSDAY

Breakfast: Blueberry chia pudding with almond butter and cinnamon

Lunch: Grilled salmon salad with mixed greens, cherry tomatoes, avocado, and lemon vinaigrette

Dinner: Baked fish with cauliflower rice or roasted seasoned with cumin, garlic and coriander

FRIDAY

Breakfast: Superfood Bowl with Hemp Seeds, Cacao Nibs, vegetal milk (like almond) and blueberries

Lunch: Grilled tuna salad with mixed greens, cucumber, red onion, and lemon-tahini dressing

Dinner: Grilled fish with roasted asparagus, fresh kale and broccoli seasoned with garlic, ginger, and turmeric

SATURDAY

Breakfast: No-grain “oatmeal” made from blended coconut flakes, almonds, pecans, and vegetal milk such as almond, topped with cinnamon and blueberries

Lunch: Grilled sardines with mixed greens, cucumber, red onion, and lemon-tahini dressing

Dinner: A burrito bowl with cauliflower rice grilled garlic fish, and roasted peppers and onions topped with guacamole and pan cooked kale

SUNDAY

Breakfast: veggies fried in a skillet with coconut oil, topped with two poached eggs

Lunch: Air fryer garlic seasoned fish and vegetable skewers with a side of mixed green salad with cucumber, red onion, and lemon vinaigrette

Dinner: Savory Fish Broth with vegetals

Things to shop: *The following is a list of essential staples you'll want to get to enable you to make the recipes included in the program and prepare basic meals:*

Proteins:

- Wild-caught fish like salmon, sardines, mackerel, and tuna
- Free-range chicken, turkey, and eggs

Vegetables:

- Dark leafy greens like spinach, kale, and collard greens
- Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts
- Colorful vegetables like peppers, carrots, onion
- Mushrooms like shiitake and portobello

Fruits:

- Berries like blueberries, raspberries, and strawberries
- Lime and lemon

Healthy fats:

- Extra-virgin coconut oil, and coconut yogurt
- Avocado and avocado oil
- Olives and Extra-virgin olive oil
- Grass-fed butter or ghee
- Nuts and seeds like almonds, walnuts, chia seeds, flax seeds, pumpkin seeds, sesame, pecans, macadamia nuts, etc. but no peanuts

Herbs and spices:

- Turmeric, ginger, garlic, onion powder, coriander, cilantro, paprika, parsley for their anti-inflammatory properties
- Rosemary, thyme, and oregano for their antioxidants and anti-inflammatory properties
- Cinnamon, cumin, and coriander for their digestive benefits and anti-inflammatory properties
- Sea salt or Himalayan pink salt

Drinks:

- Water
- Herbal tea
- Bone broth
- Coconut water (with moderation)
- Coffee (with moderation)
- vegetal milk (with moderation)

Remember – this plan isn't about starvation and deprivation…it's about filling you up and fueling you for an energetic, vibrant day. Meal suggestions are just that – suggestions. You should limit or avoid all grains, processed foods, processed oils, and high sugar foods and beverages.

The 1 week reset is a powerful tool to help you discover what foods work best for your body. By following a pescatarian, dairy-free, and gluten-free diet for one week, you will gain insight into how your body responds to different foods. This experience can help you identify any foods that may be causing discomfort or inflammation in your body.

Once you've completed the one week reset, you can continue to incorporate the foods that worked well for you and gradually introduce new items from the approved list.

By paying close attention to how your body responds to each addition, you can fine-tune your diet to optimize your health and well-being.

Important details:

- Always have the macros on each meal: protein, fat and healthy carbs
- Your meals should include 25% protein and 75% non-starchy vegetables
- You can add ½ to 1 cup of starchy vegetables (optional)
- This is not an exhaustive list and there may be other foods that are acceptable on a primal anti-inflammatory diet. Additionally, everyone's dietary needs and restrictions are different, so consult with a healthcare professional before starting any new diet.
- You only need to adhere to this for a week, after which you can adapt it to suit your requirements.