

# *Anti-Inflammatory* Recipe Book

ELEVATE GUT HEALTH AND  
REDISCOVER YOUR VITALITY



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# *Anti-Inflammatory* Breakfast

START YOUR DAY RIGHT

# Chia Cherry Smoothie



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 3/4 cup (194 g) frozen cherries
- 3/4 cup (185 g) plain kefir
- 1/4 tsp (0.6 g) cinnamon
- 1 tbsp (12 g) chia seeds
- 1/4 - 1/2 (15 g) cup water
- 2 tbsp (18 g) almonds

## DIRECTIONS

1. In a blender, blend together cherries, kefir, cinnamon, chia seeds, and 1/4 cup water. Add more water more thinner consistency if desired.
2. Serve with a side of almonds.

## NUTRITION INFO

Calories: 445, Carbohydrate: 60 grams, Protein: 22 grams, Fat: 15 grams





# Cinnamon Chia Pudding



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 2 tbsp (24 g) chia seeds
- 1 cup (240 g) almond milk (or any non-dairy milk of your choice)
- 1/4 tsp (0.6 g) ground cinnamon
- 1/2 tsp (2 g) pure vanilla extract
- 1/2 tbsp (10 g) honey
- 1/4 cup (37 g) blueberries
- 1/2 cup (80 g) strawberries, sliced
- 2 tbsp (14 g) slivered almonds

## DIRECTIONS

1. In a bowl, combine chia seeds, almond milk, cinnamon, vanilla extract, and honey. Stir well to combine.
2. Let the mixture sit for about 5 minutes, then stir again to break up any clumps.
3. Cover and refrigerate overnight, or for at least 3 hours.
4. Once the chia pudding has reached a pudding-like consistency, stir well. Add more milk if needed to reach desired consistency.
5. Top with berries and almonds and enjoy!

## NUTRITION INFO

Calories: 344, Carbohydrate: 42 grams, Protein: 9 grams, Fat: 17 grams



# Coco Mint Strawberry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 cup (240 g) almond milk
- 1 tbsp (16 g) almond butter
- 3/4 cup (125 g) sliced strawberries
- 1 tbsp (11 g) cacao nibs
- 1 scoop (10 g) collagen peptides
- 1 tbsp (11 g) hemp hearts
- 1 handful (15 g) spinach
- Dash of cinnamon
- 1 tsp (7 g) honey

## DIRECTIONS

1. Blend all ingredients together in a blender until smooth and enjoy!

### NUTRITION INFO

Calories: 387, Carbohydrate: 32 grams, Protein: 19 grams, Fat: 21 grams





# Eggless Breakfast Hash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25-30 MINUTES

## INGREDIENTS

- 1 tbsp (14 g) ghee
- 2 cups (266 g) sweet potato, cubed
- 1/4 cup (40 g) white onion, chopped
- 2 cups (226 g) zucchini, cubed
- 2 cups (140 g) cremini or white mushroom, chopped
- 8oz (227 g) grass-fed ribeye meat, sliced or cubed
- Salt and pepper to taste

## DIRECTIONS

1. In a large skillet, add the ghee on medium/high heat.
2. Add the cubed sweet potatoes and cook until the edges start to brown (3-5 minutes).
3. Turn the skillet to medium heat and add the chopped white onions.
4. Cover the skillet with a lid and let the veggies cook for another 5-10 minutes, or until the sweet potatoes are cooked through.
5. Uncover the skillet and add the zucchini and mushrooms. Add salt and pepper to the veggies to taste.
6. Sauté the veggies for another 5-8 minutes or until all the veggies are cooked. Remove the veggie hash from the pan and set aside.
7. Turn the skillet to high heat and cook the ribeye for 3-4 minutes, or until cooked to desired internal temperature.
8. Mix the cooked ribeye in with the veggies.
9. Serve hot and enjoy!

## NUTRITION INFO

Calories: 407, Carbohydrate: 35 grams, Protein: 30 grams, Fat: 17 grams



# Green Collagen Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 cup (240 g) almond milk
- 20 g collagen powder
- 2 cups (60 g) spinach
- 1/2 cup (62 g) apple (peeled)
- 1/2 cup (75 g) avocado
- 1/2 cup (82 g) frozen mango
- 1/2 tbsp (3.5 g) flaxseed
- 1/2 cup ice

## DIRECTIONS

- Add all the ingredients into a blender and blend on high for 60 seconds, or until creamy. Enjoy!

### NUTRITION INFO

Calories: 362, Carbohydrate: 39 grams, Protein: 24 grams, Fat: 15 grams





# Protein Granola Bars



SERVINGS: 4

PREP TIME: 10 MINUTES  
FREEZE TIME: 1-2 HOURS

## INGREDIENTS

- 3/4 cup (188 g) almond butter
- 3 tbsp (63 g) honey
- 3 tbsp (28 g) collagen powder
- 1 1/2 (22 g) tbsp water
- 1 1/2 (120 g) cups rolled oats
- 1/4 (20 g) cup coconut flakes
- 1 tbsp (12 g) chia seeds

## DIRECTIONS

1. In a large bowl, combine the almond butter and honey.
2. In a small bowl, combine the collagen powder and water and stir together until it forms a thick paste.
3. Add the collagen powder to the almond butter and honey mixture and stir until combined.
4. Stir in the rolled oats and coconut flakes until the batter is evenly combined.
5. Spread the batter evenly into an 8x8 baking dish lined with parchment paper.
6. Place the bars in the freezer for 1-2 hours, or until the bars set.
7. Remove the bars from the freezer and slice them into 6 even portions.
8. Store in the refrigerator.
9. Serve cold and enjoy!

## NUTRITION INFO

Calories: 494, Carbohydrate: 46 grams, Protein: 21 grams, Fat: 29 grams



# Shredded Brussels & Salmon



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5-10 MINUTES

## INGREDIENTS

- 2 cups (170 g) shredded brussels sprouts
- 1/2 tbsp (7 g) avocado oil
- 1/4 tsp (0.5 g) turmeric
- Salt and pepper to taste
- 1/2 avocado, sliced
- 3 oz (85 g) raw sushi grade salmon or smoked salmon

## DIRECTIONS

1. Warm a medium skillet over medium-high heat. Add avocado oil, brussels sprouts, turmeric, salt, and pepper. Cook for approximately 5-10 minutes, turning occasionally.
2. Transfer to a bowl, top with avocado and salmon, and enjoy!

## NUTRITION INFO

Calories: 419, Carbohydrate: 29 grams, Protein: 25 grams, Fat: 26 grams





# Strawberry Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1/2 cup (40 g) rolled oats
- 3/4 cup (180 g) almond milk
- 1 tbsp (8 g) chopped walnuts
- 1 tbsp (12 g) chia seeds
- 1/3 cup (70 g) plain Kefir (or Greek yogurt)
- 1/2 cup (85 g) chopped strawberries
- 1 tsp (7 g) honey
- 1-2 strawberries (as optional topping)

## DIRECTIONS

1. Add the rolled oats, almond milk, Greek yogurt, strawberries, and honey to a jar.
2. Close the lid and shake to combine all the ingredients together.
3. Store overnight in the refrigerator.
4. Add more milk to thin if needed before serving. Top with more strawberries (optional).
5. Serve cold and enjoy!

## NUTRITION INFO

Calories: 386, Carbohydrate: 58 grams, Protein: 15 grams, Fat: 12 grams



# Turkey and Veggie Skillet



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10-15 MINUTES

## INGREDIENTS

- 1 tbsp (14 g) avocado oil, divided
- 2 medium sweet potatoes, peeled and chopped small
- 1 red bell pepper
- 1/2 small onion, chopped
- 2 tbsp (1 g) fresh dill
- Salt and pepper to taste
- 1 garlic clove, minced
- 10 oz (285 g) ground turkey
- Juice of 1/2 lemon
- 2 cups (60 g) baby spinach

## DIRECTIONS

1. Heat 1/2 tbsp olive oil in a medium skillet over medium heat.
2. Add sweet potatoes, onion, and 1 tbsp water to the skillet. Cover and cook 8-10 minutes, until sweet potato softens. Add bell pepper, fresh dill, salt and pepper and cook approximately 5 more minutes, until sweet potatoes are cooked through.
3. Remove veggies from the skillet and set aside. Add remaining olive oil and garlic to the skillet. Cook for 1 minute then add ground turkey. Cook for approximately 5 minutes, crumbling and breaking up the turkey as you go along.
4. When turkey is no longer pink in the middle, add the cooked vegetables back to the skillet along with the lemon juice and baby spinach. Cook 1-2 minutes until spinach is wilted.
5. Enjoy warm!

## NUTRITION INFO

Calories: 424, Carbohydrate: 34 grams, Protein: 32 grams, Fat: 18 grams





# Very Berry Yogurt Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 1/2 cups (224 g) low fat plain Greek yogurt
- 1/4 cup raspberries
- 1 tbsp (16 g) chopped walnuts
- 1/2 cup (74 g) blueberries
- Dash of cinnamon

## DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

### NUTRITION INFO

Calories: 415, Carbohydrate: 32 grams, Protein: 43 grams, Fat: 15 grams







# Anti-Inflammatory Lunch

GET THE BOOST YOU NEED.



# Asian Style Salad With Grass-Fed Steak



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 20

## INGREDIENTS

- 1/2 lb (227 g) Grass fed steak (Ribeye, New York Strip or Tenderloin)
- 1/2 tbsp (7 g) avocado oil
- 3 cups (240 g) pre cut packaged purple and green cabbage, with carrots
- 1/2 cup (42 g) bean sprouts
- 1/2 cup (60 g) edamame
- 2 scallion stalks
- 4 tbsp (4 g) fresh cilantro
- 1/2 avocado
- 1 tsp (4.5 g) sesame oil
- 1 tsp (5 g) rice vinegar
- 1 tsp (5 g) soy sauce
- 1 tsp (5 g) lime juice
- 1 tsp (7 g) honey
- 1 garlic clove
- 1/2 inch fresh ginger
- Handful dry roasted cashews

## DIRECTIONS

1. Start with bringing the steak to room temperature, should take about 30 minutes.
2. Once steak is ready, season with salt and pepper to taste and turn on a cast iron or skillet to medium-high heat.
3. Add 1/2 tbsp avocado oil to sear steak, cooking on each side for 10 minutes or however you like your steak cooked.
4. Take off heat and allow to rest for 10 minutes.
5. While steak is resting, prep the salad.
6. In a bowl, add your pre chopped cabbages and carrots. Chop the scallions and cilantro and add to the bowl.
7. If using frozen edamame, boil in 1 cup of water for 4 minutes and strain, then add to bowl.
8. Top with bean sprouts.
9. Slice avocado in slivers and set aside.
10. To make the dressing, mix soy sauce, rice vinegar, sesame oil, lime juice, and honey in a separate bowl.
11. Using a microplane, or cheese grater, grate garlic and ginger and add it to the dressing. Season with salt and pepper to taste.
12. Assemble the bowl by mixing the dressing and tossing with the salad right before serving. Top with sliced avocado and roasted cashews Cut the steak and place on salad or serve along side.

## NUTRITION INFO

Calories: 542, Carbohydrate: 23 grams, Protein: 30 grams, Fat: 38 grams





# Balsamic Chicken & Burrata Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 2 cups (60 g) raw spinach
- 2 small roasted red beets, chopped
- 1 tbsp (8 g) walnuts
- 1, 5oz (142 g) chicken breast, cooked and chopped
- 1oz (28 g) burrata cheese
- 1/2 tbsp (15 g) balsamic glaze
- 1/2 tbsp (7 g) olive oil
- Salt and pepper to taste

## DIRECTIONS

1. In a salad bowl, combine the raw spinach, red beets, walnuts, and chicken.
2. Stir until all the ingredients are combined.
3. Top with the burrata and drizzle balsamic glaze and olive oil on top.
4. Add salt and pepper to taste.
5. Serve cold and enjoy!

## NUTRITION INFO

Calories: 493, Carbohydrate: 29 grams, Protein: 43 grams, Fat: 23 grams



# Chicken Cucumber Boats



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 5oz (125 g), canned organic chicken
- 2 tsp (9 g) olive oil
- 1/4 tsp (0.5 g) ground ginger
- 1/8 tsp (0.3 g) ground turmeric
- 1/4 tsp (0.5 g) ground black pepper
- Salt to taste
- 2 tbsp (19 g) chopped red bell pepper
- 2 tbsp (20 g) chopped red onion
- 1 large cucumber, peeled, sliced in half lengthwise, and deseeded
- 1 handful microgreens
- 2 tbsp pistachios

## DIRECTIONS

1. Drain canned chicken and add chicken to a medium bowl. Add olive oil, ginger, turmeric, black pepper, salt, chopped bell pepper, and chopped red onion. Mix well until chicken and veggies are coated with olive oil and seasoning.
2. Fill deseeded cucumber with chicken mixture and top with microgreens.
3. Serve with a side of pistachios.

## NUTRITION INFO

Calories: 453, Carbohydrate: 16 grams, Protein: 37 grams, Fat: 27 grams



# Ginger Tahini Chicken Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

(COOK CHICKEN BREAST AHEAD OF TIME)

## INGREDIENTS

### Salad

- 1 1/2 cups (105 g) shredded cabbage
- 1 tbsp (7 g) slivered almonds
- 2 tbsp (2 g) chopped cilantro
- 1/2 small orange bell pepper, sliced thin
- 1/8 small red onion, sliced thin
- 1/4 cup (60 g) canned chickpeas, drained and rinsed
- 1 pre-cooked chicken breast

### Dressing

- 1/2 tbsp (8 g) tahini
- 1 tsp (2 g) fresh grated ginger
- 1/2 tbsp (6 g) coconut aminos
- 1/2 tbsp (7 g) olive oil
- 1/2 tbsp (7 g) sesame oil

## DIRECTIONS

1. Put all salad ingredients together in a large bowl.
2. In a small bowl, whisk together all dressing ingredients. Toss salad dressing with salad ingredients and enjoy!

## NUTRITION INFO

Calories: 445, Carbohydrate: 23 grams, Protein: 34 grams, Fat: 25 grams





# Lentil Curry



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 - 30  
MINUTES

## INGREDIENTS

- 1 tbsp (14 g) olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp (6 g) grated ginger
- 1 tbsp (6 g) curry powder
- 1 tsp (2 g) ground turmeric
- 3 medium tomatoes, diced
- 1/2 cup (90 g) dried brown lentils
- 3/4 cup (170 g) coconut milk
- 1 1/2 cup (350 ml) bone broth
- 2 cups (60 g) fresh spinach
- Salt and pepper to taste

## DIRECTIONS

1. Heat the olive oil in a large pan over medium heat. Add the diced onion and cook until softened, about 5 minutes.
2. Add the minced garlic, ginger, curry powder, and ground turmeric. Cook for another 1-2 minutes until fragrant.
3. Add diced tomatoes with their juice, lentils, coconut milk, bone broth, salt, and pepper. Stir until well blended.
4. Reduce the heat to low and simmer for about 15-20 minutes.
5. Stir in the fresh spinach and cook until wilted. Serve warm.

## NUTRITION INFO

Calories: 520, Carbohydrate: 56 grams, Protein: 20 grams, Fat: 27 grams



# Quinoa Bowl with Avocado Dressing



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

(COOK QUINOA AHEAD OF TIME)

## INGREDIENTS

- 1 cup cooked quinoa
- 1/4 cup shredded carrots
- 1 small cucumber, chopped
- 2 tbsp chopped parsley
- 2 tbsp chopped mint
- 1 tbsp dry roasted pumpkin seeds
- Salt and pepper to taste
- 1/2 avocado
- 1/4 cup plain Greek yogurt
- 1 tbsp lemon juice
- 1 small garlic clove
- 2 tablespoons water (adjust for desired consistency)

## DIRECTIONS

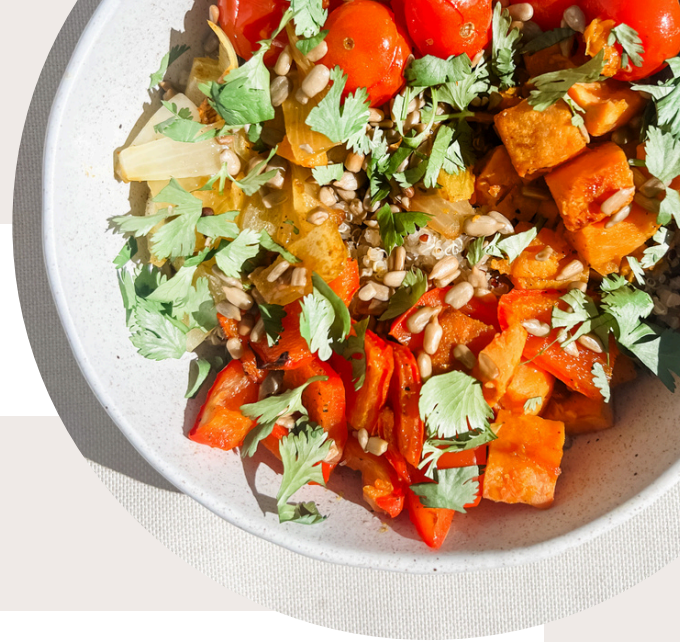
1. Add quinoa to a medium serving bowl and top with carrots, cucumber, parsley, mint, pumpkin seeds, salt and pepper.
2. In a blender, add avocado, Greek yogurt, lemon juice, garlic, and water. Blend until smooth. Pour over quinoa salad and enjoy!

## NUTRITION INFO

Calories: 551, Carbohydrate: 64 grams, Protein: 18 grams, Fat: 27 grams



# Roasted Veggie Quinoa Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20-25  
MINUTES

## INGREDIENTS

- 3/4 cup (128 g) quinoa, uncooked
- 1 cup (150 g) cherry tomatoes, halved
- 1 red bell pepper, diced
- 1 medium sweet potato, peeled and diced
- 1/2 small onion, sliced
- 1 tbsp (14 g) avocado oil
- 1/2 tsp (1.5 g) turmeric
- 1/2 tsp (1.5 g) cumin
- Salt and pepper to taste
- 2 tbsp (18 g) sunflower seeds
- Juice of 1 lemon
- Fresh parsley, chopped

## DIRECTIONS

1. Cook quinoa according to package and set aside.
2. In the meantime, preheat the oven to 400°F (200°C).
3. In a large bowl, toss the cherry tomatoes, bell pepper, sweet potato, and onion with olive oil, turmeric, cumin, salt, and pepper until well coated.
4. Spread the vegetables on a baking sheet and roast for approximately 20 minutes, until vegetables are at desired consistency.
5. Top quinoa with roasted veggies, lemon juice, sunflower seeds, and parsley. Enjoy warm or cold.

## NUTRITION INFO

Calories: 466, Carbohydrate: 69 grams, Protein: 15 grams, Fat: 16 grams





# Salsa Chicken "Tacos"



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 4 HOURS

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## INGREDIENTS

- 3/4 lb (340 g) chicken breast
- 12 oz (390 g) jar red salsa
- 1 small head iceberg lettuce
- 1 avocado
- 1/4 cup (40 g) chopped white onion

## DIRECTIONS

1. In a crockpot, combine chicken and red salsa.
2. Cook on high for 4 hours or until the chicken shreds easily.
3. Shred the chicken and place it back into the crockpot with the salsa.
4. Use the iceberg lettuce leaves as cups and place the salsa chicken into them.
5. Top with avocado and white onion.
6. Serve and enjoy!

## NUTRITION INFO

Calories: 482, Carbohydrate: 35 grams, Protein: 47 grams, Fat: 20 grams



# Savory Cabbage Salad w/ Baked Salmon



SERVINGS: 2

PREP TIME: 5-10 MINUTES COOKING TIME: 20 MINUTES

## INGREDIENTS

- 2 cups (140 g) shredded green cabbage
- 2 cups (140 g) shredded red cabbage
- 1/2 cup (55 g) shredded carrots
- 1/2 cup (8 g) cilantro (chopped)
- 1/4 cup (27 g) slivered almonds
- 1/4 cup (11 g) sunflower seeds
- 10 oz (284 g) wild caught salmon
- Salt and pepper to taste

### Dressing:

- 1/4 cup (60 g) rice vinegar
- 1 tbsp (21 g) honey
- 2 tbsp (27 g) coconut aminos
- 1/2 tbsp (3 g) ginger root (minced)

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Place salmon on an oven safe dish and top with salt and pepper. Bake for approximately 20 minutes, until internal temperature reaches 145 degrees F (62 C).
3. In a large bowl, combine the green cabbage, red cabbage, shredded carrots, cilantro, almonds, and sunflower seeds.
4. Toss until combined.
5. In a small bowl, whisk together rice vinegar, honey, soy sauce, and ginger.
6. Pour the dressing over the salad and combine.
7. Place the salad in a bowl or plate and top with cooked salmon.
8. Serve cold and enjoy!

## NUTRITION INFO

Calories: 418, Carbohydrate: 28 grams, Protein: 34 grams, Fat: 19 grams



# Tuna Avocado Salad



SERVINGS: 1

PREP TIME: 5 MINUTES    COOKING TIME: NO COOK  
MEAL

## INGREDIENTS

- 2 cups (56 g) organic arugula and spinach mix
- 1 tbsp (14 g) olive oil
- 1, 7oz (200 g) can wild caught tuna in water
- 1/2 medium avocado, diced
- 2 tsp (9 g) everything bagel seasoning
- 1 apple

## DIRECTIONS

1. Add 1 cup of arugula spinach mix to two bowls (or food storage containers.)
2. Add 1/2 tbsp of olive oil to each bowl of arugula spinach mix.
3. In a separate bowl, add drained tuna.
4. Mix the avocado with the tuna.
5. Add 1 tbsp of the everything bagel seasoning to the tuna mix.
6. Top greens with tuna mixture. Serve salad with an apple.

## NUTRITION INFO

Calories: 569 Carbohydrate: 37 grams, Protein: 44 grams, Fat: 30 grams







# *Anti-Inflammatory* Dinner

END THE DAY FEELING  
GOOD.



# Bison Greek Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 3/4 lb (340 g) ground bison
- 1 tbsp (14 g) olive oil
- 1 small onion, finely chopped
- 1 orange or red bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp (1 g) dried oregano
- 1 tsp (0.75 g) dried basil
- 1/2 tsp (0.5 g) dried thyme
- 1/2 tsp (1 g) ground ginger
- Salt and pepper to taste
- 1 cup (180 g) fresh diced tomatoes
- 1 cup (200 g) brown rice, cooked
- 1 cup (30 g) spinach, chopped
- 2 tbsp (30 g) crumbled goat cheese (optional)

## DIRECTIONS

1. Cook brown rice according to package.
2. Warm a large skillet over medium-high heat. Add bison and cook until browned all the way through, crumbling and flipping as it cooks.
3. Push the bison to the edge of the skillet and add olive oil, onion, bell pepper, and garlic. Cook 4-5 minutes until vegetables begin to soften.
4. Add oregano, basil, thyme, ginger, salt, pepper, and tomatoes. Mix together with the vegetables and the bison. Cook approximately 5 minutes.
5. Add brown rice and spinach. Cook for 3-4 minutes.
6. Serve warm, topped with crumbled goat cheese.

## NUTRITION INFO

Calories: 520, Carbohydrate: 35 grams, Protein: 42 grams, Fat: 23 grams



# Chicken Meatballs with Roasted Veggies



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 - 30 MINUTES

## INGREDIENTS

- 3/4 lb (340 g) ground chicken
- 1/2 small onion, minced
- 2 garlic cloves, minced on pressed
- 3 cups (450 g) fingerling potatoes, quartered
- 10 small (500 g) carrots (or 5 large and halved lengthwise) peeled and stems removed
- 2 cups (142 g) broccoli florets
- 1 1/2 tbsp (21 g) avocado oil
- 1/2 tbsp (3.5 g) onion powder
- 1/2 tbsp (4.5 g) garlic powder
- 1 tbsp (1.5 g) dried parsley
- 1/2 tbsp (3.5 g) paprika

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. In a medium bowl, mix together ground chicken, minced onion, and garlic, using your hands to combine. Then create meatballs, 1 inch in diameter, and spread evenly on a large baking sheet.
3. Add potatoes, carrots, and broccoli to this same baking sheet.
4. In a large bowl mix together avocado oil, onion powder, garlic powder, parsley, and paprika. Pour oil mixture over vegetables and toss to coat well.
5. Spread veggies into a single layer.
6. Bake for 25-30 minutes until internal temperature of chicken reaches above 165 degrees F (65 C).
7. Serve warm.

## NUTRITION INFO

Calories: 601, Carbohydrate: 74 grams, Protein: 49 grams, Fat: 14 grams





# Curry Roasted Chickpea and Veggie Quinoa



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 1/2 cup quinoa, uncooked
- 1 cup water
- 1 tsp olive oil
- 1/2 tsp turmeric
- 1/4 tsp ground cinnamon
- Salt and pepper to taste
- 1 tbsp avocado oil
- 1 tsp honey
- Juice of 1/2 lemon
- 1 tsp red curry powder
- 1/4 cup tahini
- 1, 15 oz can chickpeas, drained and rinsed
- 2 large beets, diced
- 1/2 medium red onion
- 2 cups shredded red cabbage

## DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. In a medium sauce pan, add water and quinoa. Bring to a boil, then reduce heat to a simmer. Add olive oil, turmeric, cinnamon, salt, and pepper. Cook covered approximately 25-30 minutes, or until quinoa is soft. Remove from heat and fluff with a fork.
3. While quinoa is cooking, in a large bowl mix together avocado oil, honey, lemon, curry powder, tahini, and water.
4. Add chickpeas, beets, onion, and cabbage to the bowl and coat veggies with the sauce.
5. Spread chickpeas and veggies in one layer on a baking sheet and bake for approximately 15 minutes.
6. Top cooked quinoa with chickpea and veggies.

## NUTRITION INFO

Calories: 644, Carbohydrate: 79 grams, Protein: 22 grams, Fat: 22 grams

# Detox Soup



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 - 35 MINUTES

## INGREDIENTS

- 1 tbsp (14 g) olive oil
- 3 cloves garlic, pressed or minced
- 1/2 tbsp (2.5 g) grated ginger
- 1/2 small onion
- 1 orange bell pepper
- 1/2 tbsp (1 g) dried parsley
- 1 tsp (1 g) oregano
- 1/2 (3 g) tsp salt
- 1/4 tsp (1 g) pepper
- 3 cups (620 g) bone broth
- 1 chicken breast, boneless and skinless
- 1/2 medium head of cauliflower, chopped
- 1 small zucchini, chopped
- 1 avocado, diced

## DIRECTIONS

1. In a large pot, heat olive oil over medium heat.
2. Add garlic, ginger, and onion. Cook 2-3 minutes, stirring occasionally.
3. Add bell pepper, parsley, oregano, salt, and pepper. Cook 3-4 minutes until peppers begin to soften.
4. Add bone broth and chicken breast. Bring to a boil then reduce heat to a simmer and cook for approximately 20 minutes, until chicken is cooked through.
5. Remove chicken from the pot. Add the cauliflower and zucchini. Continuing simmering for 5-7 minutes. In the meantime, shred the chicken with two forks, and return to the pot.
6. Allow to cool slightly and serve warm. Top with avocado (optional)

## NUTRITION INFO

Calories: 435, Carbohydrate: 30 grams, Protein: 24 grams, Fat: 26 grams



# Dill-icious Savory Salmon Soup



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 12 oz (340 g) salmon fillet deboned and without skin (cubed)
- 1 large russet potato
- 1/2 yellow onion
- 2 small celery stalks
- 1 large carrot
- 3 garlic cloves
- 2.5 cups (600 g) fish broth or chicken broth
- 1 small bunch broccoli
- 2-3 tbsp (1.5 g) fresh dill
- 2 tbsp (27 g) olive oil
- 2 tbsp (30 g) organic canned coconut milk
- Salt and pepper to taste

## DIRECTIONS

1. Prep the salmon fillet first by cutting into small bite size pieces and season with salt and pepper. Set aside in a bowl.
2. Dice the onion, celery, carrot, broccoli and potato all into similar sizes so they cook evenly.
3. Mince garlic and set aside.
4. Finely chop fresh dill and set aside.
5. In a medium sized pot, turn heat to medium-high and add 2 tbsps of olive oil.
6. Start by sautéing onions, carrots and celery first for 5 minutes.
7. Add minced garlic and cook for an additional minute.
8. Pour in the broth, scraping anything that got stuck to the bottom of the pot.
9. Add potatoes and allow to cook for 10-15 minutes, then reduce the heat to medium-low.
10. Once the potatoes are close to being fully cooked, add salmon and broccoli at the same time as they both cook within 5 minutes.
11. After 5 minutes check the salmon to make sure it's fully cooked.
12. Finally, add a splash of cream to the pot and season with salt, pepper and chopped fresh dill.

## NUTRITION INFO

Calories: 524, Carbohydrate: 35 grams, Protein: 45 grams, Fat: 24 grams





# Flavor Packed Chicken and Rice



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

### Rice and Chicken

- 3/4 lb (340 g) boneless, skinless chicken thighs
- 1/2 tbsp (7 g) ghee
- 2 tbsp (27 g) olive oil, divided
- 1/4 cup (95 g) rice
- 1 cups water
- 1/4 tsp (1.5 g) salt
- 1/4 tsp (0.5 g) turmeric powder

### Salad

- 1 cup (20 g) loosely packed arugula
- 1/2 tomato (diced)
- 1/2 cucumber (diced)
- 1/4 red onion (finely sliced)
- 1 tbsp (15 g) lemon juice
- 1 tbsp (14 g) olive oil
- 1 tbsp (4 g) parsley for garnish (optional)

## DIRECTIONS

1. Rinse 1 cup of rice in a mesh strainer, then add to a pot with 2 cups of water.
2. Add salt, turmeric powder and half of the olive oil to the rice. Mix until combined and then bring to a boil.
3. Once boiling, bring heat to low, cover, and let cook for an additional 20 minutes.
4. Meanwhile, heat a sauté pan (preferably cast iron) to a medium-high heat.
5. Season chicken thighs with salt and pepper.
6. Once the pan is almost smoking, add ghee and 1 tbsp olive oil. Then add the chicken thighs.
7. Sear chicken on one side for 10 minutes then reduce heat to medium-low. Flip chicken to cook for another 10 minutes, ensuring the chicken is thoroughly cooked to an internal temp of 165 F (74 C)
8. Remove from heat and allow the chicken to rest while making the salad.
9. Chop the tomato, cucumber, and red onion and mix with arugula.
10. To dress the salad, add 1 tbsp olive oil and 1 tbsp lemon juice. Season with salt and pepper.

## NUTRITION INFO

Calories: 601, Carbohydrate: 41 grams, Protein: 38 grams, Fat: 32 grams



# Garlic Shrimp and Greens



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 - 20 MINUTES

## INGREDIENTS

- 3/4 cup (140 g) white or brown rice, uncooked
- 12 oz (340 g) raw shrimp, peeled and deveined
- 1 tbsp (14 g) olive oil
- 3 cloves garlic
- 4 cups (270 g) kale, chopped
- 2 tbsp (30 g) lemon juice
- 1/2 tbsp (8 g) apple cider vinegar
- Salt and pepper to taste

## DIRECTIONS

1. Cook rice according to package.
2. In a large skillet, warm olive oil over medium heat. Add garlic and cook 1 minute. Add kale, 1 tbsp lemon juice, and apple cider vinegar. Cover and cook 4-3 minutes.
3. Uncover and push kale to one side of the skillet. Add the shrimp, remaining lemon juice, salt, and pepper. Cook 2-3 minutes, then flip the shrimp and cook an additional 2-3 minutes.
4. Serve kale and shrimp warm over bed of rice.

## NUTRITION INFO

Calories: 504, Carbohydrate: 67 grams, Protein: 33 grams, Fat: 11 grams



# Lentil Beef Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 1 HOUR

## INGREDIENTS

- 3/4 lb (340 g) grass fed organic ground beef, 95% lean
- 2 cups (412 g) bone broth
- 1/2 yellow onion
- 1 red bell pepper
- 3 garlic cloves
- 1, 15 oz (425 g) can crushed tomatoes
- 1/2 cup (100 g) brown lentils
- 1 tsp (2 g) cumin powder
- 1/2 tsp (1 g) cayenne powder
- 1/2 tsp (0.5 g) dried oregano
- Salt and pepper to taste
- 1/2 avocado for topping

## DIRECTIONS

1. Take the ground beef out of the fridge and let it come to room temp (takes about 30 minutes.)
2. Chop the onion, red pepper and garlic into a fine dice, set aside.
3. Wash lentils in a fine mesh strainer and set aside.
4. In a medium sized pot, turn the heat to high and add 2 tbsp of olive oil and sauté the ground beef until cooked. Transfer to a separate bowl once fully cooked.
5. In the same pot, add another 1 tbsp olive oil and sauté the onions and peppers for 5 minutes. Add the garlic and cook for 30 seconds.
6. Quickly add your spices so it allows the spice to open up and toast for 20 seconds. Immediately add the broth to deglaze the pot.
7. Add the lentils and crushed tomatoes and bring the temperature to medium-low. Cook without a lid for 40-50 minutes. Season to taste with salt and pepper.
8. Check every 20 minutes to make sure there is enough liquid. If it's evaporating quickly turn heat down and add a little water. Once ready add your favorite toppings.

## NUTRITION INFO

Calories: 585, Carbohydrate: 57 grams, Protein: 56 grams, Fat: 17 grams





# Mediterranean Stuffed Peppers



SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 4 large peppers
- 1 tbsp (14 g) ghee
- 12 oz (340 g) grass fed ground beef, 95% lean
- 1/4 cup (40 g) white onion (chopped)
- 1 tbsp (3 g) oregano
- Salt and pepper to taste
- 1 cup (185 g) cooked quinoa
- 1/4 cup (60 g) goat cheese

## DIRECTIONS

1. Preheat the oven to 400 F (205 degrees C).
2. Slice the tops off the peppers and clean out the insides, keeping them whole.
3. In a large skillet, heat the ghee over medium heat.
4. Add the onions and cook until translucent.
5. Once the onions begin to brown, add the ground beef, oregano, salt and pepper.
6. Once the ground beef is cooked, stir in the cooked quinoa and feta.
7. Fill the peppers with the beef/quinoa mixture.
8. Place them in the oven and bake for 12-15 minutes, until the peppers begin to brown on the edges.
9. Serve warm and enjoy!

## NUTRITION INFO

Calories: 535, Carbohydrate: 34 grams, Protein: 49 grams, Fat: 24 grams



# Turkey Cashew Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 9-13 MINUTES

## INGREDIENTS

- 1 tbsp (14 g) olive oil, divided
- 1 lb (454 g) ground turkey
- 1/2 tsp (0.9 g) ground ginger
- 1/4 tsp (0.5 g) ground turmeric
- 1 tbsp (13 g) coconut aminos
- 1 tbsp (16 g) almond butter
- Black pepper to taste
- 1/2 cup (55 g) shredded carrots
- 1 small red bell pepper, chopped
- 2 tbsp (18 g) dry roasted cashews
- 1 tbsp (9 g) sesame seeds
- 1 head romaine lettuce,
- Handful microgreens

## DIRECTIONS

1. In a large skillet, warm 1/2 tbsp olive oil over medium heat. Add ground turkey and cook 4-5 minutes, crumbling and turning while you cook.
2. In the meantime, mix together remaining olive oil, ground ginger, turmeric, coconut aminos, almond butter, and black pepper.
3. Add shredded carrots, bell pepper, cashews, sesame seeds, and olive oil mixture to the skillet. Cook for an additional 5-8 minutes, until turkey is cooked through, and vegetables are desired consistency.
4. Separate leaves of romaine lettuce. Wash and pat dry with a towel. Fill leaves with turkey mixture and top with microgreens.

## NUTRITION INFO

Calories: 618, Carbohydrate: 22 grams, Protein: 53 grams, Fat: 37 grams





# Bear Patient,

In this comprehensive guide, we emphasize the critical role that diet plays in preparing your body for stem cell treatment and beyond. The food choices you make in the lead-up to your treatment are not just about readiness for the procedure; they significantly impact how your body receives and integrates the stem cells.

Adopting an anti-inflammatory diet, staying well-hydrated, and considering targeted supplementation are key strategies to optimize treatment outcomes. These steps are about more than just preparation; they're about embracing a lifestyle that supports long-term health and minimizes inflammation.

Every thoughtful dietary decision you make now is a proactive investment in maximizing the effectiveness of your stem cell treatment. Following the nutritional advice outlined in this guide is crucial, not only for your upcoming treatment but also for maintaining lifelong health and wellness.

If you have any questions or need support, please feel free to contact us at any time. Your health and well-being are our utmost priority. At the International Stem Cell Institute, we are committed to providing you with guidance and support at every stage of your journey to wellness.

Best wishes for your path to health and vitality,

Leonardo Gonzalez, MD

The International Stem Cell Institute





Disclaimer:

The nutritional information and dietary guidelines provided in this meal guide, authored by Dr. Leonardo Gonzalez, are intended for educational and informational purposes only. While they are offered by a medical professional, they should not be considered as a substitute for personalized medical advice, diagnosis, or treatment.

Always consult with your physician or a qualified health care provider for any questions you may have regarding a medical condition, nutritional advice, or health concerns. The suggestions made in this guide are general in nature and may not be suitable for everyone. Individual health conditions, dietary needs, and treatment responses may vary.

The International Stem Cell Institute and Dr. Leonardo Gonzalez do not guarantee specific results from following the guidelines in this meal guide. Nutritional needs and responses to diet vary from person to person, and the outcomes of any treatment, including stem cell therapy, can be influenced by a wide range of factors.

Following the advice in this guide is done at your own risk. The International Stem Cell Institute, Dr. Leonardo Gonzalez, and any affiliated parties are not liable for any harm, damages, or negative consequences that may arise from the use of this guide. It is an informational tool to complement, not replace, professional medical advice and treatment plans.



**Created by Leonardo Gonzalez, MD  
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